

January 13, 2023  
21 Tevet, 5783  
Shabbat Sh'mot

*It has been told to you, what is good, and what Adonai requires of you  
Only to do justice, to love mercy, and to walk humbly with your God. (Micah 6:8)*



**Our sanctuary is a sanctuary. Please keep your mobile phone turned off.**

**Martin Luther King, Jr. Shabbat with Yolanda Savage-Narva,  
Assistant Vice President of Racial Equity, Diversity, and Inclusion  
for the Union for Reform Judaism:  
Resilience and Stamina in the Fight Against Racism**

*The oneg is hosted by the b'nai mitzvah class.*

### **Well Up Like Waters**

Teach me how to flow like a river  
To face what's in my way  
And keep on moving just the same  
Teach me how to flow like a river

Teach me how to stand like a mountain  
Defiant, strong, and proud  
Before what tries to tear me down  
Teach me how to stand like a mountain

**Let justice well up like waters  
And righteousness like a mighty stream  
May the land decide she's satisfied  
With the blood of no more sons and  
daughters  
And well up like waters**

Teach me how to burn like a fire  
Let my righteous rage  
Spark the turning of the page  
Teach me how to burn like a fire

Teach me how to walk what I'm praying  
I need to take a stand  
If we're to reach the promised land  
Teach me how to walk what I'm praying

Teach me how to call out injustice  
To use my voice for good  
In any way in which I could  
Teach me how to call out injustice

Teach me how to turn words to action  
To learn from history  
And be the change I wish to see  
Teach me how to turn words to action

### **Candles**

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher  
kidshanu b'mitzvotav v'tzivanu l'hadlik neir shel  
Shabbat.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*We praise You, Eternal God, Sovereign of the universe.  
You hallow us with Your Mitzvot and command us to kindle the light of Shabbat.*

## Kiddush

Baruch Atah, Adonai, Eloheinu, Melech ha'olam,  
borei p'ri hagafen. Baruch Atah, Adonai, Eloheinu,  
Melech ha'olam, asher kidshanu b'mitzvotav v'ratzah  
vanu, v'shabat kodsho b'ahavah uv'ratzon hinchilanu,  
zikaron l'maaseh v'reishit. Ki hu yom t'hilah l'mikra'ei  
kodesh, zeicher litziat mitzrayim. Ki vanu vacharta  
v'otanu kidashta mikol ha'amim, v'shabbat kodsh'cha  
b'ahavah uv'ratzon hinchaltanu. Baruch Atah,  
Adonai, m'kadeish hashabbat.

ברוך אתה יי, אלהינו מלך העולם,  
בורא פרי הגפן. ברוך אתה יי, אלהינו מלך  
העולם, אשר קדשנו במצותיו ורצה בנו,  
ושבת קדשו באהבה וברצון הנחילנו, זכרון  
למעשה בראשית. כי הוא יום תחילה  
למקראי קדש, זכר ליציאת מצרים. כי-בנו  
בחרת ואותנו קדשת, מכל-העמים, ושבת  
קדשך באהבה וברצון הנחלתנו. ברוך אתה  
יי, מקדש השבת.

*We praise You, Eternal God, Sovereign of the universe, Creator of the fruit of the vine.*

*We praise You, Eternal God, Sovereign of the universe; You call us to holiness with the Mitzvah of Shabbat – the sign of Your love, a reminder of Your creative work, and of our liberation from Egyptian bondage, our day of days. On Shabbat especially, we hearken to Your call to serve You as a holy people. We praise You, O God, for the holiness of Shabbat.*

## Challah

Baruch Atah, Adonai, Eloheinu, Melech ha'olam,  
hamotzi lechem min ha'aretz.

ברוך אתה יי, אלהינו מלך העולם,  
המוציא לחם מן הארץ.

*We praise You, Eternal God, Sovereign of the universe,  
who causes bread to come from the earth.*

## ***Refuah Shleimah***

Ronni Behar, Ira Berlin, Ellen Buckley, Judith Chisholm, Don Elisburg, Netanel Felber, Phil Feld, Marlene Garnett, Pat Goldman, Ken Goldstein, Jeffrey Goodman, Richard Greenfield, Skylar Haas, David Hahn, Zev Shmuel Kesselman, Lum Laurri, Mark Laurri, Lisa Lehman, Stu Levine, Dan Lutenegeger, Chris Mahle, Micah ben Nechama Evi, Mildred Marin, Stephanie Mendez, Sophie Meyers, Bryant Monroe, Jack Paul, Rachel bat Chava, Lois Rosen, Eric Rosenberg, Sarah Golde bat Shifrah, David Scheever, Jo Schonewolf, Charles Schussheim, Cynthia Seymour, Annette Shaw, Elsa Smith, Eve Sparberg, Irving Swatzburg, Alan Thal, Susan Turnbull, Brian J. Tunney, Betty Ustun, Mimi Wolf

## ***We Remember a Few of Far Too Many Lives Lost to COVID-19***

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Irena Veisaite, 92, survived Kovno ghetto and remained in Lithuania to teach, Vilnius, Lithuania  
Brenda Lorenzo, 47, lived by the Golden Rule, Phoenix, Arizona  
Mazie Brown, 77, cooked for and cared for her great-grandchildren, Lottsburg, Virginia

## ***We Remember Those Lost to Violence in Washington, DC***

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Karon Blake, 13, NE DC; Terry Clark, 20, SE DC; Jasmine Star Mack, 36, no fixed address

### ***Shiva***

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Aubrey Garber, cousin of Lauren Laitin

### ***Shloshim***

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Avrom Bendavid-Val, father of Naftali Bendavid; Chelo Fournier, mother of Marina Fanning;  
Ralph Goren, brother of Morton Goren

### ***Yahrzeit***

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Robert Allen, Marilyn Bender, Jeanne Bernstein, Bruce Block, Ronald Bressler,  
Rabbi Gerson Chertoff, Jeffrey Cohn, Dovener Eugene Davis Jarrell, Herman Dunsay,  
Davida Gage Effros, Alice Martha Goldman, Beverly Grunwald, Taissa Silvers Hauser,  
Lynnette Jung-Springberg, Herbert Kabat, Rita Karen, Ruth Kobrin, Isidore Kovey, Raymond Lang,  
John T. Libby, Mark Lichtenstein, Lois Lurie, Eleanor Mazur, Gilbert Nelson, Joseph Newton,  
Lena Ornish, Oscar Patcher, Shirley Peltz, David E. Rosenbaum, Rose Rosofsky, Mark Sablosky,  
Charles Samuel, Tillie Schwartz, Shirley Simon, Sharon Wallsten, Vivian Weinstein, Martin Weiss

## **Kaddish Yatom**

Yitgadal v'yitkadash sh'mei raba.

B'alma di v'ra chirutei, v'yamlich malchuteih, b'chayeichon  
uv'yomeichon uv'chayei d'chol beit Yisrael, ba'agala  
uvizman kariv. V'imru: Amen.

Y'hei sh'mei raba m'varach l'alam ul'almei almay.  
Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei,  
v'yit'hadar v'yit'aleh v'yit'halal sh'mei d'kud'sha,  
b'rich Hu.

L'eila min kol birchata v'shirata, tushb'chata v'nechemata,  
daamiran b'alma. V'imru: Amen.

Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol  
Yisrael. V'imru: Amen.

Oseh shalom bimromav, Hu yaaseh shalom aleinu, v'al kol  
Yisrael, v'al kol yoshvei tevel. V'imru: Amen.

*Exalted and hallowed be God's great name. In the world which God created, according to plan. May God's majesty be revealed in the days of our  
lifetime. And the life of all Israel – speedily, imminently, to which we say Amen. Blessed be God's great name to all eternity. Blessed, praised,  
honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise,  
and comfort, to which we say Amen. May there be abundant peace from  
heaven, and life, for us and all Israel, to which we say Amen. May the One who creates harmony on high, bring peace to us and to all Israel, and to  
all who dwell on earth. To which we say Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ וְיַמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזֶמַּן  
קָרִיב, וְאָמְרוּ אָמֵן.  
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֲלְמֵיָא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא.  
בְּרִיךְ הוּא.  
לְעֵלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא תְּשַׁבְּחָתָא וְנַחֲמָתָא  
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.  
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.  
עֹשֶׂה שְׁלוֹם בְּמִרְוַמָּיו הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן.

## If Not Now

*Carrie Newcomer*

If not now, tell me when?  
We may never see this moment  
or place in time again  
If not now, if not now, tell me when?

I see sorrow and trouble in this land...  
Although there will be struggle,  
we'll make the change we can  
If not now, if not now, tell me when?

We may never see the promised land...  
And yet we'll make the journey,  
we'll walk it hand in hand  
If not now, if not now, tell me when?

So we'll work until it's done –  
every person, everyone  
Every soul that's ever longed for something better,  
something brighter...

It will take a change of heart for this to mend...  
But miracles do happen,  
every shining now and then  
If not now, if not now, tell me when?

***Shabbat Shalom!***

*Temple Micah acknowledges our synagogue stands on the traditional territory of the Piscataway and Nacotchtank (Anacostan) peoples. We pay respect to their elders past and present and recognize their stewardship of this land and the vital contribution of indigenous peoples to this nation we share.*

**DANIEL G. ZEMEL**, Rabbi  
**JOSHUA BERAHA**, Associate Rabbi | **STEPHANIE CRAWLEY**, Associate Rabbi  
**SAMANTHA FRANK**, Rabbinic Fellow | **RACHEL SCHMELKIN**, Rabbinic Fellow  
**BETH WERLIN**, Executive Director | **DEBRA WINTER**, Director of Spiritual Arts | **SHARON TASH**, Education Director  
2829 Wisconsin Ave., NW Washington, DC 20007 | (202) 342-9175 | [www.templemicah.org](http://www.templemicah.org)