

February 24, 2023

4 Adar, 5783

Shabbat Terumah

*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.

The oneg is hosted by the b'nai mitzvah class and by Betsy Broder and David Wentworth.

Wedding Blessing of Caroline Wentworth and Stephen Linderman

Shir Hama'alot

Shabbat Shalom u'mvorach.

שַׁבַּת שְׁלוֹם וּמְבוֹרָךְ.

A peaceful Shabbat.

A peaceful and blessed Shabbat.

Hinei Ma Tov

Hinei ma tov u'ma na-im
shevet achim gam yachad.

הִנֵּה מָה-טוֹב וּמָה-נְעִיִם
שַׁבַּת אַחִים גַּם-יַחַד.

How good it is; how sweet it is, to be together on this day.

Shalom Aleichem, Salaam Aleikoom.

Candles

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

בָּרוּךְ 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.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגֶּפֶן. בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,
וְשַׁבַּת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ, וְזָכְרוֹן
לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם תְּחִילָה
לְמִקְרָאֵי קִדְּשׁ, וְזָכַר לִיצִיאַת מִצְרָיִם. כִּי-בָנוּ
בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ, מִכָּל-הָעַמִּים, וְשַׁבַּת
קִדְּשָׁתָּ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בָּרוּךְ אַתָּה
יי, מְקַדֵּשׁ הַשַּׁבָּת.

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.*

Siman Tov

Siman tov umazal tov
umazal tov v'siman tov
Y'hei lanu, ul'chol Yisrael.

סימן טוב ומזל טוב.
ומזל טוב וסימן טוב.
יהא לנו. ולכל ישראל.

It is a good and lucky sign for us and all Israel!

Hashkiveinu

Hashkiveinu Adonai Eloheinu l'shalom,
V'haamideinu Shomreinu, l'chaim.

השכיבנו יי אלהינו לשלום,
והעמידנו שומרינו לחיים

Spread the shelter of Your peace over us;
Guide us with wisdom, compassion,
and trust.

Save us for the sake of Your name;
Shield us from hatred, sorrow, and pain.

Sanctuary

*Adonai, prepare me to be a sanctuary, pure and holy, tried and true.
With thanksgiving, I'll be a living sanctuary for You.*

V'asu li mikdash, v'schachanti b'tocham
Va-anachnu n'vareich Yah mei-atah v'ad
olam.

ועשו לי מקדש ושכנתי בתוכם.
ואנחנו נברך יה מעתה ועד עולם.

*And let them make Me a sanctuary that I may dwell among them.
And let us praise God, now and forever.*

Refuah Shleimah

Ronni Behar, Ira Berlin, Howard Berman, Judith Chisholm, Don Elisburg, Netanel Felber, Phil Feld, Rabbi Stanley Funston, Pat Goldman, Ken Goldstein, Helene Granof, Skylar Haas, David Hahn, Carl Halperin, Dusty Kaplan, Zev Shmuel Kesselman, Lum Laurri, Mark Laurri, Stu Levine, Dan Lutenegger, Chris Mahle, Micah ben Nechama Evi, Mildred Marin, Stephanie Mendez, Sophie Meyers, Bryant Monroe, Jack Paul, Ed Pizer, Rachel bat Chava, Lois Rosen, Sarah Golde bat Shifrah, David Scheever, Jo Schonewolf, Charles Schussheim, Cynthia Seymour, Annette Shaw, Elsa Smith, Alan Thal, Susan Turnbull, Brian J. Tunney, Betty Ustun, Peter Waldheim, Mimi Wolf, Yael Yudis Malcah bas Gilah

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

Aleksandr Sidorenko, 61, Olympic gold-medal swimmer, Mariupol, Ukraine

Leslie Wray, 64, nurse, breast cancer survivor, country music lover, Glen Mills, Pennsylvania

Ann Richards, 74, USAID consultant and Capitol Hill socialite, Washington, DC

We Remember Those Lost to Violence in Washington, DC

Jayvon Jones, 21, SE DC; Kenithy Manns, Lorton, Virginia

Shiva

Rosalyn Rena Factor, grandmother of Whitney Howell

Shloshim

Ethel Hansan, Jay Kaufman, Henry Rosenblum, Eve Sparberg

Yahrzeit

Muriel Aaron, Sherwin Abrams, Samuel Aron, Burton August, Rose Berman, Susan Blumenthal, Lilyan Brown, Norman Busch, Louise Cohen, Marielani Coloretti, Barnett Coplan, Robert Friedman, Isidor Gabel, Harold Goldhamer, Peter Goodnough, Linda Gottlieb, Rose Greenspoon, Max Grossman, John Heavenrich, Rose C. Heller, Clarence Ikerd, Steven Jacob, Eugene Kaplan, Abraham Komisar, Murray Korn, Gerald Liebenau, Louis Melamed, Andrea Merrill, Carl Messinger, Ingrid Meyerm Bess Millstein, Lillie Page, Leon Passel, Edward Posner, Sidney Reiff, Debbie Rosen McKerrow, Louise Harper Schuchat, Susan Maltz Schultz, S. William Simon, Minnie Skoler, Samuel Skorton, Betsy Serman, Stanley Talpers, Freddie Traum, Ella Warshaw, Robin Weinrib, Sadie R Weinstock, Anne Armour Wolf

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 almaya. 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.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ וְיִמְלִיךָ מַלְכוּתֵיהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמָּן
קָרִיב, וְאָמְרוּ אָמֵן.
יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֵלְמֵיָא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן.

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