

Celebrate Shabbat

JANUARY 19-20, 2024 SHABBAT BO
10 SHEVAT 5784

"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



Daniel G. Zemel, Rabbi

Joshua Beraha, Associate Rabbi | **Stephanie Crawley**, Associate Rabbi

Healy Slakman, Assistant Rabbi | **Beth Werlin**, Executive Director

Sharon Tash, Education Director

WELCOMING SHABBAT

with the Musical Ensemble



JANUARY 19, 2024

Our Shabbat service is led by Rabbi Beraha,
Rabbi Crawley, and Rabbi Slakman.

Blessing for Candles

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

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

*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 - Blessing for Wine

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגָּפֶן
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ
וְשַׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֹן לְמַעֲשֵׂה בְּרָאשִׁית. כִּי
הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ זִכָּר לִיצִיאַת מִצְרָיִם. כִּי בָנוּ בְּחֶרֶף
וְאוֹתָנוּ קִדְּשָׁתָּ מְכַל הָעַמִּים וְשַׁבַּת קִדְּשָׁהּ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ
בָּרוּךְ אַתָּה ה' מְקַדֵּשׁ הַשַּׁבָּת.

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, borei
p'ri hagafen. Baruch Atah, Adonai, Elonheinu, 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.

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 - Blessing for Bread

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן
הָאָרֶץ.

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

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

Refuah Shleimah

Mohammad Amiri, Nenna Arvidson, Sarah Bardin,
Evi Beck, Ronni Behar, Ira Berlin, Howard Berman,
Gary Brown, Sandra Brown, Judith Chisholm,
Don Elisburg, Phil Feld, Nora Fletcher,
Rabbi Stanley Funston, Helene Granof, David Hahn,
Robin Kaplan, Mildred Katz, Brenda Levenson, Hy Levine,
Dan Lutenegger, Catherine Lynch, Dan Mack,
Mildred Marin, Micah ben Nechama Evi, Sophie Meyers,
Bryant Monroe, Lynda Mulhauser, Bill Page,
David Pansegrouw, Sheila Platoff, Rachel bat Chava,
David Reynolds, Eric Rosenberg, Sarah Golde bat Shifrah,
Jo Schonewolf, Charles Schussheim, Sarah Sherman,
Paulette Shulman, Elsa Smith, Betty Ustun, Paul
Vordermann, Bobbie Wendel, Mimi Wolf



Ani V'Ata Arik Einstein

אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם,
אָנִי וְאַתָּה אֲזִי יְבוֹאוּ כָּבֶד כּוֹלָם,
אֲמְרוּ אֶת זֶה קוֹדֶם לִפְנֵי,
לֹא מִשְׁנֶה - אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם.
אָנִי וְאַתָּה נִנְסֶה מִהֶתְחִלָּה,
יְהִיָּה לָנוּ רַע, אֵין דְּבָר זֶה לֹא נוֹרָא,
אֲמְרוּ אֶת זֶה קוֹדֶם לִפְנֵי,
זֶה לֹא מִשְׁנֶה - אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם.

**Ani ve'ata neshaneh et ha'olam
Ani ve'ata az yavo'u kvar kulam
Amru et zeh kodem lefanai
Zeh lo meshaneh,
Ani ve'ata neshaneh et ha'olam.**

Ani ve'ata nenaseh mehatchalah
Yihey! lanu ra ein davar zseh lo nora
Amru et zeh kodem lefanai
Zeh lo meshaneh,
Ani ve'ata neshaneh et ha'olam.

*Me and you, we'll change the world
Me and you, then all the others will come
It was already said before; It doesn't matter
Me and you, we'll change the world.*

*Me and you, we'll try from the beginning
We'll suffer; Never mind, it's not terrible
It was already said before; It doesn't matter
Me and you, we'll change the world.*



Hashkivenu

music and lyrics by Mah Tovv: Chasen and Zweiback

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם
וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים
וּפְרֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמָךְ, אָמֵן.

Hashkiveinu Adonai Eloheinu

I'shalom. V'haamideinu Shomreinu, I'chaim.
Ufros aleinu sukkat sh'lomecha, ufros aleinu
sukkat sh'lomecha, Amen

Shelter them beneath your wings, O Adonai
Guard them from all harmful things, O Adonai
Keep them safe throughout the night
Til they wake with morning's light
Teach us, God, wrong from right. Amen.



We Remember Those Lost to Violence in Washington, DC

Harry Keels, 42, SW DC

Shiva

Esther Gutman Lederman, mother of Robert Lederman

Shloshim

Nancy Baum, Susan Taradash Garbo, Burton Greenstein, Stephen Kieffer, Herman Levine

Yahrzeit

Gloria Waldman Appel, Rick Billingsley, Ruth Friedman Booth, Paul Booth, Johann Bornstein, J. Leonard Cahan, Judy Cohen, Jeffrey Cohn, Sidney Cooley, Martin Cooperman, Olimpio De Leon Pasco, Etta Gordon DuBrow, Herman Dunsay, Robert Effros, Max Factor, Otto Feuer, Rosalie Fleisher, Eve Fleschler, Debbie Friedman, Rae Goldsmith, Samuel Goldstein, Rita Golub, Roberta Carole Goren, Esther Gould, Donna L. Green, Pat Green, Meyer Greenberg, Sam Hanser, Myron Hauser, Simon Josen, Rita Karen, Sylvia Kirshstein, Harold Knopman, Albert Kurzman, Erwin Lehmann, Judith Levin, Wendy McLaughlin, Richard Oppenheimer, Linda Ringe, Elizabeth Gelman Rosenbaum, Tillie Schwartz, John Williamson Sewell, Eve Sparberg

SHABBAT MORNING SERVICE



JANUARY 20, 2024

Our Shabbat Morning service is led by Rabbi Crawley, Rabbi Slakman and Rabbi Beraha.

Torah: Exodus 12: 28-42

Our Torah reading can be found in the blue commentary book on page 413 and in the Women's Commentary (green) on page 367.

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
יְהֵא לָנוּ. וְלִכָּל יִשְׂרָאֵל.

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

Shehechyanu

Baruch Atah Adonai Eloheinu, Melech ha-olam,
shehecheyanu v'kiy'manu v'higianu laz'man hazeh.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַחַיָּנוּ וְקִיּמָנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

*Praise to You, Adonai our God, Sovereign of the
universe, for giving us life, sustaining us, and enabling
us to reach this season.*

Haftarah: Isaiah 46: 3-13



שָׁמְעוּ אֵלַי בֵּית יַעֲקֹב וְכָל־שְׂאִרֵּית בֵּית יִשְׂרָאֵל הַעֲמָסִים
מִנִּי־בֶטֶן הַנָּשָׂאִים מִנִּי־רֶחֶם: וְעַד־זִקְנָה אָנִי הוּא וְעַד־שִׁיבָה אָנִי
אֶסְבֵּל אָנִי עָשִׂיתִי וְאָנִי אֲשָׂא וְאָנִי אֶסְבֵּל וְאֶמְלֹט: לְמִי תִדְּמוּנֵי
וְתִשְׁווּ וְתִמְשְׁלוּנִי וְנִדְמָה: הַזֵּלִים זָהָב מְכִים וְכֶסֶף בִּקְנָה יִשְׁקְלוּ
יִשְׁכְּרוּ צוּרָף וַיַּעֲשֶׂהוּ אֵל יִסְגְּדוּ אֵף־יִשְׁתַּחֲווּ: יִשְׁאַהוּ עַל־כֶּתֶף
יִסְבְּלוּ וַיִּנְיַחֲהוּ תַחְתָּיו וַיַּעֲמֵד מִמְּקוֹמוֹ לֹא יִמֵּשׁ אֵף־יִצְעַק אֵלָיו
וְלֹא יַעֲנֶה מִצָּרָתוֹ לֹא יוֹשִׁיעֵנּוּ: זָכְרוּ־זֹאת וְהִתְאֲשִׁשׁוּ הַשִּׁיבוּ
פֹּשְׁעִים עַל־לֵב:

זָכְרוּ רֵאשִׁנוֹת מַעֲוֹלָם כִּי אָנֹכִי אֵל וְאֵין עוֹד אֱלֹהִים וְאֶפֶס
קָמוּנִי: מִגִּיד מִרְאשִׁית אַחֲרִית וּמִקֶּדֶם אֲשֶׁר לֹא־נִעְשָׂה אִמֵּר עָצָתִי
תִּקּוּם וְכָל־חֲפָצִי אֶעֱשֶׂה: קִרָּא מִמִּזְרַח עֵיט מֵאַרְץ מֶרְחָק אִישׁ
עָצָתִי אֶף־דִּבְרָתִי אֶף־אֲבִיאָנָה יִצְרָתִי אֶף־אֶעֱשֶׂנָּה: שָׁמְעוּ אֵלַי
אֲבִירִי לֵב הִרְחוּקִים מִצְדָּקָה: קִרְבָּתִי צְדָקָתִי לֹא תִרְחָק וְתִשׁוּעָתִי
לֹא תֵאָחֵר וְנִתַּתִּי בְּצִיּוֹן תְּשׁוּעָה לְיִשְׂרָאֵל תַּפְאֲרָתִי:

(3) Listen to Me, O House of Jacob, all that are left of the House of Israel, who have been carried since birth, supported since leaving the womb: (4) Till you grow old, I will still be the same; When you turn gray, it is I who will carry; I was the Maker, and I will be the Bearer; and I will carry and rescue [you]. (5) To whom can you compare Me or declare Me similar? To whom can you liken Me, so that we seem comparable? (6) Those who squander gold from the purse and weigh out silver on the balance, they hire a metal worker to make it into a god, to which they bow down and prostrate themselves.



(7) They must carry it on their backs and transport it; when they put it down, it stands, it does not budge from its place. If they cry out to it, it does not answer; it cannot save them from their distress. (8) Keep this in mind, and stand firm! Take this to heart, you wrongdoers! (9) Bear in mind what happened of old; for I am God, and there is none else, I am divine, and there is none like Me. (10) I foretell the end from the beginning, and from the start, things that had not occurred. I say: My plan shall be fulfilled; I will do all I have purposed. (11) I summoned that swooping bird from the East; From a distant land, the man for My purpose. I have spoken, so I will bring it to pass; I have designed it, so I will complete it. (12) Listen to Me, you stubborn of heart, Who are far from victory: (13) I am bringing My victory close; It shall not be far, And My triumph shall not be delayed. I will grant triumph in Zion To Israel, in whom I glory.

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.



We Celebrate the Bat Mitzvah of Eliana Stang

Aliyah I	Betsy Broder
Aliyah II	Anya and Maurie Klee
Aliyah III	Lisa and Mort Goldman, Anne and Rob Klee, Margie and Bill Stang
Aliyah IV	Beth Klee and Bob Stang
Aliyah V	Eliana Stang
Petichah I	Alex and Jacob Klee
Hagbah	Michael and Lenette Goldman
Gelilah	Sam and Sarah Goldman
Petichah II	Molly Goldman, Alison Stang, Danny Stang

Thank you to our Oneg and Kiddush sponsors:

*Our b'nai mitzvah class
and the Klee Stang family*

Thank you to our ushers:

*Eleanor Hansel-Leader, Ben Hansel-Leader,
Adrien Hansel, Jess Leader, Sarah Froman*

Special thanks to our choir.



Shalom Aleichem

Ruth Elaine Schram

performed by the Temple Micah choir

שָׁלוֹם עֲלֵיכֶם, עֲלֵיכֶם שָׁלוֹם
שׁוּבְכֶם לְשָׁלוֹם, שָׁלוֹם, שָׁלוֹם.

Shalom aleichem, aleichem shalom
Shuvchem l'shalom, shalom, shalom
Peace be unto you, be unto you, be unto you,
and unto you be peace.



¹
Our sanctuary is a sanctuary. If your mobile phone is not in use as an adaptive device, please turn it off.



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