

# Celebrate Shabbat

JANUARY 26-27, 2024  
17 SH'VAT 5784

SHABBAT  
SHIRAH

"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



JANUARY 26, 2024

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

## Musicians

Todd Posen, percussion  
Kate Rears, cello  
Dan Lee, bass

## Blessing for Candles

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
לְהַדְלִיק נֵיר 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 הַגֶּפֶן  
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 בְּחִרָתָ  
וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל 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.*

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## Refuah Shleimah

Mohammad Amiri, Nenna Arvidson, Sarah Bardin,  
Evi Beck, Ronni Behar, Ira Berlin, Gary Brown,  
Sandra Brown, Judith Chisholm, Don Elisburg, Phil Feld,  
Nora Fletcher, Rabbi Stanley Funston, Helene Granof,  
Sean Grogan, 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, 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



# Hallelujah

*Leonard Cohen*

Now I've heard there was a secret chord  
That David played and it pleased the Lord  
But you don't really care for music, do you?  
It goes like this, the fourth, the fifth  
The minor fall, the major lift  
The baffled king composing "Hallelujah..."

Your faith was strong, but you needed proof  
You saw her bathing on the roof  
Her beauty in the moonlight overthrew you  
She tied you to a kitchen chair  
She broke your throne and she cut your hair  
And from your lips she drew the Hallelujah...

You say I took the name in vain  
I don't even know the name  
But if I did, well, really, what's it to ya?  
There's a blaze of light in every word  
It doesn't matter which you heard  
The holy or the broken Hallelujah...

I did my best, it wasn't much  
I couldn't feel, so I tried to touch  
I've told the truth, I didn't come to fool you  
And even though it all went wrong  
I'll stand before the lord of song  
With nothing on my tongue but *Hallelujah...*



## Hashkiveinu

*music and lyrics by Mah Tovv: Chasen and Zweiback*

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים  
וּפָרֵשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ, אָמֵן.

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



## So Far

HaBanot Nechama

מפליאה ומאירת חיי בכל עת  
מנשימה את נשמת,  
משמיעה הגיגי יש בי אהבה בלי די, יש בי אהבה בלי די ימים  
כלילות רק רוצה לא להיות  
והמתנה, המתנה המותנית באהבה נשמה חשוכה  
תן לי אותך ולא רק אם  
תן אהבה בלי "תן אם...", בלי תנאים.

*Each second creating and painting my world,  
breathing out my soul,  
voicing my thoughts—  
Within me is an endless love.  
Within me is an endless love.  
Night and day I don't want to exist, yet the gift, yes the gift is  
grounded in love.  
Oh dark soul—Give me yourself and not conditions. Give me  
your love without terms and positions.*

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**So far, you see the sky  
you cry, you don't know why.  
It's joy, it's happiness  
The rainbow makes you feel high  
So far, you see the sky.**

*Perhaps I'll wear a shiny gown,  
or taller heels, a bigger stride,  
yet my voice still won't be heard.  
And if I leap high,  
even beyond the horizon,  
this too  
won't increase their pulse.  
What else can I do?*

*To rise—  
My way is to work, and to work  
and to lose, and get lost—  
Everything I wanted to give  
got lost.*

*Will I be broken  
and scattered like a sigh?  
How will I continue to exist in this world?  
On this path of joy and despair—  
Leading where?  
Acceptance is a difficult thing.*

*Maybe I'm thinking too much,  
as I forge my path,  
I slightly forget  
I lack purpose.  
Walking the face of the earth  
not inherently strong  
Wasting—*

*On another morning coffee  
A leisurely film  
To escape the fatefulness of self love.  
Everything I asked to receive got scattered by the wind—  
What gets brought does not bring to the soul  
and/yet — **So far...***

אולי אלבש גלימה זוהרת  
אגדיל עקביי ארחיב מימדי  
גם זה לא ישמיע אותי וודאי  
ואם אקפוץ לגובה מעבר לאופק  
אולי גם זה לא יזיז להם את הדופק  
מה עוד אעשה כדי לעלות  
הדרך שלי, לעבוד, לעבוד  
לאבד לאיבוד  
כל שביקשתי לתת הלך לאיבוד  
האם אתרסק ואתפזר לאנחות  
או כך ביקום אמשיך להיות  
בדרך ארוכה מתישה וקסומה, ולאן  
אינני מקבלת אותה  
אולי חשבתי קצת יותר מדי  
עלי לעשות את דרכי  
שכחתי קמעה  
אני סתם סתם  
מהלכת על פני האדמה  
לא חזקה בעוצמה  
מתבזבזת על עוד קפה בבוקר  
או ללכת לסרט  
הבריחה מאהבה עצמית גורלית  
כל שאבקש לקבל התפזר באוויר  
המביא לא מביא לנשמה  
...זה

# SHABBAT MORNING SERVICE



JANUARY 27, 2024

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

## Musicians

Ruth Simon, flute  
David Adler, violin  
Nancy Illman, violin  
Natalie Sipress, violin  
Bill Page, bass clarinet  
David Wentworth, clarinet  
Paul Bernfeld, percussion  
Joshua Fishbein, piano  
Dan Lee, bass

## Torah: Exodus 15: 1-21

Our Torah reading can be found in *The Torah: A Modern Commentary* (blue) on page 439 and in the *Women's Commentary* (green) on page 387.

## Shiru L'Adonai

שִׁירוּ לַי שִׁיר חֲדָשׁ. שִׁירוּ לַי כָּל הָאָרֶץ  
שִׁירוּ לַי בָּרְכוּ שְׁמוֹ. בְּשִׁרוֹ מִיּוֹם לְיוֹם יְשׁוּעָתוֹ  
סִפְרוּ בַגּוֹיִם כְּבוֹדוֹ. בְּכָל הָעַמִּים נִפְלְאוֹתָיו  
כִּי גָדוֹל יי וּמְהֵלָל מְאֹד.  
נוֹרָא הוּא עַל כָּל אֱלֹהִים.

Shiru l'Adonai shir chadash,  
shiru l'Adonai kol ha'aretz.  
Shiru l'Adonai, bar'chu sh'mo,  
basru miyom l'yom y'shuato.  
Sapru vagoyim k'vodo, b'chol ha'amim niflotav.  
Ki gadol Adonai um'hulal m'od; nora Hu al kol Elohim.

*Sing to God a new song, sing to God, all the earth.  
Sing to Adonai, bless God's name, proclaim God's victory day  
after day. Tell of God's glory among the nations, God's  
wondrous deeds among all peoples. For Adonai is great and  
much acclaimed; God is held in awe by all divine beings.*

## Mikolot Mayim Rabim (Psalm 93:4)

מִקְלוֹת מַיִם רַבִּים אֲדִירִים מִשְׁבְּרֵי יָם אֲדִיר בְּמָרוֹם יְהוָה:

Mikolot mayim rabim, adirim mishb'rei yam, adir  
bamarom Adonai.

*Above the thunder of the mighty waters, more majestic than the  
breakers of the sea is Adonai, majestic on high.*

## Mi Chamocha

*performed by the Temple Micah Choir*

מִי־כַמּוֹכָה בָּאֵלִים יְהוָה מִי כַמּוֹכָה נֶאֱדָר בְּקֹדֶשׁ  
נִרְאָה תְהִלַּת עֲשֵׂה פֶלֶא!

Mi chamocha ba'eilim Adonai! Mi kamocha nedar  
bakodesh, nora t'hilot, oseh feleh!

*Who is like You, O God? Who is like You, majestic in  
holiness, awesome in splendor, working wonders?*

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִּים לְשִׁמְךָ עַל שְׁפַת הַיָּם. יַחַד כָּלָם הִודוּ  
וְהִמְלִיכוּ וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

Shirah chadashah shib'chu g'ulim l'shimcha al s'fat  
hayam. Yachad kulam hodu v'himlichu v'amru:  
Adonai yimloch l'olam va'ed.

*With new song, inspired, 'at the shore of the Sea,  
the redeemed sang Your praise. In unison they all  
offered thanks. Acknowledging Your Sovereignty,  
they said: "Adonai will reign forever!"*

## Miriam's Song

Debbie Friedman



*And the women dancing with their timbrels  
Followed Miriam as she sang her song  
Sing a song to the One whom we've exalted.  
Miriam and the women danced and danced  
the whole night long.*

And Miriam was a weaver of unique variety.  
The tapestry she wove was one which sang our history.  
With every thread and every strand  
she crafted her delight.  
A woman touched with spirit, she dances  
toward the light.

As Miriam stood upon the shores  
and gazed across the sea,  
The wonder of this miracle she soon came to believe.  
Whoever thought the sea would part with an  
outstretched hand,  
And we would pass to freedom, and march to the  
promised land.

And Miriam the Prophet took her timbrel in her hand,  
And all the women followed her just as she had planned.  
And Miriam raised her voice with song.  
She sang with praise and might,  
We've just lived through a miracle, we're going to dance  
tonight.



## When You Believe

*Kenneth Edmonds and Stephen Schwartz*

*featuring the Youth Choir*

Many nights we've prayed  
With no proof anyone could hear  
In our hearts a hopeful song we barely understood  
Now we are not afraid  
Although we know there's much to fear  
We were moving mountains  
long before we knew we could.

*There can be miracles when you believe  
Though hope is frail, it's hard to kill  
Who knows what miracles you can achieve  
When you believe  
Somehow you will  
You will when you believe*

In this time of fear  
When prayer so often proves in vain  
Hope seemed like the summer birds,  
Too swiftly flown away  
Yet now I'm standing here  
My heart's so full, I can't explain  
Seeking faith and speaking words  
I never thought I'd say...

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

Sherman Bunch, 66, NE DC; Ryan Realbuto, 23, Pittsford, NY

## **Shloshim**

Susan Taradash Garbo, Burton Greenstein,  
Esther Gutman Lederman

## **Yahrzeit**

Corinne Asher, Daniel Berke, Anita Bernard, Edward Cohen,  
Moses Cooley, Mari Bachrach Decosta, Edwin Decosta,  
Elizabeth Elisburg, William Elisburg, Sarah Feldman,  
Bella Fisher, Charnya Fisher, Terry Flaherty, Lillian Foncham,  
Reubin Nathan From, Fannie Gassman, Harold Goldstein,  
Anna Wise Goldstein, Joseph Grossman, Mickey Hart,  
Victor Hexter, Sylvia Hollander, Jay Kaufman,  
Edythe F. Levine, Leonora Wang Levine, Selma Levy,  
Eric Maier, Zelda Meyers, Willard Mitchell, Sharon Moskowitz,  
Allen Nadler, Marian Newman, Ralph Povar, David Raviv,  
Benjamin Rigberg, Justus Julius Schifferes, Ralph Schlossman,  
Samuel B. Skolnick, Louis Solomon, Marvin Sugar,  
Dorothy Umansky, Mina Val, George "Buddy" Weiner,  
Katherine Wides, Morris Wisotsky, Hubert Wyatt,  
Henry Zapruder, Naomi Goldman Zemel

## Thank You

Thank you to our Youth Choir and their adults!

We extend our warmest appreciation  
to our choir and to Dr. Joshua Fishbein.

Thank you to all those who contributed to this  
morning's kiddush. All are welcome to join us  
downstairs following the service.

*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.*



## Shabbat Shalom!



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

