

Celebrate Shabbat

FEBRUARY 2-3, 2024
24 SHEVAT 5784

SHABBAT
YITRO

“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



FEBRUARY 2, 2024

Our service is led by
Rabbi Crawley, Rabbi Frank,
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 יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן
בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ
וְשִׁבֵת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי
הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ זִכָּר לִיצִיאַת מִצְרָיִם. כִּי בָנוּ בְּחֶרֶת
וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים וְשִׁבֵת קִדְּשָׁה 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 יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצֵיא 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, 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, Nancy Piness, 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



Hashkiveinu

music and lyrics by Mah Tovv: Chasen and Zweiback

הַשְּׂכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם
וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים
וּפְרֹשׂ 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.

Kein Y'hi Ratzon

Elana Arian

כֵּן יְהִי רָצוֹן.

May we be safe, may we be free.

May we find space, space to just be.

Kein y'hi ratzon, kein y'hi ratzon

May we find our way back home.

Ozi V'zimrat Yah

עֲזִי וְזִמְרַת יְהוָה; וַיְהִי-לִי, לִישׁוּעָה.

Ozi v'Zimrat Yah

Vay'hi li lishuah.

My Strength (balanced with) the Song of God will be my salvation.

(Psalm 118:14 and Exodus 15:2)

SHABBAT MORNING SERVICE

FEBRUARY 3, 2024

*Naming of Lillian Katherine Haltiwanger, Child
of Libby Pearson and Sam Haltiwanger*

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

Torah: Exodus 19:17-20:20

Our Torah reading can be found in the blue
commentary book on page 475 and in the
Women's Commentary (green) on page 415.

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 for all Israel!

Shehechyanu

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

ברוך אתה יי אלהינו מלך העולם שהחיינו וקיימנו והגיענו לזמן הזה.

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



We Celebrate the Bat Mitzvah of Eliza Leroy

Aliyah I	Libby Pearson and Sam Haltiwanger
Aliyah II	Flavia Claster, Andrew Claster, Jill Santopolo Claster
Aliyah III	Michael Berger, Fatema Salam, Zack Kahn, Sarah Bainton Kahn
Aliyah IV	Becky Claster and Steve Leroy
Aliyah V	Eliza Leroy
Petichah I	Scott and Stephanie Leroy
Hagbah	Mary Elizabeth Picher
Gelilah	Bill and Nancy Leroy
Petichah II	Dan and Marin Leroy

Thank you to our Oneg and Kiddush sponsors:

*Our b'nai mitzvah class
and the Claster Leroy family*

Thank you to our ushers:

*Zack Kahn, Sarah Bainton Kahn, Eli Kahn,
Avi Berger, Marika Eilperin Light*

Special thanks to our choir.



Haftarah: Isaiah 6: 1-8

בְּשַׁנַּת־מוֹת הַמֶּלֶךְ עֲזִיָּהוּ וְאֶרְאָה אֶת־אֲדֹנָי יוֹשֵׁב עַל־כִּסֵּא רָם
וְנֹשֵׂא וְשׁוֹלְיוֹ מַלְאִים אֶת־הַהֵיכָל: שְׂרָפִים עֹמְדִים מִמַּעַל לוֹ שֵׁשׁ
כְּנָפִים שֵׁשׁ כְּנָפִים לְאֶחָד בְּשָׂתַיִם יְכַסֶּה פָּנָיו וּבְשָׂתַיִם יְכַסֶּה
רַגְלָיו וּבְשָׂתַיִם יְעוֹפֵף: וְקָרָא זֶה אֶל־זֶה וְאָמַר קָדוֹשׁ קָדוֹשׁ
קָדוֹשׁ יְהוָה צְבָאוֹת מְלֵא כָּל־הָאָרֶץ כְּבוֹדוֹ: וַיִּגְעוּ אַמּוֹת הַסָּפִים
מִקּוֹל הַקּוֹרֵא וְהִבִּיתָ יְמֵי עֵשָׂן: וְאָמַר אוֹיֵלִי כִי־נִדְמִיתִי כִּי
אִישׁ טִמְא־שְׂפָתַיִם אָנֹכִי וּבְתוֹךְ עַם־טִמְא שְׂפָתַיִם אָנֹכִי יוֹשֵׁב כִּי
אֶת־הַמֶּלֶךְ יְהוָה צְבָאוֹת רָאוּ עֵינָי: וַיַּעַף אֵלַי אֶחָד מִן־הַשְּׂרָפִים
וּבְדִדּוֹ רָצְפָה בְּמִלְקָתָם לָקַח מֵעַל הַמִּזְבֵּחַ: וַיִּגַע עַל־פִּי וַיֹּאמֶר
הִנֵּה נִגַע זֶה עַל־שְׂפָתֶיךָ וְסָר עֲוֹנֶךָ וַחֲטָאתֶךָ תִּכַּפֵּר: וְאֶשְׁמַע
אֶת־קוֹל אֲדֹנָי אֲמַר אֶת־מִי אֶשְׁלַח וּמִי יִלְךְ־לְנֹו וְאָמַר הִנְנִי
שְׁלַחְנִי:

(1) In the year that King Uzziah died, I beheld my Sovereign seated on a high and lofty throne; and the skirts of God's robe filled the temple. (2) Seraphs stood in attendance, each with six wings—two covering the face, two covering the body, and two to fly with.

*(3) And one would call to the other,
"Holy, holy, holy!*

God of Hosts, Whose presence fills all the earth!"

(4) The doorposts would shake at the sound of the one who called, and the House kept filling with smoke.



*(5) I cried, "Woe is me; I am lost!
For I am a man of impure lips
And I live among a people
Of impure lips;
Yet my own eyes have beheld the Sovereign God of Hosts."
(6) Then one of the seraphs—who had taken a live coal
from the altar with a pair of tongs—flew over to me,
(7) touched it to my lips, and declared,
"Now that this has touched your lips,
Your guilt shall depart
And your sin be purged away."
(8) Then I heard the voice of my Sovereign saying, "Whom
shall I send? Who will go for us?" And I said, "Here am I;
send me."*



We Remember Those Lost to Violence in Washington, DC

Raymond Leon Ballard, 59, SE DC; Clifford Brooks, 41, NE DC;
Malik Gliss, 31, SE DC; Tyreek Sheldon Moore, 19, NE DC;
Alberto Vasquez Jr., 35, no fixed address

We Remember Fallen Servicemembers at Home and Overseas

Spc. Breonna Moffatt, 23; Sgt. William Rivers, 46;
Spc. Kennedy Sanders, 24

Shloshim

Susan Taradash Garbo, Burton Greenstein,
Esther Gutman Lederman

Yahrzeit

Frank David Allender, Douglas Appleton, Lorraine Beraha,
Elias "Al" Booth, Rachel Feldhay Brenner, Robert Budoff,
Edgar Cahn, Kirby S. W. Capen, Jane Coates, Calman Cohen,
Eugene Cohen, Josefina Feeser, Eliana Finberg,
Gilbert Marvin Fleisher, Juan Francisco Fournier,
Hyman Freeman, Susanne Gesheker, Donald Glazer,
Alfred J. Goldeen, Harold Goldman, Ernest Green, Ruth Gruber,
Sarita Gruenberg, Andrea Hamos, Paul Hazelton, Morris Kabat,
Mildred Ruth Kiggins, Susan Israel Levin, Liesl Lipczenko,
Morton Narva, Ethel Siegel Rosen, Lillian Shapiro,
Muriel K. Skolnick, Jerry Spiegel, Carol Stevenson,
Anne Weinberg, Daphne Weiner, Jean Zierowicz



Esa Einai

Dan Nichols

performed by the Temple Micah choir

אָשָׂא עֵינַי, אֶל-הַהָרִים,
מֵאֵין יָבֵא עֲזָרִי.

Esa einai el heharim, esa einai el heharim
Meiayin yavo, yavo ezri;
Meiayin yavo, yavo ezri.

I lift my eyes to the mountains...
Where will my help come from?
Where will my help come from?
My help will come from God,
Maker of heaven and earth.

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.

