

Celebrate Shabbat

FEBRUARY 16-17, 2024
8 ADAR I, 5784

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



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 16, 2024

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

Blessing for Candles

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר 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

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בְּנוֹ
וְשַׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי
הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ זֵכֶר לִיצִיאַת מִצְרַיִם. כִּי בְנוּ בְּחֶרֶף
וְאוֹתָנוּ קִדְּשָׁתָּ מְכַל הָעַמִּים וְשַׁבַּת קִדְּשָׁהּ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ
בְּרוּךְ 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.*

Yismechu Hashamayim

יִשְׂמְחוּ הַשָּׁמַיִם, וְתִגַּל הָאָרֶץ,
יִרְעַם הַיָּם וּמְלֹאוֹ.

Yismechu hashamayim, v'tageil ha-aretz;
Yiram hayam um'lo-o.

*Let the heavens be glad and the earth rejoice. Let the sea roar,
and all that fills it. (Psalm 96:11)*



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.

Yihyu L'Ratzon

Michelle Citrin

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לְבִי לְפָנֶיךָ
יְיָ צוּרִי וְגוֹאֲלִי.

Yih'yu l'ratzon imrei fi v'hegyon libi

l'fanecha, Adonai tzuri v'go-ali.

Go inside you heart, just be; go inside your heart and see,
what it wants, what it needs, what it yearns when you breathe.

Go inside your heart and see. May the words of my mouth
and the meditations of my heart

be kind, be true, may they be acceptable to you,

Oh my rock, my Rock and my redeemer.

Ein Od

Yosef Goldman

וְהִשְׁבֵּתָ אֶל-לִבְּךָ כִּי יְהוָה הוּא הָאֱלֹהִים
אֵין עוֹד מִלְּבַדּוֹ, אֶפְס זולתו
אֶחָד- יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד.

V'hashevota el levavecha ki Adonai Hu HaElohim
Ein od milvado, efes zulato
Echad, Adonai echad, uSh'mo echad.

Bring to your heart the knowledge that Adonai is God
There is no other, nothing without.
One, Adonai is One, and Your Name is One.

Eileh Chamda Libi

אֵלֶּה חֲמֻדָּה לִבִּי חוֹסֶה נָא וְאֵל נָא תִתְעַלֶּם.

Eileh chamda libi chusa na v'al na titalam.

God is my heart's desire. Appear! Do not hide.

SHABBAT MORNING SERVICE



FEBRUARY 17, 2024

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

Torah: Exodus 25: 23-40

Our Torah reading can be found in the blue Torah commentary book on page 546 and in the Women's Commentary (green) on page 457.

Siman Tov

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

סִימָן טוֹב וּמָזָל טוֹב.
וּמָזָל טוֹב וְסִימָן טוֹב
יְהֵא לָנוּ. וּלְכֹל 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 שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

*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 Paloma Naftulin

Aliyah I	Andy Narva
Aliyah II	Gene Naftulin and Danielle Naftulin
Aliyah III	Eli and Leo Naftulin
Aliyah IV	Ryan Naftulin and Leah Chang
Aliyah V	Paloma Naftulin
Petichah I	Robert and Susan Chang
Hagbah	Leo Naftulin
Gelilah	Karen Naftulin and Colin McKee
Petichah II	Jeff Chang and Allison Hester-Haddad

Thank you to our Oneg and Kiddush sponsors:

Our b'nai mitzvah class
and the Naftulin Chang family

Thank you to our ushers:

Eli, Leo, and Dana Naftulin

Special thanks to our choir.

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.



Haftarah: Ecclesiastes 5:10-19

בְּרַבּוֹת הַטּוֹבָה רַבּוּ אוֹכְלֶיהָ וּמַה־כֹּשֶׁרוֹן לְבַעֲלֶיהָ כִּי אִם־רְאוֹת
עֵינָיו: מִתּוֹקָה שְׁנַת הָעֵבֶד אִם־מַעֲט וְאִם־הַרְבֵּה יֹאכֵל וְהִשְׁבַּע
לְעֹשִׂיר אֵינּוּ מִנִּיחַ לוֹ לִישׁוֹן: יֵשׁ רָצָה חוֹלָה רְאִיתִי תַחַת הַשָּׁמֶשׁ
עֹשֶׂר שָׁמֹר לְבַעֲלָיו לְרַעְתּוֹ: וְאֶבֶד הָעֹשֶׂר הֵהוּא בְּעֲנָן רָע וְהוֹלִיד
בֶּן וְאִין בְּיָדוֹ מְאוֹמָה: כַּאֲשֶׁר יֵצֵא מִבֶּטֶן אִמּוֹ עָרוֹם יָשׁוּב לְלֶכֶת
כְּשָׂבָא וּמְאוֹמָה לֹא־יִשָּׂא בַעֲמָלוֹ שְׂיֵלֶךְ בְּיָדוֹ: וְגַם־זֶה רָצָה חוֹלָה
כָּל־עֲמַת שֹׂבָא כֵּן יֵלֶךְ וּמַה־יִּתְרוֹן לוֹ שִׁיעֲמַל לְרוּחַ: גַּם כָּל־יָמָיו
בַּחֲשֶׁךְ יֹאכֵל וְכַעַס הַרְבֵּה וְחָלְיוֹ וְקֶצֶף: הִגַּה אֲשֶׁר־רְאִיתִי אֲנִי טוֹב
אֲשֶׁר־יָפָה לְאֹכְלוֹ וְלִשְׁתּוֹת וְלָרְאוֹת טוֹבָה בְּכָל־עֲמָלוֹ שִׁיעֲמַל
תַּחַת־הַשָּׁמֶשׁ מִסֹּפֵר יְמֵי־חַיָּו אֲשֶׁר־נָתַן־לוֹ הָאֱלֹהִים כִּי־הוּא חָלְקוֹ:
גַּם כָּל־הָאָדָם אֲשֶׁר נָתַן־לוֹ הָאֱלֹהִים עֹשֶׂר וּנְכָסִים וְהִשְׁלִיטוֹ לְאֹכֵל
מִמֶּנּוּ וְלִשְׂאֵת אֶת־חֻלְקוֹ וְלִשְׁמַח בַּעֲמָלוֹ זֶה מִתַּת אֱלֹהִים הִיא: כִּי
לֹא הַרְבֵּה יִזְכֹּר אֶת־יְמֵי חַיָּו כִּי הָאֱלֹהִים מַעֲנֶה בְּשִׂמְחַת לְבוֹ:

(10) As his substance increases, so do those who consume it; what, then, does the success of its owner amount to but feasting his eyes? (11) A worker's sleep is sweet, whether he has much or little to eat; but the rich man's abundance doesn't let him sleep. (12) Here is a grave evil I have observed under the sun: riches hoarded by their owner to his misfortune, (13) in that those riches are lost in some unlucky venture; and if he begets a son, he has nothing in hand.



(14) Another grave evil is this: He must depart just as he came. As he came out of his mother's womb, so must he depart at last, naked as he came. He can take nothing of his wealth to carry with him. (15) So what is the good of his toiling for the wind? (16) Besides, all his days he eats in darkness, with much vexation and grief and anger. (17) Only this, I have found, is a real good: that one should eat and drink and get pleasure with all the gains he makes under the sun, during the numbered days of life that God has given him; for that is his portion. (18) Also, whenever a man is given riches and property by God, and is also permitted by Him to enjoy them and to take his portion and get pleasure for his gains—that is a gift of God. (19) For [such a man] will not brood much over the days of his life, because God keeps him busy enjoying himself.

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



Shiru L'Adonai

Judy Adelman Gershon

performed by the Temple Micah choir

שִׁירוּ לַיהוָה לִישִׁיר חֲדָשׁ. שִׁירוּ לַיהוָה כָּל הָאָרֶץ.
יִשְׂמְחוּ הַשָּׁמַיִם, וְתִגַּל הָאָרֶץ,
יָרְעוּ הַיָּם וּמְלֵאוֹ.
יַעֲלוּ שְׁדֵי וְכָל אֲשֶׁר בּוֹ
אֲז יִרְנְנוּ כָּל עֵצֵי יַעַר.

Shiru l'Adonai shir chadash,

shiru l'Adonai kol ha'aretz.

Yismechu hashamayim, v'tageil ha-aretz;

Yiram hayam um'lo-o.

Ya'aloz sadai v'khol asher bo

Az y'ran'nu kol-atzey ya'ar.

Sing to God a new song, sing to God, all the earth.

Let the heavens rejoice and the earth exult, let the

sea and all within it thunder, the fields and

*everything in them exult; then shall all the trees of
the forest shout for joy. - Psalm 96: 1, 11-12*

We Remember Those Lost to Violence in Washington, DC

Donte Dudley, 22, NE DC; James Gaylor, 70, NW DC;
Jeremy Dewayne Johnson, 32, SE DC;
Vivek Taneja, 41, Alexandria, VA

Shloshim

Judith Cowen Stern, mother of Todd Stern

Yahrzeit

Max Isaac Allender, Tuna Barkey, Marc B. Birman,
Thelma Bromberg, Nathan Feldman, Charles Kahn Jr.,
Betsy Kanarek, Leonard Karabell, Hannah Laipson,
Gerald Liebenau, Josephine Narva, Bob Nielsen,
Rachel Paikin, Edward Martin Posner, Anna Reiner-Charval,
George Rosen, Harry Roth, Frank Saginaw, Philip Schiff,
Hanna Schusheim, Claire Schwartz, Russell Scott,
Samuel Skorton, Erich Waldemar Larisch,
Samuel Henry Weiner, Norma Weiner, Robin Weinrib,
Natalie Westreich, Susan L. Wolf



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