

Celebrate Shabbat

MARCH 15-16, 2024
6 ADAR II, 5784

SHABBAT
PEKUDEI

"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



MARCH 15, 2024

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

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 בְּחֻרָף
וְאוֹתָנוּ קִדְּשָׁתָּ מְכַל הָעַמִּים וְשַׁבַּת קִדְּשָׁךְ 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'arets.

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

Boi Kallah

בּוֹאִי כָלָה בּוֹאִי כָלָה
פָּנֵי שַׁבָּת נִקְבְּלָה
בּוֹאִי כָלָה בּוֹאִי כָלָה
לָכָה דּוּדִי לִקְרֹאת כָלָה
פָּנֵי שַׁבָּת נִקְבְּלָה.

Boi kallah, boi kallah
P'nei Shabbat nekabelah
Boi kallah, boi kallah
L'cha dodi, l'cha dodi likrat kallah,
p'nei Shabbat n'kab'lah.

*Come, o Bride, come, o Bride, let us welcome Shabbat.
Come, my friend, to meet the bride; let us welcome Shabbat.*



Hashkiveinu

music and lyrics by Mah Tovv: Chasen and Zweiback

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם
וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים
וּפְרֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמֶךָ, 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.

SHABBAT MORNING SERVICE



MARCH 16, 2024

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

Torah: Exodus 40: 17-38

Our Torah reading can be found in the blue Torah commentary book on page 633 and in the Women's Commentary (green) on page 557.

Siman Tov

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

סִימָן טוֹב וּמַזָּל טוֹב.
וּמַזָּל טוֹב וְסִימָן טוֹב
יְהֵא לָנוּ. וְלְכָל 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 וְקִיּוּמֵנוּ 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.*

We Celebrate the Bar Mitzvah of Elijah Kahn

Aliyah I	Community Member
Aliyah II	Barbara Kahn, Dr. Ilana Kahn
Aliyah III	Paul Kahn
Aliyah IV	Zack Kahn, Sarah Bainton Kahn
Aliyah V	Elijah Kahn
Petichah I	Wayne and Linda Bainton, Doug Counts
Hagbah	George Kahn
Gelilah	Dominique Negel-Kahn, Diana Kahn
Petichah II	Tom and Linda Pickreign

Thank you to our Oneg and Kiddush sponsors:

Our b'nai mitzvah class
and Marcia Kahn, Elijah's great-grandmother

Thank you to our ushers:

*Eliza Leroy, Becky Claster, Avi Berger,
Michael Berger, Ari Klepper*

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.



וַיֹּאמֶר דָּוִד יְהוָה אֲשֶׁר הִצַּלְנִי מִיַּד הָאָרִי וּמִיַּד הַדֵּב הוּא יִצִּילֵנִי מִיַּד הַפִּלִּשְׁתִּי הִנֵּה וַיֹּאמֶר שָׂאוּל אֶל־דָּוִד לֵךְ וַיהוָה יְהִי עִמָּךְ: וַיִּלְבֹּשׁ שָׂאוּל אֶת־דָּוִד מִדְּיו וַנָּתַן קֹבֶעַ נְחֹשֶׁת עַל־רֹאשׁוֹ וַיִּלְבֹּשׁ אֹתוֹ שָׂרִיוֹן: וַיַּחְזֵר דָּוִד אֶת־תְּרָבּוֹ מֵעַל לְמִדְּיו וַיֹּאֲל לָלֶכֶת כִּי לֹא־נִסָּה וַיֹּאמֶר דָּוִד אֶל־שָׂאוּל לֹא אוֹכַל לָלֶכֶת בְּאַלֶּה כִּי לֹא נִסִּיתִי וַיִּסְרֹם דָּוִד מֵעָלָיו: וַיִּקַּח מִקְלוֹ בְּיָדוֹ וַיִּבְחַר־לוֹ חֲמֹשֶׁה חֲלָקֵי־אַבְנִים מִן־הַנֶּחֱל וַיֵּשֶׁם אֹתָם בְּכָלִי הָרַעִים אֲשֶׁר־לוֹ וַיִּבְלִקוּט וּקְלָעוּ בְּיָדוֹ וַיִּגֵּשׁ אֶל־הַפִּלִּשְׁתִּי: וַיֵּלֶךְ הַפִּלִּשְׁתִּי הַלֵּךְ וַקָּרַב אֶל־דָּוִד וְהָאִישׁ נִשְׂא הַצָּנָה לְפָנָיו: וַיִּבֶט הַפִּלִּשְׁתִּי וַיִּרְאֶה אֶת־דָּוִד וַיִּבְזֶהוּ כִּי־הָיָה נָעַר וַאֲדָמְנִי עַם־יִפֶּה מִרְאָה: וַיֹּאמֶר הַפִּלִּשְׁתִּי אֶל־דָּוִד הֲכָלָב אָנֹכִי כִי־אַתָּה בָּא־אֵלַי בַּמְּקִלוֹת וַיִּקְלַל הַפִּלִּשְׁתִּי אֶת־דָּוִד בְּאַלְהָיו:

(37) "God," David went on, "who saved me from lion and bear will also save me from that Philistine." "Then go," Saul said to David, "and may the Eternal be with you!" (38) Saul clothed David in his own garment; he placed a bronze helmet on his head and fastened a breastplate on him. (39) David girded his sword over his garment. Then he tried to walk; but he was not used to it. And David said to Saul, "I cannot walk in these, for I am not used to them." So David took them off. (40) He took his stick, picked a few smooth stones from the wadi, put them in the pocket of his shepherd's bag and, sling in hand, he went toward the Philistine. (41) The Philistine, meanwhile, was coming closer to David, preceded by his shield-bearer. (42) When the Philistine caught sight of David, he scorned him, for he was but a boy, ruddy and handsome.



1 Samuel 17: 37-50, continued

וַיֹּאמֶר הַפִּלִשְׁתִּי אֶל־דָּוִד לָכֵּה אֵלַי וְאַתָּנָה אֶת־בִּשְׂרָךְ לְעוֹף הַשָּׁמַיִם
וּלְבִהֶמַת הַשָּׂדֶה: וַיֹּאמֶר דָּוִד אֶל־הַפִּלִשְׁתִּי אַתָּה בָּא אֵלַי בְּחָרֶב
וּבַחֲנִית וּבְכִידוֹן וָאֲנֹכִי בְּא־אֵלֶיךָ בְּשֵׁם יְהוָה צְבָאוֹת אֱלֹהֵי מַעְרָכוֹת
יִשְׂרָאֵל אֲשֶׁר תִּרְפֹּת: הַיּוֹם הַזֶּה יִסְגָּרְךָ יְהוָה בְּיָדֵי וְהַפִּיתָךְ וְהִסְרֹתִי
אֶת־רֹאשְׁךָ מֵעַלֶיךָ וְנָתַתִּי פָגֶר מַחֲנֶה פְּלִשְׁתִּים הַיּוֹם הַזֶּה לְעוֹף
הַשָּׁמַיִם וּלְחַיֵּית הָאָרֶץ וַיִּדְעוּ כָּל־הָאָרֶץ כִּי יֵשׁ אֱלֹהִים לְיִשְׂרָאֵל:
וַיִּדְעוּ כָּל־הַקָּהָל הַזֶּה כִּי־לֹא בְּחָרֶב וּבַחֲנִית יְהוֹשִׁיעַ יְהוָה כִּי לַיהוָה
הַמִּלְחָמָה וְנָתַן אֶתְכֶם בְּיָדוֹ: וְהָיָה כִּי־יִקָּם הַפִּלִשְׁתִּי וַיִּלָּךְ וַיִּקָּרֶב
לְקִרְאֵת דָּוִד וַיִּמָּהַר דָּוִד וַיֵּרָץ הַמַּעְרָכָה לְקִרְאֵת הַפִּלִשְׁתִּי: וַיִּשְׁלַח
דָּוִד אֶת־יָדוֹ אֶל־הַכְּלִי וַיִּקַּח מִשָּׁם אֶבֶן וַיִּקְלַע וַיִּךְ אֶת־הַפִּלִשְׁתִּי
אֶל־מִצְחוֹ וַתִּטָּבַע הָאֶבֶן בְּמִצְחוֹ וַיִּפֹּל עַל־פָּנָיו אֲרָצָה: וַיַּחֲזֹק דָּוִד
מִן־הַפִּלִשְׁתִּי בַקֶּלֶע וּבָאֶבֶן וַיִּךְ אֶת־הַפִּלִשְׁתִּי וַיָּמָתוּ וַיָּחָרֵב אֵין
בְּיַד־דָּוִד:

(43) And the Philistine called out to David, "Am I a dog that you come against me with sticks?" The Philistine cursed David by his gods; (44) and the Philistine said to David, "Come here, and I will give your flesh to the birds of the sky and the beasts of the field." (45) David replied to the Philistine, "You come against me with sword and spear and javelin; but I come against you in the name of the Eternal of Hosts, the God of the ranks of Israel, whom you have defied. (46) This very day the Eternal will deliver you into my hands. I will kill you and cut off your head; and I will give the carcasses of the Philistine camp to the birds of the sky and the beasts of the earth. All the earth shall know that there is a God in Israel.



cont'd (47) And this whole assembly shall know that the Eternal can give victory without sword or spear. For the battle is God's, and God will deliver you into our hands." (48) When the Philistine began to advance toward him again, David quickly ran up to the battle line to face the Philistine. (49) David put his hand into the bag; he took out a stone and slung it. It struck the Philistine in the forehead; the stone sank into his forehead, and he fell face down on the ground. (50) Thus David bested the Philistine with sling and stone; he struck him down and killed him. David had no sword....

Refuah Shleimah

Mohammad Amiri, 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, David Hahn, Robin Kaplan,
Mildred Katz, Evan Lehker, Hy Levine,
Dan Lutenegger, Catherine Lynch, Dan Mack,
Mildred Marin, Micah ben Nechama Evi,
Sophie Meyers, Bryant Monroe, Lynda Mulhauser,
Nancy Piness, Sheila Platoff, Rachel bat Chava,
David Reynolds, Roslyn Richter, Eric Rosenberg,
Sarah Golde bat Shifrah, Jo Schonewolf,
Charles Schussheim, Sarah Sherman,
Paulette Shulman, Elsa Smith, Betty Ustun,
Paul Vordermann, Bobbie Wendel, Mimi Wolf



V'Shamru

Robert Applebaum

sung by the Temple Micah choir

וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת לַעֲשׂוֹת אֶת־הַשַּׁבָּת
לְדֹרֹתָם בְּרִית עוֹלָם:
בְּנֵי וּבָיִן בְּנֵי יִשְׂרָאֵל אוֹת הוּא לְעֹלָם
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ:

V'shamru v'nei Yisrael et HaShabbat,
la'asot et HaShabbat l'dorotam b'rit olam.
Beini uvein b'nei Yisrael ot hi l'olam,
ki sheshet yamim asah Adonai
et hashamayim v'et haaretz,
uvayom hashvi'i shavat vayinafash.

*The people of Israel shall keep the Sabbath,
observing the Sabbath in every generation as a
covenant for all time.*

*It is a sign for ever between Me and the people of
Israel, for in six days the Eternal God made the
heaven and earth, and on the seventh day God
rested from God's labors.*

We Remember Those Lost to Violence in the Washington, DC Area

Adam Dove, 25, SE DC; Jimmy Thomas Jr., 46, NE DC

Shiva

Barry Bainton, uncle of Sarah Bainton Kahn, great-uncle of Elijah Kahn;

Linda Miller, mother of Michael Miller, mother-in-law of Laura Glickman and grandmother of Rebecca and Hannah

Shloshim

Jonny Billet, Brenda Levenson, Eve R. Oshtry,
Lynn Harvey Rice, Celia Shapiro, David Joel Shmikler

Yahrzeit

Lilyan Barchoff, Beatrice Bornstein, Lilyan Brown,
Norman Busch, Jon Cohen, Joyce Coplan,
Lawrence Doppelt, Ruth Goldberg, Sara Ominsky Gould,
Isaac Green, Rose C. Heller, Samuel Iker, Barbara Klausner,
Morris Kolodner, Gerald Liebenau, Marion Maier Galant,
Midori Maruyama, Irene Oppenheimer, Leon Passel,
Mary Prince, Alice Apte Rosenbaum, Samuel Rosenbluth,
Joseph Ryan, Rosalind Salzman, Susan Maltz Schultz,
Lillian Seiger, Harvey Simon, Theodore Tobias, Max Tochen,
Ida Trace, Freddie Traum, Miriam Zizmor



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