

# Celebrate Shabbat

JANUARY 17-18, 2025  
18 TEVET, 5785

SHABBAT  
SHEMOT

“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: MARTIN LUTHER KING, JR. SHABBAT



JANUARY 17, 2025

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

*Philip Mayer, Percussion*

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## Blessing for Candles

בָּרוּךְ 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 פְּרִי הַגָּפֶן  
בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בְּנוֹ  
וְשִׁבֵת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי  
הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ זָכָר לִיצִיאַת מִצְרַיִם. כִּי בְנוּ בְחָרָת  
וְאוֹתָנוּ קִדְּשָׁתָּ מְכֹל הָעַמִּים וְשִׁבֵת 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.*

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## Hashkiveinu

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

הַשְׁכִּיבֵנוּ 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.

# American Tune

*Paul Simon*

Many's the time I've been mistaken  
And many times confused  
Yes, and I've often felt forsaken and certainly misused

Oh, but I'm alright, I'm alright, I'm just weary to my bones  
Still, you don't expect to be bright and bon vivant  
So far away from home, so far away from home

And I don't know a soul who's not been battered  
I don't have a friend who feels at ease  
I don't know a dream that's not been shattered or driven to its knees

But it's all right, it's all right, for we lived so well so long  
Still, when I think of the road we're traveling on  
I wonder what's gone wrong  
I can't help it, I wonder what has gone wrong

And I dreamed I was dying  
I dreamed that my soul rose unexpectedly  
And looking back down at me, smiled reassuringly

And I dreamed I was flying  
And high up above my eyes could clearly see  
The Statue of Liberty, sailing away to sea

And I dreamed I was flying  
We come on the ship they call The Mayflower  
We come on the ship that sailed the moon  
We come in the age's most uncertain hours  
and sing an American tune

Oh, and it's alright, it's alright, it's alright, you can't be forever blessed  
Still, tomorrow's going to be another working day  
And I'm trying to get some rest, that's all I'm trying to get some rest.



## Sukkat Shalom: A Shelter of Peace

### Reflections in Honor of Dr. Martin Luther King, Jr.

Sukkat Shalom is honored to sponsor tonight's Oneg for Temple Micah's Martin Luther King, Jr. Shabbat.

In welcoming refugees, Sukkat Shalom gives life to Dr. King's vision.

**"The agony of the poor impoverishes the rich; the betterment of the poor enriches the rich,"** Dr. King said. **"We are inevitably our brother's keeper because we are our brother's brother. Whatever affects one affects all."**

Martin Luther King, Jr.'s simple but powerful idea is the essence of our community. His vision inspires us.

To learn more about Sukkat Shalom, or to volunteer, go to:  
**<https://www.templemicah.org/act/sukkatshalom/>**

# SHABBAT MORNING SERVICE



JANUARY 18, 2025

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

*Philip Mayer, Percussion*

## Y'hiu L'ratzon

*Michelle Citrin*

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגִּיֵּן לִבִּי לְפָנֶיךָ  
יְי צוּרִי וְגוֹאֲלִי.

Yih'yu l'ratzon imrei fi v'hegyon libi  
l'fanecha, Adonai tzuri v'go-ali.

Go inside your 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.



Aliyah I

Hannah Gould



## Torah for Shemot: Exodus 1: 15-22, 2: 1-2

וַיֹּאמֶר מֶלֶךְ מִצְרַיִם לְמַיְלֵדֹת הָעִבְרִית אֲשֶׁר שָׂם הָאֵחָת שְׂפָרָה וְשֵׁם  
הַשְּׂנִית פּוּעָה:

וַיֹּאמֶר בְּיַלְדֻכֶּן אֶת־הָעִבְרִיּוֹת וּרְאִיתֶן עַל־הָאֲבָנִים אִם־בֶּן הוּא וְהַמֶּתֶן  
אֹתוֹ וְאִם־בַּת הוּא וְחָיָה:

וּתִירְאֵן הַמַּיְלֵדֹת אֶת־הָאֱלֹהִים וְלֹא עָשׂוּ כַּאֲשֶׁר דִּבֶּר אֲלֵיהֶן מֶלֶךְ  
מִצְרַיִם וּתְחַיֶּינָן אֶת־הַיְלָדִים:

וַיִּקְרָא מֶלֶךְ־מִצְרַיִם לְמַיְלֵדֹת וַיֹּאמֶר לָהֶן מִדּוּעַ עֲשִׂיתֶן הַדְּבָר הַזֶּה  
וּתְחַיֶּינָן אֶת־הַיְלָדִים:

וּתְאִמְרֶנָּן הַמַּיְלֵדֹת אֶל־פְּרָעָה כִּי לֹא כִנְשִׁים הַמִּצְרַיִת הָעִבְרִית כִּי־חַיּוֹת  
הֵנָּה בְּטָרִם תָּבוֹא אֲלֵהֶן הַמַּיְלֵדֹת וַיְלַדּוּ:

וַיִּיטֵב אֱלֹהִים לְמַיְלֵדֹת וַיִּרְבּ הָעָם וַיַּעֲצֵמוּ מְאֹד:

וַיְהִי כִי־יָרְאוּ הַמַּיְלֵדֹת אֶת־הָאֱלֹהִים וַיַּעַשׂ לָהֶם בָּתִּים:

וַיִּצְוּ פְרָעָה לְכָל־עַמּוֹ לֵאמֹר כָּל־הַבֶּן הַיְלֹוֹד הַיְאֲרָה תִשְׁלִיכֻהוּ וְכָל־הַבַּת  
תְּחִיּוֹן: {פ}

וַיִּלְךָ אִישׁ מִבֵּית לֹוִי וַיִּקַּח אֶת־בַּת־לֹוִי:

וַתַּהַר הָאִשָּׁה וַתֵּלֶד בֶּן וַתִּקְרָא אֹתוֹ כִּי־טוֹב הוּא וַתִּצְפְּנֵהוּ שְׁלֹשָׁה יָרְחִים:



(1: 15) The king of Egypt spoke to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, (16) saying, "When you deliver the Hebrew women, look at the birthstool: if it is a boy, kill him; if it is a girl, let her live." (17) The midwives, fearing God, did not do as the king of Egypt had told them; they let the boys live. (18) So the king of Egypt summoned the midwives and said to them, "Why have you done this thing, letting the boys live?" (19) The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women: they are vigorous. Before the midwife can come to them, they have given birth." (20) And God dealt well with the midwives; and the people multiplied and increased greatly. (21) And [God] established households for the midwives, because they feared God. (22) Then Pharaoh charged all his people, saying, "Every boy that is born you shall throw into the Nile, but let every girl live."

(2: 1) A certain member of the house of Levi went and took [into his household as his wife] a woman of Levi. (2) The woman conceived and bore a son; and when she saw how beautiful he was, she hid him for three months.

## **Refuah Shleimah**

Mohammad Amiri, Sarah Bardin, Evi Beck, Ira Berlin,  
Sarah Biel, Gary Brown, Sandra Brown, Judith Chisholm,  
Don Elisburg, Phil Feld, Rabbi Stanley Funston, Linda Gionta,  
Hannah Gould, Helene Granof, Barbara Green,  
Robert Guyer, Noreen Tunney Jurkoski, Carole Hirschmann,  
Mildred Katz, Hy Levine, Dan Lutenegger, Catherine Lynch,  
Dan Mack, Mildred Marin, Micah ben Nechama Evi,  
Sophie Meyers, Bryant Monroe, Lynda Mulhauser,  
Sheila Platoff, David Reynolds, Stephen Rockower,  
Eric Rosenberg, Sarah Golde bat Shifrah,  
Charles Schussheim, Paulette Shulman, Elsa Smith,  
Irving Swatzburg, Betty Ustun, Paul Vordermann,  
Bobbie Wendel, Mimi Wolf

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

Landen Mayo, 27, SE DC

## **Shiva**

Elise Bean, wife of Paul Carver

## **Shloshim**

Josephine Katz, Marian Joan Keselenko, Neil Levine,  
Annette Levitt

## Yahrzeit

Marilyn Bender, Rick Billingsley, Paul Booth, Ruth Friedman Booth, , Rabbi Gerson Chertoff, Dovener Eugene Davis Jarrell, Olimpio De Leon Pasco, Etta Gordon DuBrow, Herman Dunsay, Robert Effros, Max Factor, Eve Fleschler, Donna L. Green, Meyer Greenberg, Sam Hanser, Myron Hauser, Maurice Horowitz, Lynnette Jung-Springberg, Rita Karen, Robert J. Kaye, Sylvia Kirshstein, Isidore Kovey, Albert Kurzman, Esther Gutman Lederman, Erwin Lehmann, Richard Levenson, Herman Levine, Ruth Lipstein, Joseph Newton, Richard Oppenheimer, Regine Ransohoff, Rose Rosofsky, Charles Samuel, Tillie Schwartz, George "Buddy" Weiner, Vivian Weinstein, Estelle Rogers Weiss



***Thank you to our Oneg and Kiddush sponsors:***

Sukkat Shalom (Friday)

Beth Klee and Rielle Miller Gabriel (Saturday)

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*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.*

# TEMPLE MICHAH מִיכָה



## Shabbat Shalom!



*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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