

# Celebrate Shabbat

OCTOBER 31-NOVEMBER 1, 2025

10 CHESHVAN, 5786

SHABBAT LECH LECHA

“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**



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# WELCOMING SHABBAT



OCTOBER 31, 2025

Our service is led by  
Rabbi Josh Beraha, Rabbi Healy Slakman,  
and Rabbi Dr. Tuling

*Philip Mayer, Music Director*

## Ufros Aleinu

*By Zach Fredman*

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמָךְ,  
וְתִקְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ.

*Ufros aleinu sukkat sh'lomecha,  
V'takneinu b'eitzah tovah milfanecha, v'hoshieinu.*

Spread over us the shelter of Your peace,  
Guide us with Your good counsel, be our help.



# Yih'yu L'ratzon

*By Elana Arian*

*Yih'yu l'ratzon imrei fi  
V'hegyon libi l'fanecha  
Adonai tzuri v'goali  
Adonai tzuri v'goali*

*Yih'yu l'ratzon imrei fi  
V'hegyon libi l'fanecha  
Adonai tzuri v'goali  
Adonai tzuri v'goali*

May the words (may the words)  
Of my mouth (of my mouth)  
And the meditations (and the meditations)  
Of my heart (of my heart)

Be acceptable to you  
Adonai  
My rock  
And my redeemer

# SHABBAT MORNING



NOVEMBER 1, 2025

Our service is led by  
Rabbi Beraha and Rabbi Slakman,  
and Rabbi Dr. Kari Tuling

*Philip Mayer, Music Director*

## **We Celebrate the Bar Mitzvah of Reid Kaplan**

Aliyah I	Community Member
Aliyah II	Andrew and Leslie Price, Matthew and Suzanne Price
Aliyah III	William Kaplan, Judith Kaplan, Justin Kaplan, Jordan Kaplan
Aliyah IV	Jonathan Kaplan and Allison Price
Aliyah V	Reid Kaplan
Petichah I	David Cohen
Hagbah	Mathew Price
Gelilah	Hannah and Amber Price
Petichah II	Zandy Kaplan and Jenny Kaplan

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

Our B'nai Mitzvah class and the Kaplan family

### ***Thank you to our ushers:***

Teddy Wilson, Asher Fristeidt, Ethan Schott  
Zev and Devorah Adler

***Special thanks to our choir.***

## Torah for Lech Lecha: Genesis 17: 1-26

וְהָיָה אֲבָרָם בֶּן-תְּשַׁעִים שָׁנָה וַתִּשַׁע שָׁנִים וַיְרֹא יְהוָה אֶל-אֲבָרָם וַיֹּאמֶר אֵלָיו  
אֲנִי-אֵל שְׁדֵי הַתְּהַלָּךְ לִפְנֵי וְהָיָה תָמִים:  
וְאַתָּה בְרִיתִי בֵינִי וּבֵינְךָ וְאַרְבֵּה אוֹתְךָ בַּמַּאֲד מְאֹד:  
וַיִּפֹּל אֲבָרָם עַל-פָּנָיו וַיְדַבֵּר אִתּוֹ אֱלֹהִים לֵאמֹר:  
אֲנִי הִנֵּה בְרִיתִי אִתְּךָ וְהָיִיתִי לְאֵב הַמּוֹן גּוֹיִם:  
וְלֹא-יִקְרָא עוֹד אֶת-שִׁמְךָ אֲבָרָם וְהָיָה שִׁמְךָ אֲבָרָהם כִּי אֲב-הַמּוֹן גּוֹיִם נִתְּתִיךָ:  
וְהַפְּרִתִי אִתְּךָ בַּמַּאֲד מְאֹד וְנִתְּתִיךָ לְגוֹיִם וּמְלָכִים מִמֶּךָ יֵצְאוּ:  
וְהַקְּמַתִּי אֶת-בְּרִיתִי בֵינִי וּבֵינְךָ וּבֵין זַרְעֶךָ אַחֲרָיִךְ לְדֹרֹתֶם לְבְרִית עוֹלָם  
לְהָיוֹת לְךָ לְאֱלֹהִים וְלִזְרַעְךָ אַחֲרָיִךְ:  
וְנִתְּתִי לְךָ וְלִזְרַעְךָ אַחֲרָיִךְ אֶת | אֶרֶץ מִגְרִיךָ אֶת כָּל-אֶרֶץ כְּנָעַן לְאַחֲזָת  
עוֹלָם וְהָיִיתִי לָהֶם לְאֱלֹהִים:  
וַיֹּאמֶר אֱלֹהִים אֶל-אֲבָרָהָם וְאַתָּה אֶת-בְּרִיתִי תִשְׁמֹר אֹתָהּ וְזַרְעֶךָ אַחֲרָיִךְ  
לְדֹרֹתֶם:  
זֹאת בְּרִיתִי אֲשֶׁר תִּשְׁמְרוּ בֵינִי וּבֵינֵיכֶם וּבֵין זַרְעֶךָ אַחֲרָיִךְ הַמּוֹל לָכֶם  
כָּל-זָכָר:  
וְנִמְלַתֶם אֶת בֶּשֶׂר עַרְלַתְכֶם וְהָיָה לְאוֹת בְּרִית בֵּינִי וּבֵינֵיכֶם:  
וּבֶן-שְׁמֹנֶת יָמִים יִמּוֹל לָכֶם כָּל-זָכָר לְדֹרֹתֵיכֶם יְלִיד בֵּית וּמִקְנֵת-כֶּסֶף מְכֹל  
בֶּן-נֶכֶד אֲשֶׁר לֹא מִזְרַעְךָ הוּא:  
הַמּוֹל | יִמּוֹל יְלִיד בֵּיתְךָ וּמִקְנֵת כֶּסֶף וְהָיְתָה בְּרִיתִי בְּבִשְׂרְכֶם לְבְרִית  
עוֹלָם:  
וְעָרַל | זָכָר אֲשֶׁר לֹא-יִמּוֹל אֶת-בֶּשֶׂר עַרְלָתוֹ וְנִכְרְתָה הַנֶּפֶשׁ הַהוּא מֵעַמִּיהָ  
אֶת-בְּרִיתִי הַפֶּר: {ס}  
וַיֹּאמֶר אֱלֹהִים אֶל-אֲבָרָהָם שׁוּבִי אֲשֶׁתְּךָ לֹא-תִקְרָא אֶת-שְׁמָהּ שְׁרֵי כִּי שָׂרָה  
שְׁמָהּ:  
וּבִרְכִיתִי אֹתָהּ וְגַם נָתַתִּי מִמֶּנָּה לְךָ בֶן וּבִרְכִיתִיהָ וְהָיְתָה לְגוֹיִם מְלֶכֶי עַמִּים  
מִמֶּנָּה יְהִיוּ:  
וַיִּפֹּל אֲבָרָהָם עַל-פָּנָיו וַיִּצְחַק וַיֹּאמֶר בְּלִבִּי הֲלָבֹן מֵאָה-שָׁנָה יוֹלֵד וְאִם-שָׂרָה  
הַבַּת-תִּשְׁעִים שָׁנָה תֵּלֵד:

## Torah for Lech Lecha: Genesis 17: 1-26

וַיֹּאמֶר אַבְרָהָם אֶל־הָאֱלֹהִים לֹא יִשְׁמַעֲלִי יְחִיָּה לִפְנֵיךָ:  
וַיֹּאמֶר אֱלֹהִים אֲבֹל שָׂרָה אֲשֶׁתְּךָ יִלְדָת לְךָ בֵּן וְקָרָאתָ אֶת־שְׁמוֹ יִצְחָק וְהִקְמֹתִי  
אֶת־בְּרִיתִי אִתְּךָ לְבְרִית עוֹלָם לִזְרַעֲךָ אַחֲרָיו:  
וְלִישְׁמַעֲלָל שְׁמַעְתִּיךָ הִנֵּה | בְּרַכְתִּי אִתְּךָ וְהִפְרִיתִי אִתְּךָ וְהִרְבִּיתִי אִתְּךָ בְּמֵאֵד  
מֵאֵד שְׁנַיִם־עָשָׂר נְשִׂאִים יוֹלִיד וּנְתַתִּיו לְגוֹי גָּדוֹל:  
וְאֶת־בְּרִיתִי אֲקִים אֶת־יִצְחָק אֲשֶׁר תֵּלֵד לְךָ שָׂרָה לְמוֹעֵד הַזֶּה בַּשָּׁנָה  
הָאַחֲרֹת:  
וַיְכַל לְדַבֵּר אִתּוֹ וַיַּעַל אֱלֹהִים מֵעַל אַבְרָהָם:  
וַיִּקַּח אַבְרָהָם אֶת־יִשְׁמַעֲלָל בְּנוֹ וְאֶת כָּל־יְלִידֵי בֵיתוֹ וְאֶת כָּל־מִקְנֵת כֶּסֶף  
כָּל־זָכָר בְּאֹנְשֵׁי בֵּית אַבְרָהָם וַיְמַל אֶת־בְּשָׂר עַרְלָתָם בְּעֶצֶם הַיּוֹם הַזֶּה  
כַּאֲשֶׁר דִּבֶּר אֱלֹהִים:  
וְאַבְרָהָם בֶּן־תְּשַׁעִים וְתֵשַׁע שָׁנָה בְּהִמְלֹךְ בְּשָׂר עַרְלָתוֹ:  
וַיִּשְׁמַעֲלָל בְּנוֹ בֶן־שְׁלֹשׁ עָשָׂר שָׁנָה בְּהִמְלֹךְ אֶת בְּשָׂר עַרְלָתוֹ:  
בְּעֶצֶם הַיּוֹם הַזֶּה נִמּוֹל אַבְרָהָם וַיִּשְׁמַעֲלָל בְּנוֹ:

(1) When Abram was ninety-nine years old, יהוה appeared to Abram and said to him, "I am El Shaddai. Walk in My ways and be blameless. (2) I will establish My covenant between Me and you, and I will make you exceedingly numerous." (3) Abram threw himself on his face; and God spoke to him further, (4) "As for Me, this is My covenant with you: You shall be the father of a multitude of nations. (5) And you shall no longer be called Abram, but your name shall be Abraham, for I make you the father of a multitude of nations.

## Torah for Lech Lecha: Genesis 17: 1-26

(6) I will make you exceedingly fertile, and make nations of you; and kings shall come forth from you.

(7) I will maintain My covenant between Me and you, and your offspring to come, as an everlasting covenant throughout the ages, to be God to you and to your offspring to come. (8) I assign the land you sojourn in to you and your offspring to come, all the land of Canaan, as an everlasting holding. I will be their God.”

(9) God further said to Abraham, “As for you, you and your offspring to come throughout the ages shall keep My covenant. (10) Such shall be the covenant between Me and you and your offspring to follow which you shall keep: every male among you shall be circumcised. (11) You shall circumcise the flesh of your foreskin, and that shall be the sign of the covenant between Me and you. (12) And throughout the generations, every male among you shall be circumcised at the age of eight days. As for the homeborn slave and the one bought from an outsider who is not of your offspring, (13) they must be circumcised, homeborn and purchased alike. Thus shall My covenant be marked in your flesh as an everlasting pact.

## Torah for Lech Lecha: Genesis 17: 1-26

(14) And if any male who is uncircumcised fails to circumcise the flesh of his foreskin, that person shall be cut off from kin; he has broken My covenant.” (15) And God said to Abraham, “As for your wife Sarai, you shall not call her Sarai, but her name shall be Sarah. (16) I will bless her; indeed, I will give you a son by her. I will bless her so that she shall give rise to nations; rulers of peoples shall issue from her.” (17) Abraham threw himself on his face and laughed, as he said to himself, “Can a child be born to a man a hundred years old, or can Sarah bear a child at ninety?” (18) And Abraham said to God, “O that Ishmael might live by Your favor!” (19) God said, “Nevertheless, Sarah your wife shall bear you a son, and you shall name him Isaac; and I will maintain My covenant with him as an everlasting covenant for his offspring to come.

(20) As for Ishmael, I have heeded you. I hereby bless him. I will make him fertile and exceedingly numerous. He shall be the father of twelve chieftains, and I will make of him a great nation. (21) But My covenant I will maintain with Isaac, whom Sarah shall bear to you at this season next year.” (22) Done speaking with him, God was gone from Abraham.

## Torah for Lech Lecha: Genesis 17: 1-26

(23) Then Abraham took his son Ishmael, and all his homeborn slaves and all those he had bought, every male in Abraham's household, and he circumcised the flesh of their foreskins on that very day, as God had spoken to him. (24) Abraham was ninety-nine years old when he circumcised the flesh of his foreskin, (25) and his son Ishmael was thirteen years old when he was circumcised in the flesh of his foreskin. (26) Thus Abraham and his son Ishmael were circumcised on that very day;

## Haftarah for Lech Lecha: I Samuel 1: 7-11

וְכֵן יַעֲשֶׂה שָׁנָה בְּשָׁנָה מִדֵּי עֲלֹתָהּ בְּבֵית יְהוָה כִּן תִּכְעַסְנָה וְתִבְכֶּה וְלֹא תֹאכֵל:  
וַיֹּאמֶר לָהּ אֱלֹקֶינָהּ אִישׁוּהָ חֲנָה לָמָּה תִּבְכִּי וְלָמָּה לֹא תֹאכְלִי וְלָמָּה יָרַע לְבַבְךָ הֲלוֹא אֲנֹכִי טוֹב לָךְ מִעֲשֵׂרָה בָּנִים:  
וְתִקְּמוּ חֲנָה אַחֲרַי אֲכַלְהָ בְשֵׁלָה וְאַחֲרַי שְׂתָה וְעָלִי הַכְּהֹן יֵשֵׁב עַל-הַכֹּסֶּא עַל-מִזְבֵּחַת הַיִּכָּל יְהוָה:  
וְהִיא מָרַת נַפְשׁ וְתִתְפַּלֵּל עַל-יְהוָה וּבְכָה תִּבְכֶּה:  
וְתִדְּרֹר נֶדֶר וְתֹאמַר יְהוָה צְבָאוֹת אִם-רָאִה תְּרָאָה | בְּעֵינַי אֲמַתְךָ וְזָכַרְתָּנִי וְלֹא-תִשְׁכַּח אֶת-אֲמַתְךָ וְנִתְתַּה לְאֲמַתְךָ זֶרַע אֲנָשִׁים וְנִתְתַּוּ לַיהוָה כָּל-יְמֵי חַיָּו וּמוֹרָה לֹא-יַעֲלֶה עַל-רֹאשׁוֹ:

## Haftarah for Lech Lecha: I Samuel 1: 7-11

(7) This happened year after year: Every time she went up to the House of GOD, the other would taunt her, so that she wept and would not eat.

(8) Her husband Elkanah said to her, "Hannah, why are you crying and why aren't you eating? Why are you so sad? Am I not more devoted to you than ten sons?"

(9) After they had eaten and drunk at Shiloh, Hannah rose.—The priest Eli was sitting on the seat near the doorpost of the temple of GOD.— (10) In her wretchedness, she prayed to GOD, weeping all the while. (11) And she made this vow: "O GOD of Hosts, if You will look upon the suffering of Your maidservant and will remember me and not forget Your maidservant, and if You will grant Your maidservant a child like the others have, I will dedicate it to GOD for all the days of its life; and no razor shall ever touch its head."



## Siman Tov

סִימָן טוֹב וּמְזַל טוֹב.  
וּמְזַל טוֹב וְסִימָן טוֹב  
יְהֵא לָנוּ. וְלִכְל יִשְׂרָאֵל.

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

It is a good and lucky sign for us and for all Israel!

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## Shehechyanu

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁחַיֵּינוּ וְקִיּוּמֵנוּ.  
יְהִי עֲנֵנוּ לְזִמַּן הַזֶּה

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

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

## **Refuah Shleimah**

Mohammad Amiri, Alan Bandler, Sarah Biel, Noah Cohen Bordelon, Steve Caccavo, Judith Chisholm, Gail Dorman, Don Elisburg, Phil Feld, Shaina Malka bat Chaia Frima, Rabbi Stanley Funston, Linda Gionta, Helene Granof, Carole Hirschmann, Noreen Jurkoski, Hy Levine, Catherine Lynch, Dan Mack, Mildred Marin, Jessie Merrian, Sheila Platoff, Eric Rosenberg, Lois Rosen, Joseph Salus, Charles Schussheim, Baylah Shana bat Nacham B'tzalel v'Chasnah, David Shever, Paulette Shulman, Addy Spehar, Bobbie Wendel, Mimi Wolf, Wendy Zack

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

Jermaine McGee-Holmes, 27, Northeast, DC

## **Condolences**

Dan Moskowitz, husband of Else Moskowitz

## **Shiva**

Helmut Villard Hirsch, father of Paul Hirsch, grandfather of Abraham & Emiel Hirsch

## **Yahrzeit**

Etta Braverman, Jerome Brawer, Muriel Marcus Breitkopf, George J. Brown, Ingrid Marath Carlson, Bernard Cooper, Julie Ann Effros, Benjamin Epstein, Jay W. Fidler, Libby Goldsholl, Bill Grossman, Rena Gruenberg, Sallie Guy, Luanne Hintz, Jana Johnson, Morris Levin, Margaret Lichtenstein, Lila Lief, Margaret Locke, Marc Love, Andrew Lurie, Joanne Hathaway Meltzer, Rolly Multz, Daria Naftulin, Jack Pasarew, Renee Reiff, Jay Rosenbluth, Mary Rosenstein, Sunny Rothenberg, Max Salzman, Shana E Greatman Swers, Ralph Weinheimer, David Wilson, Bernard Zack, Theodore Zeichner