

November 20, 2020
5 Kislev, 5781
Shabbat Toldot
Micah House Shabbat



*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)*

Shabbat Shalom u'Mvorach

Shabbat Shalom.

Shabbat Shalom u'mvorach.

שַׁבַּת שְׁלוֹם.
שַׁבַּת שְׁלוֹם וּמְבוֹרָךְ.

*A peaceful Shabbat.
A peaceful and blessed Shabbat.*

Candle Lighting

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher
kidshanu b'mitzvotav v'tzivanu l'hadlik neir shel Shabbat.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*We praise You, Eternal God, Sovereign of the universe.
You hallow us with Your Mitzvot and command us to kindle the light of Shabbat.*

Refuah Shleimah

Suzanne Allender, Emily Alpern-Fisch, Frank Anderson, Alan Appel, Ronni Behar, Janice Berlin, Michael Booth, Ellen Buckley, David Diskin, Don Elisburg, Netanel Felber, Chelo Fournier, Renee Goff, Mel Goldberg, Carole Greenberg, Edward Greenberg, Richard Greenfield, John Hall, Cindy Bosco Hill, Dorothy Kirby, Joan Kupferberg, Kimberly Lackey, Ron Lazarus, Philip Levine, Sam Levinson, Dan Lutenegger, Avital Manor, Cheryl Mitchell, Bill Page, Rebecca Prigal, David Ransohoff, Lois Rosen, Eric Rosenberg, Sura Rozenberg, Barry Rubens, Rabbi Steve Sager, Patricia Santilli, Francie Schwartz, Mary Schwartz, Joan Schwarz, George Scott, Paul Shapiro, Nathan Tash, Betty Ustun, Maria Young

Come Healing

Music and lyrics by Leonard Cohen

O gather up the brokenness and bring it to me now	O see the darkness yielding that tore the light apart
The fragrance of those promises you never dared to vow	Come, healing of the reason; come, healing of the heart
The splinters that you carry, the cross you left behind	
Come, healing of the body; come, healing of the mind	O troubled dust concealing an undivided love
And let the heavens hear it, the penitential hymn	The heart beneath is teaching to the broken heart above
Come, healing of the spirit; come, healing of the limb	Let the heavens falter, let the earth proclaim:
	Come, healing of the altar; come, healing of the Name
Behold the gates of mercy in arbitrary space	And let the heavens hear it, the penitential hymn
And none of us deserving the cruelty or the grace	Come, healing of the spirit; come, healing of the limb
O solitude of longing where love has been confined	O see the darkness yielding that tore the light apart
Come, healing of the body; come, healing of the mind	Come, healing of the reason; come, healing of the heart

Kiddush

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, borei p'ri hagafen. Baruch Atah, Adonai, Eloheinu, 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.

ברוך אתה יי, אלהינו מלך העולם,
בורא פרי הגפן. ברוך אתה יי, אלהינו מלך העולם,
אשר קדשנו במצותיו ורצה בנו, ושבת קדשו באהבה
וברצון הנחילנו, זכרון למעשה בראשית. כי הוא יום
תחילה למקראי קדש, זכר ליציאת מצרים. כי-בנו
בחרת ואותנו קדשת, מכל-העמים, ושבת קדשך
באהבה וברצון הנחלתנו.
ברוך אתה יי, מקדש השבת.

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

Baruch Atah, Adonai, Eloheinu, Melech ha'olam,
hamotzi lechem min ha'aretz.

ברוך אתה יי, אלהינו מלך העולם, המוציא לחם
מן הארץ.

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

Hinei Ma Tov

Hinei ma tov u'ma na-im
shevet achim gam yachad.

הנה מה-טוב ומה-נעים
שבת אחים גם-יחד.

How good it is; how sweet it is, to be together on this day.

DANIEL G. ZEMEL, Rabbi

JOSHUA BERAHA, Associate Rabbi | **STEPHANIE CRAWLEY**, Assistant Rabbi

RACHEL GROSS, Executive Director | **DEBRA WINTER**, Worship Music Artist | **TEDDY KLAUS**, Music Director

SHARON TASH, Education Director

2829 Wisconsin Ave., NW Washington, DC 20007 | (202) 342-9175 | www.templemicah.org

We Remember a Few of Far Too Many Lives Lost to COVID-19

Saed Erekat, 65, key negotiator for Palestinian statehood, Jerusalem, Israel
Sergeant 1st Class Calvin Ogletree III, 45, served in the Iraq conflict, Lakeland, Florida
Malcolm Bernhardt, 74, trivia fan, longtime Temple Micah volunteer, statistician, Washington, DC

We Remember Those Lost to Violence in Washington, DC

Navaras Johnson, 18, SW DC; Carey Edwin Jones, 41, NW DC;
Andrew Tillman, 38, and Jeanette Walls, 47, no fixed address; Leon Williams, 52, NE DC

Condolences

Millie Stern, aunt of Stuart Brown; Sidney Trager, father of Meryl Weiner

Shiva

Malcolm Bernhardt, Bob Ketrosor, Larry Nussdorf, Harvey Salkovitz

Shloshim

Mildred S. Atkins, David Heiman, Marc Love, Shirley Suconik

Yahrzeit

FloAnn Bina, Benson Caplan, Harold Claster, Lester Ellin, Helen Fine, Raul Fournier, Pauline Geldern, Diana Granof, Yakov Kantarovich, Alison Kaplan, Howard Kaplan, Esther Lahne, Myron "Mike" Laipson, Steve Laver, Sol Levine, Wallace London, June Lu, Victor Margolin, Bruce Rinaldi, Bette Spatz, Al Taylor, Fannie Tobias, Marguerite Turnbull, Maurice Weiner, Teri Weinman, Clara Zeitlin

Kaddish Yatom

Yitgadal v'yitkadash sh'mei raba.
B'alma di v'ra chirutei, v'yamlich malchuteih,
b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael,
ba'agala uvizman kariv. V'imru: Amen.

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.
Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei,
v'yit'hadar v'yitaleh v'yit'halal sh'mei d'kud'sha,
b'rich Hu.

L'eila min kol birchata v'shirata, tushb'chata v'nechemata,
daamiran b'alma. V'imru: Amen.

Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol
Yisrael. V'imru: Amen.

**Oseh shalom bimromav, Hu yaaseh shalom aleinu,
v'al kol Yisrael, v'al kol yoshvei tevel, v'imru:
Amen.**

יתגדל ויתקדש שמה רבא.
בעלמא די ברא כרעותה ונמליד מלכותה בחייכון
וביומייכון ובחיי דכל בית ישראל בעגלא ובזמן קריב,
ואמרו אמן.
זהא שמה רבא מברך לעלם ולעלמי עלמין.
יתברך וישתבח ויתפאר ויתרום ויתנשא ויתחדר
ויתעלה ויתהלל שמה דקדשא.
ברוך הוא.
לעלא מן כל ברכתא ושירתא תשבחתא ונחמתא
דאמירן בעלמא. ואמרו אמן.
זהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל.
ואמרו אמן.
עשה שלום במרומיו הוא יעשה שלום עלינו ועל כל
ישראל ועל כל יושבי תבל ואמרו אמן.