V'shamru

Recite V'shamru on Shabbat.

V'shamru, v'nei Yisrael et ha-Shabbat,
la-a'sot et ha-Shabbat
l'dor ro'tam b'rit olam.
Bein u'vein b'nei Yisra-el
et ha-sha-ma-yim v'et ha-arets,
u-va-yom ha-sh'vi'i
sha-vat va-yi-na-fash.

(This translation may be sung to a popular Israeli melody for V'shamru.)

The Children of Israel observed the mitzvah of the Sabbath day keeping this heritage alive for generations yet unborn.

God said: Between Me and all Jews, this day is a sign, a sign for all time, for all Jews an everlasting sign.

A sign that God made the world in six days, in six busy days, made the sky, the earth, and what's between.

And then on Shabbat
God rested from work, God put down the work, God beheld the world and was refreshed.

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Jim Propp

V'sha-m'ru recalls the covenant of Shabbat between God and the Jewish people.

You Ensouled Me

God who fills my lungs with breath, each breath from You is a special gift. 

"Bar'che inu Avi-nu,
Bless me, and us,
"Ku-la-nu Ke-chad,
Each, at one with him or herself, and together, one with all,
"Bor Pa-ne-cha,
With the light of Your face.

"Uva yom ha-sh'vi'i,
sha-vat va-yi-na-fash
On the seventh day
You ensouled me with My eternal soul, ne-fesh, n'sha-mah, breath, and with Your life breath I sing.

Jeremy Goldman