

V'sha·m'ru

וְשָׂמְרוּ

Recite V'sha·m'ru on Shabbat.
In some communities, the congregation rises.

V'sha·m'ru v'nei Yis·ra·eil et ha·Shab·bat,
la·a·sot et ha·Shab·bat
l'do·ro·tam b'rit olam.
Bei·ni u·vein b'nei Yis·ra·eil
ot hi l'o·lam,
ki shei·shet ya·mim a·sah A·do·nai
et ha·sha·ma·yim v'et ha·a·retz,
u·va·yom ha·sh'vi·i
sha·vat va·yi·na·fash.

וְשָׂמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,
לַעֲשׂוֹת אֶת הַשַּׁבָּת
לְדֹרֹתָם בְּרִית עוֹלָם:
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִיא לְעוֹלָם,
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנְפֹשׁ.

Exodus 31:16-17

And They Shall Keep the Sabbath

Recite V'sha·m'ru on Shabbat.
In some communities, the congregation rises.

And the Children of Israel shall keep the Sabbath
to make the Sabbath
for their generations as an eternal covenant.
Between Me and the Children of Israel
it is a sign for all eternity,
since for six days Adonai made
the heavens and the earth,
and on the seventh day
God rested and was refreshed.

Exodus 31:16-17

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.
Ru·ach, Breath, Spirit, Life.

Just for today, just for Shabbat,
I give up to You my yesterdays,
and my tomorrows.
They were, and have gone.
They will be, but are not. Yet.

Just for today, will I live, for today.
I give You thanks.
Just for today, I will live in today,
Your Shabbat.

I sing You praise.

Today, oh my God, my body and my spirit
are one, *sha·leim*, whole.

Ba·r'che·inu Av·i·nu,
Bless me, and us,
Ku·la·nu K'e·chad,
Each, at one with him or herself,
and together, one with all,
B'or Pa·ne·cha,
With the light of Your face.

U·va·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 Golding

(This translation may be sung to a popular Israeli melody for V'sha·m'ru.)

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.

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

Jim Propp