

ישמ'חו במלכותך
שומרי שבת וקוראי עליך
עם מקדשי שביעי,
כלם ישבעו ויתענגו מטוהר.
והשביעי רצית בז' וקדשו
חננות ימים אונזו קראב,
זכר למעשה בראשית.

Yism'chu



ל w/Caro

Silent Meditation follows Song

THOSE WHO KEEP Shabbat by calling it a delight will rejoice in Your realm.
The people that hallows Shabbat will delight in Your goodness.
For, being pleased with the Seventh Day, You hallowed it as
the most precious of days, drawing our attention to the work of Creation.

ELOHEINU v'Elohei
avoteinu v'imoteinu,
r'tzeih vim'nuchateinu.

Kadsheinu b'mitzvotcha
v'tein chelkeinu b'Toratecha,
sabeinu mituvecha,
v'samcheinu bishuatecha,
v'taheir libeinu l'ovd'cha be-emet,
v'hanchileinu Adonai Eloheinu,
b'ahavah uv'ratzon Shabbat kodshecha
v'yanuchu va-Yisrael,
m'kad'shei sh'mecha.

Baruch atah, Adonai, m'kadeish HaShabbat.

אלחינו ואלהי
אבותינו ואמותינו
רחא במנוחתנו:
קדשנו במצוותך
וננו פלקי נברותך,
שבענו מטויהך,
ושמחנו בישועהך
וטהר לבנו לעבדך באהמתך
וחניכילנו, יי אלחינו,
באפקה וברצון שבת קדש
וינוחו בה ישראל,
מקדשי שמה.
ברוך אתה, יי, מקדש השבת.

THE MEANING OF SHABBAT is to celebrate time rather than space.
Six days a week we live under the tyranny of things of space;
on Shabbat we try to become attuned to holiness in time.
It is a day on which we are called upon to share in what is eternal in time,
to turn from the results of creation to the mystery of creation,
from the world of creation to the creation of the world.

ברוך אתה, יי, מקדש השבת
Baruch atah, Adonai, m'kadeish HaShabbat.

קדשׁת הַיּוֹם K'dushat HaYom ("Sanctity of the Day") — On Shabbat, the middle benediction of the *T'filah* acknowledges the special character of the day of rest as a divine gift.

Yism'chu... Those who keep... Often sung by itself, this call to rejoice on Shabbat is a text from the *K'dushat HaYom* benediction in the traditional Shabbat *Musaf* ("additional") service.