

## Hashkivenu Oh Guide My Steps

השְׁכִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.

*Hash-kee-vey-nu, Adonai Eh-lo-hey-nu, l'sha-lom,  
v'ha-a-mee-dey-nu, shom-rey-nu, l'kha-yeem.*

♪ OH GUIDE MY STEPS and help me find my way.  
I need your shelter now.  
Rock me in Your arms and guide my steps.  
And help me make this day a song of praise to You.  
Rock me in Your arms and guide my steps.

וּפָרַשׁ עָלֵינוּ סֶכֶת שְׁלוֹמָךְ.

*Oof-ros a-ley-nu su-kat sh'lo-me-kha.*

—Music and lyrics by Craig Taubman, Debbie Winston and Julie Silver

*V'Shamru* is taken from  
Exodus 31:16–17.

In addition to “remembering” (Exodus 20:8) and “keeping” (Deut. 5:12) Shabbat, we are also told to “honor and rejoice” in it (Isaiah 58:13). One of the goals of our observance is to experience delight. While the rabbis spoke of *oneg Shabbat*—Sabbath delight—referring to bodily pleasures such as eating well, Isaiah spoke of *oneg Shabbat* in connection with his vision of a socially just world. There are spiritual as well as physical delights of Shabbat to be nurtured and enjoyed.

—Rabbi Ronald Aigen

## V'Shamru

ושמרו

וּשְׁמְרוּ בְנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת  
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם.  
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הוּא לְעֹלָם  
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,  
וּבְיוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

*V'sham-ru v'ney Yisrael et ha-Sha-bat,  
la-a-sot et ha-Sha-bat l'do-ro-tahm b'rit o-lahm.  
Bey-nee u-veyn b'ney Yisrael ot hee l'o-lahm,  
kee shey-shet ya-meem a-sah Adonai et ha-sha-ma-yim v'et ha-a-retz,  
u-va-yom hash-vee-ee Sha-vat va-yee-na-fahsh.*

The people of Israel shall keep the Sabbath,  
observing the Sabbath in every generation, as a covenant for all time.  
It is a sign forever between Me and the people of Israel,  
for in six days God made heaven and earth,  
and ON THE SEVENTH DAY GOD RESTED and was refreshed.