

VESHAMRU

On Shabbat:

וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת  
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם:  
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם.  
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יי אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ  
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ:

V'shamru v'ney yisrael et ha-shabbat,  
La-asot et ha-shabbat l'doro-tam b'rit olam.  
Bey-ni u-veyn b'ney yisrael ot hi l'olam.  
Ki shey-shet yamim asa Adonai  
Et ha-shama-yim v'et ha-aretz,  
U-va-yom ha-sh'vi-i shavat va-yi-nafash.

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On Festivals:

**VA-Y'DABEYR MOSHE**

וַיְדַבֵּר מֹשֶׁה אֶת־מִעַדֵי יי אֶל בְּנֵי יִשְׂרָאֵל:

Va-y'dabeyr moshe et mo-adey Adonai el b'ney yisrael.

Continue with Hatzki Kaddish (page 97) followed by the Festival Amidah.

**VESHAMRU: Shabbat—an everlasting Covenant**

On Shabbat:

The Children of Israel shall observe the Sabbath,  
maintaining it throughout their generations  
as an everlasting Covenant.

It is a sign between Me and the Children of Israel for all time;  
in six days the Lord made heaven and earth;  
and on the seventh day the Lord ceased this work and rested.

Exodus 31:16-17

**SHABBAT HAS KEPT US ALIVE**

A Jew who feels a real tie with the life of our people throughout  
the generations will find it utterly impossible to think of the  
existence of the Jew without the Shabbat. One can say without  
exaggeration that more than the Jew has kept the Shabbat, the  
Shabbat has kept the Jew.

Ahad Ha-Am

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**VA-Y'DABEYR MOSHE: Proclaiming the Festivals**

And Moses proclaimed the Festivals of the Lord  
to the Children of Israel.

Leviticus 23:44

Continue with *Hatzki Kaddish* (page 97) followed by the *Festival Amidah*.