

The Israelite people shall keep the Sabbath,
observing the Sabbath throughout the ages as a
covenant for all time:

It shall be a sign for all time between Me and
the people of Israel.

For in six days the LORD made heaven and
earth,
and on the seventh day He ceased from work
and was refreshed.

וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת לַעֲשׂוֹת

אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הוּא לְעֹלָם (3 X)

כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה וַיְהִי (2 X)

אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ (3 X)

V'sha-m'ru v'nei Yis-ra-eil et ha-Sha-bat,
la-a-sot et ha-Sha-bat l'do-ro-tam b'rit o-lam.
Bei-ni u-vein b'nei Yis-ra-eil ot hi l'o-lam. (3X)
Ki shei-shet ya-mim a-sa A-do-nai (2X)
et ha-sha-ma-yim v'et ha-a-rets,
u'va-yom ha-sh'vi-i sha-vat va-yi-na-fash. (3X)

Torah Service

139-141	Torah service, verses from Scripture We stand Brich Shmay, from Zohar, personal petition Shema and processional
Torah reading	7 aliyot + 1 extra (maftir)
Haftarah	from Prophetic section, read by maftir blesser
148	Yekum Purkan
148-149	Prayers for our Country and Israel
150	Birkat HaHodesh (Only on Shabbat before Rosh Hodesh – we stand)
151-152	Ashrei We sit
153-4	Return Torah to Ark We stand

