

## V'shamru

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם. בֵּינִי  
וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הַיָּמִים לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת  
הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ\*.

V'sham-ru v'nei yis-ra-el 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-el ot hi l'o-lam, ki shei-shet ya-mim a-sa a-do-nai et-ha-sha-ma-yim  
v'et-ha-a-retz, u-va-yom hash-vi-i sha-vat va-yi-na-fash.

And the Children of Israel shall keep the Sabbath, to make the Sabbath an everlasting covenant for their generations. Between Me and the Children of Israel it is a sign forever that in six days Adonai made heaven and earth, and on the seventh day God rested and was refreshed.

## D'rash

**And the Children of Israel shall keep the Sabbath**—*We are commanded to maintain a watch over one day in the week that is set apart from the other six days of the week to enable the emergence of our Neshama Yetarah (extra soul). The extra soul has room for rest and joy, both for the loved ones God has brought to us and for our love of God Who has brought them. To make the Sabbath an everlasting covenant for their generations*—*We are to plan and make preparations that welcome and honor the Sabbath Queen and Bride, to follow the Shabbat mitzvot so that we may refresh ourselves in the beauty of Shabbat, and thus bequeath a living inheritance to our children and grandchildren. Between Me and the Children of Israel it is a sign forever that in six days Adonai made heaven and earth, and on the seventh day God rested and was refreshed*—*Our Holy Writings tell not of a worldly law that allows a day of rest but a holy ordinance legislated in the image of the Almighty, not to be surrendered to worldly interests or sundered by them.*

## Iyun Tefilla

### 7-DAY COMPASS

You said  
That if I wanted  
To keep  
My world  
From spinning  
Out of control  
I would have  
To give up control;  
I would need,  
To withdraw  
Into my own essence  
As You did  
On the seventh day.  
You said:  
Bring me  
Six days  
Of good work.

And lay them down.  
And the six will receive  
Their measure  
From the One.  
And if I did, then  
I could keep  
My little world  
On its axis  
And know  
My place.  
And if I didn't, then  
I would have to  
Navigate the night  
Without the stars,  
And sail  
Without a map,  
And maybe  
Never even know  
The journey's end.  
So here I am,  
Bringing You  
Six good days,  
Which I'm sure  
You know  
Are also  
Six hard days.  
Though they count  
For little  
In this world,  
I lay them down.  
Please take them  
From me  
And grant me  
My compass.

\* Exodus 31:16-17.

Go to <http://www.gatherthepeople.org> for more congregational development and organizing tools.

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