

FRIDAY NIGHT SONGS

The meal is in full swing. Good food and drink has warmed our hearts and put us in a great mood, the table is filled with conversation and laughter, and we sink into our seats with a smile of contentment. Our spirits are soaring, and through our voices, we are moved to reflect the wonderful repose and elevated spiritual state in which we find ourselves. We sing *Zemirot* - the sweet songs of Shabbos.

The *Zemirot* invoke the full Shabbat experience in all of its color and variety - from the loftiest kabbalistic sentiments, to a celebration of the earthly pleasures of rest and culinary delights, to the wordless “niggunim” - the spontaneous, free-flowing chants through which we express ourselves more eloquently than we ever have. The melodies are uplifting, the words, if they are understood, still more so. Put simply, the *Zemirot* are a celebration of being alive. A celebration of feeling connected to our Creator, to His - our - world, and to the people around us.

Zemirot are ideal to be sung in-between courses. Watch for that break in the conversation - however brief - and start up a song. Guaranteed, you will take your meal to new heights.



M'NUCHAH V'SIMCHAH

An impassioned Shabbat song written in the 16th century invoking the ethereal delights - the spiritual repose (menucha) and spiritual joy (simcha) - of the full Shabbat experience. The composer pours out his heart: “Shamor L’Kadsho Mibo’o V’Ad Tzeito” - writing that its holiness and beauty is not limited to the various rites and rituals we perform, but permeates the entire day, “from beginning to end”.

“The *Zemirot* invoke the full Shabbat experience in all of its color and variety - from the loftiest kabbalistic sentiments, to a celebration of the earthly pleasures of rest and culinary delights.”

מְנוּחָה וְשִׂמְחָה אֹר לַיהוּדִים יוֹם שְׁבֵתוֹן יוֹם
מִחֲמַדִּים שׁוֹמְרֵי וְזוֹכְרֵי הַמָּה מְעִידִים כִּי
לְשֵׁשָׁה כָּל בְּרִואִים וְעוֹמְדִים.

שְׁמֵי שָׁמַיִם אֶרֶץ וַיְמִים כָּל צָבָא מְרוֹם
גְבוּהִים וְרָמִים תַּנִּין וְאָדָם וְחַיִּת רְאֵמִים כִּי
בְּיָהּ יְהוָה צוּר עוֹלָמִים.

הוּא אֲשֶׁר דָּבַר לְעַם סִגְלָתוֹ שְׁמוֹר לְקַדְּשׁוֹ
מִבְּאוֹ וְעַד צֵאתוֹ שְׁבֵת קֹדֶשׁ יוֹם חֲמֻדָּתוֹ כִּי
בּוֹ שְׁבֵת אֵל מִכָּל מְלָאכְתּוֹ.

בְּמִצְוֹת שְׁבֵת אֵל יַחֲלִיצֵךְ קוּם קְרָא אֱלֹהֵי
יְחִישׁ לְאַמְצָךְ נִשְׁמַת כָּל חַי וְגַם נַעֲרִיצֵךְ אֶכּוֹל
בְּשִׂמְחָה כִּי כִבֵּר רָצֵךְ.

בְּמִשְׁנֵה לֶחֶם וְקִדּוּשׁ רִבְּה בְּרוּב מְטַעֲמִים וְרוּחַ
נְדִיבָה יִזְכּוּ לָרֵב טוֹב הַמְתַּעַנְגִּים בָּהּ בְּבִיאַת גּוֹאֵל לְחַיֵּי
הָעוֹלָם הַבָּא.

*M'nuchah Vsim'chah Or La-y'hudim Yom Shabaton Yom
Machamadim Shom'rav V'zoch'rav Heimah M'idim Ki L'shishah
Kol B'ru-im V'om'dim.*

*Sh'mei Shamayim Eretz V'yamim Kol Tz'va Marom G'vohim
V'ramim Tanin V'adam V'chayat R'eimim Ki B'y-ah A-donuy Tzur
Olamim.*

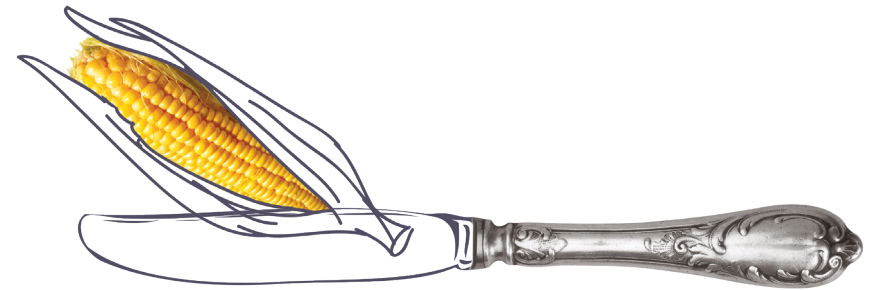
*Hu Asher Diber L'am S'gulato Shamor L'kad'sho Mibo-o Vad
Tzeito Shabat Kodesh Yom Chem'dato Ki Vo Shavat Ei-l Mikol
M'lach'to.*

*B'mitz'vat Shabat Ei-l Yachalitzach Kum K'ra Eilav Yachish
L'am'tzach Nish'mat Kol Chay V'gam Na-aritzach Echol
B'sim'chah Ki K'var Ratzach.*

*B'mish'neh Lechem V'kidush Rabah B'rov Mat'amim V'ru-ach
N'divah Yiz'ku L'rav Tuv Hamit'an'gim Bah B'viyat Go-eil L'chayei
Ha-olam Haba.*

Rest and joy, light for the Jews is the Shabbat day, day of delights; those who keep and recall it bear witness that in six days all Creation was made. The highest heavens, land and seas, the hosts of heaven, high and sublime; sea creatures, humans and all wild beasts, were created by the L-rd, G-d, Creator of all worlds. It was He who spoke to His treasured people: “Keep it and sanctify it from beginning to end.” The holy Shabbat, His day of delight, for on it G-d rested from all His work. Through the Sabbath commandment G-d will give you strength. Rise, pray to Him, and He will invigorate you. Recite the Nishmat prayer, and the Kedusha, then eat with joy, for He is pleased with you. With two loaves, and wine for the Kiddush, with many delicacies and a spirit of plenty; those who delight in it shall merit great reward: the coming of the redeemer, and life in the World to Come.

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TZUR MISHELO

An ancient song of unknown authorship, believed to have been written around the 14th Century. The consensus is that it was originally meant to serve as an introduction to Grace after meals, Birkat Hamazon, with the first three stanzas paralleling the first three blessings thereof. In the 1980s, a 16th Century manuscript

was discovered, containing a musical notation for this song. It's believed to be the oldest sheet music for a Shabbat song and one of the oldest in the entire history of Jewish song. Some believe Tzur Mishelo to have originated with the Tannaim, the rabbinic sages of the Mishnah, who lived approximately 70-200 CE.

**צור משלו אכלנו ברכו אמוני, שבוענו והותרנו
בדבר י-ה-ו-ה.**

הָאֵן אֶת עוֹלָמוֹ רוֹעֵנוּ אֲבִינוּ, אֲכַלְנוּ אֶת לֶחֶמוֹ וַיֵּינֵנו שְׂתִינֵנו,
עַל כֵּן נוֹדָה לְשִׁמוֹ וְנִהְלָלוּ בְּפִינוּ, אֲמַרְנוּ וְעָנִינוּ אֵין קְדוֹשׁ
כִּי-ה-ו-ה.

**צור משלו אכלנו ברכו אמוני, שבוענו והותרנו
בדבר י-ה-ו-ה.**

בְּשִׁיר וְקוֹל תּוֹדָה נִבְרָךְ לֹא-לֵהִינוּ, עַל אֶרֶץ חֲמֻדָּה טוֹבָה
שֶׁהִנְחִיל לְאַבוֹתֵינוּ, מֵאִזּוֹן וְצִדָּה הַשְּׂבִיעַ לְנַפְשֵׁנוּ, חֲסִדוֹ גִבֹּר
עָלֵינוּ וְאַמֶּת י-ה-ו-ה.

**צור משלו אכלנו ברכו אמוני, שבוענו והותרנו
בדבר י-ה-ו-ה.**

רַחֵם בְּחֲסֵדְךָ עַל עַמְךָ צוּרֵנוּ, עַל צִיּוֹן מְשֻׁכָּן כְּבוֹדְךָ זָבוּל
בֵּית תִּפְאַרְתֵּנוּ, בֶּן דָּוִד עַבְדְּךָ גְּבֹר וְיִגְאָלֵנוּ, רוּחַ אֲפִינוּ
מְשִׁיחַ י-ה-ו-ה.

**צור משלו אכלנו ברכו אמוני, שבוענו והותרנו
בדבר י-ה-ו-ה.**

יְבַנֶּה הַמִּקְדָּשׁ עִיר צִיּוֹן תְּמַלֵּא, וְשֵׁם נְשִׂיר שִׁיר חֲדָשׁ
וּבִרְנִינָה נַעְלָה, הִרְחֵמְךָ הַנִּקְדָּשׁ יִתְבָּרַךְ וַיִּתְעַלָּה,
עַל כּוֹס יַיִן מְלֵא כְּבִרְכַת י-ה-ו-ה.

**צור משלו אכלנו ברכו אמוני, שבוענו והותרנו
בדבר י-ה-ו-ה.**

*Tzur Mishelo Achal'nu Bar'chu Emunay, Sava'nu V'hotar'nu
Kid'var A-donuy.*

*Hazan Et Olamo Ro-einu Avinu, Achal'nu Et Lach'mo V'yeino
Shatinu, Al Kein Nodeh Lish'mo Un'hal'lo B'finu, Amar'nu
V'aninu Ein Kadosh Ka-A-donuy.*

*Tzur Mishelo Achal'nu Bar'chu Emunay, Sava'nu V'hotar'nu
Kid'var A-donuy.*

*B'shir V'kol Todah N'vareich Lei-lo-heinu, Al Eretz Chem'dah
Tovah Shehin'chil La-avoteinu, Mazon V'tzeidah His'biy-a
L'naf'sheinu, Chas'do Gavara Aleinu Ve-emet A-donuy.*

*Tzur Mishelo Achal'nu Bar'chu Emunay, Sava'nu V'hotar'nu
Kid'var A-donuy.*

*Racheim B'chas'decha Al Am'cha Tzureinu, Al Tziyon Mish'kan
K'vodecha Z'vul Beit Tif'ar'teinu, Ben David Av'decha Yavo
V'yig'aleinu, Ru-ach Apeinu M'shiy-ach A-donuy.*

*Tzur Mishelo Achal'nu Bar'chu Emunay, Sava'nu V'hotar'nu
Kid'var A-donuy.*

*Yibaneh Hamik'dash Iyr Tziyon T'malei, V'sham Nashir Shir
Chadash Uvir'nanah Na-aleh, Harachaman Hanik'dash
Yit'barach V'yit'aleh, Al Kos Yayin Malei K'vir'kat Ado-nuy.*

*Tzur Mishelo Achal'nu Bar'chu Emunay, Sava'nu V'hotar'nu
Kid'var A-donuy.*

**The Rock from Whose we've eaten - bless Him faithful friends;
satiated with extra, just as G-d had said.**

He sustains His world - our Shepherd, our Father, we've eaten of His bread, His wine we have drunk. So let us thank His Name, and praise Him with our mouths, saying and singing that: none is Holy like G-d.

**The Rock from Whose we've eaten - bless Him faithful friends;
satiated with extra, just as G-d had said.**

With song and resounding thanks, we shall bless our L-rd, for the delightful, good land, He gave our fathers. With food and sustenance He has satisfied our souls. His kindness overwhelms us; and truth belongs to G-d!

**The Rock from Whose we've eaten - bless Him faithful friends;
satiated with extra, just as G-d had said.**

Have compassion, our Rock, mercy, on Your people, on Zion - Your home of glory, [and on the] glorious Temple. May the son of David, Your servant come and redeem us - [he is] the breath of our life, G-d's anointed.

**The Rock from Whose we've eaten - bless Him faithful friends;
satiated with extra, just as G-d had said.**

May the Temple be rebuilt, and Zion be full again; there we will sing a new song, and in praise gather in joy, Compassionate, Holy One, Be Blessed and raised on high, with a cup full of wine, sign of the Blessing of G-d.

**The Rock from Whose we've eaten - bless Him faithful friends;
satiated with extra, just as G-d had said.**