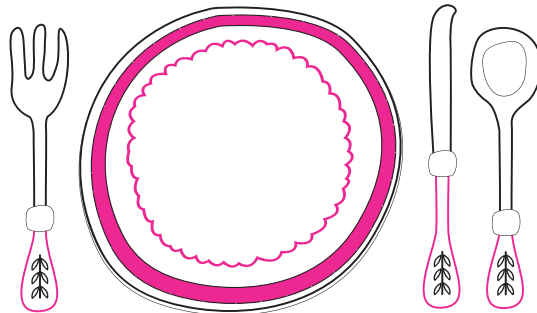
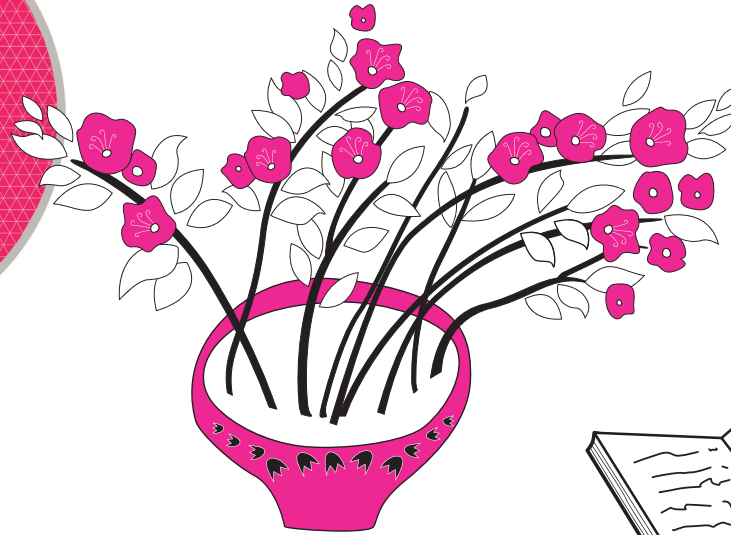


SHABBAT LUNCH SONGS

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 *Zemiroth* - the sweet songs of Shabbos.

The *Zemiroth* invoke the full Shabbat experience in all of its colour 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 *Zemiroth* are a celebration of being alive. A celebration of feeling connected to our Creator, to His - our - world, and to the people around us.

Zemiroth 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.



IMMUTABLE

Alex Clare

“The Baal Hatanya describes melody as the pen of the soul, ascribing and expressing the soul’s desire for closeness to G-d in a way that words cannot. Music unifies people. A Jewish melody with Jewish words stays etched in our minds and hearts, eternally. Many of us can remember songs we learnt as children, or songs we heard parents, teachers or friends sing. Music creates a means of connection and expression that is immutable. Shabbat is the holiest day of the whole year; and we have the privilege of celebrating it every week. In our home in London, one of the most meaningful parts of the Shabbat meal is when we sing *zemiroth*, Shabbat songs, together. The Jewish people have an incredible spiritual and musical heritage. Throughout history, the Jews have

“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.”

sung songs and Psalms. Our devotion to G-d has always been accompanied and guided and expressed by song. We have a tremendous gift with these songs, and with this gift comes the responsibility to continue this tradition and teach these songs to our children.”

SHABBAT LUNCH SONGS

YOM SHABBATON

Few poets of the Hebrew Language match composer Yehudah Halevi's artistry and deft interweaving of deep philosophical themes with biblical allusions. On the surface, the song serves as a historical description of Shabbat and the giving of the Torah. Some, however, suggest it is a more complex,

more contemporaneous meditation on the experiences of Diaspora Jewry and the role Shabbat plays as a vital respite for the nation in difficult times, the only resting time from the pain and agony that surrounds them.



יום שבתון אין לשכוח, זכרו פריח הניחח,

יונה מצאה בו מנוח, ושם נוחו יגיעי כח.

יונה מצאה בו מנוח, ושם נוחו יגיעי כח.

היום נכבד לבני אמונים, זהירים לשמרו אבות
ובנים,

חוקק בשני לחות אבנים, מרב אונים ואמיץ כח.

יונה מצאה בו מנוח, ושם נוחו יגיעי כח.

ובאו כלם בברית יחד, נעשה ונשמע אמרו כאחד,

ופתחו וענו י-ה-ו-ה אחד, ברוד הנותן לעף כח.

יונה מצאה בו מנוח, ושם נוחו יגיעי כח.

דבר בקדשו בהר המור, יום השביעי זכור ושמו,

וכל פקדיו יחד לגמור, חזק מתנים

ואמיץ כח.

יונה מצאה בו מנוח, ושם נוחו יגיעי כח.

העם אשר נע בצאן תעה, זכור לפקדו ברית ושבועה,

לבל יעבר בם מקרה רעה, פאשר נשבעת על

מי נח.

יונה מצאה בו מנוח, ושם נוחו יגיעי כח.

Yom Shabaton Ein Lish'ko'ach, Zich'ro K'reiach Hanicho'ach,

Yonah Matz'ah Vo Mano'ach, V'sham Yanuchu Y'giy-ei Cho'ach.

Yonah Matz'ah Vo Mano'ach, V'sham Yanuchu Y'giy-ei Cho'ach.

*Hayom Nich'bad Liv'nei Emunim, Z'hirim L'sham'ro Avot
Uvanim,*

Chakuk Bish'nei Luchot Avanim, Meirov Onim V'amitz Ko'ach.

Yonah Matz'ah Vo Mano'ach, V'sham Yanuchu Y'giy-ei Cho'ach.

Uva-u Chulam Biv'rit Yachad, Na-aseh V'nish'ma Am'ru K'echad,

Ufat'chu V'anu Ado-nay Echad, Baruch Hanotein Laya-eif Ko'ach.

Yonah Matz'ah Vo Mano'ach, V'sham Yanuchu Y'giy-ei Cho'ach.

Diber B'kod'sho B'har Hamor, Yom Hash'viy-i Zachor V'shamor,

*V'chol Pikudav Yachad Lig'mor, Chazeik Mot'nayim V'ameitz
Ko'ach.*

Yonah Matz'ah Vo Mano'ach, V'sham Yanuchu Y'giy-ei Cho'ach.

Ha-am Asher Na Katzon Ta-ah, Yiz'kor L'fok'do B'rit Ush'vu-ah,

*L'val Ya-avor Bam Mik'reih Ra-ah, Ka-asher Nish'ba'ta Al Mei
No'ach.*

Yonah Matz'ah Vo Mano'ach, V'sham Yanuchu Y'giy-ei Cho'ach.

The day of rest cannot be forgotten - its memory is like a sweet fragrance. On it the dove found rest, and in it the exhausted rest.

On it the dove found rest, and in it the exhausted rest.

This day is honoured by people of faith. Parents and children keep it with care. It was engraved on the Tablets of stone, by the greatness of His power and His unfailing strength.

On it the dove found rest, and in it the exhausted rest.

All came together in a covenant: "We will do and we will obey!" they said as one. They called out, saying, "God is One!" - Blessed is He who gives the weary strength.

On it the dove found rest, and in it the exhausted rest.

He spoke in His holiness on the Mount of Myrrh [Sinai]:

"Remember and keep the seventh day." Together we will learn all His commandments; He strengthens us and gives us vitality.

On it the dove found rest, and in it the exhausted rest.

The nation which has wandered like a straying flock - may He remember the covenant and the oath so that no harm should happen to them, as You swore at the end of Noah's flood.

On it the dove found rest, and in it the exhausted rest.

SHABBAT LUNCH SONGS

YOM ZEH M'CHUBAD

The author of this simple but beautiful zemer is unknown, although, based on the first letter acrostic of each verse, it appears that his first name was Israel. The song references the Talmudic dictum that Shabbat is the one day in the week

when we can splash out - on good wine, rich foods, nice clothes - and pay no heed to expense.

יום זה מכבד מכל ימים,

כי בו שבת צור עולמים.

ששת ימים תעשה מלאכתך,

ויום השביעי לאל-היך,

שבת לא תעשה בו מלאכה,

כי כל עשה ששת ימים.

יום זה מכבד מכל ימים,

כי בו שבת צור עולמים.

ראשון הוא למקראי קדש,

יום שבתון יום שבת קדש,

על כן כל איש ביינו יקדש,

על שתי לחם יבצעו תמימים.

יום זה מכבד מכל ימים,

כי בו שבת צור עולמים.

אכול משמנים שתה ממתיקים,

כי אל יתן לך כל בו דבקים,

בגד ללבוש לחם חקים,

בשר ודגים וכל מטעמים.

Yom Zeh M'chubad Mikol Yamim,

Ki Vo Shavat Tzur Olamim.

Sheishet Yamim Ta-aseh M'lach'techa,

V'yom Hash'viy-i Leilo-hecha,

Shabat Lo Ta-aseh Vo M'lachah,

Ki Chol Asah Sheishet Yamim.

Yom Zeh M'chubad Mikol Yamim,

Ki Vo Shavat Tzur Olamim.

Rishon Hu L'mik'ra-ei Kodesh,

Yom Shabaton Yom Shabat Kodesh,

Al Kein Kol Iysh B'yeino Y'kadeish,

Al Sh'tei Lechem Yiv'tz'u T'mimim.

Yom Zeh M'chubad Mikol Yamim,

Ki Vo Shavat Tzur Olamim.

Echol Mash'manim Sh'teih Mam'takim,

Ki Ei-l Yitein L'chol Bo D'veikim,

Begeg Lil'bosh Lechem Chukim,

Basar V'dagim V'chol Mat'amim.

This day is honored above all other days,
For on it the Creator of all worlds rested.

For six days you shall do all you work,
And the seventh day is for your God -
Shabbat; you shall not do any work on it,
For [it reminds us that] He created
everything in six days.

**This day is honored above all other days,
For on it the Creator of all worlds rested.**

It is the foremost of all the festivals,
A day of rest, the holy Shabbat day.
Therefore each person shall sanctify
it over wine
And sit down to two whole loaves.

**This day is honored above all other days,
For on it the Creator of all worlds rested.**

Eat rich foods, drink sweet beverages,
For God will give to all those
who cleave to Him
Clothing to wear and daily bread,
Meat and fish and all delicacies.

SHABBAT LUNCH SONGS

יום זה מכבד מכל ימים,
כי בו שבת צור עולמים.

לא תחסר כל בו ואכלת
ושבעת וברכת

את י-ה-ו-ה אל-היך אשר אהבת,
כי ברכת מכל העמים.

יום זה מכבד מכל ימים,
כי בו שבת צור עולמים.

השמים מספרים כבודו,
וגם הארץ מלאה חסדו,
ראו כי כל אלה עשתה ידו,
כי הוא הצור פעלו תמים.

יום זה מכבד מכל ימים,
כי בו שבת צור עולמים.

*Yom Zeh M'chubad Mikol Yamim,
Ki Vo Shavat Tzur Olamim.*

*Lo Tech'sar Kol Bo V'achal'ta
V'sava'ta Uveirach'ta*

*Et Ado-nay Elo-hecha Asher Ahav'ta,
Ki Veirach'cha Mikol Ha-amim.*

*Yom Zeh M'chubad Mikol Yamim,
Ki Vo Shavat Tzur Olamim.*

*Hashamayim M'sap'rim K'vodo,
V'gam Ha-aretz Mal'ah Chas'do,
R'u Ki Chol Eileh As'tah Yado,
Ki Hu Hatzur Po-alo Tamim.*

*Yom Zeh M'chubad Mikol Yamim,
Ki Vo Shavat Tzur Olamim.*

**This day is honored above all other days,
For on it the Creator of all worlds rested.**

Do not let anything be lacking on Shabbat,
Eat and drink and bless God, your Lord,
Whom you love,
For He has blessed you above
all other nations.

**This day is honored above all other days,
For on it the Creator of all worlds rested.**

The heavens tell of His glory
And the earth is filled with His kindness.
See that He has created all of these,
For He is the Creator -
His work is perfect!

**This day is honored above all other days,
For on it the Creator of all worlds rested.**

