

L'chu N'ran'nah is an egalitarian traditional *bencher* (booklet of songs and blessings recited before and after meals, on Shabbat, festivals, and other occasions) with an alternative edge: It is true to traditional Hebrew texts but ready to adjust language when necessary to address the diversity of contemporary Jewish life in matters of gender and belief. The book is fully egalitarian, with a gender-neutral translation and equal ritual status for men and women. It is rich in explanations, insightful commentary, and inclusive liturgical alternatives for celebration, thanks, and prayer.

The title phrase (Let Us Sing!) taken from the first of the Kabbalat Shabbat psalms invites us to honor and celebrate Shabbat with song and blessing.



יום זֶה מְכַבֵּד Yom Zeh M'chubad

The author's name, Yis-ra-eil, is spelled out by the acrostic formed by the first letters of the first five verses.

<p><i>Yom zeh m'chu-bad mi-kol ya-mim, ki vo sha-vat Tzur O-la-mim.</i></p> <p><i>Shei-shet ya-mim a-seih m'lach-te-cha, v'yom ha-shi'vi-i l'Ei-lo-he-cha.</i></p> <p><i>Shab-bat lo ta-a-seh vo m'la-chah, ki chol a-sah shei-shet ya-mim.</i></p> <p><small>CHORUS Yom zeh m'chu-bad ...</small></p> <p><i>Ri-shon hu l'mik-ra-i ko-desh, Yom Shab-ba-ton, yom Shab-bat ko-desh.</i></p> <p><i>Al kein kol ish b'yei-no y'ka-deish.</i></p> <p><i>Al sh'tei le-chem yiv-tz'u t'mi-mim.</i></p> <p><small>CHORUS Yom zeh m'chu-bad ...</small></p>	<p>יום זֶה מְכַבֵּד מִכֹּל יָמִים, כִּי בּו שְׁבַת צִוּר עוֹלָמִים.</p> <p>שֵׁשֶׁת יָמִים עָשָׂה מְלַאכְתְּךָ, יּוֹם הַשְּׁבִיעִי לַאֱלֹהֶיךָ.</p> <p>שְׁבַת לֹא תַעֲשֶׂה בּו מְלַאכְהָ. כִּי כֹל עָשָׂה שֵׁשֶׁת יָמִים.</p> <p>... יוֹם זֶה מְכַבֵּד ... CHORUS</p> <p>רִאשׁוֹן הוּא לְמִקְרָאֵי קֹדֶשׁ, יוֹם שְׁבַתוֹן, יוֹם שְׁבַת קֹדֶשׁ.</p> <p>עַל כֵּן כָּל אִישׁ בְּיַמּוֹ יְקַדֵּשׁ. עַל שְׁתֵּי לֶחֶם יִבְצְעוּ תְּמִימִים.</p> <p>... יוֹם זֶה מְכַבֵּד ... CHORUS</p>	<p>This day is most honored of all days,¹ because on it, the Eternal Rock ceased from work.²</p> <p>Six days perform your work, but the seventh day is for Your God. On the Sabbath day you shall not perform work for God created all in six days.³</p> <p>It is foremost among the days proclaimed holy,⁴ a day of rest, the holy Sabbath.⁵</p> <p>Hence let each recite Kiddush over wine. With two loaves,⁶ let the blameless break bread.</p>
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1. From Isaiah 58:13, "... call God's holy day 'honored' ..."

2. From Genesis 2:3, "And God blessed the seventh day, because on it, God ceased from all the work ..."

3. From Exodus 31:17, 20:9-11, "For in six days Adonai made heaven and earth," "Six days shall you labor ... but the seventh day is the Sabbath of Adonai your God ..."

4. From Leviticus 23:2-3, "The feasts of Adonai, which you shall proclaim to be holy gatherings ... the seventh day is the Sabbath of rest, a holy gathering ..."

5. From Exodus 16:23, "Tomorrow is ... Adonai's holy Sabbath"

6. A reminder of the double portion of manna which was provided for Shabbat.

Notes provide citations for Biblical references.

SONGS FOR THE SHABBAT DAY 96

Contents

- Traditional Blessings after the Meal
- Abbreviated and Contemporary Alternatives
- B'rachah Acharonah
- Candle Lighting Blessings
- Songs for the Shabbat Table
- Blessing One's Family
- Kiddush and HaMotzi
- Rosh Hashanah Customs
- Ushpizin
- Z'mirot for Shabbat
- Songs for the Third Meal
- Havdalah
- Additional Songs
- Short Songs

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