



## Torah and Haftarah Supplement

### 1 August 2020 / 11 Av 5780

#### Torah Portion for Shabbat Va-et'channan Deuteronomy 5: 1-18 (Jewish Publication Society 2000)

**5** <sup>1</sup> Moses summoned all the Israelites and said to them: Hear, O Israel, the laws and rules that I proclaim to you this day! Study them and observe them faithfully!

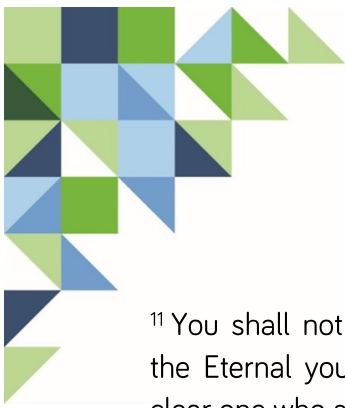
<sup>2</sup> The Eternal our God made a covenant with us at Horeb. <sup>3</sup> It was not with our parents that the Eternal made this covenant, but with us, the living, every one of us who is here today. <sup>4</sup> Face to face the Eternal spoke to you on the mountain out of the fire. <sup>5</sup> I stood between God and you at that time, to convey God's words to you, for you were afraid of the fire and did not go up the mountain—saying:

<sup>6</sup> I the Eternal am your God who brought you out of the land of Egypt, the house of bondage:

<sup>7</sup> You shall have no other gods beside Me.

<sup>8</sup> You shall not make for yourself a sculptured image, any likeness of what is in the heavens above, or on the earth below, or in the waters below the earth. <sup>9</sup> You shall not bow down to them or serve them. For I the Eternal your God am an impassioned God, visiting the guilt of the parents upon the children, upon the third and upon the fourth generations of those who reject Me, <sup>10</sup> but showing kindness to the thousandth generation of those who love Me and keep My commandments.

**ה** וַיִּקְרָא מֹשֶׁה אֶל-כָּל-יִשְׂרָאֵל וַיֹּאמֶר  
אֱלֹהִים שָׁמַע יִשְׂרָאֵל אֶת-הַחֻקִּים וְאֶת-  
הַמִּשְׁפָּטִים אֲשֶׁר אָנֹכִי דֹבֵר בְּאָזְנֵיכֶם הַיּוֹם  
וּלְמַדְתֶּם אֹתָם וּשְׁמַרְתֶּם לַעֲשֹׂתָם:  
<sup>2</sup> יְהוָה אֱלֹהֵינוּ כָּרַת עִמָּנוּ בְּרִית בְּחֹרֵב:  
<sup>3</sup> לֹא אֶת-אֲבוֹתֵינוּ כָּרַת יְהוָה אֶת-הַבְּרִית  
הַזֹּאת כִּי אֲתָנוּ אֲנֻחֲנוּ אֵלֶּה פֶּה הַיּוֹם  
כָּלֵנוּ חַיִּים: <sup>4</sup> פָּנִים | בְּפָנִים דִּבֶּר יְהוָה  
עִמָּכֶם בְּהָר מִתּוֹךְ הָאֵשׁ: <sup>5</sup> אָנֹכִי עֹמֵד  
בֵּין-יְהוָה וּבֵינֵיכֶם בָּעֵת הַהִוא לְהַגִּיד  
לָכֶם אֶת-דִּבְרֵי יְהוָה כִּי יִרְאֶתֶם מִפְּנֵי  
הָאֵשׁ וְלֹא-עֲלִיתֶם בְּהָר לֵאמֹר: <sup>6</sup>  
<sup>6</sup> \*אָנֹכִי יְהוָה אֱלֹהֶיךָ אֲשֶׁר הוֹצֵאתִיךָ  
מֵאֶרֶץ מִצְרַיִם מִבֵּית עֲבָדִים \*<sup>7</sup> לֹא יִהְיֶה  
לְךָ אֱלֹהִים אֲחֵרִים עַל-פָּנָי:  
<sup>8</sup> לֹא-תַעֲשֶׂה לְךָ פֶסֶל | כָּל-תְּמוּנָה אֲשֶׁר  
בַּשָּׁמַיִם | מִמַּעַל וְאֲשֶׁר בָּאָרֶץ מִתַּחַת  
וְאֲשֶׁר בַּמַּיִם | מִתַּחַת לָאָרֶץ: <sup>9</sup> לֹא-  
תִשְׁתַּחֲוֶה לָהֶם וְלֹא תַעֲבֹדֵם כִּי אָנֹכִי  
יְהוָה אֱלֹהֶיךָ אֵל קָנָא פֹקֵד עֲוֹן אָבוֹת  
עַל-בָּנִים וְעַל-שְׁלִשִׁים וְעַל-רִבְעִים  
לְשָׁנָאִי: <sup>10</sup> וַעֲשֵׂה חֶסֶד לְאֲלֹפִים לְאַהֲבֵי  
וּלְשֹׁמְרֵי מִצְוֹתוֹ מִצְוֹתַי: <sup>11</sup>



<sup>11</sup> You shall not swear falsely by the name of the Eternal your God; for the Eternal will not clear one who swears falsely by God's name.

<sup>12</sup> Observe the Sabbath day and keep it holy, as the Eternal your God has commanded you.

<sup>13</sup> Six days you shall labour and do all your work, <sup>14</sup>but the seventh day is a Sabbath of the Eternal your God; you shall not do any work - you, your son or your daughter, your male or female slave, your ox or your ass, or any of your cattle, or the stranger in your settlements, so that your male and female slave may rest as you do. <sup>15</sup>Remember that you were a slave in the land of Egypt and the Eternal your God freed you from there with a mighty hand and an outstretched arm; therefore the Eternal your God has commanded you to observe the Sabbath day.

<sup>16</sup> Honor your father and your mother, as the Eternal your God has commanded you, that you may long endure, and that you may fare well, in the land that the Eternal your God is assigning to you.

<sup>17</sup>You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

<sup>18</sup> You shall not covet your neighbour's wife. You shall not crave your neighbour's house, or field, or male or female slave, or ox, or ass, or anything that is your neighbour's.

<sup>11</sup> לֹא תִשָּׁא אֶת־שֵׁם־יְהוָה אֱלֹהֶיךָ לְשׁוֹא  
כִּי לֹא יִנָּקֶה יְהוָה אֶת אֲשֶׁר־יִשָּׁא אֶת־  
שְׁמוֹ לְשׁוֹא: ס

<sup>12</sup> שָׁמֹר אֶת־יְוֹם הַשַּׁבָּת לְקֹדֶשׁ כַּאֲשֶׁר  
צִוָּה | יְהוָה אֱלֹהֶיךָ: <sup>13</sup> שֵׁשֶׁת יָמִים תַּעֲבֹד  
וַעֲשִׂיתָ כָּל־מְלָאכָתְךָ: <sup>14</sup> וַיּוֹם הַשְּׁבִיעִי  
שַׁבָּת לַיהוָה אֱלֹהֶיךָ לֹא תַעֲשֶׂה כָל־  
מְלָאכָה אַתָּה וּבִנְךָ־וּבִתְךָ וְעַבְדְּךָ־וַאֲמָתְךָ  
וְשׁוֹרְךָ וַחֲמֹרְךָ וְכָל־בְּהֵמָתְךָ וְגֵרְךָ אֲשֶׁר  
בְּשַׁעְרֶיךָ לְמַעַן יָנוּחַ עַבְדְּךָ וַאֲמָתְךָ כָּמוֹךָ:  
<sup>15</sup> וְזָכַרְתָּ כִּי עֶבֶד הָיִיתָ בְּאֶרֶץ מִצְרַיִם  
וַיֹּצֵאֲךָ יְהוָה אֱלֹהֶיךָ מִשָּׁם בְּיָד חֲזָקָה  
וּבְזֵרַע נְטוּיָה עַל־כֵּן צִוָּה יְהוָה אֱלֹהֶיךָ  
לַעֲשׂוֹת אֶת־יְוֹם הַשַּׁבָּת: ס

<sup>16</sup> כְּבֹד אֶת־אָבִיךָ וְאֶת־אִמְךָ כַּאֲשֶׁר צִוָּה  
יְהוָה אֱלֹהֶיךָ לְמַעַן | יֵאָרִיכְךָ יָמֶיךָ וְלִמְעַן  
יֵיטֵב לָךְ עַל הָאֲדָמָה אֲשֶׁר־יְהוָה אֱלֹהֶיךָ  
נָתַן לָךְ: ס

<sup>17</sup>\*לֹא תִרְצַח ס

וְלֹא תִנָּאֵף ס

וְלֹא תִגְנוֹב ס

וְלֹא־תַעֲנֶה בְרַעַף עַד שׁוֹא: ס

<sup>18</sup> וְלֹא תַחְמֹד אִשְׁתּוֹ רֵעֶךָ \* ס וְלֹא  
תִתְאָוֶה בֵּית רֵעֶךָ שְׂדֵהוּ וְעַבְדּוֹ וַאֲמָתּוֹ  
שׁוֹרוֹ וַחֲמֹרוֹ וְכָל אֲשֶׁר לְרֵעֶךָ: ס



## Haftarah for Shabbat Nachamu

### Isaiah 40:1-9, 21-25

Comfort, oh comfort My people, says your God.

Speak tenderly to Jerusalem, and declare to her that her term of service is over, that her iniquity is expiated;

For she has received at the hand of the Eternal double for all her sins.

A voice rings out: "Clear a road for the Eternal in the desert, level a highway for our God in the wilderness!

Let every valley be raised, every hill and mount made low. Let the rugged ground become level and the ridges become a plain.

The Presence of the Eternal shall appear, and all flesh, as one, shall behold - for the Eternal has spoken."

A voice rings out: "Proclaim!" Another asks, "What shall I proclaim?"

"All flesh is grass, all its goodness like flowers of the field: Grass withers, flowers fade when the breath of God blows on them. Indeed, man is but grass:

Grass withers, flowers fade - but the word of our God is always fulfilled!"

Ascend a lofty mountain, O herald of joy to Zion;

Raise your voice with power, O herald of joy to Jerusalem—

Raise it, have no fear; Announce to the cities of Judah:

Behold your God!

Do you not know? Have you not heard? Have you not been told from the very first?

Have you not discerned how the earth was founded?

It is God who is enthroned above the vault of the earth, so that its inhabitants seem as grasshoppers;

Who spread out the skies like gauze, stretched them out like a tent to dwell in.

God brings potentates to naught, makes rulers of the earth as nothing.

Hardly are they planted, hardly are they sown, hardly has their stem taken root in earth, when God blows upon them and they dry up, and the storm bears them off like straw.

To whom, then, can you liken Me? To whom can I be compared? - says the Holy One.