

Guide

to the

Ohr HaTorah

Prayer

Service

Guide to the Ohr HaTorah Prayer Service

Experimental version 1.1
March 10, 2000 – 3 Adar II 5760
Rabbi Mordecai Finley

We are offering this guide to those who attend services at Ohr HaTorah who do not know how to read Hebrew or who otherwise find themselves lost at times during our service.

This guide is not meant to be a guide on how to pray or to what the prayers mean. Perhaps future versions will contain that material.

This guide is only here to help newcomers and inexperienced “davverners” with a resource that will help them stay on the same page as the cantor and to be able to follow and join in.

Please keep in mind three things as you use this guide:

1. Knowing what page we are on is not the same as finding where your heart is. The prayer service is a tool to help you perform the *mitzvah* of linking your heart to God in prayer. Don't let competency in the prayer service displace the mitzvah of prayer. As with any serious spiritual discipline, it takes a while to become comfortable with traditional Jewish prayer. Give it time. Feel free to let your mind wander, to peruse the prayerbook, read the Bibles we have for you, and so forth. Let the hour or so of traditional prayer be dedicated to matters of the heart and spirit. Learn the service at a comfortable pace.
2. Our service is ALWAYS in flux. In fact, we are working on expanding the repertoire of our cantors so that they have some choice as to what melody to use or on what prayer to focus on a given Shabbat. Therefore, this guide is only a prediction of what a service might be like, not a determination. On any given day, the cantor is likely to change slightly what you find here. Some parts here might be skipped. Prayers not transliterated here might be sung. Roll with it. Keep the right focus: it is about connecting to God.
3. This is only the first version of the guide. We look forward to your feedback on how to make it more usable and a better guide, and to help us correct any mistakes. We haven't tried to perfect it this first time out, because we know you'll find ways to make it better immediately. Get back to us with your comments and corrections.

An overview of our service

<p>Birkot Ha-Shachar Early Morning Blessings 12-23 (25-47 not used in our service)</p>
<p>Pesukei d'Zimra Chapters of Song Begin with Mah Tovu, pps. 6-7 then skip to 48-66, then 86-90</p>
<p>Sh'ma u-Virkhoteha The Sh'ma and its Escort of Blessings 92-121</p>
<p>Amidah/Tefillah for Shabbat The Standing Prayer 122-137</p>
<p>Hallel Praise of God 158-175 (only on Festivals and New Month)</p>
<p>Torah Service 180-215</p>
<p>Conclusion 328-339</p>

1. Birkot Ha-Shachar
Early Morning Blessings
12-23
(25-47 not used in our service)

What is it?

The early morning blessings are comprised of blessings and readings culled from many places in rabbinic literature. In many communities, these are said privately, right upon arising, before one comes to synagogue. They can be seen as a liturgical reminder of our identity, obligations and blessings as Jews that we recite first thing in the morning.

How do we do it?

This section is private and meditative. The readers chant a few sections aloud for public participation, but most are chanted just with opening and closing lines. You read along, or engage in your meditations that help you make the transition from private time to communal worship.

1. Gratitude for our Wondrous Body (pages 12-13)
Second paragraph

(The cantor chants the following)

Barukh atah Adonai eloheinu melekh ha-o-lam asher ya-tsar et ha-a-dam b'cho-khmah u-va-ra vo n'ka-vim' cha-lu-lim cha-lu-lim. Ga-luy v'ya-du-a li-fney khi-se khvo-de-kha sheh-eem yi-pa-teh-akh e-chad meh-hem o yi-sa-tem e-chad me-hem, ee ef-shar l'hit-ka-yem v'la-a-mod l'fa-ne-kha. Ba-ruk h a-tah A-do-ani, ro-fe khol ba-sar u-maf-li la-a-ssot

2. Gratitude for the Gift of Soul (pages 12-13)
Bottom paragraph

(The Cantor chants the following)

E-lo-hai, n'sha-mah she-na-ta-ta bee t'ho-rah hee. A-tah v'ra-tah, a-tah Y'tsar-ta, a-tah n'fakh-tah bee, v'a-tah m'sha-m'rah b'kir-bee. Kol z'man she-han'sha-mah b'kir-bee, mo-deh a-nee l'fa-nei-kha, A-do-nai, E-lo-hai, ve-lo-hei avo-tai, ri-bon kol ha-ma-assim, adon kol ha-n'sha-mot. Ba-ruk h a-tah A-do-nai, ha-machzir neshamot lif'garim metim.

3. Morning Blessings of Thanksgiving (pages 14-15)

(Cantor chants the following. Either join in with Cantor, or respond "Amen" to each blessing)

We all rise:

Ba-ruk'h a-tah Ado-nai E-lo-hei-nu me-lekh ha-o-lam,

asher na-tan la-sekh-vi vi-na l'ha-ochin bein yom u-vein lay-lah.

Ba-ruk'h a-tah Ado-nai E-lo-hei-nu me-lekh ha-o-lam, she-a-sa-ni Is-ra-el

Ba-ruk'h a-tah Ado-nai E-lo-hei-nu me-lekh ha-o-lam, she-a-sa-ni ben-cho-rin;

Ba-ruk'h a-tah Adonai Elo-hei-nu me-lekh ha-o-lam, po-ke-ach eev-rim;

Ba-ruk'h a-tah Adonai elo-hei-nu me-lekh ha-o-lam, mal-bish aroo-mim;

Ba-ruk'h a-tah Adonai elo-hei-nu me-lekh ha-o-lam, ma-tir a-soo-rim;

Ba-ruk'h a-tah Adonai elo-hei-nu me-lekh ha-o-lam,

Ba-ruk'h a-tah Adonai elo-hei-nu me-lekh ha-o-lam, ha-meh-khin mits-adei ga-ver;

Ba-ruk'h a-tah Adonai elo-hei-nu me-lekh ha-o-lam, o-zer Yis-ra-el bi-g'vu-rah;

Ba-ruk'h a-tah Adonai elo-hei-nu me-lekh ha-o-lam, o-ter Yis-ra-el b'tif-a-rah;

Ba-ruk'h a-tah Adonai elo-hei-nu me-lekh ha-o-lam, ha-no-ten la-ya-efko-ach

All are seated

4. To Awaken to a Day of Loving Kindness (pages 16-17)

Top of page

(Cantor chants the first line in Hebrew, a bit of the second line, and chants the rest of the paragraph quietly.)

Ba-ruk'h a-tah Adonai elo-hei-nu me-lekh ha-o-lam, ha-ma-avir sheh-nah meh-e-nai u-t'nu-mah meh-af-a-pai; . . . vi-y'hi ra-tson mil-fa-ne-kha

At this point, the cantor chants the prayers quietly in Hebrew. You should follow along quietly in the Hebrew or English. To indicate that the prayer is concluded, the cantor will chant the last line of the Hebrew:

Barukh atah Adonai, gomel hasadim tovim l'amo yisra'el

5. In Truth and Humility (pages 16-17)

Bottom of the page

This section is chanted quietly. The cantor will chant the first and last lines to indicate where we are in the service.

Opening line:

L'o-lam y'heh a-dam y'reh sha-ma-yeem ba-se-ter u-va-ga-luy, u-mo-deh al ha-emet, v'do-ver emet bi-l'va-vo.

(Chant along in Hebrew or English)

Closing line:

U-motar ha-adam min ha-b'he-mah ayin, ki ha-kol havel.

6. The covenant: Our Privilege and our Duty (pages 18-19)

Top of the page, first section - chanted quietly

7. In Joyous Thanksgiving (pages 18-19)

Second section

The cantor leads the congregation:

*Ash-rei-nu! Mah-tov chel-ke-nu,
u-mah-na-eem go-ra-le-nu, u-mah-ya-fah y'ru-sha-te-nu
Ash-rei-nu she-anach-nu mash-ki-meem uma-aree-veem, e-rev va-vo-ker,
v'om-reem pa-ama-yim b'khol yom*

Sh'ma Yis-ra-el Adonai Eloheinu Adonai E-chad

The rest of pages 18-19 are chanted quietly

8. A Heritage of Torah (pages 20-21)

The Cantor leads the first paragraph in Hebrew:

*Ba-rukh a-ta Adonai Eloheinu me-le-ch ha-o-lam a-sher kide-sha-nu b'mitz-vo-tav v'tzi-va-nu
la'-a-sok b'div-rei Torah.*

We then chant the second paragraph of this section in English - refer to the prayer book:

We chant the third paragraph of this section in Hebrew:

*Ba-rukh a-ta Adonai Eloheinu me-lech ha-o-lam asher ba-char ba-nu mi-kol ha-a-mim u'na-tan
la-nu et to-ra-to. Ba-rukh a-ta Adonai no-ten ha-Torah.*

Then we recite the passage from the Tanakh - the Hebrew Bible:

*Ye-va-rekh-khe-kha Adonai v'yish-me-re-kha:
Ya-er Adonai pa-nav elei-kha vi-ye-chu-ne-ka:
Yi-sa Adonai pa-nav elei-kha v'ya-sem le-kha shalom:*

We then chant the passage from the Mishnah:

Elu de-va-rim she-ein la-hem shi-ur. Ha-pei-ah v'ha-bi-ku-rim v'ha-re-a-yon u'ge-mi-lut cha-sa-dim v'tal-mud Torah:

We then chant the passage from the Talmud:

E-lu d'va'rim she-a-dam o-khel pei-ro-tei-hem ba-o-lam ha-ze v'ha-ke-ren ka-ye-met lo la-o-lam ha-ba. V'elu hen. Ki-bud av va-em u'ge'mi-lut cha-sa-dim v'hash-ka-mat beit ha-mid-rash sha-cha-rit v'ar-voit v'hakh-na-sat ka-lah u'le-va-yat ha-met v'iyun te-fi-lah va-ha-va-at shalom bein a-dam la-cha-ve-ro. V'tal-mud Torah k'ne-ged ku-lam..

9. Kaddish D'rabbanan: Kaddish after study (pages 22-23)

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba, (A-men) b'al-ma di-v'ra khi-ru-tei, v'yam-likh mal-khu-tei, b'chai-yei-khon uv'yo-mei-khon, uv'chai-yei d'khol beit Yis-ra-el, ba-a-ga-la u-viz-man ka-riov, v'im'ru: A-men

Y'hei sh'mei ra-ba m'vo-rakh, l'o-lam ul'ol-mei al-ma-ya. [Yit-ba-rakh]

Yit-ba-rakh v'yish-ta-bach, v'yit-pa-ar v'yit-ro-mam v'yit-na-sei, v'yit-ha-dar v'yit-a-leh v'yit-ha-lal, sh'mei d'ku-d'sha, b'rikh hu, (B'rikh hu.) l'ei-la min kol bir-kha-ta v'shi-ra-ta, tush-b'cha-ta v'ne-che-ma-ta, da-a-mi-ran b'al-ma, v'im'ru: A-mein.

Al Yis-ra-eil v'al ra-ba-nan, v'al tal-mi-dei-hon, v'al kol tal-mi-dei tal-mi-dei-hon, v'al kol man d'a-s'kin b'o-rai-ta-, di v'at-ra ha-dein v'di v'khol a-tar va-a-tar; Y'hei l'hon u-l'khon, sh'la-ma ra-ba, chi-na v'chis-da, v'ra-cha-min v'cha-yin a-ri-klhin, u-m'zo-nei r'vi-chei u-fur-ka-na min-ka-dam a-vo-hon d'vi-sh'ma-ya ve-ar-a v'i-m'ru: A-men.

Y'hei sh'la-ma ra-ba min sh'ma-ya, v'cha-yim, a-lei-nu v'al kol Yis-ra-el, v'im'ru: A-men.

O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom, a-lei-nu v'al kol Yis-ra-eil, v'im'ru: A-men.

II. Pesukei d'Zimra

Chapters of Song

48-66, 86-90

What is it?

Pesukei d'Zimra is comprised of selections from the book of Psalms, with special prayers at the beginning and end. The purpose of this section is to awaken our hearts and spirits to the experience of prayer.

How do we do it?

This section flows back and forth from communal worship to private meditation. During the more private time, the cantor chants the first and last lines of the different Psalms. You chant/read the Psalm to yourself, or read quietly your own inspirational material, or engage in your own practice that helps you prepare your heart for the joy of communal prayer and connection with God.

1. Baruh Sheh-Amar: (pages 48-49)

The congregation rises and chants together:

Barukh she-a-mar v'ha-yah ha-o-lam

ba-ruk h u

Barukh o-seh v're-shit,

Ba-ruk h o-mer v'o-seh

Barukh go-zer um'ka-yem,

Ba-ruk h m'ra-chem al ha-a-rets

Barukh m'ra-chem al hab'ri-yot,

Ba-ruk h m'sha-lem sa-khar tov li-re-av

Barukh chai la-ad v'ka-yam la-ne-tsach

Ba-ruk h po-deh u-matsil,

Ba-ruk h sh'mo

Ba-ruk h a-ta Adonai Eloheinu me-lekh ha-o-lam ha-el ha-av ha-ra-cha-man ha-me-hu-lal b'phi amo. M'shu-bach u'me-fo-ar bil-shon cha-si-dav va-a-va-dav. U'v'shi-rei David av-de-kha ne-ha-lel-kha Adonai Eloheinu. Bish'va-chot u-vi-z'mi-rot, n'ga-del-kha u-n'sha-be-cha-kha u-n'fa-er-kha, v'naz-kir shim-kha v'nam-li-kh'kha mal-ke-nu E-lo-hei-nu, ya-chid, chei ha-o-lamim, me-lekh m'shoo-bach um'fo-ar a-dei ad sh'mo ha-ga-dol: Bar-ruk h a-tah A-do-nai, me-lekh m'hoo-lal ba-tish-ba-chot:

2. God's Glory and Wisdom Proclaimed (pages 50-51)
Top of the page and the last two lines.

The Cantor chants the opening lines

*La-m'na-tse-ach, mizmor le-david:
ha-sha-ma-yim m'sa-p'rim k'vod el, u-ma-a-se ya-dav ya-gid ha-ra-ki-a:*

The congregation chants the Psalms quietly in Hebrew or English:

The Cantor then chants the lines at the bottom of the page:

*Yi-h'yu l'ra-tzon im-rei phi v'heg-yon li-bi l'pha-nei-kha
Adonai tzu-ri v'go-a-li.*

3. God is Near to the Righteous and the Broken-Hearted (Pages 52-53)
First two lines and the last two lines

The Cantor chants the opening lines

*L'David. B'sha-no-to et ta'mo lif-nei Avi-me-lekh vay-gar-she-hu va-ye-lekh:
Avar-kha et Adonai b'khol et ta-mid t'hi-la-to b'fi.*

The congregation chants the Psalms quietly in Hebrew or English:

The Cantor then chants the lines at the bottom of the page:

*T'mo-tet ra-sha ra-ah v'son-ei tza-dik ye-asha-mu:
Po-de Adonai ne-fesh a-va-dav v'lt ye-esh-mu kol ha-cho-sim bo:*

4. Teach us to Number Our Days (pages 54-55).

(The Cantor chants the opening lines)

*T'fi-lah l'Mo-she ish ha-Elohim:
Adonai' ma-on a-ta ha-yi-ta la-nu b'dor va-dor:*

The congregation chants the Psalms quietly in Hebrew or English:

The Cantor then chants the lines at the bottom of the page:

*V'yhi no-am Adonai Elo-hei-nu a-lei-nu u'ma-se ya-dei-nu ko-n'na alei-nu
U'ma-se ya-dei-nu ko-n'na-hu:*

5. God, our Guardian (pages 56-57)

The Cantor chants the opening lines

E-sa ei-nai el he-ha-rim. Me-a-yin ya-vo ez-ri:

The congregation chants the Psalms quietly in Hebrew or English:

The Cantor then chants the lines at the bottom of the page:

Adonai yish-mor tze-t'kha u'vo-ekha. Me-ata v'ad o-lam:

6. For Jerusalem and for Peace. (Pages 56-57)

The Cantor chants the opening lines

Shir Ha-ma-alot l'David. Sa-mach-ti b'om-rim li. Beit Adonai ne-lekh:

The congregation chants the Psalms quietly in Hebrew or English:

The Cantor then chants the lines at the bottom of the page:

L'ma-an beit Adonai Elo-hei-nu. Avak-sh'kha tov lakh:

7. Ashrey: All Your Creatures Shall Praise You (pages 58-59) To the middle of 60-61

Chanted responsively

(Cantor) Ash-rei yosh-vei vei-te-kha, od y'ha-l'lu-kha se-lah

(Congregation) Ash-rei ha-am she-ka-kha lo, ash-rei ha-am she-ado-nai Elo-hav

Aro-mem-kha Elo-hai ha-me-lekh, Va-a-var-kha shim-kha l'o-lam va-ed.

B'khol yom ava-r'khe-kha, va-aha-l'lah shi-mkha l'o-lam va-ed

Ga-dol Ado-nai u-m'hulal m'od, v'li-g'du-la-to ein che-ker

Dor l'dor y'sha-bach ma-a-se-kha, u-g'vu-ro-tei-kha ya-gi-du

Hadar k'vod ho-dekha v'di-vrei nif-l'o-te-kha a-si-chah

Ve-ezuz nor-o-tei-kha yo-me-ru u-g'du-la-t'kha asa-p're-nah

Ze-kher rav tu-v'kha ya-bee-oo, v'tsid-ka-t'kha y'ra-ne-nu

Cha-nun v'ra-chum Ado-nai, e-rekh a-pa-yeem u-g'dol cha-sed

Tov Ado-nai la-kol, v'ra-chamaṽ al kol ma-asav

Yo-du-kha Ado-nai kol ma-a-se-kha, Va-cha-si-dei-kha y'va-r'khu-kha

K'vod ma-l'khu-t'kha yo-me-ru, u-g'vu-ra-t'kha y'da-be-ru

L'ho-dee-a li-v'nei ha-a-dam g'vu-ro-tav, u-kh'vod hadar ma-l'ku-to

Ma-l'khu-t'kha ma-l'khut kol o-la-mim, U-mem-shal-t'kha b'khol dor va-dor

So-meikh Ado-nai l'khol ha-nof-lim, v'zo-kef l'khol ha-k'fu-fim

Ei-nei khol e-lei-kha y'sa-be-ru, v'a-tah no-ten la-hem et okh-lam b'ee-to

Po-te-ach et ya-de-kha, u-mas-bee-a l'khol chai ra-tson

Tsa-dik Ado-nai b'khol d'ra-khav, v'cha-sid b'khol ma-a-sav

Ka-rov Ado-nai l'khol ko-r'av, l'khol asher yik-ra-u-hu ve-emet:

R'tson y're-av ya-aseh, v'et shav-a-tam yi-sh'ma v'yo-shee-em:

Sho-mer Ado-nai et kol o-havaṽ v'et kol ha-r'sha-eem yash-mid

T'hi-lat Ado-nai y'da-ber pi Vee-va-rekh kol ba-sar shem ko-d'sho l'o-lam va-ed:

Va-anach-nu n'va-rekh Ya, me-a-tah v'ad o-lam, Ha-l'lu-yah:

We skip from the middle of pages 60-61 to the top of page 64

8. Hallelujah: (page 64)

Top of the page

Please see the transliteration at the bottom of page 64.

We skip over the next section, and continue on pages 84-85

9. Nishmat Kol Hai: A Hymn of Praise (pages 84-85)

Top of the page

Nishmat kol chai t'varekh et shim-kha Adonai elo-hei-nu

Continue silently to the bottom of page 86. The Cantor continues in Hebrew with the following:

10. Our Redeemer. The Incomparable Lord. (Pages 86-87)

In the third paragraph in the Hebrew, second to the last line, second word from the end.

Ka'amur le-david: Bar-khi naf-shi et Adonai v'khol k'ra-vai et shem kod-sho:

Bottom of page 86-87

Ha-el b'ta-atzu-mot uze-cha. Ha-ga-dol bich'vod sh'me-cha. Ha-gi-bor la-ne-tzach ve-ha-no-ra b'nor-o-te-cha. Ha-me-lech ha-yo-shev al ki-se ram v'ni-sa.

11. God's Greatness Expressed Through Praise: (Pages 88-89)

The Cantor chants this page. See transliteration for the first 2 paragraphs on the bottom of page 88.

Here is the transliteration for the second paragraph:

U'v'mak-ha-lot ri-ve-vot am-kha bet Yis-ra-el b'ri-na yit-pa-er shim'kha mal-kei-nu b'khol dor va-dor. Sh'ken cho-vat kol ha-ye-tzu-rim l'fa-nei-kha Adonai eloheinu v'e-lo-hei a-vo-tei-nu. L'ho-dot l'ha-lel l'sha-be-ach l'fa-er l'ro-mem l'ha-der l'va-rekh l'aleh u'l'ka-les al kol div-rei shi-rot v'tish-b'chot David ben Yi-shai av'd'cha me-shi-che-kha:

The third paragraph in Hebrew:

Yish-ta-bach shim-kha la-ad mal-ke-nu, Ha-El ha-El ha-me-lekh ha-ga-dol v'ha-ka-dosh ba-sha-ma-yim u-va-a-rets. Ki l'kha na-eh Adonai Elo-hei-nu ve-e-lo-hei a-vo-tei-nu shir v'shva-cha ha-lel v'zim-rah oz umem-sha-lah ne-tzach g'du-lah u'g'vu-ra t'hi-la v'tif-e-ret k'du-sha umal-khut b'ra-khot v'ho-da-ot me-a-ta v'ad o-lam.

Ba-rukh a-tah Adonai, El me-lekh ga-dol ba-tish-ba-chot, adon ha-nig-la-ot, ha-bocher b'shi-rei zim-ra, me-lekh el, chei ha-ola-mim. Ba-rukh a-tah Ado-nai, El me-lekh ga-dol ba-tish-ba-chot, el ha-ho-da-ot, adon ha-nifla-ot, ha-bocher b'shi-rei zim-ra, me-lekh el, chei ha-ola-mim

12. Reader's Short Kaddish (page 90-91)

Top of the page

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba, (A-men) b'al-ma di-v'ra khi-ru-tei, v'yam-likh mal-khu-tei, b'chai-yei-khon uv'yo-mei-khon, uv'chai-yei d'khol beit Yis-ra-el, ba-a-ga-la u-viz-man ka-riv, v'im'ru: A-men

Y'hei sh'mei ra-ba m'vo-rakh, l'o-lam ul'ol-mei al-ma-ya. [Yit-ba-rakh]

Yit-ba-rakh v'yish-ta-bach, v'yit-pa-ar v'yit-ro-mam v'yit-na-sei, v'yit-ha-dar v'yit-a-leh v'yit-ha-lal, sh'mei d'ku-d'sha, b'rikh hu, (B'rikh hu.) l'ei-la min kol bir-kha-ta v'shi-ra-ta, tush-b'cha-ta v'ne-che-ma-ta, da-a-mi-ran b'al-ma, v'im'ru: A-mein.

III. Sh'ma u-virkhoteha

The Sh'ma and its Escort of Blessings
92-121

What is it?

This section of the service is derived from the commandment in the Torah to “speak of them . . . when we lie down and when we rise up.” The Sages interpreted this to mean that we are commanded to recite the Sh'ma (Hear, O Israel) and the V'ahavta (and thou shalt love . . .) every morning and evening, along with two other passages from the Torah. The Sages also composed an escort of prayers to accompany the recitation of the Sh'ma. They also determined that this section should be preceded by a formal call to worship.

How do we do it?

This part of the service, again, moves back and forth from communal singing to private/meditative worship. We do skip some pages here, so as to not make the service too long. You join in the communal singing, and then move back into your own prayers or read some of the very nice interpretive material found at the bottom of the page.

In our book, it looks like this:

1. Call to Worship - Barhu - (pages 92-93)

Top of the page

Please see the transliteration at the center of page 92

2. First Escort - Creation (pages 94-105)

A. You Renew Each Day the Work of Creation (pages 94-95)

Cantor chants the first line in Hebrew.

Ha-kol Yo-du-kha v'ha-kol Ye-shab-chu-kha.

We all continue silently.

Cantor continues with the bottom paragraph on 94-95

Ein k'er-che-cha v'ein zu-la-tei-kha. Efes bil-te-cha umi do-me lakh:

Ein k'er-khe-kha Adonai Eloheinu ba-o-lam ha-ze.

V'ein zu-la-t'kha mal-kei-nu l'cha-yei ha-o-lam ha-ba:

Efes bil-t'kha go-a-lei-nu ley-mot ha-ma-shi-ach.

V'ein do-me l'kha mo-shi-ei-nu l'tchi-yat ha-me-tim:

B. Eyl Adon: All Creation Sings Praise (pages 96-97).

Please see the transliteration at the bottom of page 97.

C. Shabbat-Day of Beauty, Delight and Renewal. (Pages 98-99)

Cantor chants first line.

La-el a-sher sha-vat mi-kol ha-ma-asim.

*We do the rest of the page silently, reading in the Hebrew, the English or in the commentary.
We then skip to pages 102-103.*

D. A Mystical Vision of God's Holiness (page 102-103)

Top of the page.

Cantor begins with the fourth line of the first paragraph:

kulam ahuvim, kulam b'rurim, kulam giborim, ve-khulam osim b'eimah uo'yirah r'tzon konam. ve-khulam pot'chim et pi-hem b'kedushah, uo'toharah, b'shirah uo'zimrah. U-mvarkhim, -u-mshabkhim, u-mefa'arim, u-ma-aritzim, u-makdishim u-mamlikhim.

Congregation joins in the Hebrew of the first line of the second paragraph: et shem ha-el ha-melekh ha-gadol ha-gibor ve-hanora, kadosh hu.

Cantor and congregation join together: ve-kulam mekablīm aleihem ol malkhut shamayhim zeh mi zeh, ve notshim rshut zeh lazeh, lehakdsh leyotzram b'nachat ruach, b'safah v'rurah, u-vin'imah, k'dosha kulam k'echad onim v'omrim b'yirah:

Join in: Kadosh . . . (see transliteration bottom of 102)

Cantors chants the remainder of the page quietly.

E. The Lord Creates, Heals and Redeems (pages 104-105)

Cantor chants the first line in Hebrew.

La-el ba-ruch n'imot yi-tei-nu.

We chant the rest quietly

Cantor chants the last two lines in Hebrew; please see transliteration at the bottom of page 104)

2. Second Escort – God's gifts of Love and Torah (pages 106-109)

A. Ahavah Rabbah: God's gifts of love and Torah (pages 106-107 to 108-109).

Please see transliteration at the bottom of page 106 and the center of page 108.

3. The Shema Itself and the Ve-ahavta (pages 110-111)

A. The first passage of the Shema – V'ahavta: You Shall love the Lord (pages 110-111)

second paragraph

Please see the transliteration on the bottom of page 110.

B. The Second Passage of the Shema: Keep These Words (pages 112-113)

Recited silently

C. The Third Passage of the Shema: To See, to Remember and to Observe! (pages 114-115)

The Cantor resumes chanting four lines from the bottom in the Hebrew, six lines from the bottom in the transliteration with the words: L'ma'an tizk'ru

We now return to page 111 and sing in English translation of the Shema. Note: The translation we sing is not the one in our book; it is adapted from the one used by the composer of the melody, Debbie Friedman.

We then continue with the third escort blessing of the Shema:

4. The Third Escort – Redemption (page 116-121)

A. True and Enduring. (pages 116-117)

We read this page silently and individually, in the Hebrew or English

B. Ezrat Avoteynu (Pages 118-119)

Top of page 118 and the last paragraph on page 118

Cantor chants first line in Hebrew

Ez-rat Avo-tei-nu a-ta hu me-o-lam.

Congregation reads rest of page silently

Cantor continues with last paragraph in Hebrew:

Al zot shib-chu a-hu-vim v'ro-m'mu el. V'nat-nu ye-di-dim z'mi-rot shi-rot v'tish-b'chot b'ra-khot v'ho-da-ot la-me-lekh el chai v'ka-yam:

Ram v'ni-sa ga-dol v'no-ra. Mash-pil ge-im u'mag-bi-ha sh'fe-lim mot-zi a-si-rim u-fo-de a-na-vim v'ozar da-lim. V'o-neh l'a-mo b'et shav-am e-lav.

We continue on pages 120-121.

*T'hi-lot l'el el-yon ba-rukh hu u'm'vo-rakh:
Moshe u'v'nai Yis-ra-el l'kha anu shi-ra b'sim-cha ra-ba.
V'am-ru ku-lam.*

Please see the transliteration at the bottom of page 120 for Mi Khamokha.

The cantor then chants:

*Shi-ra cha-da-sha shi-b'chu g'u-lim, l'shim-kha al s'fat ha-yam,
ya-chad ku-lam ho-du v'him-li-chu, v'a-m'ru:
Ado-nai yim-lokh l'o-lam va-ed!*

Please see the transliteration at the bottom of 120 for the "Tzur Yisrael"

We stand on the words, "Kuma b'ezrat Yisra'el," "Arise to the help of Israel."

4. Amidah/Tefillah for Shabbat

The Standing Prayer

122-137

What is it?

The Amidah (“Standing”) or Tefillah (“Prayer”) is the core of our service. This section was ordained by the early Sages as a communal counterpart to daily sacrifices. During the weekdays, there are 19 blessings in the Amidah. On Shabbat, the middle 13 blessings having to do with worldly requests are held in abeyance, and a special set of prayers having to do with the Holiness of the Sabbath (p. 126/27 and top of 128/29)) replaces them.

How do we do it?

This section has sustained communal participation in the first half, either singing the prayers with the Cantor or doing them responsively. The second half of the section is done silently.

We conclude this section with the Kaddish Shalem, p. 136, the last line of which is one of our favorite songs, Debbie Friedman’s “Oseh Shalom.”

1. Introductory Meditation (page 122-23)

Top of the page

Adonai s’fa-tai tif-tach u’fi ya-gid t’hi-la-tei-kha.

A. First Blessing: God of All Generations:

Ba-ruk’h (bow at the knees) a-ta (bow at the waist) Adonai (stand up straight) Eh-lo-hei-nu ve-lo-hei a-vo-tei-nu. Eh-lo-hei Av-ra-ham ve-Sarah, eh-lo-hei Yitz-chak ve-Rivkah, vei-lo-hei Ya-a-kov ve-Rachel ve-Leah. Ha-el ha-ga-dol ha-gi-bor v’ha-no-ra, el el-yon. Go-mel cha-sa-dim toh-vim, v’ko-neh ha-kol, v’zo-kher chas-dei a-voht u-mei-vi go-el li-v’nei v’nei-hem, l’ma-an sh’mo, b’a-ha-va’h.

Meh-lekh o-zer u-mo-shi-a u-ma-gen. Ba-ruk’h (bow at the knees) a-ta (bow at the waist) Adonai (stand up straight) ma-gen Av-ra-ham ve-Sarah

B. Second Blessing: Source of Life and Master of Nature.

A-ta gi-bor l’o-lam, Adonai, m’cha-yei metim a-ta, rav l’ho-shi-a.

(special addition between the end of Sukkot until Passover: Ma-shiv ha-ruch u’mo-reed ha-gashem.)

M’hal-keyl... Please see transliteration bottom of 122

(Special addition during High Holy Days) Mi kha-mo-kha av ha-ra-cha-mim. Zo-kher ye-tzu-rav l’cha-yim b’ra-cha-mim)

*We conclude the second blessing of the Amidah with these words: Do not bow!
V'neh-eh-man a-ta l'ha-cha-yoht metim, Ba-rukht a-ta Adonai, m'cha-yeh ha-metim.*

C. Third Blessing: Kedushah -- A Vision of God's Holiness. (Pages 124-125).

Congregation chants the top paragraph quietly, then Cantor chants it aloud. Please see transliteration at the bottom of pages 124 & 125 - bold parts are for the congregational response or participation.

When you chant the words "v'kara zeh el zeh v'amar" (and each one called to the other saying), sway at hips toward those standing to your left and right)

When you recite "kadosh, kadosh, kadosh" rise to your toes (rising to the status of angels)

D. Fourth Blessing: The Sanctification of the Day (126-127)

Continue to top of 128-129

1. Yismach Moshe: As Moses Rejoiced in the Revelation

The Cantor skips this section. You may do it silently

2. Veshamru: Shabbat as a Sign of the Covenant.

See transliteration at the bottom of 127

3. Retzey vi-m'nuhateynu: Accept our Rest, and Purify our Hearts. (Pages 128-129)

Top of the page. Please see the transliteration at the bottom of page 128.

E. Fifth Blessing: Accept our Prayer and Bless Zion (middle of 128-129)

This prayer done silently

F. Sixth Blessing: Thanksgiving for Daily Miracles (pages 130-131)

This prayer done silently, as is three fold blessing on top of 132-33

E. Seventh Blessing: Sim Shalom -- A Prayer for Peace (pages 132-33)

Center of the page. Please see transliteration below the Hebrew paragraph.

Silent prayers after the Amidah, pages 134-135

Kaddish Shalem: Reader's Full Kaddish (pages 136-137)

The Kaddish indicates that we have concluded a section of the prayer service.

Please see the transliteration at the bottom of page 136.

Hallel

(Only on Festivals and New Month)

158-175

What is it?

The Sages ordained that on most holidays and new months, Hallel (Praise) should be recited. Hallel is comprised of Psalms 113-118.

How do we do it?

There are many, many melodies composed for these Psalms. We will learn and add these melodies slowly. For the time being, we will add one new melody each time we do the Hallel, and then our familiar "Hallelujah" long enough for those who want to chant privately the rest of the Psalms to do so. We will chant the opening and closing blessings for Hallel.

Blessings for Hallel. (Pages 158-159)

Please see the transliteration at the bottom of page 158

When Israel Went Forth From Bondage (Pages 160-161)

Please see the transliteration at the bottom of page 160

God's Love and Faithfulness are Everlasting (page 168-169)

Third paragraph: Hodu-Chasdo

Please see the transliteration on the bottom of page 168.

Conclusion of the Hallel (page 174)

Last three rows

Ki l'kha tov l'ho-dot u'l'shim-kha na-eh l'za-mer.

Ki me-o-lam v'ad o-lam a-ta el.

Ba-rukh a-ta Adonai me-lekh m'hu-lal ba-tish-ba-chot:

5. Torah Service

180-215

Torah Service

First set of Introductory Prayers (top of pages 180-181).

Please see the transliteration at the bottom of page 180.

The Ark is Opened: (Bottom of pages 182-183)

Please see the transliteration below the paragraph.

We skip to 184-185

A Meditation from the Zohar, pages 184-185 last paragraph.

We chant in the Aramaic the last paragraph. Please see the transliteration below the paragraph.

We skip to 188-189

Taking the Torah Scroll(s) from the Ark (pages 188-189).

Please see the transliteration at the bottom of page 188.

Torah Blessings (pages 190-191).

Middle of the page

Please see the transliteration at the bottom of page 190.

Reader's Short Kaddish (pages 192-193).

Please see the transliteration at the bottom of page 192.

1. Prayer for the ill-Mi She-be-rakh. Rabbi recites.
2. Congregation sings selection from Psalms. Page to be announced.
3. The Torah is raised & dressed. See transliteration.
4. When appropriate, blessing for the Haftarah pages 194-197. Skip 198-201.
5. The Drash - "Torah study".
6. When appropriate, prayer of the new month pages 202-203.

Returning the Torah Scroll to the Ark (bottom of page 206)

Y'hale-lu et shem Adonai. Ki nis-gav sh'mo l'va-do.

Please see the transliteration at the bottom of page 206. When then skip to 212-213.

Torah: Our tree of Life (pages 212-213)

Third paragraph -- Please see the transliteration at the bottom of page 212.

6. Conclusion

Pages 264-273

Alenu (pages 264-265).

First two paragraphs

Please see the transliteration at the bottom of page 264.

We continue to silently and individually

We hope for the Day (pages 266-267)

We join the last two lines of the Hebrew. Please see the transliteration at the bottom of page 266.

Mourner's Kaddish (Pages 270-271)

Please see the transliteration at the bottom of page 270

Adon Olam (pages 272-273).

Please see the transliteration at the bottom of page 272.