

Opening

	100	Mah tovu	Either version	
	101	Alternative Mah tovu		
	102	Yom zeh l'yisra'el	One or two of these	
	103	Yah ribbon		
	104	Shalom aleichem		
	105	Shabbat ha-malkah		
	106-107	Mipi El		
	108	Tsam'ah nafshi		
	109-110	Y'did nefesh		

Kabbalat Shabbat

	111-112	Psalm 95 (can skip verses 9-12 on p.112)	Psalms representing the working week. One or a selection from each.
	112-114	Psalm 96	
	114-115	Psalm 97	
	116	Psalm 98	
	117-118	Psalm 99	
	119-120	Psalm 29	
✓	121-123	L'chah dodi	Short or full version
✓	124/125	Psalm 92	All or part
	126	Psalm 93	Optional

Shema & Blessings

✓	127	Bar'chu	
✓	128	Ma'ariv aravim	
✓	129	Ahavat olam	
✓	130	Shema 1 st paragraph	
	132-134	Shema 2 nd & 3 rd paragraphs	Read in silence (or skip)
✓	135	G'ullah (Emet... ga'al yisrael)	
✓	136	Hashkiveinu	
✓	137	V'sham'ru	
	138	Chatsi kaddish	Optional

Amidah

✓	140	Adonai s'fatai tiftach	Could be read in silence (particularly if the 'repetition' on p.150-152 is included).	
✓	140	Avot		
✓	142	G'vurot		
✓	143	K'dushah (version I only)		
	144	K'dushat ha-yom intro – part 1 (optional)		
✓	144	K'dushat ha-yom intro – part 2 (Va-y'chullu)		
✓	145	K'dushat ha-yom		
✓	145	R'tseih		
	146	Ya'aleh v'yavo (inserted only on Rosh Chodesh or festivals)		
✓	147	-conclusion of r'tseih		
✓	147-148	Modim (insert al ha-nissim during chanukkah)		
✓	148	Shalom rav		
	149	Elohai n'tsor l'shoni (meditation)		In silence (or preceded by one)

	149	-yihyu l'ratson (conclusion of meditation)	In silence or to end the silence
✓	149	Oseh shalom (note v'al kol ha-olam)	
	150-152	'Repetition' of the Amidah	Optional
Concluding Prayers & Songs			
	308	Counting the Omer	Between Pesach and Shavuot
	310	Aleinu – 1 st paragraph	Version 1 or 2
	311	Aleinu – 2 nd paragraph	
	312	Aleinu (alternative version) – 1 st paragraph	
	313	Aleinu (alternative version) – 2 nd paragraph	
	314-315	Introduction to Kaddish	
✓	316	Kaddish	
✓	318	Yigdal	Or Shalom aleichem, p.104.
	322-324	Concluding blessing	
✓	452	Kiddush	

N.B. Prayers marked 'optional' vary in length. It is important to consider not just the inclusion of each one individually, but also the **total number** to be included and the consequence this will have for the length of the service.