

	160	<i>Mah tovu</i>	Either version
	161	Alternative <i>Mah tovu</i>	
Birchot Ha-shachar			
	162	<i>Asher yatsar!</i> Who formed human beings	A selection – (minimum of 3)
	163	<i>Elohai</i>	
	164-5	Morning blessings	
	166	<i>L'olam</i>	
	166	<i>Y'hi ratson</i>	
	167	<i>Ribbon</i>	Optional continuation of <i>Ribbon</i>
	168	<i>-Aval anachnu</i>	
✓	169	Blessing before study	One of these three options
	169	<i>Eillu d'varim</i>	
		Other study passage	
	170	Blessing after study	Optional
✓	171	<i>Adonai melech</i>	
P'sukei d'zimra			
✓	172-4	<i>Baruch she'amar</i>	A selection – (usually 1 or 2)
	176	Psalm 92	
	178	Psalm 93	
	179	Psalm 121	
	180	Psalm 150	
	182	<i>Yom shabbaton</i>	
	184	<i>Ki eshm'rah shabbat</i>	
	186	<i>D'ror yikra</i>	
	188	<i>Yom zeh m'chubbad</i>	
	190	<i>Ha-aderet v'ha-emunah</i>	
	192	<i>Sachaki Sachaki</i>	
	193	<i>Shachar avakkesh'cha</i>	
	194	<i>Anna b'choach</i>	
	195	<i>Shir Ha-kavod (An'im z'mirot)</i>	
	196	<i>Odeh la-eil</i>	
	198	<i>Vay'varech David</i>	
✓	199	<i>Baruch Adonai l'olam</i>	
✓	200	<i>Nishmat</i>	
	201-3	<i>-V'illu finu</i> (conclusion of <i>nishmat</i>)	Optional
	203	<i>Shochein ad</i>	Optional
✓	204	<i>Yishtabach</i>	
	205	<i>Chatsi kaddish</i>	Optional
Sh'ma & Blessings			
✓	206	<i>Bar'chu</i>	
✓	207	<i>Yotseir</i>	
	208	<i>-Eil adon</i> (insertion into <i>yotseir</i>)	Optional
✓	209	<i>Elohei olam</i> (conclusion of <i>yotseir</i>)	
✓	210	<i>Ahavah rabbah</i>	
✓	212	<i>Sh'ma</i> 1 st paragraph	
	214	<i>Sh'ma</i> 2 nd paragraph	May be read in silence
	216	<i>Sh'ma</i> 3 rd paragraph – part 1	Include in preceding silence or aloud
	216	<i>Sh'ma</i> 3 rd paragraph – part 2, <i>L'ma'an tizk'ru</i>	Include in preceding silence or aloud
✓	217	<i>G'ullah (Emet... Tsur yisra'el)</i>	
Amidah			
✓	222	<i>Adonai s'fatai tiftach</i>	
✓	222	<i>Avot</i>	
✓	224	<i>G'vurot</i>	
✓	226	<i>K'dushah</i>	

✓	227	<i>K'dushat ha-yom</i> intro – part 1	This could be read in silence (perhaps to save time in order to do the musaf amidah, in which case even the opening three paragraphs could be in silence, with the congregation praying 'individually').
✓	228	<i>K'dushat ha-yom</i> intro – part 2, <i>V'sham'ru</i>	
✓	228	<i>K'dushat ha-yom</i>	
✓	229	<i>R'tseih</i>	
	230	<i>Ya'aleh v'yavo</i> (only on Rosh Chodesh or festivals)	
✓	231	-conclusion of <i>r'tseih</i>	
✓	231	<i>Modim</i> – part 1	
✓	232	-conclusion of <i>modim</i>	
✓	233	<i>Sim shalom</i>	
	234	<i>Elohai n'tsor l'shoni</i> (meditation)	
	234	<i>-yihyu l'ratson</i> (conclusion of meditation)	In silence or to end the silence
✓	234	<i>Oseh shalom</i>	
Torah Service I			
✓	236	<i>Ein kamocho</i>	
✓	236	<i>Av ha-rachamim</i>	
✓	237	<i>Vay'hi binso'a ha-aron</i>	
✓	237	<i>Baruch shenatan</i>	
✓	238	<i>Gad'lu</i>	
✓	238	<i>L'cha Adonai</i>	
✓	239	<i>Ein kadosh kadonai</i>	
✓	240	<i>V'zot ha-Torah</i> (long)	
	240	Blessing before reading Torah	Said by each oleh/olah
	241	Blessing after reading Torah	Said by each oleh/olah
	241	<i>Birkat ha-gomeil</i>	If appropriate
✓	241	<i>V'zot ha-Torah</i> (short)	For each scroll if more than one
	242	Blessing before reading haftarah	Said by reader
	243	Blessings after reading haftarah	Optionally said by reader
	244	<i>Al ha-Torah</i> (final blessing after reading haftarah)	Said by reader
	246	Prayers of the Community (short)	Either
.....	246-8	Prayers of the Community (long)	
	249	Prayers for international/interfaith understanding	Additional options
	250	Prayer for justice & environment	
	250-1	Announcement of new moon	When appropriate
✓	251	<i>Y'hal'lu</i>	
✓	252	Psalm 29	
.....	254	Psalm 24	On weekdays
.....	256	<i>Uv'nucho yomar</i> (concludes with <i>hashiveinu</i> , p.257)	Either
.....	257	<i>Sh'chon Adonai</i> (concludes with <i>hashiveinu</i> , below)	
✓	257	<i>Hashiveinu</i>	
Musaf			
	274	<i>Chatsi kaddish</i>	Optionally to precede musaf
✓	275	Short Musaf	Either (or neither)
	278-88	Full Musaf	
Concluding Prayers & Songs			
	306	<i>Ein keilloheinu</i>	After sermon or musaf or omit
	310	<i>Aleinu</i> – 1 st paragraph	Version 1 or 2
	311	<i>Aleinu</i> – 2 nd paragraph	
	312	<i>Aleinu</i> (alternative version) – 1 st paragraph	
	313	<i>Aleinu</i> (alternative version) – 2 nd paragraph	
	314-5	Introduction to Kaddish	
✓	316	<i>Kaddish</i>	
✓	320	<i>Adon olam</i>	
✓	322-4	Concluding blessing	

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.

(Prayers said standing)