

Opening				
100	<i>Mah tovu</i>	Either version		
101	Alternative <i>Mah tovu</i>			
102	<i>Yom zeh l'yisra'el</i>	One or two of these		
103	<i>Yah ribbon</i>			
104	<i>Shalom aleichem</i>			
105	<i>Shabbat ha-malkah</i>			
106-107	<i>Mipi El</i>			
108	<i>Tsam'ah nafshi</i>			
109-110	<i>Y'did nefesh</i>			
				Or start here
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 <i>L'chah dodi</i>	Short or full version		
✓	124/125 Psalm 92	All or part		
	126 Psalm 93	Optional		
Shema & Blessings				
✓	127 <i>Bar'chu</i>			
✓	128 <i>Ma'ariv aravim</i>			
✓	129 <i>Ahavat olam</i>			
✓	130 <i>Shema</i> 1 st paragraph			
	132-134 <i>Shema</i> 2 nd & 3 rd paragraphs	Read in silence (or skip)		
✓	135 <i>G'ullah (Emet... ga'al yisrael)</i>			
✓	136 <i>Hashkiveinu</i>			
✓	137 <i>V'sham'ru</i>			
	138 <i>Chatsi kaddish</i>	Optional		
Amidah				
✓	140 <i>Adonai s'fatai tiftach</i>	Could be read in silence (particularly if the 'repetition' on p.150-152 is included).		
✓	140 <i>Avot</i>			
✓	142 <i>G'vurot</i>			
✓	143 <i>K'dushah</i> (version I only)			
	144 <i>K'dushat ha-yom</i> intro – part 1 (optional)			
✓	144 <i>K'dushat ha-yom</i> intro – part 2 (<i>Va-y'chullu</i>)			
✓	145 <i>K'dushat ha-yom</i>			
✓	145 <i>R'tseih</i>			
	146 <i>Ya'aleh v'yavo</i> (inserted only on Rosh Chodesh or festivals)			
✓	147 -conclusion of <i>r'tseih</i>			
✓	147-148 <i>Modim</i> (insert <i>al ha-nissim</i> during chanukkah)			
✓	148 <i>Shalom rav</i>			
	149 <i>Elohai n'tsor l'shoni</i> (meditation)			In silence (or preceded by one)
	149 <i>-yihyu l'ratson</i> (conclusion of meditation)			In silence or to end the silence
✓	149 <i>Oseh shalom</i> (note <i>v'al kol ha-olam</i>)			
	150-152 'Repetition' of the Amidah	Optional		
Concluding Prayers & Songs				
	308 Counting the Omer	Between Pesach and Shavuot		
	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			
	314-315 Introduction to Kaddish			
✓	316 <i>Kaddish</i>			
✓	318 <i>Yigdal</i>	Or <i>Shalom aleichem</i> , p.104.		
	322-324 Concluding blessing			
✓	452 <i>Kiddush</i>			

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.