

First and Last Name: _____

SJS Class: _____

SJS Tefillah for Mastery

This document lists (from left to right) (a) the page numbers in the *Siddur* (prayerbook) that we use at Am Yisrael, (b) the classes in SJS that are learning and/or reviewing the prayers, (c) some notes on the theme(s) of the prayers, (d) links to the tune(s) we use for each prayer and (e) in many cases links to a printable PDF for practicing the prayers. Many of these prayers are essential to the preparation process for Bar/Bat Mitzvah and beyond. We will continue to update this document as we introduce new prayers and/or tunes to our community. Please note the following key for classes:

Newborns to 3.5 year olds=מחנה עם ישראל

3.5 year olds-6 year olds= גן

3rd Grade= ג

6th Grade= ו

1st Grade= א

4th Grade= ד

7th Grade= ז

2nd Grade= ב

5th Grade= ה

Page # in Siddur Lev Shalem	Class(es) learning this prayer for the first time and/or reviewing it	Name of Prayer	Special Notes/ Themes for the prayers	Link to tune(s)/ nusach we like to use at Am Yisrael	Link to (printable) PDF Hebrew text of the prayers	FOR TEACHERS USE: Level of Reading Accuracy, Fluency and Understanding
99	מחנה עם ישראל, גן, א, ב, ג, ד, ה, ו, ז	<i>Mode/ Modah Ani</i> מודה/מודה אני	Thank you God for a new day	https://www.youtube.com/watch?v=eNdwdn9uSBE		
101	א, ב, ג, ד, ה, ו, ז	<i>Mah Tovu</i> מה טובו	We sing the Rick Recht version. Theme: Holy (special) space	https://images.shulcloud.com/1177/uploads/mp3s%2F7.-Ma-Tovu.mp3		
103-104	ג, ד, ה, ו, ז	<i>Birkhot ha'Shachar</i> ברכות השחר	Morning Blessings	https://images.shulcloud.com/1177/uploads/mp3s%2FHebrew-Practice-mp3s%2F01-Morning-Blessings.mp3	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FMorning-Blessings-Text.pdf	
122	ג, ד, ה, ו, ז	<i>Barukh She'Amar</i> בָּרוּךְ שֶׁאָמַר	Theme: Thanking God for the Creation of the World.	https://images.shulcloud.com/1177/uploads/mp3s%2FHebrew-Practice-mp3s%2F02-Baruch-Sheamar.mp3	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FBaruch-Sheamar-Text.pdf	
139	ג, ד, ה, ו, ז	Psalm 148 הַלְלוּנִיָּה	Please be seated Nava Tehilla Tune Theme: Praising God	https://www.youtube.com/watch?v=RV3xV9NJgss		
148	ג, ד, ה, ו, ז	<i>Hatzi Kaddish</i> חצי קדיש		https://images.shulcloud.com/1177/uploads/mp3s%2FHebrew-Practice-mp3s%2F16-Chatzi-Kaddish-Track-16.m4a	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FChatzi-Kaddish-Text.pdf	

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149	מחנה עם ישראל, גן, א, ב, ג, ד, ה, ו, ז	Bar'khu ברכו	Theme: Praying together and blessing God as a community.	https://images.shulcloud.com/1177/uploads/mp3s%2F05-Barechu.mp3	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FBarchu-Text.pdf	
150	ג, ד, ה, ו, ז	Yotzeir Or יוצר אור	Please be seated Same tune as Birkhot haShachar (two lines) Theme: Creating light and darkness		https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FBarchu-Text.pdf	
153	א, ב, ג, ד, ה, ו, ז	Or Chadash אור חדש	Last three lines of the page (Rick Recht tune) Theme: Great lights	https://www.youtube.com/watch?v=cX2EKUhrduk&list=PLdxwLQO805aHhALGaDrCUnXtU8AtGf019&index=10		
154	מחנה עם ישראל, גן, א, ב, ג, ד, ה, ו, ז	Ahavah Rabbah אהבה רבה	One line only (collect tzitzit) Theme: God's love for us.	https://images.shulcloud.com/1177/uploads/mp3s%2FLittle-Kids-Sing-at-SJS%2FAhava-Rabbah.m4a		
155	מחנה עם ישראל, גן, א, ב, ג, ד, ה, ו, ז	Sh'ma שְׁמַע	We cover our eyes when we sing the line beginning with the word "Sh'ma" and we open our and whisper for the line beginning with the word "Barukh." Theme: One God.	https://images.shulcloud.com/1177/uploads/mp3s%2FShma-musical-version.mp3	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FShma-VAhavta-Text.pdf	
156	ג, ד, ה, ו, ז	V'Ahavta וְאַהַבְתָּ	We chant V'Ahavta out loud and V'Haya silently. In lieu of silent prayer this is a great time to get the kehilla talking about the meaning of prayer. Theme: Teach Children the Mitzvot	https://images.shulcloud.com/1177/uploads/mp3s%2FHebrew-Practice-mp3s%2F09-Shma-VAhavta.mp3	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FShma-VAhavta-Text.pdf	

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156	ג, ד, ה, ו, ז	Va'Yomer וַיֹּמֶר	We chant this out-loud and kiss our <i>tztzit</i> at the appropriate times. Theme: Remember to perform <i>Mitzvot</i>	https://images.shulcloud.com/1177/uploads/mp3s%2FHebrew-Practice-mp3s%2F10-Vayomer.mp3	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FVayomer-Text.pdf	
158	מחנה עם ישראל, ג, א, ב, ג, ד, ה, ו, ז	Mi-Khamokha מִי כַמֹּכָה	Place <i>etzbah</i> (finger) 10 lines from the bottom of the page. Every Hebrew word that we read we become better at reading. Theme: Freedom	https://images.shulcloud.com/1177/uploads/mp3s%2FMi-Chamocha-musical-version-1.mp3	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FMi-Chamocha-Tsur-Yisrael-Text.pdf	
158	ג, ד, ה, ו, ז	Tzur Yisrael צִוּר יִשְׂרָאֵל	Please rise 5 lines from the bottom of the page.		https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FMi-Chamocha-Tsur-Yisrael-Text.pdf	
159	מחנה עם ישראל, ג, א, ב, ג, ד, ה, ו, ז	Adonai, S'fatai Tiftakh	We face the Ark, take three steps back on the first three words of the prayer, then we take three steps forward with the next three words. Theme: Opening our lips and talking to God	https://www.youtube.com/watch?v=G8d7J4eB5g8&list=PLdxwiQO805aHhALGaDrCUnXtU8AtGf019&index=14		
159	ג, ד, ה, ו, ז	First Three Blessings of the Amidah עֲמִידָה	Guide everyone to sing on the lefthand side of the page, the part for the Patriarchs and Matriarchs. We bend our knees on the word " <i>Barukh</i> " we bow on the word " <i>Atta</i> " and we stand up straight on the word " <i>Ah'do'nai</i> ."	https://images.shulcloud.com/1177/uploads/mp3s%2FHebrew-Practice-mp3s%2F12-Amidah.mp3		

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161	ז,ו,ה,ג,א	<i>K'dusha</i> קדושה				
162-166	ז,ו,ה,ג,א,ב,א	Silent Prayer	Encourage <i>kehilla</i> to pray using the words in the siddur or the prayers in their hearts. Please be seated after silent prayer			
166	ז,ו,ה,ג,א,ב,א	<i>Y'h'yu L'Ratzon</i> יהיו לרצון	3 lines from the bottom of the page (Tune from the Josh Nelson Project)	https:// www.youtube.com /watch? v=9UYvoO-N_nU		
166	מחנה עם ישראל, ז,ו,ה,ג,א,ב,א,ג	<i>Oseh Shalom</i> עשה שלום	2 lines from the bottom of the page (Tune from Nava Tehila)	https:// images.shulcloud. com/1177/ uploads/ mp3s%2FOseh- Shalom-Nava- Tehilla- version-1.mp3		
168	ז,ו,ה	<i>Ein Kamokhah, Va'y'hi Binsoa</i> אין כמוך ויהי בנסוע	We rise four lines from the bottom of the page, when we get to the words "Va'y'hi Binsoa."	https:// images.shulcloud. com/1177/ uploads/ mp3s%2FHebrew -Practice- mp3s%2F13- Torah- Service.mp3		
171	ז,ו,ה	<i>Sh'ma, Echad, Gad'lu</i> שמע אחד גדלו	Read first two lines which are then repeated by the congregation. For the third line we all bow and face the Ark as we sing.	https:// images.shulcloud. com/1177/ uploads/ mp3s%2FHebrew -Practice- mp3s%2F14- Shma-Echad- Gadlu.mp3		
172	ז,ו,ה,ד	Blessing Before Torah Reading ברכות התורה		https:// images.shulcloud. com/1177/ uploads/ mp3s%2FHebrew -Practice- mp3s%2F15- Torah- Blessings.mp3		
172	ז,ו,ה,ד	Blessing After Torah Reading ברכות התורה		https:// images.shulcloud. com/1177/ uploads/ mp3s%2FHebrew -Practice- mp3s%2F15- Torah- Blessings.mp3		

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173	א,ב,ג,ד,ה,ו,ז	<i>Mi Shebeirakh</i> for those who are ill מי שברך	Before putting the Torah away, offer a blessing for those who are not feeling well. If there is time, ask if anyone has a name that they would like to share of who they are praying for today. Far left- hand margin of the page in the siddur.	https:// www.youtube.com /watch? v=HX5TWsfykSs		
175	ד,ה,ו,ז	Blessing Before the Haftorah ברכה לפני ההפטרה		https:// images.shulcloud. com/1177/ uploads/mp3s/ Hebrew-Practice- mp3s/Blessing- before-the- Haftorah.mp3		
175	ד,ה,ו,ז	Blessing After the Haftorah ברכות לאחר ההפטרה		https:// images.shulcloud. com/1177/ uploads/mp3s/ Hebrew-Practice- mp3s/Blessings- after-the- Haftorah.mp3		
181	מחנה עם ישראל, ג,א,ב,ג,ד,ה,ו,ז	Ashrei (First Line)				
181	ו,ז	Ashrei Full אשרי			https:// images.shul cloud.com/ 1177/ uploads/ SJS- PDFs%2FA shrei- Text.pdf	
184	א,ב,ג,ד,ה,ו,ז	Tree of Life/Return Torah הכנסת התורה	The Hebrew text is 3 lines from the bottom of the 1st paragraph	https:// www.youtube.com /watch? v=hSUCbQO8qn0		
204	ג,ד,ה,ו,ז	Ein Keilheinu אין כאלהינו		https:// www.youtube.com /watch? v=0HV3TLTupaA&i ndex=26&list=PLd xwIQO805aHhAL GaDrCUnXtU8AtG f019	https:// images.shul cloud.com/ 1177/ uploads/ SJS- PDFs%2FEi n- Keiloheinu- Text.pdf	

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205-206	ג, ד, ה, ו, ז	Aleinu עלינו		https://images.shulcloud.com/1177/uploads/mp3s%2FHebrew-Practice-mp3s%2F21-Aleinu.mp3	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FAleinu-Text.pdf	
207	ה, ו, ז	Mourner's Kaddish קדיש יתום				
211	א, ב, ג, ד, ה, ו, ז	Adon Olam אדון עולם		https://images.shulcloud.com/1177/uploads/mp3s/Hamilton-Adon-Olam.mp3	https://images.shulcloud.com/1177/uploads/SJS-PDFs%2FAdon-Olam-Text.pdf	
77	ה, ו, ז	Kiddush for Festival Midday Meal קדוש א רבה לשבת	First paragraph and last two lines of the righthand page in the Siddur.			
77	מחנה עם ישראל, ג, א, ב, ג, ד, ה, ו, ז	Homotzi המוציא	Last blessing on the lefthand page in the Siddur.			
55	ו, ז	Friday evening Kiddush קדוש לליל שבת				
5	ג, ד, ה, ו, ז	Shalom Aleichem				
23-25	ג, ד, ה, ו, ז	L'Cha Dodi				
40	ג, ד, ה, ו, ז	Ahavat Olam				
45	ג, ד, ה, ו, ז	Hashkiveinu				
46	ג, ד, ה, ו, ז	V'Shamru				