

The Weekday **Tefillah** Card

1. How Can I Enter into Tefillah?

Tefillah is usually translated as prayer, but it might better be understood as an act of supplication or service. Thinking of **Tefillah** as something that we use to be in service of God/Eternality/the Universe/Divinity might break down some barriers that we erect we feel lost in the myriad and speed of showering Hebrew words that rain down upon us in **Tefillah**.

Instead of being afraid of not knowing how to encounter this rain, we invite you to jump right into the middle of it and declare:

“This is for me whether I recognize 1, 5, or 10 words today. The other thousands of words are there as dressing. As I learn more, I will say more. What I don’t know I will lean into. I can close my eyes. I can try to read Hebrew. I can focus on English words. I can repeat three words over and over as the **Shaliakh Tzibbur** or **Sh’tz** (prayer leader) winds their way through our beloved Jewish **Matbeah** (template).”

The array of prayers was never intended to replace the words of our hearts.

Say to yourself:

“If I jump into this rain with my full self, wherever its wave will take me will be closer to God and self than where I began. If I never jump in, I will never know.”

2. The Arc of Our Tefillah

- A. Warming up:** Welcoming, Blessings, Verses of Praise
Ashrei, The Halleluyahs, Va’yivarech David, Az Yashir
- B. Reaching Beyond Ourselves:** Yishtabach, Barchu, Creation, Love and Shema
- C. Approaching the Holy One as Individuals:** Silent Amidah-Personal Petitions and Gratitude
- D. Approaching the Holy One as a Community:** Repetition of the Amidah with Kedusha
- E. Atonement:** Takhnun—We lay our heads in our arms, we sit up, and then we stand.
- F. Leaving the Sacred; Entering the Workday:** Aleynu, Mourner’s Kaddish, Psalm of the Day

	EIT RATZON	SIM SHALOM	Notes and Links to hear the prayer: follow the Aviva Richman version
PART A Warming Up: <i>This part will feel fast at times, so if you like to warm up by doing only 2 exercises when someone else might do 8, choose to do the same here and catch up with us at part B.</i>	8, 9	4	Tallit and Tefillin
	10–12	6–10	Daven on your own the words of the blessing for the body and the soul, for Torah, or chant the niggun with the Sh'tz
	13–17	10–12	Morning Blessings: <i>Recite with Sh'tz or answer Amen</i>
	17–18	50–52	Psalm 30: Mizmor Shir Hanukkat Habayit l'david <ul style="list-style-type: none"> Opening: https://www.hadar.org/tefillah-element/w-sh-mizmor-shir-chanukkat-habayit-psalm-30 Closing: https://www.hadar.org/tefillah-element/w-sh-hafakhta-mispedi-lmachol-li-psalm-30
	19	54	Baruch She'amar <ul style="list-style-type: none"> Opening: https://www.hadar.org/tefillah-element/w-sh-barukh-sheamar Closing: https://www.hadar.org/tefillah-element/w-sh-yachid-chei-haolamim-barukh-sheamar
	20	54–60	Hodu: https://www.hadar.org/tefillah-element/w-sh-hodu-ladonai-kiru-vishmo Mizmor: https://www.hadar.org/tefillah-element/w-sh-mizmor-ltodah-psalm-100
	29	80–82	Ashrei <ul style="list-style-type: none"> Opening: https://www.hadar.org/tefillah-element/w-sh-ashrei-psalm-145 Ending: https://www.hadar.org/tefillah-element/w-sh-tehilat-adonai-psalm-145
	31–33	82–88	The Halleluyahs: https://www.hadar.org/tefillah-section/w-sh-3
	34	90	Baruch Adonai L'olam: https://www.hadar.org/tefillah-element/w-sh-barukh-adonai-leolam
	34–37	90–94	V'yevarekh David: https://www.hadar.org/tefillah-element/w-sh-vayvarekh-david Az yashir: https://www.hadar.org/tefillah-element/w-sh-az-yashir-moshe-song-sea
	EIT RATZON	SIM SHALOM	
PART B Reaching Beyond Ourselves CREATION LOVE REDEMPTION/SAVING	42–43	94	Yishtabach and Chatzi Kaddish: https://www.hadar.org/tefillah-section/w-sh-5 <ul style="list-style-type: none"> <i>This tune will basically take you through to the Amidah</i>
	44	96	Barchu—until 'u'voray et ha-kol
	45	96–98	Ha-meir l'aretz
	47–48	96–98	Titbarach ... yotzer ha-meorot
	49–50	98	Ahava Raba Special song: V'ten B'lebanynu: https://www.hadar.org/tefillah-element/w-sh-avinu-haav-harachaman-ahavah-rabbah <ul style="list-style-type: none"> Eit Ratzon: 7 lines down Sim Shalom: 3 lines down after period
	50–53 53	100–102	Shema (stay in weekday nusach—don't change to major key) Only this part out loud: <ul style="list-style-type: none"> Eit Ratzon: last paragraph on p. 53 (5th line down after English text) Sim Shalom: second paragraph on p. 102
	54–56	102–104	Emet V'yatziv (2 nd paragraph: leader recites to "v'ad kayamet," then drop tzitzit) https://www.hadar.org/tefillah-section/w-sh-7
	56–58	104	Ram v'nisa: Stay in weekday nusach through Mi chamocha and ga'al Yisrael <ul style="list-style-type: none"> Eit Ratzon: bottom paragraph Sim Shalom: 5 lines from the bottom on 1st paragraph

	EIT RATZON	SIM SHALOM	
<u>PART C</u> <i>Approaching the Holy One as Individuals</i>	58–70 <i>Skip 60–61</i>	106–122 <i>Skip 108</i>	SILENT AMIDAH The chanting will stop and you should pray on your own (skipping the kedushah on 60–61). After 2 nd paragraph (mechayeh ha-metim), skip to 61 Kedushat ha-shem and keep going until Oseh shalom on p. 70. You can sit down when you are done. You can also just sit and meditate until we are ready for the repetition.
<u>PART D</u> <i>Approaching the Holy One as a Community</i>	58–60	106–122	https://www.hadar.org/tefillah-section/w-sh-8 <i>Amidah Repeat Out Loud</i> —When the Sh’tz begins chanting first paragraph, stand and answer Amen to each paragraphs closing brachot. You can also say “ Baruch hu u’varuch shmo ” after Sh’tz says Baruch atah Adonai... “ Baruch hu u’varuch shmo ” ...shomea tefillah (for example). You can sit after the Kedusha (3 rd paragraph)
	66	116	Modim paragraph— <i>When Sh’tz gets to Modim, congregation adds extra part:</i> <ul style="list-style-type: none"> • Bolded in Eit Ratzon • Just above regular prayer in Sim Shalom
<u>PART E</u> <i>Atonement - Daily Confessional</i>	73 Full page	132 134–136	Takhnun: <ul style="list-style-type: none"> • “Vayomer David el Gad”– We lay our heads in our arms • “Shomer Yisrael” – We sit up in our chairs • “V’anachnu” – We stand <i>(You can use this time to think about what you would like to let go of or need to make amends for—it’s contemplative and okay and appropriate to feel somber.)</i>
TRANSITION	88	159–160	Chatzi kaddish
<u>PART F</u> <i>Leaving the Sacred; Entering the Workday</i>	Top of 89, then 90–91	160–162	Aleynu
	94	162	Mourner’s Kaddish
	92	26	Psalm of the Day (Tuesday for Today) https://www.hadar.org/tefillah-element/w-sh-kumah-elohim-psalm-82-tuesday