

שחרית לחול - The Daily Morning Service

Bir-kot Ha-Shachar, Blessings of Dawn

This section contains the blessings for the ritual garments usually worn during prayer – tallit and tefilin.

<u>SS</u>	<u>Hebrew Name</u>	<u>Description/Thoughts</u>
2	מודה אני	<i>Modeh Ani, I Give Thanks</i>
4	...להתעטף בציצית ¹	<i>...L'hit-a-teyf Ba-tzit-tzit, To engulf oneself in tzitzit</i>
4	...להניח תפלין	<i>...L'ha-niach tefilin, to place tefilin (for the arm)</i>
4	...על מצות תפלין	<i>...Al Mitzvat tefilin, concerning the mitzvah of tefilin (for the head)</i>
6	וארשתיך לי לעולם	<i>V'ay-ris-tich Li L'Olam, I will betroth you to me forever</i>
6	...אשר יצר	<i>...Asher Yatzar, Who formed (humanity with wisdom)</i>
6	...לעסוק בדברי תורה	<i>...La-Asok B'Divrei Torah, To be occupied with words of Torah</i>
8	אלהי נשמה	<i>Elohai Neshama, Almighty, the soul (which you have given me is pure)</i>
10	...אשר נתן לשכוי...	<i>...Asher Natan La-Shich-vei..., Who has Given to the rooster (the ability to distinguish day from night)</i>
23	שיר של יום	Shir Shel Yom. A different Psalm for each day of the week. Sunday's is on Page 23 of Sim Shalom
50	מזמור שיר חנכת חבית	(Psalm 30) Mizmor Shir Hanukat Ha Bayit, A Song for the Dedication of the Temple
52		<i>Kadish Yitom, Mourners Kaddish</i>

P'sukei d'Zimra, Verses of Song

<u>SS</u>	<u>Hebrew Name</u>	<u>Description/Thoughts</u>
54	ברוך שפאמר	Baruch she'amar, Blessed is the One who spoke (and the world came into being)
54	הודו לה' קראו בשמו	Chronicles 16:8-36, which describes David bringing the Ark into Jerusalem
58	רוֹמֵמוּ	A mixture of verses from psalms, beginning with <i>Romemu</i> (exalt God)
60	מזמור לתודה	(Psalm 100) Mizmor L'Todah, A Song of Thanks
80	יהי כבוד	Mixture of Biblical Verses
80	אשרי יושבי	(Psalm 145) Ashrei; For its use in the liturgy, two lines are added to Psalm 145.
82	הללי נפשי	(Psalm 146) Hal-li naf-shi; Praises God for bringing justice to the oppressed
84	כי טוב	(Psalm 147) Ki Tov; How good (it is to sing to our God)
84	הללו את יהוה	(Psalm 148) Halelu et Adonai; Praise God from the heavens
86	שירו ליהוה שיר חדש	(Psalm 149) Shiru Adonai Shir Hadash; Sing a new Song to Ado-nai
88	הללו אל בקדשו	(Psalm 150) Halelu El B'Kadsho
90		Assorted Biblical selections
92	אז ישיר מנשה	Song at the Sea which the Israelites sang to give thanks after escaping Egypt
94	ישתבח	Yishtabach Praised be (Your Name forever).
94	חצי קדיש	<i>Hatzi Kadish, Half Kaddish</i>

¹ The elipsis indicates the standard bracha formula – *Baruch ata adonai, eloheynu melech ha-olam, (asher kidishanu bmitzvotav vitzivanu...)*

***Shema v'bir-choteyha*, The Shema and its Blessings**

<u>SS</u>	<u>Hebrew Name</u>	<u>Description/Thoughts</u>
96	בָּרַכּוּ	<i>Baruchu</i> , Bless! (the One Who Blesses)
96	יוֹצֵר אוֹר	<i>Yotzer Or</i> , Creator of Light
98	אַהֲבָה רַבָּה	<i>Ahava Raba</i> , Mighty Love
100	שְׁמַע יִשְׂרָאֵל	<i>Shema Yisrael</i> , Hear O Israel (The Lord our God, The Lord is One)
100	בָּרוּךְ שֵׁם כְּבוֹד	<i>Baruch Shem Kavod</i>
100	וְאַהֲבָתָה	<i>V'ya-hav-tah</i> , And you are to love (Deut 6:4-9)
100	וְהָיָה אִם שָׁמַעַתְּ	<i>V'ha-yah Eem She-mo-ah</i> , and it will be if you heed Deut (11:13-21)
102	וַעֲשׂוּ לָהֶם צִצִּית	<i>V'asu L'hem Tzit-tzit</i> , and they are to make for themselves tzit-tzit (Num: 37-41)
102	אֱמֶת וַיֵּצִיב וַיִּנְכֹּחַן	<i>Emet v'yatziv v'nachon</i> , True and certain and correct (is your teaching)

***Amidah*, the Prayer of Standing**

<u>SS</u>	<u>Hebrew Name</u>	<u>Description/Thoughts</u>
106	אֲדֹנָי שְׁפָתַי תִּפְתָּח	(Opening Meditation) <i>Adonai Sifa-tai Tif-tach</i> , Adonai, Open my lips
106	עֲמִידָה	<i>Amidah</i> , also known as the <i>Shimone Esre</i>
120	אֱלֹהֵי נֹצַר	(Closing Meditation) <i>Elohai N'tzor</i> , My Lord, Guard (my Tounge from evil)
158	קְדִישׁ שְׁלֵמִים	<i>Kaddish Shalem</i>

***Tachanun* and the Concluding Service**

<u>SS</u>	<u>Hebrew Name</u>	<u>Description/Thoughts</u>
132	תַּחֲנוּן	<i>Tachanun</i> , Supplication.
136	חֲצִי קְדִישׁ	<i>Half Kaddish</i>
152	אַשְׁרֵי	<i>Ashrei</i>
Teaching		
154	לְמַנצַח מְזֻמֹּר לְדָוִד	<i>Psalm 20 La-Meh-nah-tzeach</i> For the Conductor
156	וּבֵּא לְצִיּוֹן	<i>Uva L'Tzion Kidusha d'sidra</i>
160	עֲלֵינוּ	<i>Alenu</i>
162	קְדִישׁ יְתוּם	<i>Mourners Kaddish</i>