Basic Outline:
Shachrit (the morning service) begins pg. 10

- **Birkot HaShachar** (Blessings of the dawn) pgs. 10 – 52
  - These are the introductory blessings and other components that vary leading up to the collection of psalms

- **Pesukei De-Zimra** (Verse of Psalms) pgs. 54 – 60, (Shabbat & Fest: 60-78), 80 – 94
  - These are a group of psalms, bracketed by blessings before and after, that prepare a person for the core sections of the morning service

- **Shema & Blessings** pgs. 96 – 104 (Shabbat & Fest: 334 – 352)
  - The Shema is recited twice daily and is composed of the short line beginning with the word “shema” (hear), followed by a line said silently, after which comes three other selections from the Torah

- **Amidah/Shmoneh Esrei** (Standing Prayer / 18 sections) pgs. 106 – 120 (Shabbat & Fest: 354 – 376)
  - This is the silent personal prayer which is composed of 19 sections. The Amidah is either done silently by individuals (excluding kedusha pg 108) and then repeated by the leader (with kedusha), or the first three sections are done aloud together (pgs 106-108) and then everyone continues silently

- **Hallel** [Only on days noted] pgs. 380 – 388
  - This is a collection of joyful psalms that are recited on rosh hodesh (new month), during the intermediate days of holidays, and on other special occasions

- **Tachanun** [see notes for days omitted] pgs. 128 – 136
  - This is silent section with several components. On Torah reading days it begins with a standing section (pgs 128 – 132), otherwise it beings at the bottom of pg 132. For this first section from the bottom of pg 132 – the middle of 134 many sit and rest their head on their arm if there is a Torah in the room. The second section is the bottom of pg. 134 – top of pg. 138 which is said sitting up, and the last section is the first full paragraph on pg 136, which is said standing

- **Torah Service** [Mon, Thurs, and other occasions as noted] pgs. 138 – 150 (Shabbat & Fest: 394 – 426)
  - This is when a selection of the Torah is read aloud either from the weekly parsha (section), or from a special section if it is a special occasion

- **Mussaf Service** [Shabbat, and other occasions as noted] pgs. 428 - 506
- **Concluding Section** pgs. 152 – 162 (Shabbat & Fest: 508 – 514)
  - These are the last few components that end off the morning service

Mincha (the afternoon service) pg. 164 (Shabbat & Fest: 558)

- **Ashei** pg. 164 (Shabbat & Fest: 558)
- **Kedushah D-Sidra** [Shabbat & Fest: 560 – 564]
- **Torah Service** [Shabbat & Fest: 566 – 572]
- **Amidah** pgs. 168 – 186 [Shabbat & Fest: 574 – 596]
• **Tachanun** [see days for when omitted] pgs. 192 – 194
• **Aleinu** pg 196 [Shabbat & Fest: 598]
• **Mourner’s Kaddish** pg. 198 [Shabbat & Fest: 600]

**WEEKDAY:**

**Ma’ariv** (the Evening Service) pg. 200
- Barchu pg. 200 *standing, call and respond*
- Blessings before Shema 200 *sitting*
- Shema 202 – mid 204
- Blessings after Shema 204 – 208
- Hatzi Kaddish 208
- Amidah pg. 210 – 220 *silent, standing*
- [Addition for after Shabbat/Festival pg. 682]
- Kaddish Shalem pg 222
- Alenu 224 *standing*
- Mourner’s Kaddish 226

**Shachrit** (the morning service) Begins Pg. 10
- **Birkot HaShachar** (Blessings of the dawn) pg. 10
  a. Continue from page 10 – bottom of 18 *standing*
  b. Kaddish De-Rabbanan (Rabbi’s Kaddish) pg. 20
  c. Psalm of the Day (some insert this later) pgs. 22-34
  d. [Psalm for Rosh Hodesh (new month) pg 34]
  e. Mizmor Shir Hanukat HaBeit LDavid pg. 50
  f. Mourner’s Kaddish pg. 52
- **Pesukei De-Zimra** (Verses of Psalms) pg. 54
  a. Baruch Sheh-Amar (Blessed He who said) pg. 54 *standing*
  b. Collection of Psalms bottom 54 – 59 *sitting*
  c. Mizmor L’Todah top of pg. 60 *standing*
  d. Collection of Psalms (#145-150) Pgs. 80 – 88
  e. Brief History before Shir Shel Yam pg 90 *standing*
  f. Shir Shel Yam (Song of the Sea) pg. 92 – top 94 *standing*
  g. Yishtabach (conclusion of Pesukei de-Zimra) mid. 94 *standing*
  h. Hatzi Kaddish (half Kaddish) bottom 94
- **Shema & Blessings** pg. 96
  a. Barchu (Call to pray) 96 *standing – call and respond*
  b. Blessing 1 before Shema pgs 96 – mid 98 *sitting*
c. Blessing 2 before Shema mid pg 98
d. Shema pgs 100 -102
e. Blessing 1 after Shema mid pg 102 – 104
f. Tzur Israel (Rock of Israel) pg 104 – leads into Amidah

- **Amidah/Shemonah Esrei** (Standing Prayer / 18 sections) pg. 106 *standing*
  [Either hazarat HaShatz (full repetition) or Hehi Keddusha (partial repetition)]
  - For Full repetition: pgs. 106, 110-120 *standing, silent*
    - Leader repeats and adds Kedusha pg. 108 *standing – call and respond*
    - Modim (proclaim) – say small modim paragraph while reader says larger pg. 116 *slight bow at beginning*
  - For Partial repetition: start pg. 106 *standing, recite with reader*
    - Kedusha pg. 108 *standing, call and respond*
    - Continue pgs 110-120 *standing, silent*
  - Hatzit Kaddish (partial kaddish) pg. 122

- **Hallel** – Only When Noted! Pgs. 380 - 388

- **Tanchanun** (Silent Supplication) - See notes for days excluded
  - Torah reading days (Mon, Thurs, “holidays”) pg. 128 *standing*
  - All days - bottom 132 – mid 134 *sitting (some place head on their arm if a Torah is in the room)*
    - Continue mid 134 – top 136 *sitting up then standing*
    - Hatzit Kaddish (partial kaddish) pg. 136
    - [Add bottom paragraph pg 136 when noted]

  - **Torah Service** (Mon, Thurs, as noted) pg. 138
    - Take Torah from Ark and Procession pg 138 *standing*
    - Blessings Before and After Torah Reading pg 140
    - [Torah readings are found in back of small Sim Shalom]
    - Hatzit Kaddish pg 146
    - Addition for days when Tanchanun is said pgs. 146-148
    - Return Torah to Ark pg 150 *standing*

- **Conclusion**: pg. 152
  - Ashri (psalm 150) pg. 152-154 *sitting*
  - Lammazeach (see note for days omitted) pg. 154
  - Uvah-Letzion pg. 156 – 158
  - Kaddish Shalem (full kaddish) pg. 158-160
  - Aleinu pg. 160 *standing*
  - Mourner’s Kaddish pg. 162

**Mincha** (the afternoon service) pg. 164
- Ashrei (psalm 145) pg. 164
- Hatzi Kaddish (partial kaddish) pg. 166
- **Amidah/Shemonah Esrei** (Standing Prayer / 18 sections) pg. 168 *standing*
  [Either hazarat HaShatz (full repetition) or Hehi Keddusha (partial repetition)]
• For Full repetition: pgs. 168, 172 - 186 standing, silent
  o Leader repeats and adds Kedusha pg. 170 standing – call and respond
  o Modim (proclaim) – say small modim paragraph while reader says larger pg. 180 slight bow at beginning
• For Partial repetition: start pg. 168 standing, recite with reader
  o Kedusha pg. 170 standing, call and respond
  o Continue pgs 172 - 186 standing, silent
• Tachanun (see not for days omitted) pg. 192
  o Top – mid pg. 192 head down on arm if Torah in room
  o Mid pg 192 – bot sitting up
  o Top pg. 194 standing
• Kaddish Shalem (full kaddish) 194
• Alenu 196 standing
• Mourner’s Kaddish 198

SHABBAT:

Kabbalat Shabbat (Welcoming Shabbat) pg. 252
• Yedid Nefesh pg 252
• Psalms pgs. 254 – 260 sitting except for page 260
• Lecha Dodi pgs 262 – 264 stand for last paragraph
• Psalms pgs. 266 – 268
• Mourner’s Kaddish pg 268

Ma’ariv (the Evening Service) pg. 200
• Barchu pg. 279 standing, call and respond
• Blessings before Shema pg 280 - 282 sitting
• Shema pg 284 – 286
• Blessings after Shema pg 288 – 292
• VeShamru [VeDaber for Fest] 294 standing
• Hatzi Kaddish 294
• Amidah pg. 296 – 302 [Fest: 304 – 312] silent, standing
• Vehoolo pg. 314
• Kaddish Shalem pg 316
• Kiddush pg 318
• Alenu pgs. 320 - 322 standing
• Mourner’s Kaddish pg 324
• Yigdal pg 326

**Shachrit** (the morning service) Begins Pg. 10
• **Birkot HaShachar** (Blessings of the dawn) pg. 10 – 52 (see weekday)
• **Pesukei De-Zimra** (Verses of Psalms) pg. 54
  a. Baruch Sheh-Amar (Blessed He who said) pg. 54 standing
  b. Collection of Psalms bottom 54 – 59 sitting
  c. Collection of Psalms bottom of pg 60 – 78 sitting (stand pg. 72)
  d. Collection of Psalms (#145-150) Pgs. 80 – 88 sitting
  e. Brief History before Shir Shel Yam pg 90 standing
  f. Shir Shel Yam (Song of the Sea) pg. 92 – top 94 standing
  g. Nishmat pg 334 – 336
  h. Shochein Ahd pg. 336
  i. Yistabach mid 338 standing
  j. Hatzi Kaddish (half Kaddish) bottom 338
• **Shema & Blessings** pg. 340
  a. Barchu (Call to pray) 340 standing – call and respond
  b. Kel Adon pg. 342 sitting
  c. Blessing 1 before Shema pg 344
  d. Blessing 2 before Shema pg 346
  e. Shema pgs 346 - 348
  f. Blessing 1 after Shema pg. 350
  g. Tzur Israel (Rock of Israel) pg 352 – leads into Amidah
• **Amidah** (Standing Prayer) pg. 354 standing
  [Either hazarat HaShatz (full repetition) or Hehi Keddusha (partial repetition)]
  [Festivals start pg. 366]
  • For Full repetition: pgs. 354, 358 - 364 standing, silent
    o Leader repeats and adds Keddusha pg. 356 standing – call and respond
    o Modim (proclaim) – say small modim paragraph while reader says larger pg. 360 slight bow at beginning
  • For Partial repetition: start pg. 354 standing, recite with reader
    o Kedusha pg. 356 standing, call and respond
    o Continue pgs 358 - 364 standing, silent
• **Hallel** – Only When Noted! Pgs. 380 – 388
• **Hatzi Kaddish** or **Kaddish Shalem** 390 or 392
• **Torah Service** pg. 394
  ▪ Take Torah from Ark and Procession pg 394 standing
  ▪ [add bot 394 when not Shabbat]
  ▪ Brich Shemai (blessed is your Name) bot. 396 - 398
  ▪ Shema and “Echad” standing, call and respond
  ▪ Blessings Before and After Torah Reading pg 140
- Hatzi Kaddish pg 408
  - Haftorah (selection from Prophets) blessings pg. 410
  - Yakum Purkan mid 412 silent
  - Blessings for countries etc. aloud with leader
  - [Announce Rosh Hodesh (new month) if new month begins in coming week pg. 418]
  - Ashrei (psalm 145) pg. 420
  - Return Torah to ark bot 422 – 426
- Mussaf Service (additional service) pg. 428
  - Hatzi Kaddish (partial kaddish pg. 428)
  - [Continue based on notes on pg. 428]
    [Either hazarat HaShatz (full repetition) or Hehi Keddusha (partial repetition)]
    - For Full Repetition – silent & omit keddusha
    - For Partial Repetition – aloud until end of keddusha then silent
- Kaddish Shalem (full kaddish) pg. 506
- Ein Kelokeneu 508
- Alenu 510 standing
- Mourner’s Kaddish 512
- Adom Olam 514

**Mincha** (the afternoon service) pg. 558
- Ashrei (psalm 145) pg. 558
- Keddush DSidra 560-564
- Hatzi Kaddish (partial kaddish) pg. 564
- Torah Service 566
  - Blessings before and after Torah reading 568
  - Return Torah to ark 570
- Hatzi Kaddish (partial kaddish) pg. 572
- Amidah (Standing Prayer) pg. 574 standing
  [Either hazarat HaShatz (full repetition) or Hehi Keddusha (partial repetition)]
  [See note for Festivals]
  - For Full repetition: pgs. 574, 578 - 584 standing, silent
    - Leader repeats and adds Kedusha pg. 576 standing – call and respond
    - Modim (proclaim) – say small modim paragraph while reader says larger pg. 580 slight bow at beginning
  - For Partial repetition: start pg. 574 standing, recite with reader
    - Kedusha pg. 576 standing, call and respond
    - Continue pgs 578 - 584 standing, silent
- Kaddish Shalem (full kaddish) 596
- Alenu 598 standing
- Mourner’s Kaddish 600