

Order of Oheb Shalom's Morning Service



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Useful Minyan Terms

Aliyah

Hebrew for "going up." Refers to the act of saying a Hebrew blessing when a passage of Torah is read.

Amida

"Standing" prayer. A 2,000 year old prayer consisting of numerous blessings at the core of a Jewish worship service.

El Maley Rachamim

"God full of compassion." Refers to (and the first words of) the memorial prayer recited when the Torah is read.

Mi Sheberakh

"May He who blessed." Refers to (and the first words of) the blessing recited on behalf of those reciting an aliyah blessing or those in need of healing.

Siddur

From the Hebrew for "order," refers to the prayer book, which follows a prescribed order.

Shacharit

Hebrew for morning prayer service.

Tefila

Hebrew for "prayer."

Tefilin

"Phylacteries." Originally from the Greek meaning "safeguard," refers to the leather boxes and straps worn during weekday morning services. The Hebrew "tefilin" is related to the word "tefila" (prayer).



Our morning minyan is a very special family within our larger congregational family. Each weekday at 8:00 AM, and at 9:00 AM on Sundays, members gather to worship together in an atmosphere of friendship, mutual concern and camaraderie. The minyan is not only a place where mourners and those observing a yahrtzeit can say kaddish, but also a place where joys and sorrows are shared by people who care about one another. Every Wednesday morning, we share breakfast and learn Torah together.

We hope this guide will help you to become more familiar with some of our customs and prepare you to follow the service. We welcome you to our family!



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Some Things You Should Know....



- Sit in the room wherever you are comfortable.
- A head covering should be worn during the service (required for males, appropriate for females). All those who have an aliyah to the Torah should wear a head covering.
- A tallit (prayer shawl) should also be worn. You'll find a selection of tallitot on the rack near the entrance to the chapel. Consider wearing tefilin as well. The rabbi can lend tefilin to anyone who does not have their own set.
- We use the weekday Siddur Sim Shalom prayer book, which is maroon in color. On days when the Torah is read, we also use the Etz Hayim Chumash.
- Page numbers will be announced periodically throughout the service. Feel free to linger on a particular page even if the leader is moving along at a pace faster than yours.
- Memorial prayers for loved ones are recited on days when the Torah is read (Mondays and Thursdays). This is a personalized prayer that can be offered when you are called to the Torah or can be recited without taking an aliyah. You'll be asked to state the Hebrew name of your loved one (e.g., *Chayim ben Yisrael*), though an English name can also be used. There are certain days during the year when memorial prayers are not recited.
- Communal prayers for healing are also recited after the reading of the Torah. Feel free to offer the name of someone in need of healing.
- It is appropriate to give tzedakah (charity) either when entering or exiting the chapel by placing coins or bills in the silver charity box ("pushke").

Overview of the Weekday Service



The morning service, called "Shacharit" in Hebrew, has four parts. On Mondays, Thursdays and most Jewish holidays we add a reading from the Torah. Additional liturgical passages are added on certain Jewish holidays. The parts of the service fit together in a seamless way and the transition from one to the next is not noticeable. The parts of the service are:

- Birkot Hashachar/Morning Blessings** (pages 6-15 in the weekday prayer book; selections recited at Oheb Shalom). These blessings express thoughts and feelings upon waking and beginning a new day. A brief moment of study of Jewish texts (pages 9-13) is included in this section. Selections from Birkot Hashachar are recited at Oheb Shalom.
- Pesukei Dezimra/Verses of Song** (pages 16-29 in the weekday prayer book; selections recited at Oheb Shalom). These passages, taken from the Bible, are meant to be a spiritual "warm up" for the more serious liturgical material that follows. Selections from Pesukei Dezimra are recited at Oheb Shalom.
- The Heart of the Service: The Reading of Shema, Accompanying Blessings and the Amida** (pages 30-47 in the weekday prayer book). The reading of the Shema, comprised of three passages from the Torah, is a cornerstone of the morning service. It is preceded by two blessings, one about creation and light and the second about God's love for Israel. Shema is followed by one blessing about God's redemptive power. The Amida, Hebrew for "standing prayer," has been recited for nearly 2,000 years and represents a wide variety of ideas brought together in one liturgical unit.
- Reading of Torah** (pages 65-77 in the weekday prayer book). On Mondays and Thursdays we read from the weekly Torah portion. Other Torah passages are read on select Jewish holidays and fast days.
- Concluding Prayers** (pages 78-90 in the weekday prayer book). These passages conclude the service with themes of holiness.