

Young Judaea Traditional Service

Name of Prayer	Choreography	Explanation
Mah Tovv	Sit	Warming up, welcome to tefillot. Said by Balak (in the Torah) when he was asked to curse the people of Israel; instead he blessed them with these words.
Baruch She'amar	Please rise	Look at page 12 before starting baruch she'amar. Beginning of section of songs of praise to God
Ashrei	Sit; alternate lines	Acrostic poem; one of the psalms of praise; does not include <i>nun</i> for "nofel" (fallen)
Yishtabach	Stand	Conclusion of the section of songs of praise. Look at page 20 also.
Hatzi Kaddish	Stand	Marks the end of the "warm up" section of the service
Barchu / Yotzer Or	Stand / Sit	Barchu is the call to prayer (only if a minyan). Yotzer Or recognizes that God creates the world anew each day
Or Chadash	Sit	Conclusion of the Yotzer Or prayer; messianic hope for a new light to shine on all of us
V'haaer Eneinu	Sit	Here we ask God to open our eyes and heart and help us connect to Mitzvot and to the Torah, and also to help us never to be ashamed about our Judaism.:
Shema and following three paragraphs	Sit; cover eyes for Shema	The Shema is our acceptance of God's oneness. The following paragraphs explain how we can love God by doing mitzvot
Mi Chamocha	Sit / Rise on "kumah Yisrael"	Part of the Geulah prayer, which says that God redeemed us as a people by bringing us out of slavery and into freedom. We rise at "kumah" because it means "rise"
Amidah 34-35 good for intro to Amidah	Stand; sit when finished	During the week, this 19 section set of prayers, called the Shmoneh Esreh (the 18), is said. It was once 18 prayers; an additional one was added in the Middle Ages. These prayers are requests to God.
Oseh Shalom	Sit	We conclude the Amidah with Oseh Shalom.
Full Kaddish / Reader's Kaddish	Stand	This kaddish, which praises God's name, separates the central part of the service from the next section of the service
Aleinu	Stand; bend and bow at korim u'mishtachavim.	Aleinu is the summary of the entire service! It mentions creation, revelation of Torah, redemption of the people of Israel, AND a future time when all people will be at peace. Until the Middle Ages, it was ONLY said at Rosh Hashanah.
Mourner's Kaddish	Sit or Stand	The mourner's kaddish is an opportunity for the community to support the mourners. It does not mention death; it praises God. It also marks the end of our service.
Adon Olam	Sit	Concluding song, reinforces that God is one and that we trust in God.