

Praying at Home

Introduction

'Where is God?' asked the Kotzke Rebbe. 'Where you let Him in' he answered.

Houses of Worship – synagogues, churches, mosques – are places of communal prayer. But for Jews throughout the ages the home has also been a special place for private prayers – a reflective space in which one can quietly commune with G-d. This year, Covid-19 has forced many for the first time to pray at home on Rosh Hashana and Yom Kippur. On the positive side, this creates an opportunity to re-discover the deeply satisfying experience of private prayer in the Jewish home.

Some can navigate their way around the machzor with ease. But for many, the unfamiliarity with the order of prayers and difficulty of reading Hebrew places an obstacle in the way of the High Holyday prayers. This simple guide is produced for those people. While the ability to recite all the prayers is clearly preferable, a small selection of our prayers, recited carefully and with meaning is a good place to start.

The selection of prayers for Rosh Hashana days are offered at three incremental levels, depending on how much time you want to spend, with **BLUE** as the first, **GREEN** as the second and **RED** as the third level.

The page numbers for the prayers refer to the Koren single volume Rosh Hashana and Yom Kippur machzor.

A few suggestions before you start:

- Find a suitable place in your home to pray.
- Sit quietly for a couple of minutes before beginning prayer and focus your mind.
- Don't be put-off if you don't feel anything. Prayer takes practice.
- Read in Hebrew or English or a little of both.
- Don't be embarrassed to read out loud. It really helps.
- If you can't do it all, do some. Or take a break and come back to it.
- You may find it useful to identify the sections in advance of Yom Tov so that your prayers proceed more smoothly on Yom Tov.

For example

Blessings over the Torah (Chosen text)

106/107 – 108/109 (Hebrew/English page numbers)

'Blessed are You...equal to them all' (First and last words of prayer)

Key

- Blue** Basic
- Green** Augmented
- Red** Further augmented

Rosh Hashanah

Friday 18th September – Sunday 20th September
1 Tishrei – 2 Tishrei

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Preliminary Prayers

Modeh Ani - Thank You for today
102/103

'I thank You...faithfulness.'

Blessings over the Torah

106/107 - 108/109

'Blessed are You...equal to them all.'

Morning Blessings - Thank you for all the things I take for granted

170/171 - 172/173

'Blessed are You...son of the covenant.'

Accepting the Sovereignty of Heaven

178/179 - 180/181

'A person should always the Lord is One.'

Shacharit/Morning Service

Baruch She'amar - Sing praises

204/205-206/207

'Blessed is He Who Spoke...songs of praise.'

Psalm 90 - Teach me to number my days

214/215 - 216/217

'A prayer of Moses...work of our hands.'

Psalm 91 - Protect me from plagues.

Shelter me under Your wings.

216/217 - 218/219

'He who lives in the shelter...show him My salvation.'

Psalm 136 - His loving-kindness is for ever

220/221 - 222/223

'Thank the Lord for He is good...His loving kindness is for ever.'

Psalm 145, Ashrei - You provide daily food

for every living creature in the universe

228/229 - 230/231

'Happy are those...Halleluyah.'

Vaye'varech David - King David's prayer

238/239

'David blessed...mighty waters.'

Az Yashir Moshe - The Song at the Sea

240/241 - 242/243

'Then Moses and the Israelites sang...and His name One.'

Nishmat, The Soul - My gratitude to You is beyond my ability to express it.

244/245 - 246/247

'The soul...Your awe-inspiring deeds.'

HA'MELECH - The King

248/249 - 250/251

'The King...from all their sins.'

La'El, To the Blessed God - God constantly renews the world

278/279 - 280/281

'To the blessed God...who forms the radiant lights.'

Ahava Rabbah - You love Your people with a great love.

280/281 - 282/283

'You have loved us...in love.'

The Shema - There is One G-d and I hear Him in my soul

282/283 - 286/287

'Listen, Israel...True.'

The Amida - All mankind will acknowledge Your Sovereignty

292/293 - 306/307

'O Lord open my lips...as in former years.'

Shacharit Liturgical Poems in the Repetition of the Amidah

Ba'shamayim uva'aretz - In heaven and on earth

320/321

'God please...lofty and holy.'

Hashem Melech - The Lord is King

340/341 - 342/343

'The Lord is King...forever and ever.'

Psalm for the day of the week and Psalm 27

First Day Rosh Hashana

Psalm for Shabbat, Psalm 92

162/164 – 164/165

'Today is the Holy Sabbath...He is my Rock, in whom there is no wrong.'

Second Day Rosh Hashana

Psalm for Sunday, Psalm 24

158/159

'Today is the first day of the week...He is the King of glory, Selah.'

Both Days

The Lord is my light and my salvation,

Psalm 27

164/165

'By David...and hope in the Lord.'

Torah Readings

First Day Torah Reading - Birth of Yitzchak

420/421 – 424/425

'The Lord remembered Sarah...for many years after.'

First Day Haftarah - Hannah's prayer

430/431 – 434/435

'Once there was a man – horns of His anointed.'

Second Day Torah Reading - Binding of Yitzchak

440/441 – 444/445

440/441 – 444/445

'It happened after these things...Tahash and Ma'akha.'

Second day Haftarah - Rachel's tears,

Jeremiah's promise

448/449 – 452/453

'This is what the Lord said...I will tender him compassion says the Lord.'

Mussaf Amidah/Additional Service

Rosh Hashana Mussaf is the longest of all our prayers services, touching on the three central themes of Rosh Hashana – Malchiut (Kingship); Zichronot (Remembrance); Shofrot (Shofar).

Three opening blessings: Patriachs, Divine Might, Holiness

482/483 – 488/489

'O Lord open my lips...the holy King.'

Malchiut - Kingship (Part one)

488/498 – 494/495

'You have chosen us...The Lord will reign for ever and ever.'

Malchiut - Kingship (Part two)

494/495 – 498/499

'And it is said...the Lord is One.'

Malchiut - Kingship (Final part)

498/499

'Our God and God of our ancestors...Day of Remembrance.'

Zichronot - Remembrances (Part one)

500/501 – 502/503

'You remember...sand of the sea.'

Zichronot - Remembrances (Part two)

502/503 – 504/505

'As it is written in your Torah...says the Lord.'

Zichronot - Remembrances (Final part)

504/505 – 506/507

'Our God and God of our ancestors...remembers the covenant.'

Shofarot (Part one)

506/507

'You were revealed...You appeared.'

Shofarot (Part two)

508/509 – 510/511

'As it is written in your Torah...Your peace.'

Shofarot (Final part)

510/511

'Our God and God of our ancestors...trumpet blasts in compassion.'

Three concluding blessings: Temple Service; Thanksgiving; Peace

512/513 – 516/517

'Find favour...as in former years.'

Mussaf Liturgical Poems in the Repetition of the Amidah

Melech Elyon - Supreme King

528/529 – 532/533

'And so the Lord became King in Yeshurun...He shall reign for ever.'

Unetana Tokef - Our lives are in God's Hands

538/539 – 548/549

'And so sanctity will rise up to You...the Holy One.'

V'chol Ma'aminim - All Believe

552/553 – 556/557

'The One who holds...perfect and complete.'

Concluding Prayers

Ein Keiloheinu - There is none like our God

614/615

'There is none like our God...fragrant incense.'

Aleinu - One day, the whole world will acknowledge G-d

620/621 – 622/623

'It is our duty...His name is One.'

Adon Olam - He is my Rock on Whom I rely – my safe retreat

166/167

'Lord of the universe...will He keep.'

Yigdal - Maimonides 13 Principles of Faith

168/169

'Great is the living God...His glorius name.'

Yom Kippur

Sunday 27th September – Monday 28th September

9 Tishrei – 10 Tishrei

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Yom Kippur Evening

Kol Nidrei

692/693 – 698/699

'Light has been sown...brought us to this time.'

Ma'ariv/Evening Service

The Shema – There is One God

704/5 – 708/709

'Listen, Israel...True.'

The Amidah (including Viduy/Confession)

For a linear translation of Viduy with explanation see page 1555

714/715 – 738/739

'O Lord open my lips...as in former years.'

Selichot/Forgiveness

Ya'aleh

744/745 – 746/747

'Let our plea rise...by evening.'

13 Attributes of Mercy

754/755 – 758/759

'God, King...bear Your name.'

Selach na – Forgive please

758/9 – 760/761

'Forgive please...Your compassion.'

Amnam Kein – It is surely true

764/765 – 768/769

'It is surely true...I have forgiven.'

Ki Henei – Like clay

770/771

'Like clay...our inclination.'

Shema Koleinu – Hear our voice

780/781

'Listen to our voice...our God.'

Ki Anu Amecha – For we are Your people

782/783 – 784/785

'For we are your people...will not end.'

Avinu Malkenu – Our Father our King

806/807 – 810/811

'Our Father our King...and save us.'

Aleinu Lishabe'ach – It is our duty to praise

814/815 – 816/817

'It is our duty to praise...and His name One.'

Adon Olam

822/823

'Lord of the universe...from harm will He Keep.'

Yigdal

824/825

'Great...His glorious name.'

Yom Kippur Day

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Shacharit/Morning Service

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'A prayer of Moses...work of our hands.'

Psalm 91 - Protect me from plagues. Shelter me under Your wings.

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'He who lives in the shelter... show him My salvation.'

Psalm 136 - His loving-kindness is for ever

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'Thank the Lord for He is good... His loving kindness is for ever.'

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'Happy are those...Halleluya.'

Vaye'varech David - King David's prayer

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'David blessed...mighty waters.'

Az Yashir Moshe - The Song at the Sea

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'Then Moses and the Israelites sang...and His name One.'

Nishmat, The Soul - My gratitude to You is beyond my ability to express it
244/245 – 246/247

'The soul...Your awe-inspiring deeds.'

HA'MELECH - The King
828/829 – 830/831

'The King...from all their sins.'

Ahava Rabbah - You love Your people with a great love. Bring us back from the four corners of the earth.
856/857 – 858/859

'You have loved us.... in love.'

The Shema - There is One G-d and I hear Him in my soul.

860/861 – 862/863

'Listen, Israel...True.'

The Amida - The Amidah (including Viduy/ Confession)

For a linear translation of Viduy with explanation see page 1555
870/871 – 892/893

'O Lord open my lips...As in former years.'

Ba'shamayim Uva'aretz - On Heaven and on Earth
912/913

'God please... lofty and holy.'

Imru Leilohim - And so you shall say of God
928/929 – 940/941

'And so you shall say of God... God of Salvation.'

L'vochen Levavot - One who examines hearts
952/953

'And so, all shall crown You...Day of Judgement.'

L'dor l'dor - From generation to generation
956/957 – 958/959

'From generation to generation... and His name One.'

Avinu Malkenu - Our Father our King
1002/1003 – 1006/1007

'Our Father, our King...and loving kindness and save us.'

Psalm for Monday, Psalm 48
158/159

'Today is the second day of the week... guide us for evermore.'

Torah Reading

Haftarah, Isaiah 57:14-58:14

1030/1031 – 1034/1035

'He says: Lay a road...the Lord has spoken.'

Yizkor

1048/9 – 1056/1057

'Lord, what is man...hold his head high.'

Mussaf /Additional Service

On Yom Kippur there are four parts to Mussaf, the Additional Service:

- The Amida and its repetition including liturgical poems
- Seder Ha'avodah – the order of the temple service
- Selichot – penitential prayers
- Viduy – Confession

The Amidah - (including Viduy/Confession)

For a linear translation of Viduy with explanation see page 1555
1066/1067 – 1088/1089

'O Lord open my lips...as in former years.'

Imru Leilohim - So you shall say of God
1116/1117 – 1122/1123

'And so you shall say of God...clothed in majesty and splendour.'

Une'taneh Tokef - Our lives are in God's hands
1134/1135 – 1144/1145

'And so, sanctity will rise up to You...threefold declaration of holiness to the Holy One.'

L'dor l'dor - From generation to generation
1146/1147 – 1148/1149

'From generation to generation...O King of Judgement.'

Ha'ochez be'yad - The One who hold in His hand
1150/1151 – 1154/1155

'The One who holds... and His name One.'

Aleinu L'shabe'ach - It is our duty to praise
1164/1165

'It is our duty...there is no other.'

Seder Ha'avodah/The Order of the Temple Service

Description of the High Priest's Yom Kippur service and Confession

1170/1171 – 1188/1189

'Unshakeable of strength...as he left the Holy of Holies in peace without harm.'

Yehi Ratzon - The High Priest's blessing

1190/1191

'May it be Your will... do not become their graves.'

Marei Kohen - How splendid was the High Priest

1192/1193 – 1194/1195

'Truly how splendid...our souls languish indeed.'

Selichot/Forgiveness

Zechor Rachamecha - Remember Your compassion

1216/1217

'Remember, Lord, Your compassion...forgive us, our Creator.'

Eileh Ezkara, these I will remember - A lament for the 10 martyrs

1218/1219 – 1230/1231

'These I remember...We have sinned, our Rock, forgive us, our Creator.'

Shema Koleinu - Hear our Voice

1234/1235

'Listen to our voice... You shall answer us, Lord our God.'

Ki Anu Amecha - For we are Your people

1236/1237

'For we are Your people...But you are here, and Your years will not end.'

Viduy/Confession

For a linear translation of Viduy with explanation see page 1555

Ashamnu, Bagadnu We have sinned, we have acted treacherously

1238/1239

'Our God and God of our fathers...back to our God for He will forgive abundantly.'

Al Cheit - For the Sin

1242/1243 – 1250/1251

'You know every secret...I shall purify you of all your impurities and of all your idolatry.'

Hayom - This day

1272/1273

'This day, may you strengthen us...with your hand of righteousness.'

Mincha /Afternoon Service

Haftarah - The Book of Jonah

1288/1289 - 1298/1299

'The word of the Lord came to Jonah...as You promised our ancestors in ancient times.'

Ne'ila

The Amidah (including Viduy)

1398/1399 – 1416/1417

'O Lord open my lips...As in former years.'

L'dor l'dor - From generation to generation

1426/1427 – 1428/1429

'From generation to generation... and Your Sanctuary and Your Temple.'

Yud Gimmel Middat Harachim - 13 Attributes of Mercy

1434/1435 – 1438/1439

'Open us a gate...And the Lord said, I have forgiven as you asked.'

Ezkara - I remember

1452/1453 – 1454/1455

'I remember, God, and I grieve...for our eyes are turned only to You.'

Viduy/Confession

Ashamnu, Bagadnu - We have sinned, we have acted treacherously

1456/1457 – 1458/1459

'For we are Your people...You have acted faithfully while we have done wickedly.'

Mah Nomar - What can we say before You

1460/1461 – 1462/1463

'What can we say before You... none but You.'

Avinu Malkanu - Our Father our King

1470/1471 – 1474/1475

'Our Father our King...and loving kindness and save us.'

1476/1477 – 1478/1479

SHEMA YISRAEL

BARUCH SHEM

THE LORD HE IS GOD

1482/1483

'Leshana Ha'ba'ah...Next year in Jerusalem rebuilt!'