

Page numbers in the new Authorised Daily Prayer Book (The green Siddur)

### **Shacharit: Morning Service**

- p.16-34 Preliminary blessings
- p.322-368 Pesuke DeZimrah – psalms and songs of praise
- p.370 Borachou
- p.382 The Shema – three paragraphs from the Torah which comprise one of our most important prayers.
- P.390-402 The Amidah (lit: standing prayer) which is a collection of blessings that form the basis of all our services. It is said silently and then repeated by the chazzan.
- p.392 The Kadusha, an additional set of verses included in the repetition of the Amidah, during which we do not walk about.
- P.618-628 Hallel, special prayers recited only on festivals and Rosh Chodesh (a new month).

### **Reading of the Law**

- p.404-418 Blessings for taking the Sefer out from the Ark, blessings before and after the reading of the law and haftorah.

Page numbers in the Chumashim for the sidra and haftorah will be announced.

- p.418-432 Blessings for returning the Sefer to the Ark. These are preceded by the Prayer for the Royal Family, Prayer for the State of Israel, a memorial prayer (not in the Siddur) and the announcing of a new month the week before Rosh Chodesh.

### **Musaph: Additional Service for Shabbat**

- p.434-448 Amidah (read silently and repeated by the chazzan as before) On festivals and Rosh Chodesh an alternative Amidah is recited. The page numbers will be announced.
- p.436 The Kadusha, an additional set of verses included in the repetition of the Amidah, during which we do not walk about.
- p.450 Ein Kelohheyenu
- p.454 Aleinu which is followed by the Mourners' Kaddish on page 456.
- p.458 Anim Zemirot (Hymn of Glory) often sung by a child responsively with the congregation and is followed by the mourners' Kaddish on page 462.
- P.152 Psalm for Shabbat  
Additional prayers are included at various times of the year at this point.  
Page numbers for these will be announced.
- P462 Mourners' Kaddish
- p.464 Adon Olam (Lord of the Universe) for which the children are invited to join the chazzan at the bimah.



## **A Guide to the Shabbat Morning Service**

Welcome to the Hampstead Synagogue,  
a community of modern orthodox Jews.

This leaflet is intended to be a brief introduction to the Synagogue and the service.

This morning's service is to celebrate the Sabbath, or Shabbat, the day of rest; Shabbat begins from sunset on Friday to sunset on Saturday. If you would like to know more, please ask somebody sitting near you. Translations of the prayers can be found in the prayer book.

Hampstead is an orthodox community. We do not use mobile phones (If you have a phone please make sure it is turned off) cameras or any other electrical items on Shabbat.

All men are required to cover their heads as are married women. Jewish married men (and single men if they choose) are required to wear a tallit, a four cornered prayer shawl with fringes on each corner, as commanded in the 'Shema' one of our most important prayers.

The tradition in orthodox synagogues is for men and women to sit separately when praying. Please ask for help in finding appropriate seating.

### **The Synagogue**

The synagogue dates from 1892 it is a Grade 2\* listed building complete with marble pillars, domed roof and magnificent stained glass windows. At the front of the synagogue is the Ark, which houses the Sifrei Torah or scrolls of the law. It is set at the eastern end so that we are praying towards Jerusalem where the Holy Temple once stood. Above the Ark hangs the Ner Tamid, a perpetual light which reminds us of a lamp in the Temple, which was never allowed to go out. The Sifrei Torah are covered by velvet mantles and decorated with silver ornaments including: a breastplate, reminiscent of the breastplate worn by the High Priest in the Temple, miniature pomegranates and bells as a reminder of the decorations on the High Priest's robe and a Yad (hand) used as a pointer when reading from the scroll

## The Service

The service consists of a mixture of silent individual prayer and collective prayer during which the congregation is encouraged to join in with the singing.

We use two books during the service: The Siddur, a prayer book, which is the smaller green book and a Chumash (plural Chumashim), which is the larger blue book. These books open from right to left, as this is the direction in which Hebrew is written.

The Siddur is a compilation of psalms, blessings, extracts from the Torah and prayers composed by rabbis down the ages. We have two versions of Chumashim available, either the Hertz or the Artscroll both contain the readings from the Torah.

The service for Shabbat consists of: Shacharit (morning service) readings from the Torah, the sermon and Musaph (additional service for Shabbat). Page numbers for key prayers can be found on the back page of this leaflet.



Siddur



Hertz



Art Scroll

## The Reading of the Law

The Torah consists of the five books of Moses: Bereishit (Genesis), Shemot (Exodus), Vayikra (Leviticus) Bemidbar (Numbers) & Devarim (Deuteronomy)

They comprise of a narrative from Creation through the days of Adam and Eve, Noah, Abraham, Isaac, Jacob, Joseph, Moses and the Exodus. It culminates with the Children of Israel at the borders of the Promised Land (Israel). Interwoven with this are the Divine instructions and commandments given to the Children of Israel through the prophet Moses.

The Torah is divided into 54 fairly equal portions; each called a sidra (plural sidrot). The name of each sidra is taken from an appropriate word or phrase at the beginning of the sidra. Each week we read one or sometimes two of these sidrot, so that the entire Torah is read over the course of a calendar year, starting and ending on a festival called Simchat Torah (Rejoicing of the Law) usually in October.

At least seven men are given the honour of reading a portion of the sidra. In practice they are called up in turn by their Hebrew names and recite the blessings before and after each portion. The actual portion is read on their behalf by the Bal Koreh, a person responsible for reading the Torah for the community. The first to be called up is a Cohen, a direct descendent of Aaron the High Priest. The second is a Levi, descended from the tribe of Levi. The rest are Israelites descended from the other tribes.

## Maftir and Haftorah

The last person to be called up will read Maftir and Haftorah. The Maftir is usually a repeat of the last three verses of the sidra. If there is more than one sefer it will be a portion from the last sefer which will be relevant to that Shabbat.

The Haftorah is a text which has a connecting theme to the sidra and is taken from one of the books of the Prophets (writings from the spiritual leaders of the Jewish people after the death of Moses).

## The Sermon

After the sefer is returned to the Ark there will be a sermon by the Rabbi. On the occasion of a Bar or Bat-Mitzvah it will include an address to the Bar/Bat Mitzvah.

## Bar Mitzvah and Bat Mitzvah

When a Jewish boy reaches the age of 13 years he attains majority and automatically becomes Bar-Mitzvah (a Son of the Commandments) which he is now obligated to observe. The equivalent for a Jewish girl is at the younger age of 12 when she becomes Bat-Mitzvah (a Daughter of the Commandments).

Once a boy has become Bar-Mitzvah he is eligible to be called to read from the Torah. It is customary for him to celebrate this by reading some or all of the sidra and/or haftorah on the first Shabbat after his 13<sup>th</sup> birthday (using the Hebrew calendar).

For a girl, it is the practice in many synagogues for a Bat-Mitzvah to celebrate by delivering a D'var Torah, a short discourse on a topical subject to the congregation.

## The Kiddush

After the service you are invited to a Kiddush, a reception in honour of the Shabbat, where we enjoy a drink and a snack. This will take place in our community centre next door. At Succot, the festival of booths or Tabernacles, Kiddush will take place in a temporary structure outdoors. In both cases just follow the crowd. Please wait for the Kiddush prayer to be recited before eating or drinking.

You will find further information about the synagogue on our website:

[www.hampsteadshul.org.uk](http://www.hampsteadshul.org.uk)

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