

# Your quick guide to praying at HOME

Praying on your own can be somewhat daunting, which parts can I say, which ones do I miss. Here's a quick guide, so that you remain in the know. You do not need to say everything that would normally be said during the Shule service. In fact, some parts should only be said in a minyan. So, feel free to say as much as you're comfortable with.

**The focus of prayer was never intended to be said in rote fashion. It is YOUR way of communicating with G-d and the Rabbis provided us a structure. Read the English if it is more meaningful for you.**

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melodies prepared  
by Chazan Yehoshua  
Niasoff and his choir



Please note: Recordings should be used only in  
advance of Yom Tov



# ROSH HASHANA

↑= Stand	Artscroll	Birnbaum Single	Birnbaum Combined	Koren	Routledge/ Adler
<b>Minchah Rosh Hashanah eve</b>					
Ashrei	20	3-5	3-5	13-15	1-2
Amidah (silent)	↑24-38	↑7-17	↑7-17	↑17-33	↑2-7
Alenu	↑40	↑17-19	↑17-19	↑37-39	↑22
<b>Ma'ariv 1st Night</b>					
Baruch...asher bidevaro	50-52	23	23	53-55	11
El melech ne'eman	52	23	23	57	-
Shma	52	23-27	23-27	57-61	11-13
Ve'emuna Kol Zot	56-58	27-29	27-29	61-65	13-14
Tik'u vachodesh	↑60	↑29	↑29	↑65	↑14
Amidah (silent)	↑62-74	↑31-39	↑31-39	↑67-83	↑15-19
Alenu	↑84	↑43-45	↑43-45	↑91	↑22
L'David Hashem Ori	↑86-88	↑45-47	↑45-47	↑95	↑39
Sing: Yigdal	88	55	55	99	23-24
Sing: Adon Olam	88	53	53	263	26-27
<b>Shacharit 1st Day</b>					
Opening Brachot	↑184-8	↑59-63	↑59-63	↑267-9	↑28-29
Leolam yehei adam	↑192-4	↑67-69	↑67-69	↑275-7	↑29-30
Ketoret - Incense	↑200-4	↑73-77	↑73-77	↑283-5	-
Rabi Yishmael omer	↑214-6	↑83-87	↑83-87	↑293	↑34
Mizmor shir chanukat	220	133	133	297	62A
Baruch she'amar	↑222	↑135	↑135	↑301-3	↑63
Hodu	224-238	135-147	135-147	303-19	63-69
Hodu...ki l'olam chasdo	↑238-40	↑147-9	↑147-9	↑319-21	↑69
Ranenu	240-252	149-161	149-161	321-335	70-76
Vayevarech David	↑252-8	↑161-5	↑161-5	↑337-41	↑76-78
Nishmat	258-264	165-171	165-171	343-9	78-80
Baruch ata ... yotzer or	266	171	171	353	81
Hameir La'aretz	278-282	441	183-5	355-7	180
Titbarach	284	181-183	187-9	363-5	85
Vehachayot (or Vehaofanim)	288-290	185-7	191-3	365-9	87
El melech ne'eman	290	187	195	371	-
Shma	290-294	187-193	195-9	371-9	88-90
Mi chamocho	↑296	↑193-5	↑199-201	↑379	↑90
Amidah	↑296-04	↑195-203	↑201-9	↑381-95	↑91-95
Sing: Yimloch/Ata hu Elohenu	↑352	↑211-3	↑217	↑411	↑98
Sing: Uvechen/Adonai melech	↑370-2	↑229-233	↑225	↑431	↑105-6
Avinu Malkenu	↑384-8	↑513-7	↑271-5	↑719-23	↑210-212
Sing: An'im Zemirot	↑166-8	↑127-9	↑127-9	↑249-51	↑61-62

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<i>Psalm of the day - Tuesday</i>	172	99	99	259-61	38-39
L'David Hashem Ori	178	381-3	417-9	261	39-40
Sing: En Kamocha	↑390	↑249	↑277	↑457	↑114
Sing: Shma	↑394	↑253-5	↑281-3	↑461	↑115-6
If you can: Torah Reading	402	259-263	287-291	467-71	117
If you can: Maphtir	412-4	205	293	475	120
If you can: Haphtarah	416-24	267-271	295-9	477-81	121-3
<b>Musaf 1st Day</b>					
Ashrei	440	285-7	319-321	503-7	128-9
Sing: Yehallelu	↑440	↑287	↑321	↑507	↑129
If you like: LeDavid mizmor	↑442	↑287	↑321-3	↑507-9	↑129
If you like: Uvnucho Yomar	↑444	↑289	↑323	↑509	↑130
Amidah (silent)	↑448-68	↑293-313	↑327-347	↑515-49	↑131-142
Sing: Yimloch/Melech Elyon	↑476-480	↑321	↑355-7	↑561-5	↑144-6
Sing: Unetaneh Tokef/Berosh	↑480-4	↑325	↑361-3	↑565-75	↑146-7
Sing: V'chol Ma'aminim	↑490-2	↑331-5	↑367-371	↑581-5	↑149-51
Sing: En Kelokeinu	586-8	373-7	409-413	643-5	168-9
Alenu	↑590-2	↑379	↑415	↑649-51	↑169-70
Sing: Adon Olam	180	383	419	263	171
<b>Minchah 1st Day (between 12:48pm and 6:04pm)</b>					
Ashrei	598-602	389-393	425-9	893-9	172-4
Amidah (silent)	↑612-20	↑403-413	↑439-449	↑911-25	↑15-19
Alenu	↑626-8	↑419	↑455	↑931-3	↑22
<b>Ma'ariv 2nd Night</b>					
Baruch...asher bidevaro	50-52	23	23	53-55	11
El melech ne'eman	52	23	23	57	-
Shma	52	23-27	23-27	57-61	11-13
Ve'emuna Kol Zot	56-58	27-29	27-29	61-65	13-14
Tik'u vachodesh	↑60	↑29	↑29	↑65	14
Amidah (silent)	↑62-74	31-39	31-39	↑67-83	↑15-19
Alenu	↑84	↑43-45	↑43-45	↑91	↑22
L'David Hashem Ori	↑86-88	↑45-47	↑45-47	↑95	↑39
Sing: Yigdal	88	55	55	99	23-24
Sing: Adon Olam	88	53	53	263	26-27

↑= Stand	Artscroll	Birnbaum Single	Birnbaum Combined	Koren	Routledge/ Adler
<b>Shacharit 2nd Day</b>					
Opening Brachot	↑184-8	↑59-63	↑59-63	267-269	↑28-29
Leolam yehei adam	↑192-4	↑67-69	↑67-69	↑275-7	↑29-30
Ketoret - Incense	↑200-4	↑73-77	↑73-77	↑283-5	-
Rabi Yishmael omer	↑214-6	↑83-87	↑83-87	↑293	↑34
Mizmor Shir Chanukat	220	133	133	297	62A
Baruch She'amar	↑222	↑135	↑135	↑301-3	↑63
Hodu	224-238	135-147	135-147	303-19	63-69
Hodu...Ki L'olam Chasdo	↑238-40	↑147-9	↑147-9	↑319-21	↑69
Ranenu	240-252	149-161	149-161	321-335	70-76
Vayevarech David	↑252-8	↑161-5	↑161-5	↑337-41	↑76-78
Nishmat	258-264	165-171	165-171	343-9	78-80
Baruch ata ... yotzer or	266	433	171	353	81
Hameir La'aretz	278-282	441	183-5	355-7	180
Titbarach	284	441-3	187-9	363-5	180
Vehachayot	288-290	445-7	191-3	365-9	182
El melech ne'eman	290	449	195	371	-
Shma	290-294	449-453	195-9	371-9	183-5
Mi chamocha	↑296	↑453-5	↑199-201	379	↑185
Amidah (silent)	↑296-04	↑455-463	↑201-9	↑381-95	↑186-190
Sing: Yimloch/Ata hu Eloheinu	↑352	↑475	↑239	↑675	↑194
Sing: Uvechen/Melech elyon	↑366-370	↑493-5	↑251-3	↑693-9	↑201-2
Sing: Adonai Melech	↑370-2	↑497-501	↑255-9	↑699-705	↑203-4
Sing: Uvechen/L'El orech din	↑374	↑503	↑261	↑705	↑205
Avinu Malkenu	↑384-8	↑513-7	↑271-5	↑719-23	↑210-212
Sing: An'im Zemirot	↑166-8	↑127-9	↑127-9	↑249-51	↑61-62
Psalm of the day - Wednesday	172-174	91	91	255	35
L'David Hashem Ori	178	639-641	417-9	261	39-40
Sing: En Kamocha	↑390	↑519	↑277	↑727	↑213
Sing: Shma	↑394-6	↑523-5	↑281-3	↑731	↑214-5
If you can: Torah Reading	402	529-533	299-303	737-41	216-8
If you can: Maphtir	412-4	535	305	743	219
If you can: Haphtarach	416-24	535-9	305-9	745-55	219-221
We will try to organise: Shofar	↑436-8	↑547-9	↑317	↑761-63	↑222-4

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<b>Musaf 2nd Day</b>					
Ashrei	440	549-551	319-321	763-5	224-5
Sing: Yehallelu	↑440	↑551-3	↑321,323	↑765-7	↑225-6
Sing: Uvnucho Yomar	↑444	↑553	↑323	↑767	↑226
Amidah (silent)	↑448-68	↑557-577	↑327-347	↑771-803	↑227-237
Sing: Uvechen/L'El orech din	↑538	↑581	-	↑807	-
Sing: Unetaneh Tokef	↑538-42	↑583-5	↑361-3	↑809-17	↑238-9
Sing: V'chol Ma'aminim	↑546-8	↑589-593	↑367-371	↑821-5	↑241-3
Sing: En Kelokeinu	586-8	631-5	409-413	877-9	260-1
Alenu	↑590-2	↑637	↑415	↑883-5	↑261-2
Sing: Adon Olam	180	643	419	263	263
<b>Minchah 2nd Day (between 12:47pm and 6:04pm)</b>					
Ashrei	598-602	389-393	425-9	893-9	172-4
Amidah (silent)	↑612-20	↑403-413	↑439-449	↑911-25	↑15-19
Avinu Malkenu	↑622-4	↑413-7	↑449-453	↑925-9	↑111-113
Alenu	↑626	↑419	↑455	↑931-3	↑22
<b>Ma'ariv after Rosh Hashanah (after 6:36pm)</b>					
Baruch ata...asher bidvaro	646	23	1019	949-51	11
El melech ne'eman	648	23	1021	951	-
Shma	648-50	23-27	1021-3	951-3	11-13
Ve'emuna Kol Zot	650-4	27-29	1023-7	953-9	13
Amidah (silent)	↑654-64	↑7-17	↑1027-35	↑961-77	↑14
L'David Hashem Ori	↑670	↑45-47	↑417-9	↑985	↑39

# YOM KIPPUR

↑=stand	Artscroll	Birnbaum Single	Birnbaum Combined	Koren	Routledge/ Adler
<b>Yom Kippur Night</b>					
Kol nidrei (once) (not before 4:57p)	↑58-60	↑45-7	↑489-491	↑73-75	↑15-6
Shehecheyanu	60	47	491	75	14
Baruch...asher bidevaro	66-68	51	495	81-83	18
El melech ne'eman	68	-	-	83	-
Shma	68-72	51-5	495-9	83-87	18-20
Ve'emuna Kol Zot	72-74	55-7	499-501	89-91	20-21
Ki Vayom Hazeh	76	57	501	93	21
Amidah (silent)	↑78-98	↑59-73	↑503-517	↑95-119	↑22-30
Sing: Yaaleh	↑102	↑77	↑521	↑125-7	↑31
Shomea T'fillah	↑104-8	↑79-83	↑523-7	↑127-133	↑32-5
Ha'azinum Adonai	↑110-2	↑85	↑529	↑137-9	↑35-6
Sing: Selach Na Ashamot	↑112-4	↑87-9	↑531-3	↑139-141	↑36-7
Al Tavo	↑116	↑89	↑533	↑143-5	↑37
Sing: Omnam Ken	↑116-8	↑89-91	↑533-5	↑145-9	↑38
Sing: Ki Hine Kachomer	↑120-2	↑93	↑537	↑151	↑39
Zechor Rachamecha	↑122-6	↑95-9	↑539-543	↑153-9	↑40-5
Shma Kolenu	↑126	↑101	↑545	↑161	↑45
Elohenu ... al ta'azvenu	↑128-130	↑101-3	↑545-7	↑163-5	↑45-6
Ashamnu	↑130-2	↑103-5	↑547-551	↑167-171	↑46-8
Al Chet...Harachamim vehaselichot	↑132-8	↑107-115	↑551-9	↑173-181	↑49-52
El rachum shemecha...hu yaanenu	↑138-142	↑115-9	↑559-563	↑183-7	↑53-5
Avinu Malkenu	↑144-8	↑121-5	↑565-9	↑189-193	↑55-7
Alenu	↑152-4	↑127	↑571	↑199-201	↑58-9
L'David Hashem Ori	↑156-8	↑129-131	↑573-5	↑205	↑v2 14-15
Sing: Yigdal	158-160	141	55	209	75-76
Sing: Adon Olam	158	131	575	207	76
<b>Yom Kippur Morning Service - Shachrit</b>					
Opening Brachot	250-2	↑145-9	↑59-63	↑475-7	4-5
Leolam yehei adam	256-260	↑153-5	↑67-69	↑483-7	5-6
Ketoret - Incense	264-8	↑159-163	↑73-77	↑493-5	-
Rabi Yishmael omer	276--280	↑169-173	↑83-87	↑503	10

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Mizmor Shir Chanukat	282	219	133	507	15A
Baruch She'amar	↑284-6	↑221	↑135	↑511-13	↑16
Hodu	286-298	221-233	135-147	513-529	16-22
Hodu...Ki L'olam Chasdo	↑298-300	↑233-5	↑147-9	↑529-531	↑22-23
Ranenu	300-312	235-247	149-161	531-545	23-29
Vayevarech David	↑312-8	↑247-251	↑161-5	↑545-9	↑29-31
Minyan can start here: Nishmat	318	251-7	165-171	551-7	31-33
Baruch ata ... m'ofel amar vayehi	↑326	↑257-9	↑583-5	↑561-3	↑34
Hameir La'aretz	330	263	589	563-5	38
Titbarech	336	267	593	571-3	39
Vehachayot	342-4	271-3	597-9	575-7	40-41
El melech ne'eman	344	273	599	579	-
Sh'ma (by 9:16am, 8:37am if poss.)	344-6	273-7	599-603	579-581	41-43
Vayatziv	346	277-9	603-5	583-7	43-44
Mi chamocha	↑348-350	↑279	↑605	↑587	44
Amidah (silent) (by 10:16am, 9:50)	↑350-364	↑279-295	↑605-621	↑589-611	↑44-53
Sing: Yimloch/Ata hu Eloheinu	↑374-6	↑307	↑633	↑629-631	↑57-8
Sing: Uvechen imru Lelohim	↑390-8	↑321-9	↑645-653	↑639-651	↑64-7
Sing: Uvechen Al yisrael emunato	400	331	655	655	68-9
Sing: Uvechen Haaderet	↑402	↑337-9	↑657-9	↑655-7	↑70-1
Sing: Uvechen L'El orech din	404	355-7	661-3	659-661	77
Shma Kolenu	↑416	↑367	↑673	↑679	↑92
Sing: Ki Anu Amecha	↑418	↑369	↑675	↑681	↑92-93
Ashamnu	↑418-420	↑369-373	↑675-9	↑681-5	↑93-95
Al Chet	↑422-6	↑373-7	↑679-683	↑687-693	↑96-98
Ta'avor al pesha	430-2	383-5	689-691	701-705	101-102
Avinu Malkenu	↑436-8	↑389-393	↑695-9	↑711-15	↑104-106
Psalm of the day-Thursday	240-242	177-9	92-3	461	11
L'David Hashem Ori	244	↑129-131	417-9	467	14-15
Sing: En Kamocha	↑440-6	↑399-405	↑701-7	↑719-723	↑107-9
If you can: Torah Reading	452-6	409-413	711-5	727-735	110-2
If you can: Maphtir	458-460	415	717	737	113
If you can: Haphtarach	462-6	417-421	719-723	739-745	114-6
Yizkor	↑470-6	↑427-431	↑729-733	↑757-761	↑118-120

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<b>Yom Kippur Musaf</b>					
Ashrei	478	437-9	737-9	765-7	121-2
Sing: Yehallelu	478-482	439,441	739, 741	767-9	122-3
Amidah (silent)	↑486-500	↑445-463	↑745-763	↑777-801	↑124-134
Sing: Unetaneh Tokef	↑530-4	↑505-9	↑789-793	↑843-851	↑149-150
Sing: V'chol Ma'aminim	↑538-542	↑513-7	↑797-801	↑859-863	↑152-4
Sing: Vaye'etayu	544	517-9	801-3	865	154-5
Alenu	↑550	↑523	↑807	↑873	↑157
Al na tashet...chatanu tzurenu	584-592	553-9	837-843	927-941	178-181
Zchor Lanu B'rit Avot	592-4	561-3	845-7	941-5	181-3
Shma Kolenu	↑596	↑563	↑847	↑945	↑183
Eloheinu ... al ta'azvenu	↑596	↑563-5	↑847-9	↑947	↑183
Ki Anu Amecha	↑596	↑565	↑849	↑947	↑183-4
Ashamnu	↑598-600	↑565-9	↑849-853	↑949-953	↑184-5
Al Chet	↑600-4	↑569-573	↑853-7	↑953-9	↑186-8
<b>Yom Kippur Minchah</b>					
Sing: Taking out Torah	↑626-8	↑601-3	↑881-3	↑989-991	↑197
If you can: Torah reading	630-4	605-7	885-7	993-7	199-200
If you can: Haphtarach - Jonah	634-648	609-617	889-897	999-1011	201-5
Sing: Yehallelu	↑648-650	↑617-9	↑897-9	↑1011-13	↑205-6
Amidah (silent)	↑650-664	↑619-635	↑899-915	↑1015-39	↑206-215
Zchor rachamecha	↑676-8	↑647-9	↑927-9	↑1059	↑230
Zchor Lanu B'rit Avot	↑680	↑649-651	↑929-931	↑1063-7	↑230-2
Shma Kolenu	↑682	↑651-3	↑931-3	↑1069	↑232
Ashamnu	↑684-6	↑655-7	↑935-7	↑1073-5	↑233-4
Al Chet...ulechparat pasha	↑686-692	↑657-665	↑937-945	↑1077-85	↑235-8
Mi El kamocho...mimei kedem	694	667	947	1089	239
Eloheinu velohei avoteynu	↑694-6	↑667-9	↑947-9	↑1091-3	↑239-240
Avinu Malkenu	↑700-4	↑389-393	↑695-9	↑1097-1101	↑104-6
<b>Neilah</b>					
Ne'ilah	706-710	681-5	957-961	1105-1111	243-5
Amidah (silent)	↑712-724	↑687-699	↑963-975	↑1113-1135	↑246-252
Ki imecha...beruach nedivah	736-8	713	989-991	1155-7	259
Shilum parim...toleh erez al belimah	740	715-7	991-3	1159-1161	260-1

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Yadecha peshot	744	717	993	1163	261
Zechor berit...Adonai heyeh ozer lanu	744-6	719-721	995-7	1165-7	262
Rachem na kehal adat yeshurun	↑748	↑723-5	↑999-1001	↑1173	↑263
Eloheinu...selach lanu, mechal lanu...	↑750	↑725	↑1001	↑1175	↑264
Ashamnu	↑752-6	↑727-731	↑1003-7	↑1177-1185	↑264-7
Avinu Malkenu	↑758-762	↑735-9	↑1011-15	↑1189-1193	↑269-270
Shma	↑762	↑741	↑1017	↑1193-5	↑271
<b>Ma'ariv after Yom Kippur (after 6:43pm)</b>					
Baruch...asher bidevaro	766	743	1019	1203-5	272-3
El melech ne'eman	768	745	1021	1205	-
Shma	768-770	745-7	1021-23	1205-7	273-4
Ve'emuna Kol Zot	770-4	747-751	1023-27	1207-1213	274-6
Amidah (silent)	↑774-782	751-9	1027-35	1215-1231	↑277-281
Alenu	↑790-2	↑761-3	↑1037-9	↑1241-3	↑286-7
Using a cup of wine: Havdalah	↑790	↑765	↑1041	↑1241	↑286

Many thanks to Rabbi Ronnie Figdor (St Kilda Shule)  
for his assistance in putting together this guide.

# WISHING YOU A SHANA TOVAH!

