

# WHAT TO PRAY: SET PRAYERS: AVINU MALKEINU TO PSALMS

## INTRODUCTION TO AVINU MALKEINU TO PSALMS

### Introduction to Avinu Malkeinu to Psalms

It was not traditional for women or girls to say any of shacharit after the amida, other than saying alenu.

## AVINU MALKEINU

### When To Say Avinu Malkeinu

Say avinu malkeinu, even if you are praying by yourself, after amida of shacharit and mincha on:

- Public fast days, and
- Between Rosh Hashana and Yom Kippur.

### Avinu Malkeinu on Tzom Gedalia

On Tzom Gedalia, in avinu malkeinu, say katveinu (not zachreinu).

## TORAH READING

## TORAH READING: OFFERING/DECLINING ALIYA

### Consecutive Aliyot for Family Members

Consecutive aliyot (going up to the Torah during Torah reading) should not be given to brothers or to a father and son unless the aliyot are from different Torah scrolls. This is a custom.

### Declining an Aliya

You should not decline an aliya, if one is offered to you.

## TORAH READING: THE BIMA

### Shortest Route to Bima

When you go up to the Torah, take the shortest route to the bima. This is a non-binding custom, not a halacha.

### Stand on Bima after Aliya

After getting an aliya to the Torah, stand on the bima until the next aliya has ended. This is to show respect for the Torah and not appear to be running away.

### Returning to your Seat after Aliya

When you go back to your seat after an aliya to the Torah, take the longer way around the bima--even if it is inconvenient or you want to avoid someone who is along the way back to your seat.

## TORAH READING: SAYING TORAH BLESSINGS

### When Saying Torah Blessing

When called to the Torah, either:

- Say the blessing while looking to the side of the Torah, or
- Roll the Torah together before you say the blessing.

## How Loud To Say Torah Blessings

Say the blessings over the Torah loudly enough for everyone to hear and respond “amen.”

## TORAH READING: WHAT TO DO WHILE ON BIMA

### Torah Reading: What To Do While on Bima

The oleh (person who gets the aliya) should lightly hold on to the handle of the Torah.

The oleh should read the Torah quietly along with the reader (ba'al koreh).

## TORAH READING: ALIYA DONATION

### Donation after Aliya

If you receive an aliya to the Torah on Shabbat and Jewish festival mornings, it is customary give a donation to the synagogue, but you are not required to do so by halacha (and you may not give the donation ON Shabbat!).

**NOTE** A synagogue may request a donation on Shabbat or Jewish festivals from someone who has received an aliya on Shabbat and may give that person a card to mail in after Shabbat has ended.

**NOTE** There is no expectation of giving a donation for aliyot on weekdays or at mincha on Shabbat.

## MOURNER'S KADDISH

### Responding to Mourner's Kaddish

When answering mourner's kaddish, respond after the person who you hear first.

### Late in Joining Mourner's Kaddish

**SITUATION** All mourners should say kaddish in unison. You are a mourner. When you go to minyan, the other mourners are already saying mourner's kaddish.

**WHAT TO DO** You may join in as long as the other mourners have not yet said Yihei shmei. But you should join the other mourners wherever they are in the kaddish and not start from the beginning on your own.

### More on Mourner's Kaddish

See Mourner's Kaddish.

## U'VA L'TZION

### Kadosh in U'Va L'Tzion with the Minyan

Say kadosh three times in u'va l'tzion together with the minyan in order to mimic the angels who say kadosh together with other angels.

**NOTE** You should interrupt what you are saying as long as it is permissible to do so, such as before baruch she'amar or after you have finished your anida.

## HALLEL

### Saying Hallel with a Minyan

When saying half- and full Hallel:

- It is preferable to say half-hallel with a minyan.
- You do not need to say full hallel with a minyan.

### Order of Prayers with Hallel

To say hallel on Shabbat and Jewish festivals:

- You do not need to say full hallel immediately after shacharit.
- You may say musaf and/or hallel after mincha.
- Once it is time for mincha, you must say mincha before saying musaf or hallel (if you have not said musaf or hallel yet).

### Timing of Hallel and Musaf

You may say hallel and musaf until sunset.

### Hodu in Hallel

In hallel, the congregation repeats the line “*Hodu...*” after each of the four lines that the prayer leader says. Then the congregation says the next line before the prayer leader says it.

**NOTE** The congregation does not say the line “*Hodu...*” before the leader first says it.

## BIRKAT HACHODESH

### Announcing the New Month

Each month (except before Rosh Hashana), we say the blessing over the new month (birkat ha'chodesh). On Shabbat morning preceding the new moon, at the end of Torah reading, we announce the coming of the new month (Rosh Chodesh), including:

- The name of the month.
- The day and time the new moon will appear in Jerusalem.
- The day of the week that begins the new month (and sometimes the last day of the previous month).

We say some prayers that ask for good health, prosperity, and other good things.

### Announcing Two-Day Rosh Chodesh Starting Shabbat

If Rosh Chodesh will be two days starting next Shabbat, say “Yihiyeh b'yom Shabbat kodesh ul'macharato b'yom rishon.”

## TACHANUN

### Shacharit: Tachanun: How To Say

See the Tachanun Section in How To Pray in Synagogue.

### Shacharit: Tachanun: When Not To Say

Tachanun is related to judgment. Tachanun is NOT said at times of *din*/judgment:

- At night,
- On Tish'a B'Av,
- In a house of mourning, and
- Yom Kippur.

Tachanun is also NOT said at times of *simcha*/happiness:

At mincha before (and certainly not on):

- Shabbat,
- Jewish festivals,
- Rosh Hashana, and
- Rosh Chodesh.

**At any prayer service on:**

- Isru chag (the day after each of the Jewish festivals),
- Entire month of Nisan.

**REASON** Nisan has more than 15 days that we omit tachanun, and once we omit it for most of the month, we don't say it at all.

- All of Chanuka, Purim, Shushan Purim, Tu B'Shvat, Rosh Chodesh, and from Rosh Chodesh Sivan until the day after Shavuot.
- Tishrei from shacharit before Yom Kippur until after Simchat Torah (Shmini Atzeret in Eretz Yisrael). Resume saying tachanun:
  - Second day of Cheshvan, or
  - Day after isru chag of Simchat Torah (this is the more prevalent custom among Ashkenazim). Each person should follow his or her family or community custom.

**Any time these people are present in your minyan** (or in any other minyan in the building) either before a circumcision or while still involved in the brit or meal:

- Mohel,
- Sandak, or
- Father of a boy having his circumcision.

**NOTE** This even applies to mincha if the brit will take place after mincha.

**Any time a groom is present** during the first week after marriage.

## PSALM OF THE DAY/SHIR SHEL YOM

### Shacharit: Psalm of the Day/Shir Shel Yom: Daytime

You may fulfill your requirement of saying Psalm of the Day (shir shel yom) only during the daytime.

## PSALM 27/L'DAVID ADONAI ORI V'YISH'I

### When To Say Psalm 27/L'David Adonai Ori V'Yish'i

Begin saying L'David Adonai ori v'yish'i (Psalm 27) on the first day (at night) of Elul, not the first day of Rosh Chodesh Elul (the 30th of Av). The last day to say this Psalm is 22nd of Tishrei (Shmini Atzeret). This Psalm is recited twice daily, in shacharit after shir shel yom and in ma'ariv after alenu, including on Shabbat and Jewish festivals.

## ALENU

### Who Should Say Alenu

Any Jew who happens to be in a synagogue should say alenu with the minyan, even if he is not joining the minyan for that prayer service.

### When To Say Alenu

There is no time limit on when alenu may be said. Alenu should be said after each prayer service.

## PSALMS/TEHILIM

### Value of Saying Tehilim

The main value of saying tehilim is not in saying the tehilim themselves, but in the prayer said AFTER saying the tehilim (for someone to get well, for employment, etc.). The saying of tehilim strengthens the prayer enormously.

### Concluding Tehilim with Yehi Ratzon of Refa'einu

If you say Psalms/tehilim for a sick person, you should conclude with the yehi ratzon that is sometimes added in shemoneh esrei in refa'einu.

### **Tehilim Additions to Regular Prayers**

Rabbis may have their congregations add Psalms/tehilim or other prayers to standard services.

### **When To Say Tehilim**

Both genders may say tehilim at night without restriction on which tehilim may be said; they may be said all night (or day).