

# HomeShuling

## The Community that Prays Together, Stays Together

There's something very special about tefillah b'tzibbur - communal prayer so much so that Chazal tell us that the Shechinah - Divine Presence dwells amongst us when we pray together.

Although the current situation means that we're unable to physically pray together as a community, the requirement to pray still remains for each individual. However, it's much more than just an obligation; prayer is praise, it's connection, it's a conversation that bridges the divide between the finite world and the Infinite - Hashem.

We refer to prayer as davening which etymologically links us to our Patriarchs - Avraham, Yitzchak and Yakov, who, as well as our Matriarchs - Sarah, Rivkah, Rachel and Leah all prayed as individuals. There were no shuls or minyanim and yet they connected, each in their own deep and profound way, with G-d.

Let's take this opportunity to do the same.

Without a minyan, the only prayers we don't say are devarim sheb'kedushah - prayers that speak directly of G-d's holiness such as Barchu, Kedushah and Kaddish but everything else is still available to us.

Say as much as you can and know that whatever you say not only connects you to G-d but also to everyone else in the community who is doing the same thing.

In the merit of our individual prayers may we soon be able once again to physically pray together as a community.

Wishing you all a peaceful and healthy Shabbat

*Rabbi Chapper*

### SHABBAT MORNING SERVICE

↑ Please stand

|   | GREEN          | RED            | ARTSCROLL      |
|---|----------------|----------------|----------------|
| <b>BLESSINGS INCLUDING:</b>   | <b>12-32</b>   | <b>13-31</b>   | <b>14-52</b>   |
| ↑ Morning Brachot   | 16             | 15             | 18             |
| <b>PESUKEI D'ZIMRAH INCLUDING:</b>  | <b>322-368</b> | <b>287-327</b> | <b>368-404</b> |
| ↑ Mizmor Shir   | 322            | 287            | 368            |
| ↑ Baruch She'amar   | 326            | 289            | 370            |
| ↑ Hodu... Ki LeOlam Chasdo  | 342            | 303            | 384            |
| Yehi Chavod / Ashrei  | 348            | 307            | 388            |
| Hallelu'yah PSALM 150   | 356            | 317            | 396            |
| ↑ Vayevarech David  | 358            | 317            | 396            |
| ↑ Shirat haYam / Az Yashir  | 360            | 319            | 398            |
| Shochan Ad  | 366            | 325            | 404            |
| ↑ Yishtabach  | 368            | 327            | 404            |
| <b>SHACHARIT INCLUDING:</b>   | <b>370-402</b> | <b>329-357</b> | <b>406-430</b> |
| Brachot for Shema   | 370            | 329            | 406            |
| Shema   | 382            | 337            | 414            |
| ↑ Shacharit Amidah NO REPETITION  | 390            | 345            | 420            |
| ↑ Ein Kamocho   | 404            | 361            | 432            |
| <b>THIS WEEK'S SEDRA, HAFTORAH AND ADDITIONAL PRAYERS CAN BE SAID HERE - SEE NEXT PAGES</b> |                |                |                |
| Ashrei  | 426            | 387            | 456            |
| ↑ Uv'nucho Yomar  | 432            | 391            | 460            |
| <b>THIS IS A PERFECT TIME FOR A D'VAR TORAH</b>   |                |                |                |
| <b>MUSSAF INCLUDING:</b>  | <b>434-462</b> | <b>395-423</b> | <b>462-486</b> |
| ↑ Mussaf Amidah NO REPETITION   | 434            | 395            | 462            |
| Ein Keloh'einu  | 450            | 413            | 476            |
| ↑ Aleinu  | 454            | 415            | 480            |
| ↑ Anim Zemiroth   | 458            | 419            | 484            |
| Mizmor Shir leYom haShabbat   | 152            | 307            | 488            |
| Adon Olam   | 464            | 425            | 12             |

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## Prayer for those who are unwell

Mi sheberach avoteinu Avraham Yitzchak veYa'akov, Moshe ve'Aharon Dovid uShlomo, hu yevarech et hacholim [NAMES] ana refah nah otam himalei nah rachamim aleihem, lehchalimam ulehachayotam, ushelach lahem bimherah refu'ah sheleimah betoch she'ar cholei yisra'el, refu'at hannefesh, urefu'at hagguf, Shabbat hi milliz'ok, urefu'ah kerovah lav hashta ba'agala uvizman kariv. Venomar Amen.

מי שברך אבותינו אברהם יצחק ויעקב, משה ואהרן דוד ושלמה, הוא יברך את החולים [NAMES] אָנָּא רַפָּא נָּא אוֹתָם הַמָּלֵא נָּא רַחֲמִים עֲלֵיהֶם, לְהַחֲלִימָם וּלְהַחְיֹתָם, וּשְׁלַח לָהֶם בְּמַהֲרָה רַפּוּאָה שְׁלֵמָה בְּתוֹךְ שָׁאָר חוֹלֵי יִשְׂרָאֵל, רַפּוּאָת הַנֶּפֶשׁ, וּרַפּוּאָת הַגּוּף, שַׁבַּת הִיא מְלֻזָּקָה, וּרַפּוּאָה קְרוּבָה לְבָא הַשָּׁתָּא בְּעֶגְלָא וּבְזָמַן קָרִיב. וְנֹאמַר אָמֵן.

## Prayer for the Royal Family

He who gives salvation to kings and dominion to princes, whose kingdom is an everlasting kingdom may He bless OUR SOVEREIGN LADY, QUEEN ELIZABETH AND ALL THE ROYAL FAMILY

May the supreme King of kings in His mercy preserve the Queen in life, guard her and deliver her from all trouble and sorrow. May He bless and protect her Majesty's Armed Forces. May He put a spirit of wisdom and understanding into her heart and into the hearts of all her counsellors, that they may uphold the peace of the realm, advance the welfare of the nation, and deal kindly and justly with all the House of Israel. In her days and in ours may our Heavenly Father spread the tabernacle of peace over all the dwellers on earth; and may the redeemer come to Zion; and let us say Amen.

## Prayer for the State of Israel and its Defence Forces

Mi sheberach avoteinu Avraham Yitzchak veYa'akov, hu yevarech et medinat yisra'el **reshit tzemichat ge'ulatenu**, rasheiha veyo'atzeiha, al ha'adamah asher nishba la'avoteinu latet lanu. Ten belibam ahavat'cha, veyir'at'cha, lesa'adah bemishpat uvitzdakah, venizkeh beyameinu ledivrei avadeicha hannevi'im, ki mitziyon tetzei torah, udevar Adonai miYerushalayim.

מי שברך אבותינו אברהם יצחק ויעקב, הוא יברך את מדינת ישראל ראשית צמיחת גאולתנו, ראשיה ויועציה, על האדמה אשר נשבע לאבותינו לתת לנו. תן בלבם אהבתך, ויראתך, לסעדה במשפט ובצדקה, ונזכה בימינו לדברי עבדי הנביאים, כי מציון תצא תורה, ודבר יהוה מירושלים.

Avinu shebbashamayim, pekod na et chayalei tzeva hahaganah leYisra'el meginnei eretz kodshenu, shomerem mikkol tzarah vetzukah, ushelach berachah, vehatzlachah, bechol ma'aseh yedeihem. Sim shalom ba'aretz, vesimchat olam al kol yosheveihem, veshav Ya'akov veshakat vesh'anan ve'ein macharid. Uferos sukkat shelom'cha al kol yoshevei tevel artzecha, vechen yehi ratzon. Venomar Amen.

אבינו שבשמים, פקוד נא את חילי צבא ההגנה לישראל מגני ארץ קדשנו, שומרים מפל צרה וצוקה, ושלח ברכה, והצלחה, בכל מעשה ידיהם. שים שלום בארץ, ושמחת עולם על כל יושביה, ושב יעקב ושקט ושאנו ואין מחריד. ופרוש סבת שלומך על כל יושבי תבל ארצה, וכו' יהי רצון. ונאמר אמן.

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*The Chief Rabbi has composed this special prayer which can be recited at home at a time of your choosing. In addition, Psalms 91, 121 and 130 (Green Siddur pages 582, 510 and 516) can be added.*

אָבִינוּ שְׁבַשְׁמִים

Heavenly Father,

We turn to You at this time of deep global concern, to bestow Your mercy upon all the inhabitants of our vulnerable world, which is now so seriously afflicted.

Almighty God, who sustains the living with loving kindness, supports the fallen and heals the sick, grant consolation to the bereaved families and send a speedy and complete recovery to all who have contracted the virus, as the Prophet Jeremiah declared:

בִּי אַעֲלֶה אֲרָכָה לָךְ וּמִמְבוֹתֶיךָ אֲרַפְּאֶךָ וְנָאם הַשָּׁם

"For I will restore health unto you, and I will heal you of your wounds, says the Lord".

Bless with strength those who are suffering. Bless with resilience those in isolation. Bless with hope those who are despondent. Bless with wisdom all those who seek a cure and bless with compassion all those who offer comfort.

Bless the leaders of our nations. Give them and their advisors knowledge and foresight to act with wisdom and sincerity for the wellbeing of all whom they serve.

Bless the doctors, nurses, all healthcare professionals and key workers who tirelessly seek to heal and help those affected, while in so doing put themselves at risk.

Open our hearts in prayer and our hands in generosity to guarantee that the physical distance this virus creates between us will be bridged through compassion and kindness.

Almighty God of healing and hope, at this time of heightened global awareness of our mutual interdependence, enable all of humankind to appreciate the strength that comes from being united in concern and love, rather than divided with hate and prejudice. As we look to the future, may You endow all people with the capacity to build and sustain societies of unity, tolerance, harmony and peace.

O Lord, our Rock and Salvation, lead us speedily from despair to hope, from fear to trust and from the dread of death to the celebration of life.

וְאֲנִי תְפִלְתִּי לָךְ הַשָּׁם עֵת רְצוֹן

May this prayer of mine come before You at a propitious time.

יְכוּן יְהִי רְצוֹן

And may this be Your will,

Amen.



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