

WELCOME

Every day of the High Holy Day season is part of a journey. Both as individuals and as a community, we hope that where we start is not where we finish. If the High Holy Days do not move us, then they're not doing their job.

We know that it's not easy to find your way through the services. We created this map to help guide you through Rosh Hashanah and Yom Kippur, and to suggest ways to connect meaningfully to the prayers. For each section of the prayer service, you have a few guideposts:

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- The right and left columns contain the page numbers for each service. (The name of the prayerbook is at the top of the column.) We may not recite each and every page aloud, but during services feel free to explore. The prayerbook is the best type of anthology, with poetry and prose cultivated over thousands of years. Find the words (or even word) that speak to you.
 - Under the page numbers on the left-side (blue) column, there will be a notation if a specific prayer was uploaded so you can read through it. Also noted is if the *6th in the City* Chorus recorded a prayer, so you can learn the tunes before you come to services.
 - In the middle (light yellow) column, you will find:
 - **Bold:** Section of the service or name of the prayer.
 - *Italics:* Goal of this section/prayer.
 - **Regular print:** A *kavannah* (intention-setting) for that part of the prayer service.

Print this map and bring it to services with you to serve as a guide as you begin your spiritual journey in 5776. May we all be blessed with a sweet New Year.

- Rabbi Scott Perlo and Rabbi Shira Stutman

Kol HaNeshama Progressive Service Mahzor Page		Mahzor Hadash Participatory Service Mahzor Page
	ROSH HASHANAH AND YOM KIPPUR MORNING – SHACHARIT	
139 – 192 <i>Opening nigun (tone) here. See some of the prayers here.</i>	<u>Birkhot haShahar – Morning Blessings</u> <ul style="list-style-type: none"> ▪ Bless, in gratitude, the start of the day. ▪ List the things for which you are grateful, both every day and in this moment. 	78 - 99
193 – 274 <i>See and hear some of the prayers we will recite.</i>	<u>Pesukei d’Zimra – Singing Verses</u> <ul style="list-style-type: none"> ▪ Stretch the soul before prayer. ▪ Sing quietly and comfortably to warm up your heart. 	100 - 137
270 <i>Prayer text here.</i>	<u>HaMelekh – The Ruler Sits on a Throne of Mercy</u> <ul style="list-style-type: none"> ▪ Connect to wonder. ▪ Imagine yourself in the most inspiring setting you know. Let a sense of awe wash over you. 	134
278	Barkhu – The Call to Prayer <ul style="list-style-type: none"> ▪ Come together as a community. ▪ Look gently at the people around you and realize that you’re not alone. 	138
RH: 282 YK: 284	HaMeir LaAretz – The One who Gives Light Throughout the Land <ul style="list-style-type: none"> ▪ Bless the morning, bless creation. ▪ Where do you find beauty in the natural world? 	RH: 145 YK: 144
300	Ahavah Rabbah – Great Love <ul style="list-style-type: none"> ▪ God loves us. ▪ Remember times when you experienced abundant love. 	150
303 – 312 <i>See some of the prayers we will recite.</i>	<u>Shema, V’Ahavta – Hear O Israel, And You Shall Love</u> <ul style="list-style-type: none"> ▪ Listening is essential. ▪ Open your ears. Listen to yourself recite the <i>Shema</i>, listen to those around you. 	154 - 159
318 <i>See and hear some of the prayers we will recite.</i>	<u>Mi Khamokha – Who Is Like You?</u> <ul style="list-style-type: none"> ▪ Celebrate miracles and triumphs in the Jewish story. ▪ Bring to mind stories of your personal or communal history that deeply inspire you. 	162
RH: 323 - 386 YK: 387 – 450 <i>See and hear some of the prayers we will recite.</i>	<u>Amidah – Central Prayer</u> <ul style="list-style-type: none"> ▪ Look inside, deeply. ▪ Consider negative experiences and habits from the past year; reflect on how to let them go. Make resolutions for the New Year, and figure out how to keep them. 	RH: 164 - 183 YK: 496 - 525
RH: 324 YK: 388	Amidah: Avot – Ancestors <ul style="list-style-type: none"> ▪ We didn’t get here on our own. Our ancestors paved the way for us. ▪ Remember those people who taught you the value of tradition. 	RH: 164 YK: 496
RH: 356 - 362	Amidah: Kedushah – The Holiness Prayer	RH: 172

YK: 404 - 406	<ul style="list-style-type: none"> ▪ <i>Be radically close to God.</i> ▪ Don't let all the strange movements sway you. (Get it?) How can you use your body to connect spiritually? 	YK: 502
	<p>Amidah: <u>Hamol al Ma'asekha</u> – Have Compassion on Us</p> <ul style="list-style-type: none"> ▪ <i>Everyone needs compassion.</i> ▪ Ask for an extra measure of compassion in those places in your life where you really need it. 	RH: 290 YK: 504
451 – 460 <i>See and hear the prayer.</i>	<p><u>Avinu Malkeynu</u> – Our Parent, Our Ruler</p> <ul style="list-style-type: none"> ▪ <i>Some needs are more important than others.</i> ▪ Ask for what you need most: health, family, sustenance, life, safety, [insert your need here]. 	RH: 184
585 – 592	<p>SHOFAR SERVICE – ROSH HASHANAH ONLY</p> <ul style="list-style-type: none"> ▪ <i>Wake up time.</i> ▪ Loud ram's horn = spiritual alarm clock. How are you going to change, right now? 	242 - 249
1005 - 1034	<p>YIZKOR – MEMORIAL SERVICE – YOM KIPPUR ONLY</p> <ul style="list-style-type: none"> ▪ Remember those you love who aren't with you anymore. ▪ Remember those who have no one to remember them. 	312 - 320
851 – 854	<p>ROSH HASHANAH AND YOM KIPPUR ADDITIONAL SERVICE – MUSAF – THE EXTRA OFFERING</p> <ul style="list-style-type: none"> ▪ Hineni – Here I Am, The Cantor's Prayer of Humility <ul style="list-style-type: none"> ▪ <i>The cantor asks to be of service to his/her people through prayer.</i> ▪ How do you hope to be of service to your people(s)? 	RH: 279 YK: 608
RH: 345 - 354 YK: 872 - 878	<ul style="list-style-type: none"> ▪ Unetaneh Tokef – We Will Pay Attention (NOTE: This prayer is recited earlier in the morning Amidah in the Progressive service.) <ul style="list-style-type: none"> ▪ <i>Explore your mortality.</i> ▪ How does reflecting on life's end change your perspective? 	RH: 282 YK: 612
	<p>ROSH HASHANAH ONLY</p>	
611 - 634	<ul style="list-style-type: none"> ▪ Malkhuyot – Royalty <ul style="list-style-type: none"> ▪ <i>God is the ruler, and because we are made in God's image, we are noble.</i> ▪ Prostrate yourself during the Alenu, a prayer of responsibility for what happens in this world – one of the oldest prayers in Judaism. ▪ Commit yourself – for what will you take responsibility this year? 	306

635 - 652	<ul style="list-style-type: none"> ▪ Zichronot – Memory <ul style="list-style-type: none"> ▪ <i>All is remembered, all that happens is recorded – even the secret things.</i> ▪ Accept that what we have done, for good and for bad, counts. Dedicate yourself – what memories will you enshrine and protect, and what memories require <i>teshuvah</i> – forgiveness from others and yourself? 	312 - 320
653 - 666	<ul style="list-style-type: none"> ▪ Shofarot – Awareness <ul style="list-style-type: none"> ▪ <i>We are noble and blessed with memory, so we have the power to change.</i> ▪ Awaken yourself – what change do you seek to make in the New Year? 	322 - 325
1222 <i>See and hear some of the prayers we will recite.</i>	<ul style="list-style-type: none"> ▪ <u>HaYom – Today!</u> <ul style="list-style-type: none"> ▪ <i>Remind yourself of all the good stuff that should happen to us, well... today.</i> ▪ Rejoice in what you've accomplished today. 	336
	YOM KIPPUR ONLY	
857 - 896	<ul style="list-style-type: none"> ▪ Avodah – The Temple Service <ul style="list-style-type: none"> ▪ <i>Judaism wasn't always this way.</i> ▪ Imagine yourself in the Temple courtyard, watching the grandeur of the ancient Yom Kippur. 	637 - 643
947 - 952 954	<ul style="list-style-type: none"> ▪ Selihat – The Forgiveness Service <ul style="list-style-type: none"> ▪ Shema Koleynu – Hear Our Voice <ul style="list-style-type: none"> ▪ <i>The prayer that precedes all others: asking God to hear us.</i> ▪ Ask that you, however you pray, be heard. 	644 - 653 644
956	<ul style="list-style-type: none"> ▪ Ki Anu Amekha – We Are Your People <ul style="list-style-type: none"> ▪ <i>It's all about relationship. This poem asserts, again and again, that we're still in relationship with God.</i> ▪ Examine your most important relationships. What needs fixing? 	646
958 - 970	<ul style="list-style-type: none"> ▪ Vidui – The Yom Kippur Confession, recited five times over the course of the holiday <ul style="list-style-type: none"> ▪ <i>Everyone makes mistakes. We can't clear them from our slate until we first admit them.</i> ▪ Take stock: for what do you need to make amends? ▪ At each description, beat your left chest with your right hand, expressing regret. 	648 - 653