

INTRODUCTION TO LEARNING PRAYER

A סְדוּר is a Hebrew prayer book.

The word for prayer book, סְדוּר, is related to the word סֵדֶר, meaning order. The prayers are not said, or organized, randomly. They are laid out in a very specific סֵדֶר, order. The order of the prayers tells us something about what we believe, what we want, what time it is, and what day it is. Part of the process of learning prayer will be learning what role each prayer plays in the סְדוּר, and why one prayer follows another.

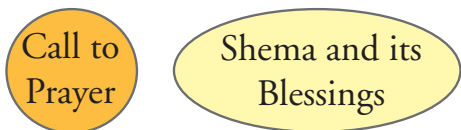
Every prayer module you study will be eight pages long. The first page of every prayer module will include a chart. This chart will tell you something about the prayer. It will also show you where the prayer fits into the service.

The morning and evening services both share certain major parts.

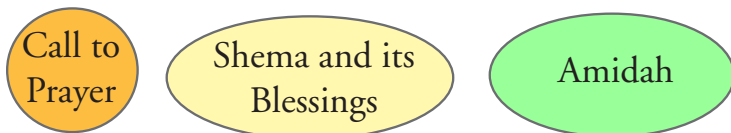
They both open with the Barechu, the “Call to Prayer.” The “Call to Prayer” brings the community together.



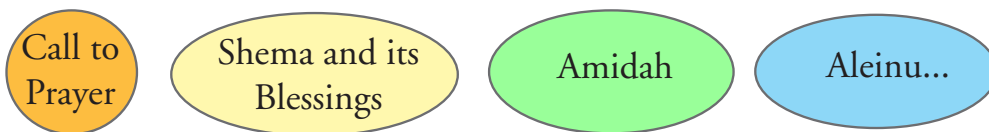
The Call to Prayer is followed by what is called "Shema and its Blessings." The prayers and blessings in this section speak about what is important to us - our principles, what we believe.



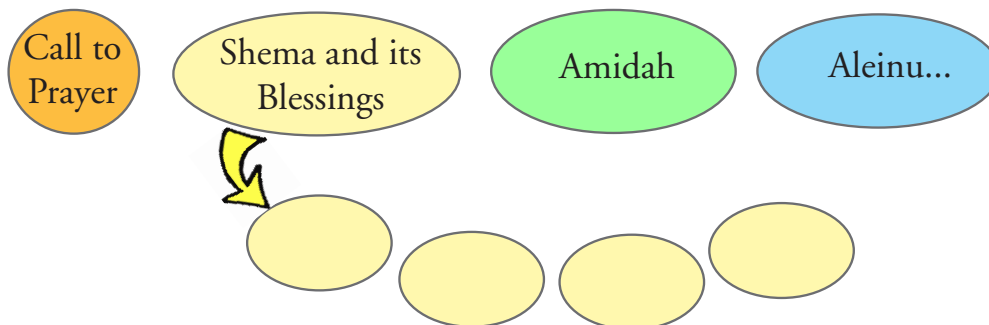
We then move on to the Amidah. The Amidah is the central prayer of every service. In the blessings of the Amidah, we talk directly to God. We ask for things for ourselves and our community.





Services conclude with specific prayers. Aleinu is a concluding prayer of every service.



There is an order, סדר, within each section of the service, as well. In the prayer charts, the location and purpose of a prayer is shown by the balloons and arrows under that section.



Each prayer module will focus on one or two key phrases. The words you will need to learn will be in those phrases. The phrases will give you a window into the meaning of the prayer. The second page of every module will be a responsive reading to introduce you to those key phrases and words. In this reading, your teacher will say the **green parts**. You and your classmates will say the **blue parts**.

One of the goals of this series is to help you become comfortable reading the prayers. The sixth page of every module is designed for prayer reading practice. Your teacher will check off the square  or circle  for each line you can read smoothly.

When you have all your prayer lines checked off, and when you have completed the rest of the pages successfully, you will get a sticker for the prayer!

About the Title: KAVANAH

כַּוָּנָה is the word we use for praying with feeling, focusing on an idea or sensation at the heart of a prayer.