



# vitamin<sup>JEWISH</sup>prayer

(vitamins for the soul)

## A Guide to the Friday Night Prayer Service for Beginners

Nourishment for Your Soul.  
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# Jewish Student Union

# Table of Contents

<b>What is Prayer?</b> .....	<b>Page 1</b>
<b>Why Can't We All Just Sit Together?</b> .....	<b>Page 2</b>
<b>What's With All the Singing?</b> .....	<b>Page 2</b>
<b>Kabbalat Shabbat</b> .....	<b>Page 3</b>
<b>How Much Does Your Life Weigh?</b> .....	<b>Page 3</b>
<b>Good Shabbos! More Than Just a Greeting</b> .....	<b>Page 3</b>
<b>Why Do We Light Shabbos Candles?</b> .....	<b>Page 4</b>
<b>What Are All These Prayers We Are Saying Tonight?....</b>	<b>Page 5</b>
<b>How to Use This Siddur</b> .....	<b>Page 6</b>
<b>Lecha Dodi (Revive)</b> .....	<b>Page 7</b>
<b>Barchu (Focus)</b> .....	<b>Page 9</b>
<b>Shema + V'ahavta (Essential)</b> .....	<b>Page 11</b>
<b>Mi Kamocha (Res-Q)</b> .....	<b>Page 13</b>
<b>Ado-nai Sifasai (Energy)</b> .....	<b>Page 15</b>
<b>Shmonah Esrei (Super-V)</b> .....	<b>Page 17</b>
<b>Avot (Endurance)</b> .....	<b>Page 19</b>
<b>Gevurot (Power-C)</b> .....	<b>Page 21</b>
<b>Vayechulu (Spark)</b> .....	<b>Page 23</b>
<b>Aleinu + L'shabeach (Connect)</b> .....	<b>Page 25</b>
<b>The Hebrew Text of Kabbalat Shabbat</b> .....	<b>Page 26</b>

Produced by New York JSU & NCSY  
May 2010  
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Hebrew Text from Artscroll Mesorah Translinear Shabbat Siddur

**בזכות: שלומה משה בן חיענה**

# What is Prayer?



We've all seen the TV shows with the stereo-typical little kid in his pajamas sitting on his knees, and leaning on his bed with his hands folded while asking God for something before going to sleep. Do Jewish people do that too, or is prayer reserved only for services in a synagogue? Are we allowed to make up our own prayers whenever we want, or can we only pray out of a *Siddur* with specific Hebrew text? What exactly is Prayer? And why is it such a big deal?

When you are dating someone, you talk to that person a lot. You text and call him or her all the time, because that's how you build and maintain a relationship. What kind of boyfriend or girlfriend would you be if you never talked to the person you were going out with? Communication is the essential component to building any relationship.



Well, that's what prayer is. It's kind of like texting, but in words. We build and maintain our relationship with God by asking Him for stuff and telling Him how much we like Him. Just like you do with your boyfriend. See where this is going? When we pray, we are essentially just sending God love letters, funny text messages, and good night calls...except that with God you don't have to argue over who should hang up first.



So if Prayer is like a personal love letter, then why do we have to read words that someone else wrote and that we barely even understand? Well, to be honest, you don't. But imagine if you had to come up with different ways to tell God how much you love Him every single day? And not only that, but if you had to write your own list of all the things you want to ask God for each day, and then memorize it and say it over and over again. How would you know if it was even the "right" list, or whether you covered all your needs? Well, the Rabbis knew we weren't all such smooth operators, and that we'd have a hard time coming up with just the right thing to say at the right time. Therefore, they made us a book of prayers so that we'd always know exactly what to say to God and when to say it (now if only there was something like that to help me finally say the right thing to my girlfriend when she asks 'do I look fat in this dress?').





With a *siddur*, we always know exactly what to say and when to say it. But the prayers they wrote are only the beginning. They're meant to start us off in the right direction, the real part of prayer is the stuff we add in on our own. Just think of it

like a greeting card. Hallmark pays really funny people to make greeting cards for people like us because we don't always know the right way to say thank you, happy birthday, or I'm sorry. They give us the starting point for the text, but we all know that the more you personalize a card to your girlfriend, the better it is. The more of *your own* jokes, comments, or personal messages that you write inside the card, the better and more special it becomes.

That's what the *siddur* is. It's the text that gets us started, and the more we add of our own personal prayers the better our prayers get. That's also why you can pray in any language, because it's all about the personal connection. You can't expect to have a relationship with someone if you don't speak the same language! So don't worry if you can't read Hebrew or if you don't know what the prayers mean, the important part is the personal prayers that you say from the heart. You can do this anywhere, anytime. Whether it's in the supermarket, at school before a test, or in the synagogue, Prayer - much like a Visa card - is everywhere you want to be.



## Whats With All the Singing?

Let's face it, unless it's somebody's birthday, when do people sit around singing together? Yet there's something special about singing. Who doesn't love a Broadway musical? But did you ever wonder why they couldn't just make musicals into regular plays with *words*? Why do they have to sing everything? Because that's the power of song. It is the universal language of the heart, which needs no dictionary to understand it. Music can be understood in Cambodia as well as it can be understood in Uruguay and Brazil. When we sing, we give the words a meaning that extends way beyond the actual words themselves. Song has the power to move us spiritually, and to bring us together as a group. During prayer we enhance the message by singing together. We don't want to just say how much we love Hashem, we want to sing it out loud. We're expressing our deeper feelings that get buried within us throughout the week. Sometimes we even sing songs without words because it's the act of singing, rather than the words themselves, that help us express our true selves and get down to who we really are. After all, isn't that what prayer is all about?



# Kabbalat Shabbat

## How Much Does Your Life Weigh?

Imagine that you have a backpack. Open the backpack, and put all of the books from all of your classes inside the bag. Now, take all the desks in your school building, and cram them into the bag along with all of your teachers, school friends and the school mascot. Your backpack should be getting pretty heavy. Now take the entire internet, and all of your friends, all your wall posts, all your facebook chats, status updates and comments, and shove them into your bag. Getting heavier? After that, take all the contacts in your phone, and put them along with their phones inside your bag. Now strap the bag on your back and try to jump. Impossible, right? It's weighing you down. It's too restricting. Well, that's our lives. The things around us are heavy, and often restricting. Often, it is the very things in life that seem to give us freedom that are in fact weighing us down the most. But imagine if you were able to take the backpack off. What would happen if you tried to jump? You would soar. You would jump higher than you've ever jumped before, because everything that was holding you down is now gone.



That's what Shabbos is. It's one day a week that we take off our backpacks. We put away our phones, turn off the internet, close our schoolbooks, and take one day each week to focus on the important stuff like family and our spiritual selves. We refrain from all creative activity because even though it gives us a fleeting sense of freedom, it weighs us down more than anything. Shabbos is a gift given to us by G-d, along with an instruction manual that tells us exactly how to use it. Be sure to cherish it, because if you do, you will soar.

## Good Shabbos! More Than Just a Greeting



On Shabbos, Jews of every walk of life in every corner of the world greet each other with the salutation of "Good Shabbos." Even if they don't know each other or have never even seen each other before, they will say "Good Shabbos" to each other as they walk by. "Good Shabbos," however, is much more than a mere salutation. It isn't just a way for people to greet each other. It's much deeper than that. When you say Good Shabbos to someone, you are actually blessing them that they should enjoy the peace and serenity of Shabbos.

\*In Israel and other sephardic communities, everyone says "Shabbat Shalom."

# Why Do We Signify the Beginning of Shabbos By Lighting Candles?

by Rabbi Boruch Leff

Lighting Shabbos candles is one of the most beautiful sights and experiences within the gamut of Jewish life. The lady of the house walks toward the candelabra with great anticipation, knowing that she is about to touch something otherworldly. She strikes the match, lights the candles, closes her eyes, and makes the blessing. As she finishes the blessing and begins to recite a special prayer, an overwhelming feeling of spirituality permeates her inner core. Shabbos has arrived into her open and welcoming arms.



Why do we signify Shabbos's entry by lighting candles?



Imagine going into the kitchen in the darkness of the night looking for a midnight snack. The lights are off and you cannot see anything in the room. It's so dark, you can't even find the light switch. You can't see or access that snack you desire, even though it's sitting right there. The food is ready to be eaten, but as far as you are concerned it doesn't exist, because you are steeped in darkness.

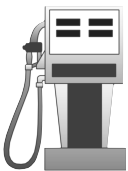
What happens when you find the switch and turn on the lights? A brand new room, midnight snack included, emerges.

Our Sages refer to the physical world as darkness. Spirituality is present in the world around us but it can be very difficult to find. All too often we're in a dark room. On Shabbos we turn on the lights and see the spiritual dimension that has always been there. When we light candles welcoming the Shabbos, the spiritual light of the world turns on. Now we can see what we truly yearn for: holiness, meaning, and sanctity. When we light the Shabbos candles, we turn on the lights of our soul and spirituality becomes clear. We feel God's presence and His involvement in our lives with the appearance of the Shabbos Queen.



On Shabbos, we don't merely physically rest. We take a mental break from our busy and stressful workweek. We increase our serenity; our prayers, our song, our Torah studies, and our kindness. All become energized.

With the lights on, we are inspired to live, to learn, to love. We spend time with our children, our families, and the most important people in our lives.



With the lights on, we realize that there's no such thing as 'not having time for something important' -- we must make the time. We all make time for things we recognize as being crucial.

When was the last time you went without eating an entire day? We need to learn to see what are truly the crucial things in life. On Shabbos, we internalize the idea that sometimes we're so busy driving that we don't stop for gas, and then we run out of gas and burn out the car. On Shabbos, we rejuvenate and reconnect so we can inspire others. With the lights on, we understand that while sometimes 'it is what it is,' we have the ability to change what it is and to make it better. On Shabbos, God always leaves the light on for us.

# What Are All These Prayers We Are Saying Tonight?

Good Shabbos! Welcome to the Friday Night Prayer Service! This highly spiritual, and deeply kabbalistic service was compiled in the 1500s by a man named the AriZal. He lived in the Holy City of Tzfat (that's in Israel in case you didn't go on TJJ), and every Shabbos he would take his disciples to the hills behind their village to greet the Shabbos Queen as the sun set beyond the hills and the aura of Shabbos would creep its way into their holy city. The Talmud teaches that the Joy of Shabbos is 1/60th of Heaven that comes down to us every week to give us a taste of what Heaven is like. To the AriZal and his

students there was certainly no greater moment in the week, and they welcomed the Shabbos with joyous singing, festive dancing, and meditative prayer. We now reenact their joy and deep prayer every Friday night as we greet the Shabbos and welcome her into our homes with singing, dancing, and prayer.

The paragraphs we are about to read come directly from Tehilim (Psalms), which was written by King David around 1050 BC. They focus on praising God for everything He does for us, and they help serve as our warm-up drills before the big part of the prayer which is called "Lecha Dodi" and is sung together as a congregation. It is a song that describes the Jewish people coming together to meet the Shabbos as a groom goes to meet his bride. The chorus is: "Lecha Dodi likras kallah..." "Come to me, my beloved bride."

Every week the entire Jewish People anxiously await the Shabbos just as a groom excitedly awaits to greet his bride on their wedding day.






# How to Use this Siddur

Vitamin Water Flavor that Relates to Prayer

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nutrient enhanced prayer service

**revive**  
Lecha dodi + a little singing

ahh home at last. it's late and you've looked better. it takes a full five minutes to find your house keys (plus another five to fit them into the locks they were uniquely made for) and now just stubbed your toe as you "quietly" snuck your toe as you "quietly" snuck by your parents room. we've all been there, and it's not pretty. actually, it's pretty ugly. but there is hope. here at the center for responsible hydration we have created a revitalizing elixir of potassium and b vitamins to help you feel revived. and like last night never happened.

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call us toll free 516.569.6279 www.njysu.org  
613 mL 

Explanation of Prayer



Title of Prayer

Picture

Long week? Hard finals? Boss yelled at you? Your blackberry won't stop buzzing? Check, check and check. So what are you gonna do about it? When does it ever end?

It all ends on Shabbos.

Shabbos is your weekly mental revival kit... Just think of it as a CPR mask that will re-open your mental airways. We spend the week running around like chickens without heads, and all we need is a day to re-group, reset, and relax. A day to turn off all the buzzing, turn off all the work and all the stress, and spend time focusing on ourselves and our family. That's what shabbos is, and the Shabbos Queen is the proverbial delivery man. We sing this song of "Lecha Dodi" which means "welcome our beloved Queen" as we welcome the Shabbos Queen that comes to deliver the Shabbos to us every week.

The prayer of Lecha Dodi welcomes the Shabbos Queen into the community, and we welcome her and the Shabbos with joyous song and dance. This poetic song talks about everyone preparing themselves to greet Shabbos and is sung together as a congregation. The chorus compares the Shabbos Queen bride, and we wait in anticipation to greet her.



at the end of lecha dodi everyone turns around to face the door and actually bows slightly to welcomed the revered shabbos queen into the shul. This is a really bad time to come late because everyone is looking right at the door.

This prayer can be found on page 4 of the back

Vitamin Prayer | Page 4

Corresponding Page Where the Prayer Can be Found in the Back

Interesting Factoid or Story

**This Siddur is meant to be a guide to the Friday night service for beginners. The full text of the Friday night service appears in the back (with full translation and transliteration). Feel free to either follow along there, or read the explanations here. Or both!**

**The explanations in this version begin with the Lecha Dodi Prayer - the cornerstone of the Kabbalat Shabbat Service - and continue from there. Please read the paragraph on the previous page for a brief introduction to the prayers leading up to Lecha Dodi.**

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## revive

Lecha dodi + a little singing

ahh home at last. it's late and you've looked better. it takes a full five minutes to find your house keys (plus another five to fit them into the locks they were uniquely made for) and now you just stubbed your toe as you "quietly" snuck by your parents room. we've all been there, and it's not pretty. actually, it's pretty ugly. but there is hope. welcome to Shabbos, the perfect time to revive, revitalize, and recharge your life. so relax, leave your worries behind, and let the magic of shabbos work its, well, magic...

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# Lecha Dodi



## Revive

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This prayer can be found on page 14 in the back

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## focus

barchu

now that everyone is glued to their mobile phones, no one really pays attention to what's going on around them. with all that walking and talking, you never know what you could be missing: birds chirping, flowers

blooming, shoe sales, really good-looking people, celebrities without makeup on, telephone poles, or piles of pooh (and we don't mean winnie). that's why we start this prayer off with a chance to focus. its been a long week, and you have a lot going on, we know. just take a minute to focus, and keep your eyes peeled, or that smell could be your shoe.

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# essential

Shema + V'ahavta

waking up with a mouth that feels like a hedgehog slept in it. bbqing your finger on the toaster because your eyes are glued shut with morningitis. viewing a packet of over processed fish sticks as a nutritional breakfast because of the seafood content.

ah, glorious mornings. so here's some advice: set yourself up for better a.m's (and p.m.'s) with one easy prayer that works just like a tooth brush-- we use both twice a day to let us get a little closer to whoever we're trying to talk to (whether it be God or your co-worker) without having to worry about the zesty smell of morning knocking anybody out.

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# SHEMA

## Essential

The Beatles are known for their famous line: “All you need is love.”

Wait. What about cellphones, sleep, or underpants? Didn't the Beatles ever eat? Could love really be *all* we need?

Probably not. But what the Beatles meant is that it all starts from love. “All you need is love” means that it's the most important thing. You can have all that other stuff like food and schoolbooks, but if you don't have love, then “you ain't got nuthin.” Love is the most essential part of our beings.

As we reach the climax of the evening prayers, we express our love for Hashem with the prayer of Shema.



This prayer can be found on page 26 in the back

After the tragedy of the Holocaust, many orphaned children were adopted by Christians that hid them from Jews because they intended to raise the kids as Christians. One day Rabbi Kahanaman walked into a monastery and had a feeling kids were being hidden in a certain room and told not to say anything or they'll be killed. He stood in the room and sang “Shema Yisroel ado-” and the children, upon hearing these familiar words that identify every Jew, interrupted him with their crying. They came crawling out of the walls and they all sang the Shema together and went home.

**Together we say:** “Shema yisroel ado-nai elohenu, ado-nai echad”

**Which means:** Listen up people (we're talking to ourselves, and the people around us), Hashem is not only our God, but He is a Unique God.

**Then we read:** “V'ahavta es ado-nai elohecha...” and you should love God. This is where the Beatles come in. What is love? How can we love something we can't see or hug (ie-God)? Well have no fear, because the next few lines tell us exactly what to do. True, we can't buy flowers or a gold necklace for God, but we can love God “*B'chol L'vuvcha*” with all your heart, “*B'chol M'odecha*” and with all your power, and “*B'chol Nafshecha*” with all your soul. Once we do that, everything else falls into place. This paragraph is sort of like the mission statement for all the Jewish People. It says to love God with everything you possibly have, then teach it to your kids. Remind yourself when you wake up, and then again before you go to sleep. Not only that, but you should tie it around your arm, wrap it on your head (ie *teffilin*), and print it out so you can hang it on your door post (which is a *Mezuzah*).

In short: this is **really** important, and you don't want to forget this essential part of Judaism. Say it twice a day, text it to your kids, and hang it on the door post. Because if you do this, says God, “I will have your back.” Perhaps the Beatles were right after all: All you need is love. Of God, that is.

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# res-q

Mi Komocha

if you haven't gotten an incoming call for hours, and your Facebook chat box is so empty that you still get no response even after after dropping all these :-d , =) icons, don't stress, relaxxxxx! It's time for "res-q" to come to your rescue.

the pleasant combination of God + His Awesomeness will help you make friends and influence people, which in turn may help you turn on your charm. then you will surely become popular and attractive to friends :-p

note: please pray responsibly. neither JSU nor Vitamin Prayer endorse the usage or attempted usage of God and/or any of His infinite abilities to control, influence, or otherwise attract friends.

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# Mi KAMOGHA

## Res-Q

Pop quiz: of all the religions, cults, or other groups of fanatic people in the world today, which God has performed the most nature-defying - or otherwise cool - miracles for His (or Her?) nation. Ok, here's a hint: He's omnipotent, and you can't see Him... and it's not the wizard of Oz...

Survey says: the God of the Jewish People. And the score? God: 14 Bajillion, everyone else: 0

Are we sore winners? No. Are we excited that we have the best God in the entire world (literally)? You bet!

After saying Shema where we talked about how much we love God and how much He loves us back, we read a seemingly insignificant line that praises God for all the times he bailed us out in the middle of the night and didn't tell our parents.

God's love is still protecting us every single day. During the First Gulf War in 1991, Iraq showered Israel with hundreds of deadly SCUD missiles within a very short amount of time. Miraculously, only one old man was killed indirectly by the missiles! The Iraqis couldn't understand how 1000s of Israelis weren't killed, but it was no surprise to Jews around the world. God has our back, today and forever. What more can we say?

**We say:** "Mi ka'mocha b'eleem ado-nai, mi ka'mocha ne-ehdar ba-kodesh. Norah tehilos, oseh felleh."

Which means: There isn't a single being in the entire world that is similar to You, Hashem. You rock the world in every possible way. You do crazy miracles and other awesome stuff.

**And together we say:** "ado-nai yimloch l'olam va'ed."

Which means: Long live the King!

Once we spent time talking about our love for God, we take a minute to say thank you to God for all the amazing wars He has fought for us, and all the amazing victories and miracles he performs on our behalf. Specifically, we're referring to the miracle of splitting the Red Sea on our way out of Egypt-- the the greatest miracle ever performed in the history of the world.

SCUD Missile and launcher. Hashem saved us from hundreds of these during the Gulf war.



This prayer can be found on page 33 in the back

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# energy

Hashem Sifasai

in soccer (excuse us mexican, spain and italy, we mean “futbol”), there isn’t a more exciting moment than when the announcer screams “gooooooooooooooooal” (yelling “oooooooooooooal” never quite caught on).

with that said, we’ve got an extra prayer to give you an extra kick (pun intended). so now when you’re watching soccer, playing soccer, coaching soccer, driving kids to soccer or doing anything that starts with “pray” and ends with “er,” you too can have the energy of a lunatic to yell “gooooooooaaaaaalllllllll.” just try to keep it down when you’re in the sanctuary.

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# Ado-nai Sifasai

## Energy

You can imagine Shaun White (you know, 2010 olympic snowboarding gold medalist and ridiculously awesome snowboarder) standing at the top of a half pipe about to pull off his signature move: the double McTwist 1260, a combination of tricks that is far beyond the expertise of any other snowboarder in the world (its 3 and a 1/2 full spins while doing two back flips. On a snowboard). You can almost hear him as he looks down at the ice-covered half-pipe and says to himself: "God, please don't let me mess this one up. I really don't want to die."

If you think about it, we all have little pep talks we give ourselves before we do important things like: "God, please don't let anyone notice this giant zit on the tip of my nose," before you get up in front of your class to give a presentation. Or: "I really hope I don't wet my pants on this roller coaster while on a first date. Again." Or something like that.

So as the first part of the Amidah, before we get started, we ask Hashem to give us the energy not to screw it up. We bust out a pre-prayer request to say, "I really hope I get this right..."



the sentence (said quietly to yourself):  
*Ado-nai sifuhsai  
tiftach, oofi yagid  
tehilasecha"*

Which means: God,  
please open up my lips  
and grant me the  
energy I need to get  
through this really  
important prayer.

This prayer can be  
found on page 36 in  
the back

We begin the Shmona Esrei by taking three steps back followed by three steps forward and we imagine that we are standing in front of a powerful king (ie-God). We step forward with our right foot first (because it is stronger) in order to show our excitement to talk to God. We step back with our left foot because it is the weaker foot and we want to show our reluctance to step away from God's presence.



During the Shmona Esrei we stand with our feet together like angels, and we don't move until we're done. We don't interrupt during this super holy prayer. Not even to say Amen to another blessing.

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## super-v

Shmonah Esrei

superheroes aren't what they used to be. what happened? at best, you've got a weirdo with a mullet, a cape, and a bad attitude. it's like saving the world is a huge hassle or something? no one wants to take charge anymore. now we have vests to stop bullets, elevators for tall buildings, and villains running amuck (insert evil laugh here). that's where we come in. we created this all-in-one prayer containing more of the wishes and requests you need from aardvark to zebra. it will unleash your inner superhero and give you what you need to take charge of any situation. and when you do, remember the biggest perk of all... no more need for that dorky spandex outfit.

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# Amidah

## SUPER-V



Nothing does just one thing anymore. We live in a world of 2 in 1 shampoo & soap, multi-tasking computers, and cameras that make phone calls. Or is it the other way around? Our printers also fax, copy, and scan, and our phones can do just about everything besides make breakfast (flip phones cannot be used to flip pancakes. We learned that the hard way).



On top of all the gadgets, it often feels like we're all multi-tasking our everyday lives. We need to make sure that we're healthy and strong, and we need to study hard so we can get good grades to get into college to get a good job so we can support a family. We're trying to make peace in the world, while we make sure people aren't starving in Ethiopia or down the block. We need to protect ourselves from our enemies in other countries while trying to figure out who to ask to prom, what to wear tomorrow, and whether we want our coffee in a grande or a venti cup. Bottom line: life can be tough, and there's a lot to keep track of.

Behold! I present to you the all-in-one prayer to alleviate your common problems, ailments and general misfortune. Guaranteed to take care of your problems ranging from health, wealth, knowledge, safety, peace, happiness, holiness, sin, enemies, war, heretics, diseases, redemption, forgiveness, judgement, and the state of Israel, or your money back! (well the last part's a lie. Mainly because it's free.)

Ladies & gentlemen, without further ado, I introduce to you: the Shmona Esrei. Please hold your applause to the end.

This all-around prayer is specially designed to fit your daily needs. It's even customizable to fit your specific situation. Just insert your personal prayers in the appropriate spaces and watch the magic\*

*(individual results may vary. Please consult a licensed Rabbi if you feel any form of loneliness, emptiness, or general unhappiness, as this may be a rare but dangerous side effect of improper prayer).*



This prayer is a collection of 19 short paragraphs designed to cover every single aspect of your life. It is the main part of all 3 daily prayer services, and is said quietly to yourself and at your own pace. This is the main time to connect with God, and the prayers are meant to be personalized. The text was written by the Rabbis around 70 CE, but the most important part is the personal sentences that you add in between. While reciting the Amidah, we stand with our feet firmly together and facing Jerusalem (usually East).

Since it is Shabbos, we say an abridged version of the Amidah.

The Shabbos version only has seven blessings, and none of them are requests because on Shabbos we take a break from all the mundane requests of the week and just focus on the importance of the day and developing our connection with God.

This prayer can be found on page 36 in the back

**JEWISH**  
**prayer**  
**vitamin**  
nutrient enhanced prayer service

# endurance

the Forefathers

caution: usage may result in increased stamina and/or feelings of everlastingness.

further note: professional athletes have not endorsed this prayer. therefore, exclusive use will not lead you to have a desire to be like mike, magic or even lebron. but hey, who needs that when you're connected you to timeless heritage, and small group of spectacular people whose powers can unlock the gates of Heaven. not to mention, they know how to throw a good party too.

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613 mL



# AVOT

## Endurance

Endurance. It's what keeps us going when the going gets rough.

In the first paragraph of the Amidah, we kick-off with a reference to our forefathers Avraham, Yitzchak, and Yaakov, and the foremothers Sarah, Rivkah, Rachel and Leah. And no were not missing any, there were only 3 forefathers.

We start this important prayer with a mention of the ancestors of Judaism. They were the first Jews and we mention them in order to “remind” God to be nice to us on their behalf. We don't always deserve good things on our own, so we use our connections to stay on God's good side. It's kind of like when you go interview for a job: it's not about *what* you know, it's usually about *who* you know. If your dad is friends with boss, you've got a much better chance of getting in. Therefore we always make sure to begin the Shmonah Esrei with a mention of our holy ancestors because they are what have kept us going throughout the generations. Their merit gives us the endurance to be around still today.



This prayer can be found on page 36 in the back

What's the kindest thing you've ever done for someone? Would you stand outside a tent on the hottest day of the year, in the desert, the day after a terribly painful surgery and wait for strangers to walk by so you can beg them to come into your tent so you can feed them? And we're talking about in the days waaay before microwaves. Well that's what our forefather Avraham did after he was circumcised at age 99. Ouch. When we talk about our forefathers' greatness were not talking about people that helped little old ladies cross the street. These guys were powerhouses of good deeds. That's why we drop their name in the Shemonah Esrei every time we say it. It gets us extra “brownie points” with God.

**JEWISH**  
**prayer**

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## power-c

Gevurot

popeye had it pretty easy. he just downed a can of spinach and suddenly bulked up to save olive from the clutches of evil blutto. so unless you've got an anchor tattooed on your arm, you could probably use a

periodic power booster. just ask the guy who spent all night in the warehouse testing dumbbells. or the gal that tried carrying a month's worth of groceries to top of the lady liberty. while we can't promise this prayer will make you look ripped enough to stop traffic, between this and a little help from God, you just might be able to finally beat granny in an arm wrestle.

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# GEVUROT

## Power-C

So maybe you don't always make it to the gym every morning. Or ever. Yeah, you're going tomorrow. Right.

Well guess who doesn't have to work out in the morning? God. Why? Because He's God. He doesn't have muscles. Duh.

So in the second blessing of the Shmonah Esrei we talk about God's strength. "But how can we talk about God's Strength if He doesn't have muscles?" you might ask. Good question. Well God's strength is that He can do stuff that nobody else can-- not even superheros.

Number one coolest thing God can do: bring back the dead. Try to beat that one, Superman. He also heals the sick, frees people from bondage, and oversees everything else in the world. All in a days work for the Big Man.

That's why this is the second blessing of the Shmonah Esrei and we say it three times a day. It's a really big deal and we want to make sure not to forget it.



It is a fundamental belief in Judaism that God runs every single aspect of the world spanning from life to death. Within the confines of science, life ends with death, but we believe that when the Mashiach (Messiah) comes, past souls will be brought back to life in this world; truly a supernatural miracle that only God could possibly pull off.

This prayer can be found on page 37 in the back

**JEWISH**  
**prayer**

**vitamin**  
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# spark

Va'yechulu

if you woke up tired today, you probably need more sleep. if you woke up drooling at your desk, you probably need a new job. if you woke up on a ferris wheel at the idaho state fair, wearing a toga, you probably need answers.

or if you're like most of us, between school, friends, sports, SAT's, college apps, work, prom dates, facebook, and the never-ending buzz of your phone, you need an intern. and a day of rest. you know, to re-kindle that inner spark of yours.

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# Va'yechulu

## Spark

As my mother always said when I was playing with matches in the backyard: “It only takes one spark to burn down a forest” or something like that. Well here’s my question: how many God’s does it take to create a world?

Yeah that’s a trick question-- there only is one God. And He created the world in 7 days. Well, He actually created the concept of rest on the 7th day (thank God for that! Literally...). He “worked” for six days and then put down His work and took a day off, so to speak.

On Shabbos, the 7th day of the week, we commemorate the rest that Hashem created by refraining from all creative activity. Work is actually a really bad translation; Hashem didn’t stop working, He stopped all creative activity. That’s why there’s nothing wrong with dragging your couch across the living room on Shabbos even though it requires a lot of work (and possibly some sweat), yet we don’t flip a light switch on or off even though it requires almost no effort. We don’t do any creative acts on Shabbos because we want to infuse the mundane week of work with a spark of holiness, a little spark that can ignite everything it touches and light up your life.



This prayer can be found on page 39 in the back

To paraphrase a great American President: **“Ask not what Shabbos can do for you; ask what you can do for Shabbos.”**

People always ask how they can make Shabbos more meaningful for them. It’s simple: The more you put into Shabbos the more you get out of it. If Shabbos is just another day in your week, then it will be hard to tap into its spirituality. But if you prepare for Shabbos, by wearing special clothes, cooking special foods, and anticipating shabbos all week, then you transform Friday Night into Shabbos.

JEWISH  
prayer

**vitamin**  
nutrient enhanced prayer service

# connect

## Aleinu L'shabe'ach

legally, we're prohibited from making exaggerated claims about the potency of the prayer on this page. therefore, we can't tell you that after reciting this, gary felt so connected

that he asked God to cancel his test, and the next day a mysterious clan of sumo wrestlers blockaded the doors of his school. or that this prayer gave sue enough strength to bench press a llama. heck, we can't even tell you that this prayer will connect you enough to text your mother--without using a phone.

legally we cant say stuff like that, because that would be, you know, misleading...

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# 613 mL



# Aleinu

## Connect

Can you hear me now?

How about now?

One of the goals of prayer is to establish a connection with God. Sometimes the connection is fuzzy, sometimes we get dropped calls, but everyone once in a while we all - no matter what our background is - have moments in our lives that we “feel God.” We feel that connection so strongly that suddenly everything becomes clear, as if we have “all 5 bars” of service between us. These moments may be few and far between, but when they come, we suddenly get the urge to sing God’s praises. To tell Him how awesome we think He is, and to tell Him how much we love Him. We just can’t stop listing all the amazing things about Him and why He is so much better than anything out there in the world.

That’s what the prayer of Aleinu is all about. We’re completely and totally ecstatic about about God and we just want to sing it out loud. In the first sentence we say:

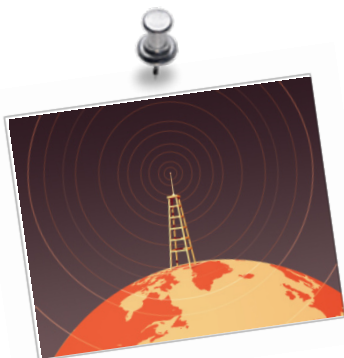
*“Aleinu l’shabeach l’adon Hakol, Laseis gedulah l’yotzer bereishis,”*

which (loosely) means:

“God, you totally rock the house and I’m about to tell you why.” And we then spend the next two paragraphs talking about the awesomeness of God.



This prayer can be found on page 51 in the back



We say Aleinu 3 times a day (once after every prayer service) because we want to make sure our connection with God is really clear; we don’t want any dropped calls or sketchy service when it comes to this. It’s like building three giant cell phone towers and bringing them with you wherever you go to make sure you always have a clear connection.

# The Hebrew Text

As we mentioned before, the complete text of the Kabbalat Shabbat Service in the following pages may be read in any language. It appears in the original Hebrew, with an English translation that goes line by line, as well as a transliteration of the Hebrew into English letters.

One may pray at anytime in any language, and should pray in the language that is most familiar to him or her-- there is little merit in reading words that you do not understand.

A story is told in Europe in the 1700s about a boy that came to the Synagogue of the Baal Shem Tov on Yom Kippur. He could not read Hebrew, let alone understand what any of the words meant. However, he desperately longed with all of his heart and soul to be able to pray like everyone else. He sat in the back of the shul silently throughout the entire Kol Nidre service on Yom Kippur Eve, and returned again to his post in the back row the next day. He sat for hours and hours yearning to pray along with the congregation, and was growing exceedingly depressed about the fact that he could not read Hebrew and join in their lofty prayers.

Finally, as Yom Kippur was coming to a close, the boy's soul was so aroused, and desired so strongly to belt out a prayer to God that he simply could not hold himself back anymore. In the middle of the Neilah service he stood up on his chair and started reciting the letters of the Hebrew alphabet - the ones that he could remember from preschool - as loud as he could and with every ounce of energy in his body. He kept doing this over and over again until he was so overcome by tears and emotion that he physically couldn't stand anymore.

Needless to say the members of the congregation were extremely bothered by this disruption in the middle of the holiest moment of the year, and wanted to kick him out. The Baal Shem Tov then turned around announced to everyone that the boy's prayer had just saved the entire community from a decree that would have killed every single one of them. He said that even though he was just reciting the alphabet, he did it with so much energy and intention that his prayers zoomed straight up to God's throne and were met by rejoicing angels. God was so delighted that He annulled the decree in the boy's honor.

It doesn't matter what language we pray in, and it's not always about what we actually even say. The most effective prayers are the ones that are the most heartfelt. So don't feel bogged down if you can't read Hebrew or you can't understand what you are saying. The point is the desire to open your heart and talk to God with all of your soul.

May you always use this siddur to grow in your connection with God, and may the majesty of Shabbos carry you to spiritual heights you never even dreamed of.

**Please note that because the text of the prayer  
is in Hebrew, the service begins on the other  
end of the book.  
(Hebrew is read from right to left)**



# **vitamin** <sup>JEWISH</sup>prayer

nutrient enhanced prayer service

# Pray Responsibly.