

Simcha/S'machot (Joyous Occasions)

Aufruf

Aufruf (pronounced "oof-roof"), is a Yiddish/German term meaning "to call up." On the Shabbat morning before a wedding, the bride and groom are honored with an aliyah. Following a prayer by the Rabbi, the congregation throws candy in their direction, symbolizing the sweet life in store for the couple. All young children in the congregation are invited to come up to the bimah to collect the candy.

Baby Naming

Parents of a baby girl may be honored by being called up to the Torah for an Aliyah to name the child. After the blessing following the Torah reading, the Rabbi recites a prayer welcoming the new baby into the community. Traditionally, boys are named in the Brit Milah (circumcision) ceremony, which takes place eight days after birth.

Bar/Bat Mitzvah

Becoming a Bar/Bat Mitzvah is not a "graduation" or end of study, but a rite of passage to greater privilege and responsibility. When a young person becomes a Bar/Bat Mitzvah (Son/Daughter of the Commandments), s/he reaches an important milestone in his/her spiritual growth. It signifies that the child has reached maturity in the eyes of the Jewish community and has accepted the religious obligations of Judaism. A Jewish girl becomes an adult at age twelve, and a Jewish boy at age thirteen.

S/he does not need a ceremony to be considered a Bar/Bat Mitzvah, however, in celebration of the occasion, the Bar/Bat Mitzvah exercises his/her religious adulthood for the first time with a significant honor: receiving an aliyah (literally being called up to the Torah), and chanting Haftarah (a selection from the prophets). The Bar/Bat Mitzvah may also participate in other ways such as introducing the Torah and Haftarah readings and conducting parts of the service. The young person will generally speak about the significance of fulfilling the commandments, now as an adult, in a short speech delivered during the service.

Other Specialty Aliyot

At some point during the Torah reading between aliyot, a prayer for health and recovery will be offered by one of the clergy and a list of names representing people who are ill will be read. Individuals and couples will also be called up to the Torah on the occasion of certain milestones in their lives (i.e., birthdays and anniversaries) at which time a blessing will be recited to mark the occasion.

When a person or group of people are preparing to leave on a trip to Israel, that is also an opportunity for an aliyah accompanied by a blessing. At times, an individual who has recovered from a serious illness or survived some type of danger will be called up for an aliyah, after which he or she will recite the Gomel blessing thanking God for God's graciousness. Aliyot to the Torah are also given to people observing Yahrzeit (the anniversary of the death of a loved one).

Synagogue Etiquette

Please help us respect the sanctity of our Shabbat and Yom Tov (holiday) services by observing the following Synagogue Etiquette (Minhagei HaMakom).

While in the building:

- ◆ Smoking is prohibited. (at all times)
- ◆ Writing and taking photographs are prohibited.
- ◆ **ALL** electronic devices including cell phones, iphones and pagers **MUST** be turned **OFF**.

While in services:

- ◆ Please minimize conversation.
- ◆ Please treat your prayer book with respect. Do not place it on the floor.
- ◆ Eating or drinking is not allowed.
- ◆ All males are asked to wear a kippah (head covering). Women are encouraged to wear a kippah.
- ◆ During morning services, all Jewish males over Bar Mitzvah age are asked to wear a tallit (prayer shawl). Women are encouraged to wear a tallit.

Our ushers are here to ensure that the proper *Kavanah* (worshipful concentration) and *Kavod* (respect) are maintained. Please cooperate with the ushers to insure an enjoyable worship experience for everyone. Ushers are available to assist you should any issue arise.



for all the days of your life

Welcome – B'ruchim HaBaim!

Guide to Shabbat Morning Services

Welcome to Anshe Emet Synagogue and our Shabbat morning services. Our goal is to help you feel more comfortable during our service, to enable you to have a better understanding of the service, and to introduce you to the joy of communal worship.

While this booklet will attempt to answer some of the most frequently asked questions about the synagogue and service, it cannot possibly anticipate all your questions. Please do not hesitate to approach our clergy or fellow worshipers with your questions following our services.

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Shabbat (The Sabbath)

Shabbat is the most holy day of the week, reflecting God's rest at the end of six days of creation. The traditional observances of this day are designed to make Shabbat very different from every other day of the week. This is accomplished through communal prayer, study, meals, and by refraining from certain acts. In the synagogue, these prohibitions include writing, taking pictures, using telephones and other electronic devices, smoking and using money. We would like to ask you to please respect the sanctity of the Shabbat and abide by these prohibitions while in the synagogue or on its grounds.

Kippah/Kippot (Head Coverings)

A kippah ("Yarmulke" in Yiddish) is a traditional sign of respect and is a Jewish symbol of humility in God's presence. While the origins of this custom are obscure, it may derive from Hunan ben Joshua, a fifth century Talmudic scholar, who declared "I never walked four cubits with my head uncovered because God dwells above my head" (Kiddushin 31a).

We ask that all males keep their heads covered at all times when they are in the synagogue and during the Kiddush luncheon. While there is no universal custom regarding women and head coverings, women at Anshe Emet are encouraged to wear a head covering if they so choose.

Tallit (Prayer Shawl)

Jewish men thirteen and older are required to wear a tallit to fulfill the Biblical command, "That they make them a fringe upon the corners of their garments, that ye may look upon it and remember the commandments of the Lord." (Numbers 15:39). We ask that all men who ascend the Bimah for a Torah honor wear a tallit. A woman may wear a tallit if it is her religious practice to do so.

Hebrew: The Language of the Service

Any language, including English, is acceptable for prayer. However, Hebrew is the language of the Prophets and the Bible. Important nuances would be lost if the service were entirely in English. Also, Hebrew allows Jews throughout the world to feel connected, unified, and a part of Jewish history. Over time, a person may find the services more meaningful if s/he learns and understand the prayers in Hebrew.

Siddur and Chumash (Prayer book and Bible)

At the book table in the lobby, you will find a Siddur and a Chumash. Both books are printed in Hebrew with English translations, and open from right to left, the same direction in which Hebrew text is read.

Bimah (Stage)

Worshippers in a Jewish service in America traditionally face east, symbolically facing Jerusalem. As you enter the sanctuary, you will notice a large stage in the front, called a Bimah. The Rabbi's and Cantor's lecterns are on each side of the Bimah. In the middle, toward the back of the Bimah, is the Aron Kodesh, the Holy Ark, which contains the Torah. Above the Ark is the Ner Tamid ("Eternal Light"), symbolizing the eternity of God's presence among us. In the ancient Temple of Jerusalem, a light burned perpetually before the Ark.

Aliyah/Aliyot

Members of the Congregation (and family of the Simcha) are honored by being "called up" to say a blessing before and after the Torah reading. An ancient chant is used for the Torah and Haftarah.

Rabbi

The rabbi is the spiritual leader of the congregation and an interpreter of Jewish law. The word "rabbi" literally means teacher. The rabbi's major responsibility is to instruct and guide in the study, practice and celebration of Judaism. The rabbi will generally deliver a sermon to explain finer points in the Biblical text and provide congregants with valuable instruction.

Hazzan (Cantor)

The Hazzan is specially trained in the liturgy and music of the synagogue and is responsible for chanting the worship service as well as inspiring the congregation to join in the songs and prayers. The cantor also coordinates the musical elements of the service and prepares others to participate in the service. (Members of the congregation are given the opportunity to lead portions of the service, to read from the Torah, and to chant the Haftarah).

Saturday Worship Services

The Shabbat morning service is divided into four sections:

Psukei D'Zimra (Passages of Praise) serves as a kind of warm up for the main part of our prayers. It comprises the morning blessings, selections from the Book of Psalms and the Bible which tell of God's glory and worthiness of praise.

Shacharit (the morning service) is made up of the Shema and its blessings and the Amidah. The Shema is the basic theological statement of Judaism that the "Lord is our God and the Lord is One." The Amidah is a series of blessings praising God for God's providence and the various blessings that God bestows upon Israel and all humanity.

The Torah Service follows. Every week a different Parsha (section) is chanted from the Torah (Five Books of Moses) so that in the course of one year, the entire Torah is read. The service begins and ends with the Torah being carried in a procession through the sanctuary. The Torah itself is a scroll, handwritten by a scribe with a quill on parchment, and rolled on two wooden rods. A Torah scroll is treated with great respect. When it is being read, we do not touch it with our hands, but instead use a special pointer, called a yad (hand), to follow the words. Reading from the Torah is important and especially difficult because, unlike the books the congregation follows, the Torah is written in ancient script and has no vowels or musical notations. The reader is flanked on either side by Gabbaim (expert Torah readers). They follow along in a book to correct or prompt the reader if necessary. After the Torah reading is complete, the Torah is lifted high for everyone to see, then rolled, dressed. The Haftarah (prophetic reading that follows) is selected from the prophetic biblical books. This reading shares a thematic connection with the Torah reading.

Musaf is an additional service recited on Shabbat or a festival. It serves as a praise of God which recognizes the sanctity of the particular day. Following a few concluding prayers, a prayer called Kaddish is recited by mourners. This prayer makes no mention of the dead, but rather reaffirms the mourner's faith in God.

In addition to these four parts of the service, there is a sermon delivered by the rabbi as well as announcements and presentations to the Bar/Bat Mitzvah.