

Kisharon Langdon

The Jewish Learning Disability
& Autism Community



ROSH HASHANAH
JEWISH NEW YEAR

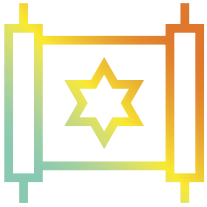
SERVICE
GUIDE



We pray

We say special prayers.

We ask G-d for a good new year.



We listen

We listen to readings from the Torah.



We hear the shofar

The shofar is a special horn.

It makes a loud sound.

We listen carefully when it is blown.



We think and reflect

We think about the year that has finished.

We remember good things we have done.

We think about things we could do better.



We make a fresh start

A new year is a chance for a fresh start.

We hope for a year that is:
happy, healthy and peaceful.

SHACHARIT (MORNING SERVICE)	WHEN IT HAPPENS	WHAT YOU WILL EXPERIENCE	LENGTH OF THIS PART OF SERVICE
OPENING PRAYERS	Beginning	Mostly continuous singing and reading	Medium
SHEMA AND BLESSINGS	Beginning	Structured quiet, focussed prayer	Short
SILENT AMIDAH	Before the Torah service	One of the quietest periods; everyone stands and prays individually. This would be a good time for a movement break if you need one.	Medium to long 
TORAH AND HAFTARAH READINGS	Middle 	Mostly seated and listening; can feel long	Medium - long
SERMON OR ABBI'S TALK	Usually around the Torah reading	Quiet, seated, listening to the Rabbi	Depending upon the Rabbi
SHOFAR BLOWING (ONLY ON DAY2)	After the Torah readings	Dramatic and engaging, with periods of expectant silence. If you don't like loud noises, have your ear defenders ready or pop outside.	Medium 
MUSAF (ADDITIONAL SERVICE) SILENT AMIDAH	Later	This is a very serious part of the service which is very long. People praying are extremely focussed and deep in thought. Please be mindful that they don't want to be distracted during this time.	Long 
MUSAF REPETITION	After the silent Amidah	Alternates between listening, singing and shofar sounds	The longest part of the service
AVINU MALKEINU AND CLOSING PRAYERS	Near the end	This part of the service involves lots of singing which people are encouraged to join in with.	Short 



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