**OUTLINE OF SHABBAT MORNING SERVICE**

(w/page numbers from Kol HaNeshamah)

**I. Morning Blessings Body, Physicality**

141 Mah Tovu

153 Morning Blessings

162 Prayer for the body

165 Prayer for the soul

175 Psalm 30

**II. Psukei D'Zimra/Songs of Praise Emotions**

177-81 Baruch She-amar

183-217 Shabbat Psalms: 19, 34, 90 and 91, 136, 33, 92 (Shabbat), 93, etc.

219-231 Everyday Psalms: 145-150

235 Nishmat

241-5 Shochen Ad, Yishtabach, Hatzi Kaddish

**III. Shacharit: Shma and its Blessings Mind, Creativity**

247 Barchu -- formal call

247-69 1st blessing: CREATION -- Yotzer Or

273 2nd blessing: REVELATION as sign of God's love -- Ahavah Rabbah

277 Shma

277 V'Ahavta -- loving God

279-83 V'hayah -- moral behavior and the Earth

285 Va-Yomer -- tzitzit as a reminder

287-91 3rd blessing after the Shma: REDEMPTION -- Mi Khamocha, etc.

**IV. Shacharit: Amidah Spirit**

295-7 1. Avot/ Ancestors

299 2. Gevurot/Divine Power

301 3. Kedushah / God's Holiness

307-321 4. The Day: Holiness of Shabbat 5. Avodah / Acceptance 6. Gratitude

321 7. Peace

**V. Torah Service**

383-5 Ein Kamocha + VaYehi Binso'a

393 Shma + Echad + Gadlu

399 Aliyot Blessings

407 V'Zot HaTorah

441 Etz Hayim

**VI. Concluding Prayers**

445-59 Aleinu, Mourner's Kaddish, Adon Olam