



3 steps backwards

3 steps forward

Then stand with feet together, & flat on the floor for the rest of the prayer

The following prayer, until "in former years", is said standing with feet together. The Amidah is first said silently; then, if there is a minyan, it is repeated aloud by the Leader. Take three steps back, then forward. At the point indicated by Ⓢ, bend the knees at the first

A New Siddur



designed specially for HGSS Children's Services

These are just some of the illustrations to be found in a new Siddur being prepared for the Children's Services. It is intended to have it ready in time for the academic year 2008/2009. It will be primarily for use by children in the **Group 2 Service** – those who are in Reception and Year 1 at school. It will have lots of pictures and explanations by Rabbi Anthony Knopf as well as lots of songs.

We hope everyone will enjoy using it



Bend your knees at the first word

Bow at the second word

Then stand straight before GOD's name

On the Shabbat of Penitence, add:

זְכֹרֵנוּ לְחַיִּים, מֶלֶךְ הַפֶּץ בְּחַיִּים, וְ
 כְּתִבֵּנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

Remember us for life, O King who desires life.