



### Simple guidance on how to put-on & wear

The Tallit - Shawl Prayer      The Arba Kanfot - Tzitzit

#### Putting on the tallit - Shawl Prayer

Before you put on the tallit - shawl prayer.

- 1) You hold the tallit in front of you.
- 2) Say the special blessing...

English:	Praised are You, Lord are God, King of the Universe whose mitzvot add holiness to our life and who gave us the mitzvah to wrap ourselves in tzitzit.
Phonetic Hebrew:	Baruch atah, Adonai eloheinu, melech ha-olam, asheh kid'shanu b'mitzvotav, vitzivanu l'heetatayf ba-tzitzit.

- 3) Then place the tallit over your head and on, you then may kiss the strings.

#### Putting on the Arba Kanfot - Tzitzit

- 1) Put on the Arba Kanfot over your head and on.
- 2) Hold the strings and say the special blessing...

English:	Praised are You, Lord are God, King of the Universe whose mitzvot add holiness to our life and commanded us concerning the mitzvah of tzitzit.
Phonetic Hebrew:	Baruch atah, Adonai eloheinu, melech ha-olam, asheh kid'shanu b'mitzvotav, vitzivanu al mitzvat tzitzit.

- 3) Then you may kiss the strings.