

ק"ק חזוק אמונה

CHIZUK AMUNO CONGREGATION

How to put on a Tallit:

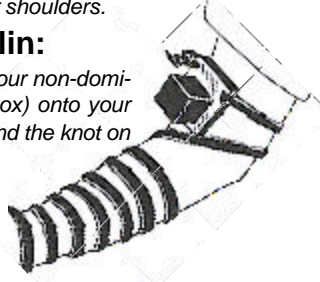
Hold the top two corners of your tallit and say the following bracha:

ברוך אתה ה' אלקינו מלך העולם אשר קדשנו במצותיו וצונו להתעטף בציצת.

Kiss the tallit and then place it on your shoulders.

How to put on tefilin:

Slide the shel yad (arm tefilin) onto your non-dominant arm. Tightly secure the bayit (box) onto your bicep with the box facing your heart and the knot on the top. Wrap one loop around your bicep to secure the bayit and then 7 loops between your elbow and wrist bone. While wrapping say:



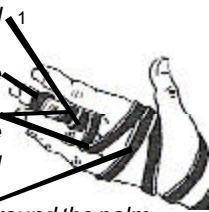
ברוך אתה ה' אלקינו מלך העולם אשר קדשנו במצותיו וצונו להניח תפלין.

Place the shel rosh (head tefilin) on the edge of your hairline with the bayit centered between your eyes. Say the following bracha:

ברוך אתה ה' אלקינו מלך העולם אשר קדשנו במצותיו וצונו על מצות תפלין.

Finish wrapping the shel yad around the hand to spell the word Shaddai (a name for God):

1. Wrap once around the middle finger around the bottom knuckle.
2. Wrap once around the top knuckle of the middle finger.
3. Wrap once around the middle knuckle of the middle finger and then once around the ring finger.
4. Finish wrapping the remainder of the strap around the palm of your hand.



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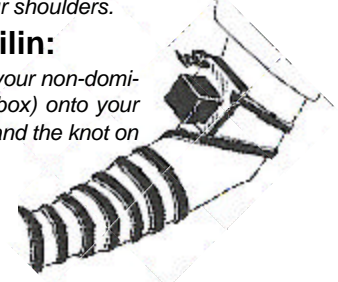
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