

Arm Tefila: How To Finish

- Unwrap the excess strap from your palm and wrap it three times around your middle finger while saying the three “v'eirastich li” phrases, one for each wrap.
- Wrap the strap around your palm in the shape of the Hebrew letter “shin.”
- Wrap the excess around your palm and tuck in the end of the strap to keep it tight and out of your way.

NOTE You may not say amen or reply to kaddish or kedusha if you have said the blessing on your arm tefila but have not yet said the blessing on your head tefila.