

# SHEMA: HOW TO SAY

## Covering Eyes for First Line of Shema

Cover your eyes with either hand when saying the first line of shema. This is to help prevent distraction. There is no need to remove your glasses first.

**NOTE** Covering your eyes for the shema is a widespread custom, not a halacha.

## "Stretching Out" Echad in Shema

Stretch out the first line of the shema by pausing after saying “*echad*” and before saying Baruch shem kevod malchuto l'olam va'ed.

**NOTE**

- It is incorrect to stretch out the “*chet*” + vowel sound (*chaaaaaad*).
- It is incorrect (and much worse) to say a vowel sound after the “*dalet*” (*echadihhh!*), since that changes the word and by doing so, you are not saying the shema.
- The “*dalet*” stops the sound and should not be pronounced as a syllable.

## Kissing Tzitziyot in Shema

Kiss all four tzitziyot in a talit gadol when saying the shema. Just kiss the front two tzitziyot if you only wear a talit katan. Doing either one is a non-binding custom, not a halacha.