TEFILIN: ACTIVITIES WHILE WEARING

Tefilin: Activities While Wearing: Distractions

You may not do any activities while wearing <u>tefilin</u> that would distract you (<u>hesech da'at</u>) from remembering that you are wearing <u>tefilin</u>.

Tefilin: Activities While Wearing: Eating

You may eat a snack while wearing tefilin, but you may not eat a full meal (with bread).

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