WOMEN: MINIMUM TO PRAY

Women: Minimum to Pray

The minimum amount of prayer that women and girls 12 years old and up must say varies according to several opinions:

- Opinion that *RMH* approves of:
 - *Birchot ha'shachar* (from al netilat yadaim--to u'maflee la'asot)
 - *Birchot haTorah* (from *la'asok b'divrei Torah*--to *notein haTorah*)
 - Yevarechecha/Eilu divarim she'ein/Eilu divarim she'adam
 - Elohai neshama
 - Asher natan 'sechvi... gomel chasadim tovim l'amo Yisrael
 - Shema (first line of shema plus Baruch shem kevod malchuto l'olam va'ed)
 - If they choose to say the morning <u>amida</u>, they should precede it with <u>emet, v'yatziv</u> until <u>ga'al</u> <u>yisrael</u>.
- *Ramban*: Women should say at least the *anida* of *shacharit* and of *mincha*.
- Another opinion: Women must say some prayer every day (but it may be any type of prayer, not only the fixed prayer services).
- Another opinion: Women do not need to say the <u>anida</u> and <u>emet v'yatziv</u> on <u>Shabbat</u> and <u>Jewish</u> <u>festivals</u> (that is, whenever we are not asking for anything).
- Women who have small children who require the mother's constant attention should not say any prayers except for *birchot ha'shachar* and *birchot haTorah*.

For more on women and the shema, see Women and Shema in Shacharit.

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