

# PRE-PRAYER

## PRE-PRAYER: MENTAL PREPARATION

### Introduction to Mental Preparation for Praying

Before saying blessings, but especially before saying any of the prayer services that include the amida, consider that you are speaking to the Creator of the universe and focus your thoughts on whatever prayers you will be saying.

## PRE-PRAYER: ATTIRE

### Man's Head Covering for Prayers or Torah Study

See Attire: Man's Head Covering for Prayers or Torah Study.

### Attire for Amida

The minimum attire required for men and women to say the amida is to be dressed appropriately to meet an important and respectable person.

### Praying in Bare Feet on Stone Floor

You may pray in bare feet on any type of floor, even a stone floor, except when saying the amida.

NOTE You may not say the amida in bare feet.

### Praying in a Kittel on Rosh Hashana

For those who have the custom of wearing a kittel on Rosh Hashana, the kittel is only worn for shacharit and musaf.

## PRE-PRAYER: CHARITY

### Charity To Enhance Prayers

It is an enhancement of our prayers to give charity at shacharit and mincha (except on Shabbat and Jewish festivals).

## PRE-PRAYER: WASHING HANDS

### Washing Hands before Prayer Service with Amida

You should wash your hands, even if they are not dirty, before saying any prayer service that contains the amida, but you do not need to go out of your way to wash them.

### Washing Hands after Touching Animal

You must wash your hands after touching an animal, before saying blessings or prayers.

## PRE-PRAYER: GREETING PEOPLE

### Pre-Shacharit: Greeting People

Greeting people before shacharit is OK; just don't go out your way to meet someone.