\*One should remain standing with feet together while reciting the Amidah. It should also be recited from the heart without interruption. Remember, you are standing before the King!

\*Can replace “Blessed are You, Yahweh” with “Baruch ata Yahweh”

\*Refer to the Artscroll Siddur concerning the various traditions and other etiquettes when reciting the Amidah.

Works Cited: The Complete Artscroll Siddur (Sefard)

The Artscroll Weekday Minchah Maariv (Ashkenaz)

Tribe pictures from “The Journey Magazine” 2011 Vol. 4

Comments or Questions? Email: chad4israel@gmail.com

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Shemoneh Esrei