AMIDA: ACTIONS: STANDING

Amida: Standing Up

Stand up when saying the *amida*. Unless you are not able to stand unaided**,** you may not lean on something if you would fall over if that item were removed.

Amida: Standing with Feet Together

Stand with your feet together to resemble the angels, who only have one leg, during the private *amida* and for *kedusha*.

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