Introduction to Holy Written Objects

By surrounding ourselves with reminders of the commandments and with objects for observing the various Jewish rituals, we can be constantly aware of what we should be doing to live our lives as Jews.
There are two categories of items used for *mitzvot*:

- Holy items (*tashmishei kedusha*), such as *tefilin* and its boxes, *Torah* books and commentaries, and *Torah* scrolls and covers.
- Items used for *mitzvot (tashmishei mitzva)*, such as *lulav*, *etrog*, and *talit/tzitzit*.

Women
Sacred scrolls (*Torah*, *mezuza*, *tefilin*) may not be written by women for sacred purposes. However, if they were written by a woman, you may study from them. You may not use them for public *Torah* reading, putting on *tefilin*, or affixing to doorposts (for *mezuza*).

Disposal
Both *tashmishei kedusha* and *tashmishei mitzva* should be disposed of in a respectful manner. *Tashmishei kedusha* should ideally be buried. Newspapers with *Torah* or *Torah* commentary must be double-wrapped and then may be put in the trash, since they contain material that should not be buried with holy writings (only a newspaper's *Torah* or *Torah* commentary contain inherent holiness).
To dispose of *tashmishei mitzva*, you may wrap in one layer of plastic and throw it in normal garbage.

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