HOW TO PRAY: SPEAKING

HOW TO PRAY: VOLUME

Saying Prayers Out Loud

Say prayers (and blessings) out loud, but not overly loud, in order to help you to concentrate on what you are saying.

EXCEPTION The main exception is the *amida* prayer, which is said quietly enough that you can hear yourself but that people near you cannot hear what you are saying.

HOW TO PRAY: LANGUAGE/PRONUNCIATION/NUSACH

Praying in Own Language

Praying in *Hebrew* is preferable, even if you don't understand *Hebrew*.

NOTE You MAY pray in your own language, but only if that is the language of the country in which you are praying.

NOTE If your native language is not commonly spoken in the country in which you are now present, you may not pray in that language, even if you are with a *minyan*. If several languages are commonly spoken in your country (such as *Hebrew* and English in Israel, or English and Spanish in Florida and California), you may pray in any of those languages.

Ashkenazi Jew, Sefardi Pronunciation

An *Ashkenazi* Jew should ideally not pray using *Sefardi* pronunciation, but since it is OK to pray in any language, this is not a problem.

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