WOMEN: COMMANDMENTS (MITZVOT)

WOMEN: TIME-BASED POSITIVE COMMANDMENTS (MITZVOT)

WOMEN: TIME-BASED POSITIVE COMMANDMENTS (MITZVOT): EXEMPTIONS

Women: Exemption from Time-Dependent Positive Commandments

Women and girls are generally exempt from time-dependent positive commandments (*mitzvot*), but they may perform these voluntary *mitzvot* and if they do, they do say the relevant blessings:

- *Lulav*
- *Sukka*
- Saying the full *shema*.

Women and girls may NOT do these time-dependent positive commandments (*mitzvot)*:

- *Kiddush levana*
- *Tefilin*
- *Tzitzit*.

WOMEN: TIME-BASED POSITIVE COMMANDMENTS (MITZVOT): OBLIGATIONS

Women: Time-Based Positive Mitzva Obligations

Although women and girls are generally exempt from time-dependent positive commandments (*mitzvot*), they may do some *mitzvot* for which they are not obligated and it is considered to be virtuous behavior for which they will get a reward. They may say the blessings before each *mitzva*.

1. These are voluntary *mitzvot* that women may do:

- *Lulav*
- *Sukka*
- Saying the full *shema*.

2. Women and girls MAY NOT wear *tefilin*.

3. Women traditionally do not:

- Say *tachanun*.
- Wear *talit* or *tzitzit* (*talit katan*).
- Study *gemara*.
- Say *kiddush levana* or birkat ha'chama.

But these are not forbidden.

Women: Time-Based Positive Commandments/Mitzvot: Obligations

In addition to prayer obligations (see Women: Minimal Prayer), women and girls 12 years old and up are required to keep these time-dependent positive commandments, among others:

- Candle-lighting for *Chanuka* (see *Chanuka*: Candles: Who Should Light)

- Candle-lighting for *Shabbat*, *Jewish festivals*, *Rosh Hashana*, and *Yom Kippur*.
- *Havdala* (say or hear) after *Shabbat*, *Jewish festivals*, *Rosh Hashana*, and *Yom Kippur*.
- *Kiddush* (say or hear) on the first night (or first two nights outside *Eretz Yisrael*) of every *Jewish festival*, and also the next morning.
- *Passover* (all commandments, including eating *matza* at the *Passover seder).*

  NOTE Because she must eat *matza*, she must therefore say *birkat ha'mazon* afterward (so if a woman omits *ya'ale v'yavo* in *birkat ha'mazon* at the *seder*, she must repeat *birkat ha'mazon* !).

- *Megila* on *Purim.*
- *Shabbat* (For why women must keep time-dependent, positive commandments on *Shabbat*, see Introduction to *Shabbat*)
- *Shofar* on *Rosh Hashana.*

  NOTE Jewish women universally accepted upon themselves to hear *shofar* on *Rosh Hashana,* but they only need to hear 30 blasts.

- Hearing the reading of Parashat *Zachor*.

Women: Mayim Achronim

See Birkat HaMazon: *Mayim Achronim*.

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