

שמע

The Shema is a centerpiece of the daily morning and evening prayer services and is considered by some the most essential prayer in all of Judaism. We believe in one God that connects all life, and we remember to always be attuned to the world and to listen intently and wholeheartedly. At the words "V'havieinu l'shalom" right before the Sh'ma prayer, we gather the four fringes of our tallit and hold them throughout the Sh'ma to symbolize a gathering of our people, a forever connection no matter where we are in the world between the House of Israel and God.

Traditionally, it is recited with the hand placed over the eyes

1. שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

2. בָּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד.

1. Hear O Israel: Adonai is our God, Adonai is One.

2. Blessed is the name of God's glorious kingdom forever and ever.