Traditional communities recite the Sh'ma while seated, and say the line beginning Ba ruch Sheim silently. In recognition of its centrality to Judaism's belief in One God, some Reform communities rise to recite the Sh'ma and say the line beginning Ba ruch Sheim aloud. Many people cover their eyes when reciting the first line of the Sh'ma. If praying without a minyan, it is customary to add the words: **יהוא，则 ירהו יזנהו, יז ומוא: **

### Hear, Israel

Sh'ma Yis'ra-eil

Sh'ma Yis'ra-eil Ado'ni E-lo-heinu Ado'ni E-chad.

Ba ruch sheim k'vod mal'chi to l'o-lam va-ed.

### V'ha-yata

V'ha-yata eil A-do'ni E-lo-he-cha
b'chol l'vav-cha u've-chol naf-sh'cha,
u've-chol m'o-de-cha.

V'ha-yu ha-di'ra m'm lo ya-sher Ano-chi m'tza-v'cha ha-yom al l'vav-cha.

V'shi-nan tam l'vav-cha
v'di-bar-ta bam b'shiv-t'cha b'vei-te-cha,
u've-lech-t'cha va-de-rech
u've-shoch b'cha u've-ku-me-cha.

Uk'shav-tam l'ot al ya-de-cha,
V'ha-yu l'o-ta-fot b'in e-ne-cha.

Uch'tav-tam al m'zu-zot beite-cha
u've-sh'are-cha.

### Sh'ma

Sh'ma is at the center of the first part of the Maariv Service. Preceded by A-ha-vat Ol-am, proclaiming God's love for us and followed by V'ha-yata, admonishing us to love God, the Sh'ma affirms that God is One, Master of life and death, heaven and earth, past and future. The Sh'ma is written in the Torah with two enlarged letters (v of י的話 Sh'ma and ת of ת שד chad, spelling יא אד, witness). We bear witness to God's Oneness, unique and unfathomable.

### And You Are To Love

And you are to love Adonai your God with all your heart, with all your soul, and with all your might.

These words that I command thee on this day shall be upon thy heart. Thou shalt teach them diligently unto thy children, and thou shalt speak of them when thou sittest in thy house, and when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. And thou shalt write them on the doorposts of thy house, and upon thy gates.

That ye may remember and do all of My commandments, and be holy unto thy God.

Classic Translation