

Machsom L'fi Sign Up Sheet

Date _____

Our Machsom L'fi is being done as a z'chus for: _____

HOURS	NAME	ADDRESS / ZIP	PHONE#
6:00 AM			
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			

This form may be copied as needed for your Machsom L'fi group.

☞ Kabbalah/ Verbal Acceptance (without a vow) ☜

Please recite the following prior your Machsom L'fi hours: *I accept upon myself (without a vow) to observe the laws of shmiras haloshon, in regard to both what I say and what I listen to, during the hours of _____ to _____ as a merit for _____.*

נא לומר נוסח זה הקודם המחסום לפי: אני מקבל על עצמי, בלי נדר, שמירת הלשון בדיבור ושמיעה משך שעות _____ עד _____ לזכות _____.