

Wash Hands

נטילת ידים

Before we eat, we wash our hands to cleanse and purify ourselves both physically and spiritually for the meal. Washing before we eat reminds us that the meal is not merely a culinary experience, but a spiritual one as well.

Remove all rings, fill a cup with water, pour the water twice on your right hand and twice on your left hand and say the blessing below. Remain silent until you eat a piece of challah.



Blessing after washing hands:

בְּרוּךְ אַתָּה י-ה-ו-ה
א-ל-הינו מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

Blessing after washing hands:

Blessed are you G-d, our L-rd, King of the Universe, Who sanctified us with His commandments and commanded us on the washing of hands. (Amen)

