A Blessing For Washing Hands During a Pandemic
by Trisha Arlin

As we wash our hands
We pray,
Blessed is the Soul of the Universe,
Breathing us in and breathing us out.
May our breaths continue
And our health and the health of all
Be preserved
In this time of sickness and fear of sickness.
Holy Wholeness,
We take as much responsibility for this as we can
By observing the obligation to wash our hands
Thoroughly:
For as long as it takes to say this prayer.
Amen

Baruch atah Adonai eloheinu melech ha-olam asher kid’shanu b’mitzvotav v’tzi-vanu al n’tilat yadayim.

Blessed are You, Source of Life, who has sanctified us with Your commandments, and commanded us concerning the washing of the hands.