



Agudas Achim Congregation

A welcoming community of Jewish faith and life-time learning

נטילת ידים - Hand Washing

After making Kiddush on Friday evening and again at Shabbat lunch, we prepare for the recitation of the blessing over bread, Ha-motzi, by washing our hands.

This is meant to be a ritual washing, and not one for cleaning our hands.
It is customary to remove all jewelry from our hands before washing.

Fill a cup of water and pour it over each hand. After this has been completed, say the following blessing before drying your hands.
It is customary to not talk until Ha-motzi has been recited.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ עַל נְטִילַת יָדַיִם. Barukh atah Adonai Eloheinu melekh
ha-olam, asher kid'shanu b'mitzvotav
v'tzivanu al n'tilat yadayim.

Barukh atah Adonai, our God, sovereign of time and space, who has provided us with a path to holiness through the observance of mitzvot and has instructed us to wash our hands.

המוציא - Ha-motzi

On Friday evening and again at Shabbat lunch, two uncut loaves of hallah are uncovered and the following blessing is recited. After the meal, Birkat Ha-mazon is recited. Birkat Ha-mazon can be found in a bentcher or on page 87 of Siddur Lev Shalem.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ. Barukh atah Adonai Eloheinu melekh
ha-olam, ha-motzi lehem min ha-aretz.

Barukh atah Adonai, our God, sovereign of time and space, who brings forth bread from the earth.