

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 אֱ-לֹהֵינוּ 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.

Praised are You, Lord our God, King of the Universe, who has sanctified us with God's commandments and has commanded us to wash our hands.

המוציא Ha-motzi

On Friday evening and again at Shabbat lunch, two uncut loaves of hallah are uncovered. They are raised, 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 337 of Siddur Sim Shalom for Shabbat and Holidays.

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

Praised are You, Lord our God, King of the Universe, who brings forth bread from the earth.