

Rosenbloom Religious School
of Chizuk Amuno Congregation

HAND WASHING

בְּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל נְטִילַת יָדַיִם:

*Barukh atah Adonai elohenu melekh haolam
asher kidshanu bemitzvotav vitzivanu al netilat yadayim*

**Blessed are You God, who rules the
universe and who makes us holy
through Your *mitzvot* and who
commands us to **WASH OUR HANDS.****

HOW TO WASH:

1. Remove any rings you are wearing on your hands.
2. Fill the washing cup with water.
3. Holding the cup in your left hand pour water three times over your right hand making sure your hand gets wet from the wrist down
4. Switch hands and pour water three times over your left hand making sure your left hand also gets wet from the wrist down
5. Refill the washing cup for the next person.
6. Say the *brakha* that is at the top of this card and then dry your hands..