

HOW TO PERFORM THE RITUAL HAND WASHING:

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 following blessing and then dry your hands:

בָּרוּךְ אַתָּה

יְיָ אֱלֹהֵינוּ

מֶלֶךְ הָעוֹלָם

אֲשֶׁר קִדְּשָׁנוּ

בְּמִצְוֹתָיו וְצִוָּנוּ

עַל נְטִילַת יָדַיִם.

*Barukh Atah Adonai, Eloheinu Melekh ha-Olam
asher kid-shanu b'mitzvotav v'tzi-vanu
al ni'ti-lat ya-da-yim.*

Blessed are you, Eternal our God, whose Presence fills the universe,
Who sanctified us as a people through Your commandments, and
commanded us to perform this **washing of the hands**.