



Washing the Hands

נטילת ידים

שבת

6

It is customary to wash the hands before making the Hamotzi blessing.

Start by removing any rings or other items which form a barrier between the water and the hands.

Fill the wash-cup with cold water and use the left-hand to pour twice over the right hand; then use the right hand to pour twice over the left hand.

Before drying the hands, say the blessing below.

Blessed are You L-rd Our G-d, King of the Universe Who has made us holy through His commandments and has commanded us regarding hand washing

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

BARUCH ATAH ADO-NAI
ELO-HEINU MELECH HA-
OLAM ASHER KID'SHANU
B'MITZVOTAV, V'TZIVANU
AL NETILAT YADAYIM

Since washing is connected to the Hamotzi blessing on the bread, it is customary not to speak between washing and eating bread.

If you did speak, unless it was related to the task in hand - e.g. "please pass the salt" - you should wash again but without saying the Bracha again.





Blessing on Bread

7

המוציא

שבת

Hamotzi should be recited over two complete loaves of Challah.

On Friday night, the Challah to be eaten first is placed below the other Challah and closer to the person reciting Hamotzi. (At Shabbos lunch, it is held on top; at Seudah Shlishit, side to side). The person reciting Hamotzi has in mind to include everyone else in the blessing. After saying the Hamotzi blessing, the challah is cut, sprinkled with salt and distributed to the participants. It should be eaten immediately without speaking.

Blessed are You L-rd Our G-d, King of the Universe Who brings forth bread from the ground.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן
הָאָרֶץ.

BARUCH ATAH ADO-NAI
ELO-HEINU MELECH HA-
OLAM HAMOTZI LECHEM
MIN HA'ARETZ

THE SECRET INGREDIENT

The Caesar once asked Rabbi Yehoshua ben Chananya: “Why is it that the food cooked for the Sabbath has such a penetrating aroma?”

Rabbi Yehoshua answered him, “We have this one spice, it is called Shabbat, which we put into the food and its aroma is very

penetrating.”

Caesar said to him, “Give us some of it.”

He replied, “Whoever observes the Sabbath, for him this spice is effective, but for one who does not observe the Sabbath it is not effective.”

From the Talmud Shabbat 119a

