

Netilat Yadaim / Washing the hands

We wash our hands at least once with an amount of 86cc on either hand.

The main Minhag is to do so three times on each hand, starting with the washing of the right hand.

Blessing after washing:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Baruch Atah Adonai, Eloheinu Melech Ha-olam, Asher Ki-d'shanu B'mitzvotav V'tzivanu, Al N'tilat Yadayim.

Translation: Blessed are You, Lord our G-d, King of the universe, Who has made us holy through His commandments, and has commanded us about washing hands.

Hamotzi / Blessing over the Challa

Blessing over the Challa / whole bread:

בְּרוּךְ אַתָּה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Baruch Atah Adonai, Eloheinu Melech Ha-olam, Hamotzi Lechem Min Ha-aretz.

Translation: Blessed are You, Lord our G-d, King of the universe, Who brings forth bread from the earth.