

HAMOTZI

STEP-BY-STEP:

WASHING YOUR HANDS

1. Remove all barriers between your hands and the water
2. Hold the washing cup in your right hand and fill with water
3. Transfer the cup into your left hand and pour the water twice (some do three times) over your right hand
4. Switch hands and repeat by pouring water twice (some do three times) over your left hand
5. Say S'u Y'dei-chem and the blessing of Al N'tilat Ydayim ('About washing hands')
6. Dry your hands
7. Do not speak until you have eaten a piece of challah

STEP-BY-STEP:

SAYING HAMOTZI

1. The leader should have everyone at the table in mind
2. Hold up the two challahs
3. Say Mizmor L'David
4. Continue with Einei Kol Ei-lecha until the blessing of Hamotzi
5. Those around the table should answer "Amen"
6. Cut the challah into pieces
7. Dip into salt (some do so three times)
8. Pass around the table for everyone to enjoy

WASHING YOUR HANDS

שְׁאוּ יְדֵיכֶם קֹדֶשׁ

S'u Y'dei-chem Kodesh

וּבְרַחוּ אֶת יְהוָה

U-varchu Et Ado-nai

אָמֵן.

Amen

Lift up your hands toward the Sanctuary and bless the Lord. *Amen*

בְּרוּךְ אַתָּה יְהוָה

Baruch Atah Ado-nai,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Elo-heinu Melech Ha-

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

olam, Asher Ki-d'shanu

וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

B'mitzvotav V'tzivanu, Al

אָמֵן.

N'tilat Yadayim. Amen

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. *Amen*

HAMOTZI

מִזְמוֹר לְדָוִד, יְהוָה

Mizmor L'David, Ado-nai

רְעִי לֹא אֶחָסֵד: בְּנֵאוֹת

Ro-i Lo Echsar. Binot

דְּשֵׁה יַרְבִּיצֵינִי, עַל מִי

Desheh Yarbitzeini, Al Mei

מְנַחוֹת יְנַהֲלֵנִי: נַפְשִׁי

M'nuchot Y'na-haleini.

יִשׁוּב, יִנְחֵנִי בְּמַעְגְלֵי

Nafshi Y'shoveiv Yancheini

צְדָק לְמַעַן שְׁמוֹ: גַּם כִּי

V'mag'lei Tzedek L'ma-an

<u>אֵלֶיךָ בָּגִיָּא צְלָמוֹת לֹא אֵירָא רָע,</u>	<i>Sh'mo. Gam Ki Ei-leich B'gei Tzalmavet,</i>
<u>כִּי אַתָּה עֲמַדִּי, שְׁבִטֶךָ וּמִשְׁעַנְתֶּךָ</u>	<i>Lo Irah Rah Ki Atah Imadi, Shivt'cha</i>
<u>הֵמָּה יִנְחַמְנִי: תַּעֲרֹךְ לִפְנֵי שְׁלַחַן</u>	<i>Umishantechah Heimah Y'nachamuni.</i>
<u>נֶגֶד צִרְרִי, דְּשַׁנְתָּ בְּשִׁמְן רֹאשִׁי,</u>	<i>Ta-aroch L'fanai Shulchan Neged Tzor'rai,</i>
<u>בֹּסֵי רוּיָה: אֵדָךְ טוֹב וְחֹסֶד יִדְרְפוּנִי</u>	<i>Dishanta Vashemen Roshi, Kosi R'vayah. Ach</i>
<u>כָּל יְמֵי חַיִּי, וְשִׁבְתִּי בְּבַיִת י-ה-ו-ה</u>	<i>Tov Vacheses Yird'funi Kol Y'mei Cha-yai</i>
<u>לְאֲרֹךְ יָמַיִם:</u>	<i>V'shavti B'veit Ado-nai L'orech Yamim.</i>

A Psalm by David. The Lord is my shepherd, I shall lack nothing. He makes me lie down in green pastures; He leads me beside still waters. He revives my soul; He directs me in paths of righteousness for the sake of His Name. Even if I will walk in the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff - they will comfort me. You will prepare a table for me before my enemies; You have anointed my head with oil; my cup is full. Only goodness and kindness shall follow me all the days of my life, and I shall dwell in the House of the Lord for many long years.

<u>עֵינַי כֹּל אֵלֶיךָ יִשְׁבְּרוּ וְאַתָּה נוֹתֵן</u>	<i>Einei Kol Eilechah Y'sabeiru, V'atah</i>
<u>לָהֶם אֶת אֲכָלָם בְּעֵתוֹ: פּוֹתֵחַ אֶת</u>	<i>Noten Lahem Et Ochlam B'ito, Pote-ach Et</i>
<u>יָדֶךָ וּמִשְׁבִּיעַ לְכֹל חַי רִצּוֹן:</u>	<i>Yadechah, U-masbi-ah L'chol Chai Ratzon.</i>
<u>בָּרוּךְ אַתָּה י-ה-ו-ה, אֱלֹ-הֵינוּ מֶלֶךְ</u>	<i>Baruch Atah Ado-nai Elo-heinu Melech Ha-</i>
<u>הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ</u>	<i>olam, Hamotzi Lechem Min Ha-aretz.</i>

All eyes expectantly look to You, and You give them their food at the proper time. You open Your hand and satisfy the desire of every living being.

Blessed are You Hashem, our G-d, King of the universe, who brings forth bread from the earth.