



A Blessing For Washing Hands During a Pandemic

By Trisha Arlin

As we wash our hands
We pray,
Blessed is the Soul of the Universe,
Breathing us in and breathing us out.
May our breaths continue
And our health and the health of all
Be preserved
In this time of sickness and fear of sickness.
Holy Wholeness,
We take as much responsibility for this as we can
By observing the obligation to wash our hands
Thoroughly:
For as long as it takes to say this prayer.
Amen

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

*Barukh atah adonai eloheinu melekh ha-olam asher kidshanu
b'mitzvotav v'tzivanu al netilat yadayim*

Blessed are you, our God, ruler of the universe, who sanctified us
with God's commandments and instructed us on washing hands