

# Rosh Hashanah Hand Washing and Blessings for the Meal

## *Hand Washing*

*It is customary to pour water two or three times over each hand.*

*After this ritual washing of the hands, we each recite the following b'rakhah:*

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

*Barukh atah ADONAI, our God, ruler of time and space, who has made us holy through mitzvot by instructing us to wash our hands.*

*Barukh atah Adonai, eloheinu melekh ha olam,  
asher kid'shanu b'mitzvotav v'tzivvanu al n'tilat yadayim.*

## *Ha-motzi: The B'rakhah before the Meal*

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

*Barukh atah ADONAI, our God, ruler of time and space, who brings forth bread from the earth.*

*Barukh atah Adonai, eloheinu melekh ha-olam,  
ha-motzi lehem min ha-aretz.*

## *Prayer for a Sweet Year*

*We recite the following over an apple dipped in honey:*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָעֵץ.

*Barukh atah ADONAI, our God, ruler of time and space, who creates the fruit of the tree.*

*Barukh atah Adonai, eloheinu melekh ha-olam, borei p'ri ha-eitz.*

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
[וְאִמּוֹתֵינוּ] שֶׁתְּחַדֵּשׁ עֲלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה.

*May it be Your will, ADONAI our God, and God of our ancestors, to renew for us a new, sweet, and good year.*

*Y'hi ratzon mi-l'fanekha Adonai eloheinu veilohei avoteinu  
[v'imoteinu] she-t'haddeish aleinu shanah tovah u-m'tukah.*