

A Blessing For Washing Hands During a Pandemic

By Trisha Arlin

A Blessing for Washing Hands During a Pandemic by Tri...





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

ברוך אתה ה' אלהינו מלך העולם אשר קדשנו במצוותיו וצונו על נטילת ידים

*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

Download the printable PDF below.

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Prayer

FOUND IN: **Coronavirus**, **Hard Times**, **Healing From Illness**

TAGS: **Water**, **Blessing**

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Kirsikka Neskowin

Yes.

Like · Reply · 1y



Trisha Arlin

<https://www.trishaarlin.com/>

Like · Reply · 1y



Terry Fowler Gremel

Much more fulfilling and spiritual than singing happy birthday 2 times.

Like · Reply · 1y



Trisha Arlin

<https://www.trishaarlin.com/>

Like · Reply · 1y



Ruth Wenger

I love this! Turning an obligation to a Sacred Ritual!

Like · Reply · 1y



Claire Green

All Mitzvot are opportunities for Kedusha ~ That is precisely the system.

Like · Reply · 1y



Trisha Arlin

<https://www.trishaarlin.com/>

Like · Reply · 1y



Judith Lyons

just printed this out 2/page and will have available in synagogue bathrooms during our festival this Sunday! Thank you, my friend!

Like · Reply · 1y



Hila Ratzabi

Update! We now have a downloadable PDF, and have added the transliteration for the Hebrew blessing.

Like · Reply · 1y



Diane Offenberg Rose

Love this

Like · Reply · 1y



Trisha Arlin

<https://www.trishaarlin.com/>

Like · Reply · 1y



Cool Shul

Yes!

Like · Reply · 1y



Trisha Arlin

<https://www.trishaarlin.com/>

Like · Reply · 1y



Michele Ritan

Thank you for this gift. I didn't realize how much I needed it until I started to cry while reading it.

Like · Reply · 1y



Trisha Arlin

<https://www.trishaarlin.com/>

Like · Reply · 1y



Karen Hofmann

We have shared this and a number of our friends from other faith communities are very appreciative. Pam

Like · Reply · 1y



Trisha Arlin

<https://www.trishaarlin.com/>

Like · Reply · 1y



Karen Hofmann

Trisha Arlin thank you!

Like · Reply · 1y



Michael Baccus

I think you, young lady, should make a lot of videos and blogs. You are a wonderful and thoughtful person to help others learn. I just learned to read Hebrew with my Mom. She is 91. Dr. Florence Baccus. Now she is getting out of the cement pond; that's where she; that is where she does her exercises.

Like · Reply · 1y



Trisha Arlin

<https://www.trishaarlin.com/>

Like · Reply · 1y



Jonathan Kabat

I've been thinking about hand washing a lot as I am a group facilitator and cultural support agent. Seems this is a very important time to count our blessings. And to actively bless others with practical actions.

Like · Reply · 1y



Trisha Arlin

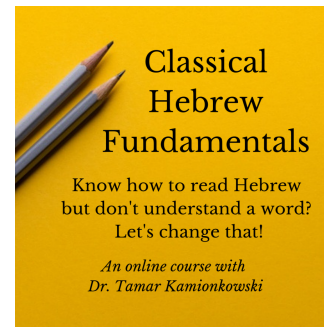
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Mark Locke

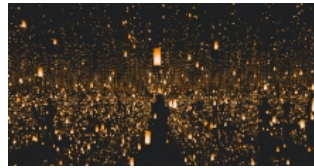
Calming moment of prayer. Blessed the Lord God for God's faithfulness!



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Mazel Tov