

Rachtzah

Contributed by [Kalman Slater](#)

Source:

We will now wash our hands with the blessing

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Blessed are You, Yah, our G-d, breath of all life, who has sanctified us with your commandments and commanded us to wash our hands

?OK, enough being formal. Seriously. God must REALLY want us to be healthy. But hey, who's complaining