

# Handwashing for Hope and Healing

## A HANDWASHING CEREMONY

### Intention

כוונה KAVANAH

*Fill a cup of water (from a mikveh or a natural source, if desired).*

*Place a small basin or bowl near you or simply stand over a sink. Have a towel ready.*

*Prepare your hands for this ritual by removing rings, bracelets, watches, and nail polish.*

*Wash your hands with soap and water.*

*Take a moment to look at your hands.*

*Offer gratitude for the work they do every day to sustain and support you.*

### Handwashing

*After you have prepared, say:*

God who hears our prayers, hear our voices  
as we pray for the safety and healing of \_\_\_\_\_.

At this difficult time, we stand together between worlds of hope and fear.

We reach out to You and to one another.

May the Holy One of Blessing protect us under  
the sheltering wings of Her healing presence. And let us say, Amen.<sup>1</sup>

*Pour water from the cup over your right hand three times.*

מִן הַמִּצָּר קָרָאתִי יְהוָה, עֲנֵנִי בְמִרְחֵב יְהוָה *Min hametzar karati yah, annani bamerchav yah*

From the narrow place I called out to the Divine;  
She answered me with an open expanse.  
I call out for renewed hope, stamina, and courage to meet this moment.<sup>2</sup>

*Pour water from the cup over your left hand three times.*

### CLOSING KAVANAH

Blessed is the Eternal One  
who gives me the ability  
to remember those blessings  
which are still mine to affirm  
and the strength to arise anew each day.<sup>3</sup>

*Pour water from the cup over each hand three times.  
Pour first with your palms up, then with palms down, and a third time with palms up again.  
Be generous with the water and feel it running over your fingers and hands completely.*

Amen, ken yehi ratzon. So may it be.

Scan the QR code for video demonstration  
and guide of this ceremony.



### ATTRIBUTIONS

This ceremony was adapted by Rabbi Amalia Mark for Mayyim Hayyim Living Waters Community Mikveh and Paula Brody & Family Education Center.

1: From "Towards Healing After Receiving Difficult News," an immersion ceremony by Matia Rania Angelou, Deborah Issokson and Judith D. Kummer.

2: Psalms 118:5, adapted

3: Anonymous. "When the Body Hurts the Soul Still Longs to Sing." Ed., Nancy Flam. [San Francisco, Calif.]: Jewish Healing Center

