

The Waters of Redemption

A PASSEVER
HANDWASHING CEREMONY

Preparation

*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.*

Intention

כוונה KAVANAH

Take a quiet moment and recite the following:

I am here today to acknowledge and affirm this moment in my life's journey.
I wash my hands using an ancient ritual found in many cultures and rooted in Jewish tradition.

Just as the Israelites stood at the shores of the Red Sea,
I prepare for a handwashing as part of my own journey toward freedom.

Handwashing

Pour water over the palm of your left hand and recite:

I acknowledge the narrow places in my life,
the ones I have come through and those yet ahead of me.

Pour water over the palm of your right hand and recite:

Our ancestor Nachshon showed courage by stepping into waters yet un-parted.
I, too, claim courage in the unknown, with open heart and hands.
I wash my hands a second time for hope.

*Pour water over the top of your right hand
and then pour water over the top of your left hand:*

As the buds unfurl in spring, I honor the renewal and new growth within me.

Closing Intention

After washing hands, say:

Rooted in my people's history, I emerge from these waters,
ready to take my place in our continuing quest for freedom.

ATTRIBUTIONS

This ceremony was adapted from *Being Present in the Moment* and *In Preparation for Passover* which were created by Matai Rania Angelou, Deborah Issokson and Judith D. Kummer for Mayyim Hayyim Living Waters.



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