BLESSING FOR RITUAL WASHING OF HANDS

ברוך אתה, אלוהים, מלך העולם,благולמיך.

Ba-ruch A-tah', Adonai El-o-hei'-nu, me'-lech ha-o-lam',
blessed (are) You, Adonai God our, King of the universe,

אשר קדשנו במצווה זוון.

A-sher' kid-sha'-'nu be-mits-vo-ta' ve-tsi-va'-'nu
Who sanctified us with commandments His and commanded us

על נטילת ידיהם.

al ne-ti-la'' ya-da'-yim.
about lifting up of both hands.

*from the root נפל defined by Klein (p. 413) as: to lift, bear, take, and ne-ti-lah' defined as “taking, lifting, carrying.”.

**the suffix “-a'-yim” means two of whatever the main root signifies; in this case two hands. pa-a-ma'-yim = two times; ei-na'-yim = two eyes; chod-sha'-yim = two months, etc.

THE BLESSING OVER BREAD

ברוך אתה, אלוהים, מלך העולם.

Ba-ruch A-tah', Adonai El-o-hei'-nu, me'-lech ha-o-lam',
blessed (are) You, Adonai God our, King of the universe,

המוציא לחם מארץ.

ha-mo-tsi' le'-chem min ha-a'-rets.
the (One Who) brings out bread from the earth.

Gates of Prayer, p. 29
Gates of Shabbat, p. 27