

## הלכה of the Week

~ נטילת ידים ~ Washing

We must wash our hands with water as soon as possible after awakening in the morning.

Children should also wash their hands upon arising in the morning.

One should try to arrange having the water close to where he sleeps so that he will not have to walk more than אַמּוֹת (about two metres) before being able to wash his hands.

Before washing נטילת ידים one should not touch open parts of the body (mouth, eyes, nose, ears) or food.

## פְּרָקִי אֲבוֹת of the Week

פְּרָק א  
ב שְׁמֵעוֹן הַצַּדִּיק הָיָה מְשִׁירֵי בְּנֵסֶת הַגְּדוּלָּה. הוּא הָיָה אוֹמֵר, עַל  
שְׁלֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד, עַל הַתּוֹרָה וְעַל הָעֲבוּדָה וְעַל גְּמִילוּת  
חֲסָדִים:

Shimon the Righteous was among the survivors of the Great Assembly. He used to say: "The world depends on three things - on Torah study, on the service of Hashem, and on kind deeds."

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