

IMMERSION CEREMONY FOR THE NEW YEAR

CREATED BY
MATIA RANIA ANGELOU, DEBORAH ISSOKSON, AND JUDITH D. KUMMER FOR
MAYYIM HAYYIM LIVING WATERS

The beginning of the Journey

While Preparing

Kavanah (Intention) to be read while preparing for immersion:

Water is God's gift to living souls,
To clear us, to purify us,
To sustain us and renew us.

As I immerse myself in *mayim hayyim*, I begin a new cycle in my life.
May my entry into the waters of the mikveh mark the beginning of the journey that lies ahead.

(Adapted from Barbara Penzner, *The New Jewish Wedding*.)

Before Immersing

Kavanah (Intention) to be read prior to entering the mikveh:

May I begin this year fresh and open to the possibility of transformation.

First Immersion

Slowly descend the steps into the mikveh waters and **immerse completely**, so that every part of your body is covered in the warm water of the mikveh.

Following the first immersion, recite:

ברוך אתה *Baruch atah adonai*
אלהינו מלך העולם, *eloheinu melech ha'olam,*
אשר קדשנו בטבלה *asher kidshanu bi-t'vilah*
במים חיים. *b'mayyim hayyim.*

Blessed are You, God, Majestic Spirit of the Universe,
who makes us holy by embracing us in living waters.

(Created by Mayyim Hayyim Ritual Creation Team, 2004.)

Though the future is uncertain,
I release this past year with all its difficulties and joys.
I open my heart to receive the blessings of the New Year.

Second Immersion

*Take a deep breath and exhale completely,
while gently and completely immersing for the second time.*

Following the second immersion, recite:

השיבנו יי Hashiveinu adonai
אליך ונשובה. elekha v'nashuvah.

Turn us to You and we shall return.

May I return to my true self and be strengthened as I continue my journey of *tikkun halev* (repairing the heart), *tikkun hanefesh* (repairing the soul), and *tikkun olam* (repairing the world).

Third Immersion

*Take a moment for personal reflection.
Let your body soften, as you slowly and completely immerse for a third time.*

After Immersing

To be read following immersion:

OPTION A:

A Full Life

O Life of the world

Grant me a full life—

A life which may be considered long

Because it has been filled with

Right living

And considered rich

Because it has been filled with

Holy acts

(Likutei Moharan I:60, Rebbe Nachman of Breslov)

OPTION B:

Prayer for the New Year

May it be Your will, Majestic Spirit of the uni-
verse, to grant us,

all your people Israel and all the world

A year of blessing,

A year of prosperity,

A year of peace and tranquility.

Show us your compassion

And guide us in your ways.

(Adapted from Charlotte Goldberg Community Mikveh,
Park Synagogue, Cleveland, OH.)



Mayyim Hayyim
Living Waters
Community Mikveh
and Education Center