

# Welcoming Shabbat

AN IMMERSION CEREMONY

## Intention

כוונה KAVANAH

*“More than the Jewish people have kept Shabbat, Shabbat has kept the Jewish people”*

—Ahad Ha'am

*To be read before preparing for immersion:*

Dear God, help me now to make this a new Shabbat.

After noise, I seek quiet;

after crowds of indifferent strangers,

I seek to touch those I love;

after concentration on work and responsibility,

I seek freedom to meditate,

to listen to my inward self.

I open my eyes to the hidden beauties

and the infinite possibilities

in the world you are creating;

I break open the gates of the reservoirs

of goodness and kindness in myself and others;

I reach toward one holy perfect moment of Shabbat.<sup>1</sup>

## Immersion

טבילה T'VILAH

FIRST IMMERSION

*To be read at the mikveh's edge before you enter the water:*

I am grateful for all that was good this week, and I am ready to release anything that was not.

I am ready to embrace the spiritual and physical nourishment Shabbat can provide.

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

*When you emerge, recite the following blessing:*

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מְלֶכֶד הָעוֹלָם     *Baruch atah, Adonai Eloheinu, Melech ha'olam*  
אֲשֶׁר קִדְּשָׁנוּ בְּטַבִּילָה בְּמַיִם חַיִּים.     *asher kidshanu bi-t'vilah b'mayyim hayyim.*

Blessed are You, God, Majestic Spirit of the Universe  
who makes us holy by embracing us in living waters.<sup>2</sup>

## SECOND IMMERSION

As I prepare to sink into these gentle waters,  
I anticipate emerging ready to welcome my extra Shabbat soul.

*Take a moment for personal reflection and then slowly and completely immerse for the second time.*

## THIRD IMMERSION

Come, let me greet Shabbat, forever a fountain of blessing.<sup>3</sup>

*Relax and let your body soften, as you slowly and completely immerse for the third time.*

## ATTRIBUTIONS

This ceremony was created by Rachel Stock Spilker for Mayyim Hayyim Living Waters.

<sup>1</sup> Adapted from "Sabbath Prayer" by Ruth Brin,  
"Harvest: Collected Poems and Prayers"

<sup>2</sup> Created by Mayyim Hayyim Ritual Creation Team, 2004

<sup>3</sup> Adapted from liturgy (L'cha Dodi)