Honoring the Process of Coming Out

AN IMMERSION CEREMONY FOR AN INDIVIDUAL

Intention
KAVANAH
To be read before preparing for immersion:

I know that I am created b’tzelem elohim, in the image of God, and that a divine spark resides within me. Hineini. Here I stand, no longer alone, on my way to becoming fully unafraid, knowing that I can create safe space for myself, knowing that I have a circle of loved and loving ones who will support and protect me, knowing that I am sheltered beneath the wings of Shechinah, knowing my own power.¹

כ׳ העולם כולה גשר זר חואד והאקר לא לפחד כלל. Kol ha’olam kulo gesher tzar m’od v’ha-ikar lo l’facheid klal.²

All the world is a narrow bridge and the essence of living is not to be afraid.

Immersion
TEVILAH
To be read at the mikveh’s edge before you enter the water:

As the Israelites walked through the sea, so I walk into this mikveh as I choose to liberate myself from old restraints.³

נברך את צי החיים, אשר נתנה لي, נ’ארץ אותה למרを集めים. N’varech et Eyn HaHayyim, asher nat’na li ha’otzma latzeyt min ham’tzarim.

Let us bless the Source of Life for giving me the courage to come out.⁴
FIRST IMMERSION

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:

Baruch atah adonai eloheinu melech ha’olam,
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.

SECOND IMMERSION

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

When you emerge, recite the following blessing:

Elohai, n’shamah shenatata bi t’horah hi.
Atah b’ratah, atah y’tzartah, atah n’fachtah bi.

My God, the soul You have given me is pure.
You created it, You formed it, You breathed it into me.

THIRD IMMERSION

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

When you emerge, recite the following blessing:

Baruch atah, Adonai Eloheinu, Melech ha’olam
shehecheyanu, v’kiy’manu, v’higianu la’zman hazeh.

Holy One of Blessing Your Presence fills creation.
You have kept us alive, You have sustained us,
You have brought us to this moment.

ATTRIBUTIONS

This ceremony was created by Matia Rania Angelou, Deborah Issokson and Judith D. Kummer for Mayyim Hayyim Living Waters.

2 Babylonian Talmud, Berakhot 60b
5 Created by Mayyim Hayyim Ritual Creation Team, 2004
6 Morning liturgy