

Upon Rejoining Community

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read in preparation for immersion:

To keep myself and others safe, I have been separated for a time.
Now I leave my home and take this step toward rejoining community.
I am grateful to feel the sunshine on my arms,
to feel the wind on my face, to feel my feet firm upon the earth.
I am grateful to begin the journey to be with family and friends once again.

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

Just as the ancient Israelites immersed in water after dwelling outside their camp,
I now immerse myself in these living waters and prepare to rejoin community.
I seek healing for my body, my heart, my mind, and my soul.
May my fear be dissolved in these waters.
May my mind be at peace and my soul be filled with hope.
May I feel ready to join my community once more.

Immersion

טבילה T'VILAH

FIRST IMMERSION

Slowly descend the steps into the mikveh.

While in the water, take a moment to reflect deeply on your intention for coming back into community.

Immerse completely so that every part of your body is covered in the warm water of the mikveh.

When you emerge, recite the following:

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מְלִךְ 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.¹

SECOND IMMERSION

Read before you immerse:

Hineini. Here I stand,
preparing to move through this time of transition toward balance and hope.
I acknowledge the losses and challenges of living through a pandemic.
I acknowledge as well my own source of strength which has brought me to this moment.
May I continue to be strong and centered,
ready to support others during these uncertain times.

Take a deep breath and exhale. Gently and completely immerse for a second time.

THIRD IMMERSION

Read before you immerse:

Please, God—help me keep my body strong and free from disease.
Watch over me and protect me as I venture into an uncertain future.
May I be healthy and whole, able to continue my sacred work.

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

When you emerge, recite the following:

To take the first step
To sing a new song—
Is to close one's eyes
and dive
into unknown waters.
For a moment knowing nothing risking all
But then to discover
The waters are friendly
The ground is firm.
And the song—
the song rises again.²

ATTRIBUTIONS

This ceremony was created by Matia Rania Angelou for Mayyim Hayyim Living Waters.

¹ Created by Mayyim Hayyim Ritual Creation Team, 2004.

² Sohn, Ruth H. "I Shall Sing to the Lord a New Song." In *Kol Haneshamah: Shabbat Vehagim*, edited by David A. Teutsch. Elkins Park, PA: The Reconstructionist Press, 1994. Excerpted.