

Conversion

AN IMMERSION CEREMONY FOR AN ADULT

(under the guidance of your sponsoring clergy)

Immersion

טבילה T'VILAH

FIRST IMMERSION

Slowly descend the steps into the mikveh.

Before immersing, say:

It is between me and the water now
The water is my medium
With it I inscribe my name
Invisible and permanent
The house of Israel becomes my home¹

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

*When you emerge, recite **one** of the following blessings:*

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל הַטְּבִילָה. Baruch atah, Adonai Eloheinu, Melech ha'olam, asher kid'shanu b'mitzvotav, v'tzivanu al hat'vilah.

Blessed are You, God, Sovereign of the Universe,
Who has made us holy through your commandments,
and commanded us concerning immersion.

or

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל הַטְּבִילַת גְּרִים. Baruch atah Adonai Eloheinu melech ha'olam, asher kid'shanu b'mitzvotav v'tzivanu al t'vilat gerim.

Blessed are You, God, Sovereign of the Universe,
Who has made us holy through your commandments,
and commanded us concerning immersion for conversion.

SECOND IMMERSION

Take a deep breath and gently and completely immerse for the second time.

*When you emerge, recite **one** of the following blessings:*

שְׁמַע יִשְׂרָאֵל *Sh'ma Yisrael,*
יְהוָה אֱלֹהֵינוּ *Adonai Eloheinu,*
יְהוָה אֶחָד. *Adonai Echad.*

Hear O Israel, *Adonai* is our God, *Adonai* is One.

or

May the words of my mouth, the meditations of my heart,
and this act of immersion seal my devotion to a life of Torah,
a life of service, and a life made holy by acts of loving-kindness.

THIRD IMMERSION

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

When you emerge, say:

Holy One of Blessing, You have made me a Jew.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שְׁחַחֵנוּ, וְקִיַּמְנוּ, וְהִגִּיעְנוּ לְזְמַן הַצֵּדָה. *Baruch atah, Adonai Eloheinu, Melech ha'olam,*
shehecheyanu, v'kiy'manu, v'higianu la'zman hazeh.

Blessed are You, Sovereign of the universe,
Who keeps us alive, and sustains us, and enables us to reach this day.

This is a moment when the universe is especially open to your prayers.

*Take a few minutes to express your own heart's prayer,
then exit the mikveh when you feel ready.*

ATTRIBUTION

¹ Kushner, Rabbi Noa Rachael. "Shared Meditation." In *Choosing a Jewish Life* by Anita Diamant, 117. New York, NY, Schocken, 2016