

Acknowledging Abortion

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

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

Be with me, God, as I prepare to immerse in acknowledgement of my abortion.
Let the *meyyim hayyim*, the living waters of this *mikveh*, wash over me and soothe me.
Help me find peace as I affirm my decision in the healing waters of the *mikveh*.

Immersion

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:

אלהי נשמה שנתת בי טהורה היא. Elohai, n'shamah shenatata bi tehora hi.¹

My God, the soul You have given me is pure.

SECOND IMMERSION

Take a moment to bring to mind what you truly need in this moment. Take a deep breath and exhale completely while gently immersing for a second time. When you emerge, recite the following:

May the One who blesses all, bless and heal me now.
Bless me with _____ as I continue life's journey.
May I be healed and renewed in body, mind, and spirit.

ופרוש עלינו סכת שלומך Ufros aleinu sukkat sh'lomecha.²

Spread over us the shelter of Your peace.

THIRD IMMERSION

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

When you emerge, recite the following blessing:

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ 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.³

A Closing Intention

כוונה KAVANAH

As I leave these healing waters, I thank You, God, for Your blessings.
May I honor my decisions and accept the changes during this time of transition.
May I feel supported and renewed as my life story unfolds.

ATTRIBUTIONS

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

¹ From the *Elohai nishamah* prayer in the morning liturgy
² From the *Hashkiveinu* prayer in the evening liturgy

³ Created by Mayyim Hayyim Ritual Creation Team, 2004