

Following an Abortion

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

Help me, God,
to begin healing from this difficult decision to interrupt the promise of life,
to decide not to see this beginning of life into the world.
Let the living waters of the *mikveh* wash over me and soothe me.
Help me find peace in the warm water of this *rechem*, womb.

Immersion

טבילה T'VILAH

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

Oh God, grant me the hope and courage I need to accept my decision.
May my tears wash away my pain.
I am ready to move into a state of affirming my life,
moving on from this difficult place.¹

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמֶךָ Ufros aleinu sukot sh'lomecha.²

Spread over us the shelter of Your peace.

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 prayer.

May the One who blesses all women, heal and renew me.
May I receive support and strength, patience and courage.
May I be healed in body, mind and spirit.

SECOND IMMERSION

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

When you emerge, recite the following:

אלהי נשמה שנתת בי טהורה היא. Elohai, n'shamah shenatata bi tehora hi.³

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

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:

ברוך אתה, יי אלהינו, מלך העולם אשר קדשנו בטבילה במים חיים. 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.⁴

A Closing Intention

כוונה KAVANAH

I came to this place hoping for self-acceptance and peace.

As I leave these waters,

may I be filled with renewal, energy, power and direction.

Just as water creates change, I honor my own changes at this time of transition.

I am ready to affirm life as it will now be.

Thank you God for Your embracing spirit.⁵

ATTRIBUTIONS

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

1 Rayzel Raphael, Geela. "Abortion Ritual," found on the website www.ritualwell.org. Adapted

2 From the *Hashkiveinu* prayer in the evening liturgy

3 From the *Elohai nishamah* prayer in the morning liturgy

4 Created by Mayyim Hayyim Ritual Creation Team, 2004

5 Rayzel Raphael, Geela. "Abortion Ritual," found on the website www.ritualwell.org. Adapted



Mayyim Hayyim

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