

Upon Completing Sh'loshim— A Month of Mourning

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I come here today to mark the end of *sh'loshim*, thirty days of mourning.

As I stand here ready to immerse in *mayyim hayyim*, living waters,

I prepare to move beyond this phase of mourning, toward building a life without _____.

Immersion

טבילה T'VILAH

FIRST IMMERSION

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

When you emerge, recite the following blessing:

ברוך אתה, יי אלהינו, מלך העולם *Baruch atah, Adonai Eloheinu, Melech ha'olam*
אשר קדשנו בטבילה במים חיים. *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

To be read before you immerse:

To what does this compare?

To the earth

when it moves and quakes

and shifts beneath one's feet.

And when the movement stops,

one walks away, touched, transformed.²

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

THIRD IMMERSION

To be read before you immerse:

Time flows through us like water.

The past and the dead speak through us.³

As long as I live, the memory of _____ lives on within me.

May his / her memory be a blessing.

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

FOURTH IMMERSION

To be read before you immerse:

God strengthen in me the desire to strive for healing.

Give me the courage to reach out across the abyss of grief and
grasp the hands I need to hold.

Take a deep breath, exhale completely and immerse for the fourth time.

When you emerge, recite the following:

I emerge from these living waters strengthened to move forward.

May I have the courage to accept what this journey will bring. Amen.

ATTRIBUTIONS

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

1 Created by Mayyim Hayyim Ritual Creation Team, 2004
2 Hollander, Vicki. "Weathering the Passage: Jewish Divorce." In *Lifecycles: Jewish Women on Life Passages and Personal Milestones*, Vol. 1, ed. Debra Orenstein. Woodstock, VT: Jewish Lights Publishing, 1994, p. 201, www.jewishlights.com. Adapted

3 Piercy, Marge. "Kaddish." *The Art of Blessing the Day: Poems with a Jewish Theme*. New York: Knopf, 1999, p. 138. Excerpted



Mayyim Hayyim

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617-244-1836 • mayyimhayyim.org