

# Mourning a Miscarriage

AN IMMERSION CEREMONY  
FOR AN INDIVIDUAL

## Intention

כוונה KAVANAH

*To be read before preparing for immersion:*

I will enter into this *mikveh* of living waters, this water-womb, as an act of closure and cleansing.

I pray that with this immersion I will move  
from shattered dreams to a sense of wholeness, from grief to hope.<sup>1</sup>

## Immersion

טבילה T'VILAH

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

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,     Baruch atah, Adonai Eloheinu, Melech ha'olam,  
הַרֹפֵא לְשִׁבְרֵי לֵב.     haRofay lish'vuray lev.<sup>2</sup>

Blessed are You, Eternal our God, Healer of the brokenhearted.

God, I mourn today for the one who could have been and grieve deeply  
for the loss of that potential life. Shelter this spirit, O God, in the shadow of Your wings.

## FIRST IMMERSION

*Slowly descend the steps into the mikveh waters and immerse completely so that  
every part of your body is covered by the water. When you emerge, recite the following blessing:*

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

Praised are You, Adonai, God of all creation, who sanctifies us  
with Your commandments and commands us concerning immersion.

## SECOND IMMERSION

*To be read before you immerse:*

אל רַחוּם וְחַנוּן *El rachum v'chanun*

God, Source of Life, merciful and gracious:

I have loved, and I have lost.

Mine is the grief of dreams turned to dust.

Should the threat of despair persist,  
give me the inspiration to regenerate hope.<sup>3</sup>

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

## THIRD IMMERSION

*To be read before you immerse:*

May God who blessed our ancestors,  
Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah,  
grant to me *refu'at hanefesh u'refu'at haguf*—a full healing of body and spirit.

Grant to me abundant blessings from loved ones.

And an awareness of God's presence with me in my pain.

Grant me life and peace, now and always,  
for You are the source of life and peace. Amen.

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

## ATTRIBUTIONS

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

<sup>1</sup> Adapted from an unknown source

<sup>2</sup> Blessing created by Matia Rania Angelou, Deborah Issokson and Judith D. Kummer using Psalm 147:3

<sup>3</sup> Adapted from an unknown source



Mayyim Hayyim

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