

Becoming a Bar Mitzvah as an Adult

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

Hineni—here I am. I am ready to be counted as a knowledgeable Jew; one who can create a full Jewish life for myself and be an example for others.

This immersion is an act of transition for me. I move from student to learner, to teacher and to a new state of responsibility and privilege in the Jewish community.

May I be filled with renewed energy and direction to continue on my Jewish path.

May God grant me strength, courage, and peace. Amen.

Immersion

טבילה T'VILAH

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 blessing:

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מְלֶכֶד 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.¹

SECOND IMMERSION

Take a moment to meditate on the meaning of reaching this day.

When you are ready, take a deep breath and exhale completely, while gently and completely immersing for the second time. When you emerge, recite the following:

יְהִי רָצוֹן מִלְּפָנֶיךָ *Ye'hi ratzon mil'fanecha*

May it be Your will that as I continue to learn Torah,
turning it and turning it and making it my own, I will find everything in it.
Amen.

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:

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

Blessed are You, Eternal our God, for giving me life, sustaining me,
and through one miracle after another, bringing me to this moment.²

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 Interpretive English translation by Matia Rania Angelou, Deborah Issokson and Judith D. Kummer