

Following a first Menstruation

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read to the young woman before she prepares for immersion:

We are women together and our life-giving circle is sacred. May we be blessed beneath the wings of *Shechinah*. May the Holy Source of Life wrap you in the mantle of Her love and protection.

The biblical figure Naomi was a wise and patient guide to her daughter-in-law Ruth as she began a new stage in her life. We offer to do the same for you; to hear your questions with open hearts and minds and to offer our advice with honesty, humility and kindness.

May _____, _____ bat _____ be blessed with the power of women's energy.
ENGLISH NAME PARTICIPANT'S NAME HER MOTHER'S NAME

May we, in turn, be blessed by your power.
Amen. Blessed be. Let it be so.

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, מֶלֶךְ הָעוֹלָם *Baruch atah, Adonai Eloheinu, Melech ha'olam*
אֲשֶׁר קִדְּשָׁנוּ בְּטַבִּילַת בְּמַיִם חַיִּים. *asher kidshanu bi-t'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 deep breath and exhale completely, while gently and completely immersing for the second time.

When you emerge, recite the following:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, *Baruch atah, Adonai Eloheinu, Melech ha'olam*
שְׁעֲשֵׂנִי אִשָּׁה. *sh'asani ishah.*

Praised are You, God, who has made me a woman.

THIRD IMMERSION

To be read before you immerse:

I welcome this stage of Womanhood with a mixture of emotions.

I don't know what the future will bring or how this great change in my body will bring changes to other parts of my life. May I always respect my body and the potential it holds.

Dear God, please help me find wise and caring role models as I learn what it is to be a Woman.

May I have a sense of Your presence with me always.

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, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, *Baruch atah, Adonai Eloheinu, Melech ha'olam*
שֶׁהֶחַיֵּנוּ, וְקִיַּמָּנוּ, וְהִגִּיעָנוּ לְזִמְנוּ 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