

For a Mother of the Bride

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

Soon my daughter will be married.
On that day I, too, will be joining a new family and entering into new relationships.
I come to the *mikveh* to create time for myself—time to be reflective,
to take a breath between the busyness of the preparations
and the excitement of the wedding itself.
As I prepare for my new roles as mother of the bride and mother-in-law,
I recognize the shift in relationship with my daughter
who is now creating a family of her own.

Immersion

טבילה T'VILAH

FIRST IMMERSION—LETTING GO OF THE PAST

Read before you immerse:

As I reflect on my journey as a mother, I remember the milestones that required release and acknowledge those losses. I hold my current relationship with my daughter in my heart and realize that this, also, will change as I let go of what has been and open to what will be.

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:

בָּרוּךְ אַתָּה, יְיָ	<i>Baruch atah, Adonai</i>
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם	<i>Eloheinu, Melech ha'olam</i>
אֲשֶׁר קִדְּשָׁנוּ בְּטַבִּילָה	<i>asher kidshanu bi-t'vilah</i>
בְּמַיִם חַיִּים.	<i>b'mayyim hayyim.</i>

Blessed are You, God, Majestic Spirit of the Universe
Who makes us holy by embracing us in living waters.¹

SECOND IMMERSION—BEING PRESENT IN THE MOMENT

Take a moment for personal reflection:

I hope...

I pray for...

I bless my daughter and her partner with...

I bless our new family with...

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

THIRD IMMERSION—BEING OPEN TO NEW POSSIBILITIES

Read before you immerse:

I look toward the future and acknowledge that my role in the family is changing.

I am entering a new phase in my relationship with my daughter.

I open to... *(Complete with your own thoughts).*

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*
שְׁהַחֵינּוּ, וְקִיַּמְנוּ, וְהִגִּיעֵנוּ לְזְמַן הַזֶּה. *shehecheyanu, v'kiy'manu, v'higianu la'zman hazeh.*

Holy One of Blessing Your Presence fills creation.

You have kept us alive, You have sustained us, You have brought us to this moment.²

A Closing Intention

כוונה KAVANAH

Walk slowly up the steps and out of the mikveh waters. When wrapped again you might recite the following:

My family tree will sprout with the bright green leaves of new growth.

I welcome the experiences that lie ahead. May the roots of our past support a glorious future.

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 Congregation Beth El of the Sudbury River Valley.
Vetaher Libenu. Sudbury, MA. 1980, p. 104