

# Affirmation of Jewish Identity

## AN IMMERSION CEREMONY FOR AN ADULT

(under the guidance of your sponsoring clergy)

### Immersion

טבילה T'VILAH

#### FIRST IMMERSION

Slowly descend the steps into the mikveh.

Before immersing, say:

It is between me and the water now  
The water is my medium  
With it I inscribe my name  
Invisible and permanent  
The house of Israel is my home<sup>1</sup>

Today I affirm my life as a Jew.

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

When you emerge, recite **one** of the following blessings:

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

Blessed are You, God, Sovereign of the Universe,  
Who has made us holy through your *mitzvot*,  
and commanded us concerning immersion.

or

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל הַטְּבִילַת גְּרִים. Baruch atah, Adonai Eloheinu, melech ha'olam, asher kid'shanu b'mitzvotav, v'tzivanu al t'vilat gerim.

Blessed are You, God, Sovereign of the Universe,  
Who has made us holy through your *mitzvot*,  
and commanded us concerning immersion for transformation.<sup>2</sup>

## SECOND IMMERSION

*Take a deep breath and gently and completely immerse for the second time.*

*When you emerge, recite **one** of the following blessings:*

שְׁמַע יִשְׂרָאֵל    Sh'ma Yisrael,  
יְהוָה אֱלֹהֵינוּ    Adonai Eloheinu,  
יְהוָה אֶחָד.    Adonai Echad.

Hear O Israel, Adonai is our God, Adonai is One.

or

May the words of my mouth, the meditations of my heart,  
and this act of immersion seal my devotion to a life of Torah,  
a life of service, and a life made holy by acts of loving-kindness.

## THIRD IMMERSION

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

*When you emerge, say:*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,    Baruch atah, Adonai Eloheinu, Melech ha'olam  
שֶׁהַחַיִּינוּ, וְקִיָּמָנוּ, וְהִגִּיעָנוּ לְזַמַּן הַזֶּה.    shehecheyanu, v'kiy'manu, v'higianu la'zman hazeh.

Blessed are You, Sovereign of the Universe,  
Who keeps us alive, and sustains us,  
and enables us to reach this day.

*This is a moment when the universe is especially open to your prayers.*

*Take a few minutes to express your own heart's prayer,  
then exit the mikveh when you feel ready.*

## ATTRIBUTION

<sup>1</sup> Kushner, Rabbi Noa Rachael. "Shared Meditation." In *Choosing a Jewish Life* by Anita Diamant, 117. New York, NY, Schocken, 2016

<sup>2</sup> Interpretive translation by Matia Rania Angelou