

Becoming a Bar Mitzvah

AN IMMERSION CEREMONY

Intention

כוונה KAVANAH

To be read before preparing for immersion:

I immerse today in celebration of becoming a Bar Mitzvah.

I immerse as an act of transition; from present to future, from student to learner and teacher, from Jewish childhood towards 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
אֲשֶׁר קִדְּשָׁנוּ בְּטַבִּילָה בְּמַיִם חַיִּים. Baruch atah, Adonai Eloheinu, Melech ha'olam
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

Read before you immerse:

As I become a Bar Mitzvah, I take my place as a counted member of my Jewish community.

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

May my decisions and behaviors help to make the world a better place. I commit myself to contributing my time, my talents and the best of myself to doing *Tikkun Olam*, Repair of the World. Amen.

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

