

# Becoming a Bat Mitzvah

AN IMMERSION CEREMONY

## Intention

כוונה KAVANAH

*To be read before preparing for immersion:*

I immerse today in celebration of becoming a Bat 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:*

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ 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.<sup>1</sup>

### SECOND IMMERSION

*Read before you immerse:*

As I become a Bat 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.*

### THIRD IMMERSION

*Before you immerse take a moment to complete the following sentences:*

As I become a Bat Mitzvah, I am grateful for...

As I become a Bat Mitzvah, I hope for...

As I become a Bat Mitzvah, I pray for...

*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, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,     Baruch atah, Adonai Eloheinu, Melech ha'olam  
שֶׁהֵחַיָנוּ, וְקִיָּמָנוּ, וְהִגִּיעָנוּ לְזֶמַן 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.<sup>2</sup>

### ATTRIBUTIONS

This ceremony was created by Matia Rania Angelou, Deborah Issokson and Judith D. Kummer for Mayyim Hayyim Living Waters.

<sup>1</sup> Created by Mayyim Hayyim Ritual Creation Team, 2004

<sup>2</sup> Interpretive English translation by Matia Rania Angelou, Deborah Issokson and Judith D. Kummer



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