

# At the Time of Weaning

AN IMMERSION CEREMONY

## Intention

כוונה KAVANAH

*To be read before preparing for immersion:*

As I prepare myself for this immersion, I look in the mirror and notice the ways that my body has been transformed by the act of creating and nourishing new life.

*Take a few moments to really look at yourself in the mirror.*

I am grateful to God for my body's amazing capacity to grow and sustain life. Now I prepare to reclaim my body for myself, to sustain my good health and my well-being and to nourish my own spirit.

## Immersion

טבילה T'VILAH

*To be read at the mikveh's edge before you enter the water:*

As I enter the living waters of the mikveh,  
I am mindful of each step on the journey of birthing and raising a child.

תִּזְכֹּר נַפְשִׁי אֶת קִדְשַׁת הַגּוּף *Tizkor nafshi et k'dushat haguf.*<sup>1</sup>

I call to mind the holiness of body.<sup>2</sup>

## FIRST IMMERSION

*Slowly descend the steps into the mikveh waters and immerse completely so that every part of your body is covered by the water. When you emerge, recite the following blessing:*

בָּרוּךְ אַתָּה, יי	<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.<sup>3</sup>

## SECOND IMMERSION

*To be read before you immerse:*

Weaning marks yet another change in the way I give of myself as a mother.

First, my womb nurtured and sustained my baby (babies).

Then the milk from my breasts provided nourishment.

Now, my love and care provide sustenance as we continue our journey,  
separate yet intertwined.

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

## THIRD IMMERSION

*To be read before you immerse:*

As I begin this next phase of motherhood, may I nurture myself and be open to the blessings that come my way. May I listen to my intuition and trust myself. I pray that the wisdom I have gained through my life will guide me as I open to the possibility of all I might yet become.

*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*  
שֶׁהַחַיָּנוּ, וְקִיָּמָנוּ, וְהִגִּיעָנוּ לְזְמַן הַזֶּה.      *shehecheyanu, v'kiy'manu, v'higianu la'zman hazeh.*

Blessed are You, Majestic Spirit of the Universe, who gives me life,  
sustains the rhythms of my body and brings me to this moment of renewal.<sup>4</sup>

## ATTRIBUTIONS

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

<sup>1</sup> Falk, Marcia. *The Book of Blessings: New Jewish Prayers for Daily Life, the Sabbath, and the New Moon Festival*. [San Francisco, Calif.]: HarperSanFrancisco, 1996, p. 13. Excerpted. Copyright © 1996 by Marcia Lee Falk

<sup>2</sup> Ibid, p. 12. Excerpted

<sup>3</sup> Created by Mayyim Hayyim Ritual Creation Team, 2004

<sup>4</sup> Congregation Beth El of the Sudbury River Valley. *Vetaher Libenu*. Sudbury, MA. 1980. p. 104



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