

Mourning a Miscarriage

AN IMMERSION CEREMONY
FOR A COUPLE

Intention

כוונה KAVANAH

Immersion is an individual, private ritual.

Each partner should prepare and immerse individually and separately.

Before you go your separate ways to prepare, read the following together, in a common space:

FIRST PARTNER

Here we stand, the two of us together.

The two of us, alone.

We were counting the weeks until our child would be born.

But the promise of life ended too soon.

SECOND PARTNER

God, we mourn today for the one who could have been and grieve deeply for the loss of that potential life. Shelter this spirit, O God, in the shadow of Your wings.

FIRST PARTNER

We will enter into this *mikveh* of living waters, this water-womb, as an act of closure and cleansing. We pray that with this immersion we will move from shattered dreams to a sense of wholeness, from grief to hope.

SECOND PARTNER

Source of Healing, help us find healing among those who care for us, among our friends and loved ones who tend to us.

And when the time is right, help us to dare to choose life again.¹

TOGETHER

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, *Baruch atah, Adonai Eloheinu, Melech ha'olam,*
הַרֹפֵא לְשִׁבְרוֹי לֵב. *haRofay lish'vuray lev.²*

Blessed are You, Eternal our God, Healer of the brokenhearted.

Each partner goes to prepare for immersion separately and immerses separately.

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 water. When you emerge, recite the following blessing.

בְּרוּךְ אַתָּה, יְיָ 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.*

Praised are You, Adonai, God of all creation,
who makes us holy with Your commandments and commands us concerning immersion.

SECOND IMMERSION

To be read before you immerse:

אֵל רַחוּם וְחַנוּן *El rachum v'chanun*

God, Source of Life, merciful and gracious:

I have loved, and I have lost. Mine is the grief of dreams turned to dust.

Should the threat of despair persist, give me the inspiration to regenerate hope.³

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

THIRD IMMERSION

To be read before you immerse:

May God who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah,
grant to me *refu'at hanefesh u'refu'at haguf*—a full healing of body and spirit.

Grant to me abundant blessings from loved ones.

And an awareness of God's presence with me in my pain.

Grant me life and peace, now and always, for You are the source of life and peace. Amen.

As we have wept together, so may we yet soon gather to rejoice. Amen

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

ATTRIBUTIONS

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

¹ Adapted from an unknown source

³ Adapted from an unknown source

² Blessing created by Matia Rania Angelou, Deborah Issokson and Judith D. Kummer using Psalm 147:3



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