

Mi Sheberach

A RECOVERY IMMERSION CEREMONY

Intention

KAVANAH כוונה

To be read before preparing for immersion:

I come here today in hope of finding healing for my body, my heart and my soul and to find renewed strength to guide me through recovery.

Take a moment to reflect on what brought you to the mikvah today.

As I prepare my body to enter the mikvah, I also prepare my mind and spirit to release the cravings that have held onto me and to allow myself to heal.

Immersion

T'VILAH טבילה

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

Mi sheberach, to the one who blesses:

May God bless me with the courage to conquer my cravings,
the strength to stay far from temptations and from people who can lead me astray.

ברוך אתה יי אלהינו מלך העולם שהחיינו וקימנו והגיענו לזמן הזה.

Baruch ata adonai eloheinu melech ha-olam she-heche-yanu, ve-ki-y'manu, ve-higi-yanu la-z'man ha-zeh.

Blessed are You, Source of all Life,
Who has kept us alive and sustained us, and enabled us to reach this day.

First Immersion

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

ברוך אתה יי אלהינו מלך העולם. אשר קדשנו בטבילה במים חיים.

Baruch ata adonai eloheinu melech ha-olam asher kid-shanu bi-tevilah b'mayyim hayyim.

Mi sheberach, to the one who blesses:

Blessed are You, God, Majestic Spirit of the Universe,
Who makes us holy by embracing us in living waters.

Second Immersion

To be read before you immerse:

Mi sheberach, to the one who blesses:

May you, G-d, hear the cry of my soul and bless me with the knowledge that

I have the wisdom and the strength to remake my life.

I have the wisdom and the strength to repair what has been destroyed.

I have the wisdom and the strength to recover what has been lost.

I have the wisdom and the strength to receive all the blessings that have been ignored.

Third Immersion

Take a deep breath in and slowly release.

Let the relaxation absorb your body...

Let your body soften.

Slowly and completely immerse for the third time.

When you emerge, recite the following:

Mi sheberach, to the one who blesses:

May G-d renew my faith in myself.

When I fall into despair, may G-d bless me with hope.

If I stray from the path of recovery, may G-d show me how to begin again.

May G-d open my eyes to all the miracles that surround me.

Amen.

ATTRIBUTIONS

This ceremony was created for individuals who self-identify in recovery. This immersion was created for the community, by the community. We hope it brings comfort and healing to anyone that uses it.



The Blue Dove Foundation's mission is to educate, equip, and ignite our Jewish community with tools to understand, support, and overcome the challenges presented by mental illness and substance abuse. As a community with a focus on tikkun olam, we will improve and save lives while eradicating the shame and stigma surrounding these issues in our global Jewish Community and beyond.



The mission of the Metro Atlanta Community Mikvah (MACoM) is to provide a safe, sensitive, welcoming, halachic and aesthetically beautiful environment for Jewish ritual immersion and conversion, allowing for ongoing fulfillment of spirituality, Torah awareness, healing and wellness.