



Course Overview

After completing this course, you will be able to:

- Facilitate immersions with dignity, respect, and modesty, treating all visitors as honored guests.
- Create a sacred space where people feel welcomed, safe and enriched.
- Serve as an educator and ambassador for mikveh.
- Share with others how immersion in the mikveh has been reclaimed and renewed for both traditional and new uses.
- Recognize situations where you will need to consult with someone else who can help resolve a question or concern that goes beyond your knowledge (i.e. someone at your mikveh, clergy or other educators in their community, or an online resource)
- Apply our Mikveh Guide philosophy to situations you may encounter as a guide.
- Define key Hebrew words and discuss how a community's usage of a particular word may be different from its literal translation.

What will be covered in this course?

- Biblical and Talmudic sources for mikveh
- Laws and practice of traditional mikveh use
- New reasons for mikveh use, e.g. healing, celebrations, life transitions
- How to welcome guests and witness immersions with sensitivity

Weeks that include a Live Session are highlighted

Week	Format	Learning Objectives
1: Creating a Sacred Space and Community	Includes a live Zoom session	<ol style="list-style-type: none"> 1. Explain the concept of a community mikveh and how immersion in the mikveh has been reclaimed and renewed for both traditional and new uses. 2. Describe how Mikveh Guides facilitate immersions with dignity, respect and modesty, and treat all visitors as honored guests. 3. Discuss the Principles of a Community Mikveh and consider how they might be applied in your local community.
2: <i>M'Korot</i> (Sources) Part 1	Asynchronous	<ol style="list-style-type: none"> 1. Answer questions about the basic structure and maintenance of a mikveh and the laws of immersion. 2. Describe texts in the Torah, Talmud and from later rabbinic authorities that discuss the origin of mikveh, the significance of water, and ritual purification through immersion. 3. Explain the meaning of "<i>lo m'kabel tumah</i>," and discuss how it applies to the status of the mikveh and how it relates to the philosophy of openness. 4. Recognize situations where it is better to consult with or refer out to others in your community to address complex issues.
3: <i>M'Korot</i> (Sources) Part 2	Asynchronous	<i>(Continued from Week 2)</i>
4: Preparation and <i>Niddah</i>	Includes a live Zoom session	<ol style="list-style-type: none"> 1. Explain the preparation and immersion process. 2. Discuss a Mikveh Guide's role in facilitating immersions. 3. Describe the different types of immersion ceremonies and make suggestions to guests. 4. Discuss the basic laws of niddah, beginning with biblical and moving on to the rabbinic and other rules and customs that exist.
5: Wedding and Conversion Immersions	Asynchronous	<ol style="list-style-type: none"> 1. Discuss how a Mikveh Guide can support guests coming for wedding immersions. 2. Describe the steps a person may encounter during the conversion process. 3. Discuss the procedures for conversion immersion and some of the different styles and customs rabbis have for facilitating immersions. 4. Explain how a Mikveh Guide supports the sponsoring rabbi during the conversion immersion. 5. Explain the role of a Mikveh Guide during the conversion and how you can help the rabbis, the conversion candidate, and their guests feel comfortable and at ease.

6: Customary and New Reasons for Immersion	Asynchronous	<ol style="list-style-type: none"> 1. Describe the reasons for immersing that are not halachically required, but have a longstanding basis as customs (minhagim) in Jewish tradition. 2. Discuss the reasons people might immerse to mark other life transitions, which have no basis in Jewish law or custom. 3. Discuss your role as a Mikveh Guide in supporting visitors in using the mikveh for whatever reason they choose. 4. Explain the various ceremonies that have been created for immersion and how to help visitors use them as resources. 5. Create your own ritual experience using a variety of sources.
7: Sensitivity and Logistics, Step by Step into the Mikveh	Asynchronous	<ol style="list-style-type: none"> 1. Explain how you will facilitate and guide the visitor's experience, making the visitor's experience the focal point and acting as a witness to that experience. 2. Explain how you will help visitors feel welcomed and safe enough to be vulnerable to a meaningful ritual experience. 3. Discuss how you will respect the physical, emotional, and personal space of each visitor, maintaining confidentiality in all circumstances. 4. Discuss how you will transition from the outside world to become fully present for the people under your care. 5. Explain best practices for facilitating an immersion.
8: Endings and Beginnings: Siyyum	Includes a live Zoom session	<ol style="list-style-type: none"> 1. Review your journey through this course of study. 2. Reflect on the continuation of your personal and communal journey of physical, emotional, and spiritual healing, training, and helping as a Mikveh Guide. 3. Celebrate the completion of this course of study and training through a live <i>siyyum</i>.