

Opening to the New Month

AN IMMERSION CEREMONY
FOR ROSH CHODESH

Intention

כוונה KAVANAH

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

The new moon, the new moon, slim bright light, pregnant with possibilities.

Our lives are like the new moon.

How great are our talents, which God has given us.

How little of them we reveal.

God, in the coming month, help me shed light on the great gifts You have blessed me with,
so that next month, I may say,
“What God has given me, I have truly shared with others.”¹

Immersion

טבילה T'VILAH

FIRST IMMERSION

Slowly descend the steps into the mikveh waters.

The new month is yet to unfold.

I can imagine some of what it will bring, but the rest remains a mystery.

May this new moon and this new month
renew and refresh me and those I love.

Immerse completely so that every part of your body is covered by the warm water.

When you emerge, recite the following blessing:

בְּרוּךְ אַתָּה, יי 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.²

SECOND IMMERSION

With this immersion, I honor new beginnings.

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

When you emerge, recite the following:

Blessed are You who gives us the New Moon,
it is a sign of beginning anew.
Blessed are You, as we start all over again.

New Moon, ancient light, may my spirit rise to You in _____'s sky.³
NAME OF NEW MONTH

Take a moment for personal reflection.

THIRD IMMERSION

To be read before you immerse:

May the new month bring me kindness and blessing.
May I have long life, peace, and good fortune.
May the longings of my heart be fulfilled for good.⁴

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

ATTRIBUTIONS

Created by Rachel Stock Spilker for Mayyim Hayyim Living Waters.

1 Rabbi Jo David, adapted

2 Created by Mayyim Hayyim Ritual Creation Team, 2004

3 Marcia Falk, *The Book of Blessings*, p. 358

4 Liturgy, adapted from *Mishkan T'filah*



Mayyim Hayyim

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