

# Birthday Ritual

*Before Immersion (Kavanah):*

Water is God's gifts to living souls - to clear us, to purify us, to sustain and renew us.

As I celebrate my birthday, may the love of my family and friend be my reward for all the struggles of my youth. Let all the blessings of age emanate from me. Let wisdom flow from my mouth, let compassion flow from my heart, let joy shine for the from my eyes. (Naomi Levy)

*First Immersion*

**Baruch atah adonai, eloheinu melech ha'olam, asher kidshanu bi-t'vilah b'mayyim hayyim.**

Blessed are You, God, Ruler of the Universe, who makes us holy by embracing us in living waters.

*Second Immersion*

As I contemplate the next phase of my life, I pray:

O Source of Life, keep me in awe of sunrise and sunset; keep me in wonder of things grand as mountains and as humble as dandelions and daisies. Let me find joy in ordinary days. Let me embrace happiness, celebrate life and praise You.

*Third Immersion*

**Baruch atah adonai, eloheinu melech ha'olam, shecheyanu v'kiy-manu v'higianu lazman hazeh.**

Blessed are You, Ruler of the Universe, for giving me life, sustaining me, and for enabling me to reach this moment.