

# Ceremony Honoring Gratitude

## 1. *Before Immersion:*

O God, You have called us into life and set us in the midst of purpose we cannot measure or understand. We thank You for the good we know, for the life we have, and for the gifts that are our daily portion.

For health and healing, for the ever renewed beauty of earth and sky, for thoughts of truth and justice which stir us from our ease and move us to acts of goodness, and for contemplation of Your Eternal Presence, which fills us with hope that what is good and lovely cannot perish.

## 2. *During Immersion:*

### *First Immersion*

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

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

### *Second Immersion*

Savoring the miracle of every hour, let this water heal and replenish the spirit within me.

### *Third Immersion*

Recite a personal prayer of gratitude.

## 3. *After Immersion:*

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.