

## Ceremony for Pre-Passover Immersion

*Before Immersion (Kavanah):*

Just as the Israelites stood at the shores of the Red Sea, I stand at this mikvah ready to immerse as part of my own journey to freedom.

*First Immersion: Leaving Egypt*

I acknowledge the narrow places in my life, the ones I have come through and those yet ahead of me.

**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 holy by embracing us in living waters.

*Second Immersion: Hope*

Our ancestor, Nachshon, showed courage by stepping into waters yet un-parted. I, too, claim courage in the unknown and immerse a second time for hope.

*Third Immersion: Springtime Renewal*

As the buds unfurl in spring, I honor the renewal and new growth within me.

*Fourth Immersion: Personal Reflection*

Rooted in my peoples' history, I emerge from these living waters, ready to take my place in our continuing quest for freedom.