

Mikvah Visit
Cantor Lindsay Kanter
September 1, 2023

בְּשַׁעַת חֲדוּתָא חֲדוּתָא, בְּשַׁעַת אֲבֵלָה אֲבֵלָה

At the time when one should be joyous — be joyous.
And when it is time to mourn — mourn.
-Bereshit Rabbah

Jessica-

I am honored to accompany you in this sacred ritual of mikvah. For generations, immersion in the mikvah has offered comfort, solace, and healing. It is not only a cleansing of the body, but also of the spirit — a way of drawing closer to God and, just as importantly, closer to yourself.

These past weeks have carried so much for you: the loss of your cousin, Mark, the loss of your dear friend, Linda, and the joy of your son Benjamin's marriage. Such a whirlwind of emotions is not easy to hold, and I think it is a beautiful and wise choice to create this moment for yourself — to pause, to process, and to step forward refreshed and renewed.

We find ourselves now in the month of Elul, a sacred time of self-reflection. All around the world, Jews are turning inward, considering where we have been and where we hope to go. Elul bridges the past with the future, and my hope for you is that this immersion helps you find peace with what has been, and opens space for what is yet to come.

Describe ritual: Go in, remove all clothing, turn on tap, have her enter in, call out when she is ready

Jessica reads the opening line of Mikvah Sheet before immersing.