



THE MIKVEH

Beth David is proud to maintain Greensboro's only *mikveh* for spiritual and ritual use by the Jewish community. It is available to women and men for regular or occasional use, and to rabbis for the purpose of conversion of their students. Adults using the *mikveh* must be Jewish or candidates for conversion; babies must be at least 4 months old, in good health, and able to hold his/her head up.

Our *mikveh* was designed by Michael Berkelhammer and Rabbi Eliezer Havivi, and built in 1997 by Samet Construction of Greensboro. The Mikveh rooms were designed by Bonnie Miller and Carole Krusch.

FEES

BETH DAVID SYNAGOGUE MEMBERS:
No charge

NON-MEMBERS:
Conversions (single or family): \$100
One-time (bride, groom, etc.): \$100
Monthly: \$35

Checks should be made out to
Beth David Synagogue at the time of *mikveh* use.

FAQs

WHO USES THE MIKVEH?

The *mikveh* is used by married women after the conclusion of each menstrual cycle, adult converts after completing their conversion to Judaism, adopted children and children born to non-Jewish mothers as a symbolic conversion as well as adults wishing to mark the conclusion of a difficult period (after mourning, divorce, or traumatic event), brides, adults before *Yom Kippur* or anyone seeking spiritual renewal.

HOW DO I USE THE MIKVEH?

Mikveh immersion is not about physical cleanliness, so using the *mikveh* begins with a shower at home or at Beth David. A private changing room with a shower is provided. You should remove all jewelry, nail polish, makeup, band-aids, etc. Immersion is done fully unclothed and entails submerging all body parts; dipping all hair and limbs into the water. Depending on your purpose, *brachot*, blessings or meditations can be said before the actual immersion.

WHAT IS THE BLESSING THAT I SAY?

For most purposes, the *bracha* is:

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו,
וציננו על הטבילה

*Baruch ata Adonai, Elohaynu Melech ha'olam asher
kidshanu b'mitzvotav v'tzeevanu al haTevila*

Thank You, God, Sovereign of the universe, who sanctifies us with your guidance and commanded us to immerse."

Depending on the occasion, you may also recite the *shehecheyanu*, thanking God for keeping us in life and enabling us to reach this moment.