

Dear B'nai Mitzvah families,

Many Adas b'nai mitzvah students are choosing to immerse in the Mikvah before their "big day" as a way of preparing spiritually. Attached are two beautiful ceremonies for you to take a look at to see if they would be meaningful to you. To answer the first question in most 13 year olds' minds....swim suits are fine and they can immerse completely by themselves or with a parent or a friend present! It can be scheduled either immediately after the rehearsal, or on Friday afternoon or another time that's convenient for you. It is a really wonderful way to take a step away from the practicing, party planning, rehearsals or other details and to focus on the bigger transition. Here is a link to our Mikvah webpage: <http://adasisrael.org/mikvah/> and this video, (<https://www.youtube.com/watch?v=alob00zs23A&feature=youtu.be>), includes the story of an Adas Israel bat mitzvah student talking about what a special moment it was for her.

Please let me know if you have any questions.

Naomi Malka  
C 202 841 8776  
O 202 362 4433 x 142  
[www.adasisrael.org/mikvah](http://www.adasisrael.org/mikvah)  
[www.bodies-of-water.org](http://www.bodies-of-water.org)

