



An invitation to  
Husband & Wife





# The Mitzvah...

The bond of love between husband and wife takes root and grows through the many experiences of married life.

Through each phase of the marriage — learning to live together in a sharing relationship, becoming parents, raising children, as grandparents, once again living alone in later years — a couple builds a relationship in which love and respect for each other can reach heights unimagined on the wedding day.

Yet the realities of personal and societal pressures may also intrude; the breakdown of family life — all too pervasive in our times — introduces a note of uncertainty about what the future will bring.

We invite you to consider what the mitzvah of mikvah can contribute to your marriage.

Marriage in Jewish life is not simply a concession to social mores nor is it merely the physical uniting of man and woman. It is a total commitment to a priceless relationship of mutual respect and responsibility. Through the commitment — shared by husband and wife — to the fulfillment of the laws of mikvah, Jewish marriage is continuously renewed and sanctified. Husband and wife acknowledge a vital "Third Partner" in their marriage. The temperance of marital relations through G-d's scheme of modesty enhances the strength and stability within a truly Jewish marriage, adding new dimensions for a lasting and meaningful relationship.







## ...of Mikvah

The laws of mikvah require that, with the onset of menstruation, physical intimacy between husband and wife cease until a full seven days elapse without any menstrual flow. Then, in strictest privacy, the wife immerses herself in the mikvah before the couple may resume physical relations. The laws regulating intimacy strengthen the appreciation of a husband and his wife for each other. They accentuate the self-identity and individuality of the Jewish woman while renewing the highest level of mutual respect between husband and wife, ever strengthening and elevating the emotional and spiritual bond which unites them.

Throughout the millennia, the fulfilment of the commandments relating to Jewish family life has added a spiritual dimension to marriage for

countless couples, husbands as well as wives. Through the mitzvah of mikvah, we invoke G-d's blessing for ourselves and our children for a meaningful and successful home life, so elusive in today's society.

This short introductory pamphlet cannot delve into the intricate laws relating to menstruation and mikvah nor describe at length the psychological and physiological benefits of adherence to this mitzvah. Further study and consultation are strongly recommended. (see Bibliography)

We, at Mikveh Israel, invite you to learn more about mikvah and to visit our beautiful, modern facilities. May your married life be a source of Divine blessing.




## A guide to Mikveh Israel



### Reception Area

All the supplies you will need to prepare for immersion in the mikvah — soap, shampoo, toothpaste, nail polish remover, emery boards, etc. are available in the reception area. A moderate fee is charged for use of the mikvah, which helps to offset expenses for maintaining the facilities. The use of all the grooming supplies is included. The mikvah attendant will assist you and escort you to your private preparation suite.





## Preparation Suite

Each of the eight modern preparation suites includes a full bath, dressing area, clothes closet, towels and hair dryer. Preparation involves taking a relaxing bath, washing and combing your hair, trimming your nails and generally assuring that nothing will intervene between you and the clean warm waters of the mikvah. When you are finished, you may notify the mikvah attendant, by means of an intercom buzzer, that you are ready for **tevilah**, immersion.



## Mikvah Hours

The Mikvah is available each evening after sunset and throughout the early portion of the night. The mikvah may be used on Friday evenings (Shabbat) and festivals (Yom Tov) by those within walking distance of the mikvah, by prior arrangement with the mikvah attendant. An introductory visit may be arranged during daylight hours.

## Mikvah

The mikvah proper is accessible from each preparation suite by means of a door which is kept locked to insure privacy. The attendant will admit you to the mikvah room and oversee your immersion, making certain that your entire body including your hair is submerged. You will then recite the required blessing. Many women add a personal prayer for the health and well-being of their family members. Afterwards, your preparation suite offers you a private setting in which to dress and dry your hair.



על מי מנוחות ינהלני

תנחום 3

Beside still waters He leads me

תנחום 238



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