

Welcome to the Waters



Every culture has its water ritual. Mikvah is ours. Ritual immersion is a powerful way of feeling connected to the earth, to Jewish tradition, and to God. As the only inclusive, pluralist mikvah in Baltimore, we welcome you. Here you will find many ways that you as an individual, family or community can experience this unique Jewish resource.

Our Guides

Mikvah guides are an extraordinary group of volunteers with a range of backgrounds and experiences. What they hold in common is their commitment to providing a compassionate presence for your ritual. Guides are selected and trained by rabbis and trauma-informed social workers through the Soul Center and give their time and expertise as an act of sacred service.

Tours & Demonstrations

The mikvah offers tours which can be accompanied by a demonstration of an immersion by either a male or female wearing a bathing suit. These tours are great opportunities for conversion classes, b'nai mitzvah students, as well as anyone who is interested in the mikvah. Please call to schedule an appointment for a tour.

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Soul Center

The Alvin & Lois Lapidus Center
for Healing & Spirituality
Beth El Congregation
8101 Park Heights Avenue
Baltimore, MD 21208
410.484.0411 ext. 1103



soulcenterbaltimore.org/mikvah

Call us to book an appointment today,
or to talk about designing a mikvah experience
that is customized for you. No previous
experience necessary.

Abundant gratitude to the Weinstein and Schultz families and to Beth El Congregation for their generosity in supporting and creating the mikvah.
Join the wave: soulcenterbaltimore.org/donate

אל מקום שהנחלים הלכים שם הם שבים ללכת

"to the place where the rivers go, there they return again."
- Kohelet 1:7

IMMERSE

mindfulness
healing
rejuvenation
growth
gratitude
renewal
transition
acceptance
connection
spirituality
hope

Baltimore's Only Progressive Community Mikvah

We welcome visits from any Jewish person for any reason. Read on for some examples, or create your own mikvah experience with the support from our mikvah guides.

Shabbat (weekly)

A chance to shift from the busy week to a day of rest; from human “doings” to human “beings.”

Niddah (monthly)

A traditional practice that enables women to honor their body’s monthly cycle. Monthly immersions allow partners to infuse intentionality and awareness into a loving relationship.

Conversion

The mikvah finalizes the journey to becoming Jewish. As a person fully immerses, he or she is reborn as a Jew – connected to the Jewish People as if they too, stood at Sinai. If you are coming for a conversion, a preview visit to the mikvah or a conversation with one of our guides will help make this day even more special.

Converting a Child

To ensure a warm and welcoming transition, babies and toddlers will immerse with a parent who can say the blessings on the child’s behalf, while an older child may immerse alone or with a parent.

Milestones/Celebration

Transitional moments can be felt most deeply when marked with a ritual. Let the water be your guide to acknowledge a special time in your life such as graduation, a birthday, retirement, moving, a new job, or any major life change.

Gratitude

Take a moment to be thankful for the gifts that surround you every day or for an unexpected blessing in your life.

Healing

An illness, difficult diagnosis, or recovery from trauma can take its toll on having a healthy connection to your body. An immersion can aid in reconnection and renewal of resolve and hope.

Mourning

Immerse to help you acknowledge change, loss and grief. The mikvah can lead to you being open to new chapters of life and ensure that your memories become a source of blessing.

Divorce

A mikvah immersion may help you take a healing step forward, helping you decide what to let go, what to hold on to, and create new hope for the stretch of life ahead.

Wedding

As a bride or groom, an immersion enables each person to reflect on their love and commitments going into marriage. Come together, alone, or with your favorite people to share in the experience pre and post immersion. Parents of brides and grooms can also visit the mikvah to mark this milestone in their parenting lives.

Fertility

Setting your intention to conceive can open your life to endless change. Mikvah immersion can be an important step as parenthood approaches. The waters can also give the time and space to express frustration or disappointment that can sometimes accompany the journey. An immersion can help turn toward new beginnings, gain clarity and courage, and solicit God’s partnership.

Becoming a Bar/Bat Mitzvah

Visiting the mikvah by yourself or with loved ones surrounding you before your bar/bat mitzvah can be a tremendous way to center yourself in the days before your simcha. The waters can enable you to focus or refocus on what matters most and what the day is about- the transition from childhood into adulthood. This can be a spiritual, calming and love-filled start to your special day.