

## STEPS FOR TAHARA

### All Members Observe Personal Health Safety Precautions

DECORUM · MODESTY · DIGNITY · HONOR · SAFEGUARD TZNIUS (*Modesty for the met/metah*)

- 1 Wash and dry hands, say no blessing. Put on gloves and gowns.
- 2 Set out all materials:
  - a. Warm water for cleansing.
  - b. Cold water in 3 buckets for *Tahara*.
  - c. Dip boards in *Tahara* water
  - d. Lay out supplies; nail clippers, acetone, cotton balls, linens for *Tahara*.
- 3 Arrange shroud in order of dressing.

- 4 Recite **Mechilah** (prayer for forgiveness.)
- 5 Recite **Rebono shel olam chamol** (prayer for mercy for the deceased.)
- 6 Recite **Ana Elohie** (prayer for courage and protection to perform *Tahara* properly.)
- 7 Remove sheet and inspect *met/metah*. Recite **Vay'an Vayomer** (remove soiled garments, beginning the process of helping G-d to reveal the pure spirit of the *neshamah*. (Soul))

- 8 Perform **Rechitza**. Begin washing with warm water, right upper than right lower. Then, left upper, then left lower. Remove nail polish as necessary. Clean under fingernails and toenails with wooden instrument.
- 9 Dry the *met/metah*. Cover with a clean sheet.
- 10 Recite from *Song of Songs*: **Rosho ketem paz** (male) or **Hinach yafah** (female).

- 11 Remove gloves and wash hands. Put on new gloves.
- 12 Recite **Ahmar Rabbi Akiva** (asking G-d to purify the *met/metah*.)
- 13 Place *met/metah* on *Tahara* boards.
- 14 Comb egg white and vinegar through hair. (for *metah* only)
- 15 Cover nose and mouth of *met/metah*.
- 16 Recite **T'hor hoo** (*met*) or **T'hora hee** (*meta*) THREE times and then **M'cheela** (forgive me) while pouring water. Start with 1st bucket on right, 2nd on left and 3rd on right, starting from the head going to the feet. DO NOT LET WATER FLOW STOP.
- 17 Recite **V'hitkaddishtem**, (*Make yourselves holy and be holy, for I, Adonai, am holy.*)(Leviticus 11:44)
- 18 Dry *met/metah* and the table. Do not use towel on *met/metah* after it has been used on table. Remove *tahara* boards. Cover *met/metah* with clean sheet.

**We can now declare that the Met/Metah is Tahor/T'horah**

- 19 Recite **Sos Ahseis** We prepare to dress the *met/metah* in priestly garments.
- 20 Dress *met/metah* in this order:  
**Michnasayim** (Pants and leg ties)  
**Kittonet** (Shirt)  
**Kittel** (Overshirt)  
**Mitznefet** (Head covering)  
**Avnet** (Sash with three loops)  
Tie knots and say **V'atem ha-d'vekeim ba-donai eloheichem chayim kul-chem ha-yom**. (You who esteem G-d have been sustained to this day.)
- 21 Recite **V'el Shaddai yiten lachem rachamim**. (And G-d give you mercy.) Sprinkle small amount of soil in bottom of *aron*. (Burial container.)
- 22 Recite **V'lo yahvo'u** while placing the *met/meta* in the *aron* diagonally. (This verse reminds us of the potential power of placing someone in the *aron*.)
- 23 Recite **V'chiper admato amo** while placing Israeli earth on eyes, heart and genitals. (And G-d's earth shall atone for G-d's people.)
- 24 Wrap *Sovev* first around feet, then right, left and head. Place clay pieces on *met/meta*. Place any fresh bloody items and loose hair at foot of casket. Remove gloves and place top on *aron*.
- 25 Recite **Hineih Mitato** (We pray for G-d's protection for [name of deceased].)
- 26 Recite **Mechilah** (ask *met/meta* for forgiveness.)
- 27 Recite **Y'varchech(cha)** (priestly blessing.)
- 28 Remove gowns and hand and foot coverings. Wash hands with strong soap, Ritually wash with washing cup. (*Keili*).
- 29 Recite **Uvinso'a hamishkan** (asking G-d for assurance that this *neshama* will be protected for eternity) while casket is being moved from *Tahara* room, feet first. Light candle and place on top of the *aron*.

חברה קדישא

CHEVRA KADISHA

OF SONOMA COUNTY

"To Honor the Dead and Strengthen the Living"