

Dear Parents:

The day on which your child reaches the age of Bar/Bat Mitzvah is now fast approaching. The Bar/Bat Mitzvah celebration is truly one of the most important events in a Jewish person's life. Here at Plainview Jewish Center, our goal is to work with you during the coming months to insure that your child's Bar/Bat Mitzvah will be:

- Religiously fulfilling and meaningful
- An occasion that will fill your family with pride
- A foundation that enables your child to continue religious education and to make informed decisions concerning his or her future religious life as a responsible adult Jew.

This booklet is designed to assist and guide you in your plans and arrangements for the celebration of your child's Bar/Bat Mitzvah. Please read it through carefully, noting the necessary steps leading to a satisfying religious experience. We are anxious, as are you, to have your child solidly prepared to participate skillfully, and to enjoy a meaningful religious experience. We hope that we can help make this event a truly memorable and significant one in your child's life, and in the experience of your entire family.

We at Plainview Jewish Center, including our Clergy, Educators, Officers, Staff, Religious, and Education Committees are here to serve you, and will be happy to consult with you at any time concerning the contents of this booklet or any questions or concerns that that may develop.

Office phone – 516 938-8610

Rabbi Conn:	Extension 106
Cantor Berkson	Extension 105
Shira Ornstein, Education Director	Extension 110

E-mail –

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May this event truly be a simcha for your entire family, as we take this opportunity to extend to you our very best wishes and to offer you and your child a heartfelt Mazal Tov!

The Board & Clergy of Plainview Jewish Center

THE MEANING OF BAR/BAT MITZVAH

People often use the term “bar mitzvah” as a verb; as in “Joey was bar-mitzvah-ed at Plainview Jewish Center”. In Jewish tradition, however, “Bar Mitzvah” is a noun that refers to a Jewish male who is at least thirteen years old. At thirteen, Jewish tradition teaches that boys become “bar mitzvah”—capable of taking responsibility for carrying out all 613 commandments (mitzvot). In essence, then, at thirteen a boy becomes a Jewish adult, with all the attendant privileges and obligations. The traditional age for “bat mitzvah”, the time when girls are considered Jewish adults, is twelve.

It may seem strange to think of our early adolescent children as adults. In ancient times, however, boys at thirteen were apprenticed to a trade. Boys at thirteen and girls at twelve were often betrothed to each other in marriage. Childhood was much shorter two thousand years ago. The age of bar and bat mitzvah reflects these realities.

Today, adulthood begins much later. But as the parent of any thirteen year old boy or twelve year old girl can attest, our bar and bat mitzvah age children are already experiencing big changes: physically and emotionally. The long transition from childhood to adulthood has begun. For our children, becoming bar or bat mitzvah is not so much a confirmation of their status as adults as it is a challenge. By challenging our children to live up to the responsibilities of a Jewish adult, we set out for them clear expectations for the role we want them to play in the Jewish community. We expect our children to grow into this role in their teenage years; so that what is possible but difficult for them at twelve or thirteen becomes comfortable and familiar at eighteen. In this sense, becoming bar or bat mitzvah is only the beginning of a child’s journey into Jewish adulthood.

PREPARATIONS

Preparation for Bar/Bat Mitzvah really begins at birth. Parents, family and our synagogue community together educate our children, model Jewish observance for them and inspire them to a love of God, Torah and the Jewish people.

In addition, our students must fulfill formal educational requirements in order to celebrate Bar/Bat Mitzvah at Plainview Jewish Center.

For Religious School Students:

Each candidate will be required to maintain a satisfactory record of attendance, study and conduct in the regular Religious School class and Junior Congregation. Consistent attendance in both the Religious School and Junior Congregation will insure that your child will be adequately prepared at his/her Bar/Bat Mitzvah.

Junior Congregation attendance requirements are:

Every student in grades Bet and Gimel will be required to attend a minimum of 8 services throughout the year. 4 must be from Junior Congregation and 4 others may be at either Junior Congregation or other services excluding High Holiday services.

Every student in grades Daled and Hey will be required to attend a minimum of 12 services throughout the year excluding High Holiday services. At least 4 must be from Junior Congregation, 4 in the main sanctuary, and the remaining 4 can be at Junior Congregation or other services (e.g. Teen Minyan, Friday night services, and holiday services).

In addition, every student in grades Daled and Hey will be required to attend at least 6 sessions of our *Tallit and Tefillin* program each year. *Tallit and Tefillin* meets on Sunday mornings during the first half of the school year. For boys, *Tefillin* must be obtained at the beginning of the Hey year. Girls are also encouraged to obtain and learn to put on Tefillin. Parents are strongly encouraged to attend these *Tallit and Tefillin* programs with their children.

Please note that, parents are required to attend six Shabbat services and usher at two of these services in the year prior to a child's Bar/Bat Mitzvah.

We recognize that Plainview Jewish Center asks both our B'nai Mitzvah and their parents to make a significant commitment to participating in educational activities and services. We believe this commitment is a necessary component not only of Bar/Bat Mitzvah preparation, but also our children's preparation for Jewish life. For this reason, we do reserve the right to modify a child's and/or participation in our service should these requirements not be met.

Day School Students

Day School students are expected to meet the same Junior Congregation and service attendance requirements outlined for Religious School students above.

Instruction – with Cantor Berkson

Formal training for Bar/Bat Mitzvah begins one year prior to your child's assigned date. Lessons are given on weekday afternoons and evenings throughout the year. Please be aware that students may not, as a rule, be excused from their Religious School classes to attend lessons.

All students whose Bar/Bat Mitzvah is on a Shabbat morning are taught to recite the required blessings, the *haftarah* (prophetic reading corresponding to the weekly Torah portion), and the *maftir* (concluding section of the Torah portion). In addition, students are encouraged to learn and to conduct the portions of the service prior to taking out the Torah and returning it to the Ark.

All students whose Bar/Bat Mitzvah is on a Shabbat afternoon, weekday *Rosh Chodesh* (new month), *Chol Hamoed* (intermediate day of a festival), or Monday/Thursday morning (American legal holiday) will be taught the appropriate Torah readings and are encouraged to learn to conduct major segments of the service.

Your child will receive weekly assignments which he/she is expected to complete in advance of his/her meeting with the Cantor. Preparation for Bar/Bat Mitzvah cannot be successfully accomplished without a regimen of significant daily home practice, and, in this context, parental supervision is essential. The Cantor invites your interest in the training of your child, and is always available to answer any questions which may arise.

A final rehearsal in the sanctuary for B'nai Mitzvah and their parents will be scheduled by the Cantor during the week before the Bar/Bat Mitzvah. This will enable you to observe your child on the *bimah* prior to the actual event and should enhance your appreciation of this milestone by acquainting you with the order and flow of the service.

Instruction—With Rabbi Conn

Two to four months prior to the ceremony, students will begin meeting with Rabbi Conn on a weekly basis to work on preparing a D'var Torah (a presentation on the Torah portion of the week). Rabbi Conn has prepared a series of instructional units that will help introduce the student to the Torah portion, guide him/her in understanding the content of the Torah portion, and model how to derive meaningful lesson from Torah study. Typically, a student will be asked to complete five to six of these units before writing the actual D'var Torah.

After the student completes these assignments, he/she will be given an outline of the structure of the D'var Torah. The student will then prepare the D'var Torah. Rabbi Conn will assist in editing and preparing subsequent drafts. In the week or weeks prior to the

Bar/Bat Mitzvah, the student will practice delivering his/her D'var Torah from the bimah. Rabbi Conn will guide students during these sessions as well.

Parents are an important part of the process of D'var preparation. Parents are asked to:

- a. Make sure students meet with Rabbi Conn on a weekly basis.
- b. Remind students to complete their weekly assignments.
- c. Provide guidance and assistance with all assignments, including the writing of the D'var Torah.
- d. Make sure the student has a separate folder for all work related to the D'var Torah.
- e. Encourage students to present a D'var Torah that reflects their own thoughts, words and feelings. Remember that the best presentations are the ones that are written by the students themselves, with appropriate guidance from the Rabbi and parents.

A GUIDE TO THE BAR/BAT MITZVAH DAY:
GENERAL INFORMATION AND PLAINVIEW JEWISH CENTER POLICIES

1. A Shabbat Morning Bar/Bat Mitzvah

- a. Sabbath morning services begin promptly at 9:00 AM. The Bar/Bat Mitzvah and his/her immediate family should be seated in the front row at this time.
- b. Guests are urged to arrive on time.
- c. There will be no admission to the synagogue while the ark is open and during the Rabbi's sermon.
- d. Worshippers are provided with a *siddur* (prayerbook) , a *chumash* (*Torah translation and commentary*), a *tallit* (prayer shawl), and a *kippah* (*headcovering*).
- e. People who are called up to the Torah for a speaking *aliyah* will be provided with the Hebrew and the phonetic translation of the blessings.
- f. If non-Jewish friends or family attend, they will be asked to wear a *kippah* but not a *tallit*.
- g. If the family provides special *kippot* in honor of the Bar/Bat Mitzvah, no invitations should be on the basket. Only the name of the child is acceptable.
- h. Buses are not permitted in the parking lots.
- i. Shabbat morning services generally last until 12:00-12:30 PM. Please plan accordingly.

2. Sanctity of the Sabbath

On the Sabbath

- a. Smoking is prohibited in and around the synagogue.

- b. Packages, gifts, food or liquor may not be brought to or removed from the synagogue.
- c. Cell phones, cameras, hand held gaming devices, and other electronics, may not be used on synagogue property—before, during or after the service. Please turn off all cell phones before entering the sanctuary.
- d. Instrumental music is not permitted.
- e. All worshippers should be properly and tastefully dressed (the PJC dress code is included in this handbook).

3. Decorum

Be sure to avoid engaging in conversation during services. Please remember that, as in any other public place, children must be supervised at all times.

4. Friday Evening Service and Oneg Shabbat

As part of the Bar/Bat Mitzvah celebration, the Bar/Bat Mitzvah will chant the *kiddush* at the Friday evening services. The Friday evening Oneg Shabbat will be hosted by the parent(s) in honor of the *simcha*.

5. Shabbat Morning Kiddush

The parents of all Bar/Bat Mitzvah children will sponsor the Shabbat morning basic kiddush which is included in the Bar/Bat Mitzvah fee. Should a family expect more than 60 guests, please contact the kiddush chairperson to make arrangements for additional refreshments. If you are interested in an extended Kiddush, please contact the office for further information.

If you are interested in a more elaborate professionally catered kiddush, please contact our caterer, Irwin Richman Caterers at (516) 938-1310. A separate catering room will be set aside for your guests. Please note that unless you choose to invite the entire congregation to the catered kiddush, a basic kiddush for the congregation is still necessary. The basic kiddush is usually held in the Kirschner Room. However, there are Sabbaths when that space is utilized by the caterer or for congregational programs, in which case, the kiddush will be held in the main lobby or the youth corner.

In addition, wine and liquor for the kiddush are to be provided by the *B'nai/B'not* Mitzvah families. The minimum liquor requirement is 2 bottles of Scotch and 1 bottle of kosher wine per family. These should be brought to the synagogue office either Thursday or Friday afternoon before 3:00 PM.

Decorative kippot baskets with personalized kippot and/or head coverings, if so desired, and candy baskets also must be brought to the synagogue by Friday 3:00 PM. It is the

policy of the synagogue that if your catered affair is not with our caterer, only the child's name may be displayed on the basket(s).

According to synagogue regulations, no food may be brought into the synagogue by anyone. This includes the candy which some families toss at the Bar/Bat Mitzvah. If you wish to follow this custom, arrangements can be made through the office to order a small amount of lightweight kosher candy provided by our United Synagogue Youth at the cost of \$36.00. You will have to provide a decorative basket for the candy if you so desire. Candy should be distributed to adults in the first few rows of the sanctuary for gentle tossing. There is no religious requirement associated with this practice. It is purely optional.

6. *Shabbat Mincha Maariv Bar/Bat Mitzvah*

- a. Services begin promptly 15 minutes before sundown. The parents and their Bar/Bat Mitzvah child are to arrive 15 minutes before the services commence. Based upon our experience, may we suggest that the Sabbath *Mincha Maariv* Bar/Bat Mitzvah time be reported to your guests one-half hour before the actual start of the service.
- b. It is the policy of the Plainview Jewish Center that if a family desires to have its Bar/Bat Mitzvah at mincha time, they must use our caterer, Irwin Richman Caterers. Proper scheduling procedures, as previously outlined, must be adhered to.

7. *Photography and Videography*

Since photography and videography are not allowed on Shabbat, arrangements must be made in advance with the Rabbi and/or the Cantor, except on Fridays, to have photographs and/or video in the sanctuary prior to the Bar/Bat Mitzvah.

8. *Bar/Bat Mitzvah Fees*

According to the policy of PJC, the current fee for a Bar/Bat Mitzvah and all financial obligations to the synagogue must be fully paid 6 months prior to the Bar/Bat Mitzvah. If these obligations are not met, cessation of Bar/Bat Mitzvah preparation may result.

9. *Catered Affairs*

Any catered affair at the synagogue must be booked with our approved caterer, Irwin Richman. Our contract with the caterer provides that he may use our facilities for affairs for non-members. Members, however, have a priority in booking at the synagogue.

TORAH HONORS (ALIYOT)

The honor of being called to the Torah is called an aliyah. Bar/Bat Mitzvah families are given the opportunity to designate four individuals or couples called for aliyot on the day of the Bar/Bat Mitzvah (in addition to the Bar/Bat Mitzvah, who is called for the maftir/final aliyah). Usually the parents are called for the aliyah preceding the Bar/ Bat Mitzvah. That means that, in practice, the Bar/Bat Mitzvah family will designate three individuals (or married couples) to be called for an aliyah.

Most often, the fourth through seventh aliyot are reserved for the Bar/Bat Mitzvah family's designees. Please note, though, that it is customary to call a Cohen for the first aliyah, a Levite for the second and an Israelite for the third and succeeding aliyot. If you are planning to honor a Kohen or Levi with an aliyah, please consult with Rabbi Conn as to the proper procedure.

There are several other honors available to Bar/Bat Mitzvah families. Families may designate someone to dress the Torah (*Gelilah*), someone to carry the Torah when it is returned to the ark, and up to 4 people to open and close the Ark when the Torah is returned to the Ark. For those families that include a non-Jewish parent or grandparent, please see Rabbi Conn for appropriate ways to honor these family members during the service.

The Bar/Bat Mitzvah Honors form to help you in designating your honorees is included within this packet. You must return a copy of this form to the Rabbi at least two (2) weeks prior to the date of the ceremony. Please fill in the full English name of each person you are honoring, the full Hebrew name (for example first name ben/bat parents' first names), and the relationship to the Bar/Bat Mitzvah. The chart is also available for download at the plainviewjewishcenter.com.

Please note that the congregation reserves the right to designate aliyot for others who may be celebrating a family simcha (i.e. a baby naming, aufruf) on the day of the Bar/Bat Mitzvah celebration. The number of honors given to the Bar/Bat Mitzvah family will not be affected.

We suggest that you mail a copy of the Torah blessings to each of your honorees to prepare for his/her aliyah in advance. A sheet that includes the Torah blessings in Hebrew and transliterations, as well as instructions on how to take an aliyah can be found in this booklet. Each Bar/Bat Mitzvah student receives a tape recording of the blessings from the Cantor. An audio file of the Torah blessings can be found on the Plainview Jewish Center website.

Please make sure that your aliyah honorees arrive at the synagogue in time to accept their honors.

MITZVAH PROJECTS:

Shimon Hatzadik was one of the remnants of the Great Assembly. He taught: 'The world stands on account of three things: Torah, *Avodah* (Divine Worship) and *Gemilut Chasadim* (Acts of Kindness).'

Mishnah Pirkei Avot (The Teachings of Our Sages) 1:2

The passage above teaches us that there are really three fundamental areas of activity in Jewish life: worship, the study of Torah and acts of kindness. To be a well-rounded Jewish adult, we should be engaged in all three of these areas. Our Bar/Bat Mitzvah program provides an opportunity for each of our B'nai Mitzvah not only to participate in Torah study, worship and acts of kindness, but to provide leadership for the congregation and community.

In their studies with the Cantor our B'nai Mitzvah learn to lead the congregation in prayer and serve as the congregation's representative reading from the Torah and haftorah. In their studies with Rabbi Conn, our students learn not only how to study Torah and derive lessons that apply to everyday life; but also to be teachers who can share their insights with the congregation. By selecting and completing a Mitzvah project, our B'nai Mitzvah not only engage in acts of kindness, but provide others the opportunity to join them.

Students celebrating Bar/Bat Mitzvah in 2010 are encouraged to select a Mitzvah project at least six months prior to Bar/Bat Mitzvah. Students must fill out a Mitzvah project form and get the approval of the Rabbi before beginning. During the meetings with the Rabbi devoted to D'var Torah preparation, each student will be asked to share his or her progress on the Mitzvah project with the Rabbi. Those who complete the project will be recognized for their achievement during the Bar/Bat Mitzvah celebration. Our congregation will be happy to help publicize all mitzvah projects to our Religious School and Congregational members through the Plainview Jewish Center Website.

Students should choose a project carefully. Rabbi Danny Siegel, a pioneer in creating opportunities for young people to be involved in mitzvah projects suggests the following:

Start by asking yourself a few questions.

We all know the traditional four questions recited at the Passover seder-- *Ma nishtana haleila hazeh*.... But here is a different set of four questions, as well as a Question We Need to Ask Before We Ask the Four Questions.

First, we must ask: What are the other person's (the person we want to help) needs?

Then, and only then, should we ask the Four Questions:

1. What am I good at?
2. What do I like to do?
3. What bothers me so much about what is wrong in the world that I get very angry and want to do whatever I can to change it?
4. Whom do I know?

And finally: Why not?

#1 may include: giving big hugs, playing soccer, baking chocolate chip cookies, talking on the phone for hours, being a computer whiz, or drawing or painting the most beautiful pictures.

#2 In order to answer what you like to do, you will have to think a little bit more. What activities give you the most pleasure? Can you sit and read for hours? Are you really excited about playing the guitar or keyboard?

#3 "What bothers you?" Are you tired of hearing that there are untold numbers of kids who go to bed hungry every night? Are you enraged when you think about what terrible things happened when the World Trade Center was attacked? Do you feel uncomfortable when you visit a nursing home and see so many people just sitting and staring into space? Now, turn what bothers you into tikkun olam and make a difference.

#4 The classic example of "Whom do I know?": After the World Trade Center attack on September 11, 2001, we saw unprecedented giving and helping from all parts of the country. Some people raised money by making American flag pins with safety pins and beads, others held bake sales--anything to raise funds to help the victims.

The late George Harrison of Beatles fame went one step further. He remembered how his own father, a firefighter in his native England, put his life on the line every time he went out to fight a fire and then used the "Whom Do I Know" principle to raise tens of millions of dollars for relief for fallen firefighters. How did he do it? He called all of his friends, the most famous rock stars we know, and brought them together for an incredible concert. The result? Millions of dollars for relief for the victims of the terror attacks.

Know someone who enjoys playing a musical instrument as much as you do and would like to join you in a concert at a local nursing home? Or maybe you have a relative who is a dentist and is willing to give you dental supplies that can be donated to a dental clinic in Jerusalem? Are you and your friends ace soccer players who could teach kids at a homeless shelter how to play?

There is no end to the answers to this question. You just need to think about it... and do it!

The additional question--"Why Not?"--is generally the easiest of all. Almost always the answer is, "There's no real reason why not. So, let's do it." Now, list your own answers, pick a piece of tikkun olam, and go do it.

Here are some examples of Mitzvah project opportunities available in our area.

Mid Island Y/Jewish Community Center, Plainview, NY

Opportunities for hands on mitzvah projects are available through the Senior Adult program and the K.I. S. S. (children with special needs) program. In addition, the Teen Department sponsors group projects that can be used to fulfill all or part of this requirement.

Contact Assistant Executive Director Sue Tregerman at (516) 822-3535 ext. 320 to coordinate your project.

Locks for Love:

<http://www.locksoflove.org/>

Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children in the United States and Canada under age 21 suffering from long-term medical hair loss from any diagnosis. We meet a unique need for children by using donated hair to create the highest quality hair prosthetics. Most of the children helped by Locks of Love have lost their hair due to a medical condition called alopecia areata, which has no known cause or cure. The prostheses we provide help to restore their self-esteem and their confidence, enabling them to face the world and their peers.

Jewish National Fund:

http://support.jnf.org/site/DocServer/JNFandU3_28_07.pdf?docID=1341

Over the past 107 years, JNF has evolved into a global environmental leader by planting 240 million trees, building over 200 reservoirs and dams, developing over 250,000 acres of land, creating more than 1,000 parks, providing the infrastructure for over 1,000 communities, bringing life to the Negev Desert and educating students around the world about Israel and the environment.

The link above leads to a page that lists a number of wonderful Mitzvah project ideas in connection with Israel and the environment.

MAZON

<http://mazon.org/wp-content/uploads/2009/10/Bar-Bat-Mitzvah-Program-Final.pdf>

Founded in 1985, MAZON: A Jewish Response to Hunger is a national nonprofit organization that allocates donations from the Jewish community to prevent and alleviate hunger among people of all faiths and backgrounds.

Each year, MAZON grants over \$4 million to more than 300 carefully screened hunger-relief agencies, including emergency food providers, food banks, multi-service organizations and advocacy groups that seek long-term solutions to the hunger problem.

MAZON provides the outline for a mitzvah project that involves learning about and raising money to combat hunger. Complete the Mitzvah project at the link shown above.

A Package From Home

<http://www.apackagefromhome.org/>

A project that connects B'nai Mitzvah with Israeli soldiers. The project involves sending letters and packages to Israeli soldiers who have no family in Israel.

These are only a few of the many projects that B'nai Mitzvah can undertake. See Rabbi Conn or Mrs. Orenstein for additional ideas.

SUGGESTED READING FOR PARENTS AND B'NAI MITZVAH

The following is a short list of reading material of benefit to both student and parent.

- i. Bar Mitzvah sections of Jewish Catalogs, particularly The Second Jewish Catalog, p. 61-67.
- ii. Rabbi Jeffrey K. Salkin, Putting God on the Guest List, Jewish Lights Publishing, Woodstock, Vermont, c1993.
- iii. Seymour Rossel (and an Editorial Committee of Many!), A Spiritual Journey, Bar Mitzvah and Bat Mitzvah Handbook, Behrman House, Inc., W. Orange, NJ, c 1993.
- iv. The Complete Artscroll Siddur
- v. Rabbi Reuven Hammerman, Or Hadash: A Commentary on Siddur Sim Shalom for Shabbat and Festivals

PEOPLE WHO CAN HELP

Rabbi Steven Conn..... 938-8610 X106
Cantor 938-8610 X105
Dorit Mass, Temple Manager 938-8610 X 101

Robert Ian, Caterers.....938-1310

Please contact the synagogue secretary for the names and phone numbers if you are interested in:

- Sisterhood Judaica Shop (for kippot and other items)**
- Sisterhood Book of Life**
- Kiddush Chairperson**
- USY Director (for candy)**
- Tree of Life Plaques**
- Any other services**

PJC DRESS CODE

For your guidance, we are including in this handbook, the PJC Dress Code designed by our Ritual Committee and approved by our Board of Trustees. These guidelines apply to services in the main sanctuary.

REQUIRED

MEN AND BOYS

- . Men and boys must wear a head covering upon entering the building and may not remove it during the entire time they are in the building.
- . Men and boys must wear shirts with sleeves and long trousers in the sanctuary.
- . Men must wear a *tallit* on the *bimah* at those services that require it.

WOMEN AND GIRLS

- . Women and girls over the age of 12 must wear head coverings and have their shoulders covered on the *bimah*.
- . Women and girls must be dressed with appropriate modesty.

SUGGESTED

MEN AND BOYS

- . Men should wear jackets on the *bimah*.
- . Jewish men should wear a *tallit* at those services that require it.

WOMEN AND GIRLS

- . Women and girls should wear dresses, skirts or dress slacks.
- . Women and girls should not wear short skirts, low-cut dresses, bare shoulders or bare midriffs.
- . Women are encouraged to have head coverings during services.
- . Women are encouraged to wear a *tallit*.
- . Shawls should be used to cover bare shoulders.

MAZAL TOV

July, 2019

- *Families can take 4 aliyot
- *Dress the Torah Scroll (1-2)
- *Ark Opening (1-2)
- *Torah Carrier (1)

Honor	English Name	Hebrew Name ____ ben/bat ____ v' —
Ark Opening #1		
1. First (Kohen) Aliya		
2. Second (Levi) Aliya		
3. Shelishi		
4. *Re'vi'i		
5. *Chamishi		
6. *Shishi		
7. *Shevi'i		
*Maftir: (The Bar/Bat Mitzvah)		

Honor	English Name	Hebrew Name _____ ben/bat _____ v' _____
Hagbah (lifting the Torah)		
*Gelilah (1-2) (dressing the Torah)		
*Ark Opening #2 (1-2)		
*Torah Carrier (1)		

Mitzvah Project Form

Please return this form to Rabbi Conn no later than 6 months prior to your Bar/Bat Mitzvah date. Discuss your project with the Rabbi Conn prior to completing this form.

Name of Bar/Bat Mitzvah: _____

Project will benefit: _____

Please write a brief description of the project that you plan:

Timeline to accomplish this project: _____

Goal: _____

Jewish values reflected in this project: _____

Signature of Bar/Bat Mitzvah

Parent Signature

READINGS FOR THE TALIT PRESENTATION

Families may choose to present the Bar/Bat Mitzvah with a talit at the beginning of the Shabbat morning service. Parents and/or grandparents will be called to the bimah with the Bar/Bat Mitzvah. Families may choose one of the following prayers to recite during the presentation.

I. (For a girl)

On this Shabbat, when our daughter celebrates becoming a Bat Mitzvah, we have come with her and our loved ones to join in worship and to offer our prayer of thanksgiving.

We thank You, God, for the privilege of sharing with You in the miracle of creation that brought our daughter into this world. We are grateful for the thirteen years of nurturing this life, for the unnumbered joys and challenges that these years have brought us. Praise to You, Adonai, for watching over us and guiding us, and allowing us to share this simcha today.

(The Bat Mitzvah recites the Talit Blessing)

(Presenters drape the talit over the shoulders of the Bat Mitzvah)

As we place this Talit upon our daughter's shoulders, we pray: Watch over her God, on this special day and every day. Grant her a growing understanding of the true significance of this occasion and a deepening loyalty to everything it represents. May the teachings of our heritage guide her throughout life, and may she lead a life worthy of Your blessings.

(For a boy)

On this Shabbat, when our son celebrates becoming a Bar Mitzvah, we have come with him and our loved ones to join in worship and to offer our prayer of thanksgiving.

We thank You, God, for the privilege of sharing with You in the miracle of creation that brought our son into this world. We are grateful for the thirteen years of nurturing this life, for the unnumbered joys and challenges that these years have brought us. Praise to You, Adonai, for watching over us and guiding us, and allowing us to share this simcha today.

(The Bar Mitzvah recites the Talit Blessing)

(Presenters drape the talit over the shoulders of the Bar Mitzvah)

As we place this Talit upon our son's shoulders, we pray: Watch over him God, on this special day and every day. Grant him a growing understanding of the true significance of this occasion and a deepening loyalty to everything it represents. May the teachings of our heritage guide him throughout life, and may he lead a life worthy of Your blessings.

II. (For a girl)

We thank You, O God, for the joyous fulfillment we feel as our daughter reaches the threshold of womanhood. How privileged we feel that she is our daughter, and she is bound to us by bonds of love, of memory and of hope.

O God, accept our thankfulness for the thirteen years that have come and gone, bless our hope for the years that are yet to be. May Your mercy and guidance accompany this Bat Mitzvah at all times, in a life marked by reverence for Torah and love of all Your children.

(The Bat Mitzvah recites the Talit Blessing)

(Presenters drape the talit over the shoulders of the Bat Mitzvah)

As we place this Talit upon our daughter's shoulders, we pray: Watch over her God, on this special day and every day. Grant her a growing understanding of the true significance of this occasion and a deepening loyalty to everything it represents. May the teachings of our heritage guide her throughout life, and may she lead a life worthy of Your blessings.

(For a boy)

We thank You, O God, for the joyous fulfillment we feel as our son reaches the threshold of manhood. How privileged we feel that he is our son, and he is bound to us by bonds of love, of memory and of hope.

O God, accept our thankfulness for the thirteen years that have come and gone, bless our hope for the years that are yet to be. May Your mercy and guidance accompany this Bar Mitzvah at all times, in a life marked by reverence for Torah and love of all Your children.

(The Bar Mitzvah recites the Talit Blessing)

(Presenters drape the talit over the shoulders of the Bar Mitzvah)

As we place this Talit upon our son's shoulders, we pray: Watch over him God, on this special day and every day. Grant him a growing understanding of the true significance of this occasion and a deepening loyalty to everything it represents. May the teachings of our heritage guide him throughout life, and may he lead a life worthy of Your blessings.

III.

(For a girl)

Our dear (or name of the Bat Mitzvah)
May you live to see your world fulfilled;
May your destiny be for worlds still to come.
May you trust in generations past and yet to be;

May your heart be filled with intuition and your words with insight.
May songs of praise ever be on your tongue;
And your vision be on a straight path before you.

May your eyes shine with the light of holy words,
And your face reflect the brightness of the heavens.
May your lips ever speak wisdom and your fulfillment be in righteousness.
Even as you yearn to hear the words of the Holy Ancient One of Old.

(The Bat Mitzvah recites the Talit Blessing)

(Presenters drape the talit over the shoulders of the Bat Mitzvah)

As we place this Talit upon our daughter's shoulders, we pray that your protecting and loving care will accompany her wherever she goes and in all that she does. Help her to become all that she is capable of being. Give her strength and courage as she grows as a Jew. May she know the joy of continuing to study Torah, fulfill mitzvot and join with the congregation in prayer. May the teachings of our heritage guide her throughout life, and may she lead a life worthy of Your blessings.

(For a boy)

Our dear (or name of the Bat Mitzvah)
May you live to see your world fulfilled;
May your destiny be for worlds still to come.
May you trust in generations past and yet to be;

May your heart be filled with intuition and your words with insight.
May songs of praise ever be on your tongue;
And your vision be on a straight path before you.

May your eyes shine with the light of holy words,
And your face reflect the brightness of the heavens.
May your lips ever speak wisdom and your fulfillment be in righteousness.
Even as you yearn to hear the words of the Holy Ancient One of Old.

(The Bar Mitzvah recites the Talit Blessing)

(Presenters drape the talit over the shoulders of the Bar Mitzvah)

As we place this Talit upon our son's shoulders, we pray that your protecting and loving care will accompany her wherever he goes and in all that he does. Help him to become all that he is capable of being. Give him strength and courage as he grows as a Jew. May he know the joy of continuing to study Torah, fulfill mitzvot and join with the congregation in prayer. May the teachings of our heritage guide him throughout life, and may he lead a life worthy of Your blessings.

**IV.
(For a boy or a girl)**

(B'nai Mitzvah's name), as we place this talit on your shoulders, wrap yourself in the dreams of Israel and all the generations of our people who have come up to the bimah to lead the congregation in prayer.

Clothe yourself with this mantle of prayer and listen to the heartbeat of centuries.

Carry with you the psalms of David, the songs of Solomon and the dance of Miriam.

Hear the prophets calling out the words which reshape reality.

All this, and the future, too, is in this tallit...which we now present to you with love...Mazel Tov!

(Bar/Bat Mitzvah now takes the Tallit and recites blessing)

(Following the Blessing the Bar or Bat Mitzvah recites the following)

As I wear this tallit for the first time today, I realize that on my shoulders, I now carry my responsibility to continue the traditions of Am Yisrael, the People of Israel. These fringes, with their special knots on each corner, serve as a visible reminder of the mitzvot, the commandments of the Torah. As I wrap myself in my tallit, I am accepting the obligation to fulfill these mitzvot as it is written in the Torah.

(Parents hug Bar/Bat Mitzvah and return to their seats)

PARENTS' BLESSINGS FOR BAR/BAT MITZVAH

1. The Parents recite the She-he-chi-anu prayer together in Hebrew and English; expressing gratitude to God for reaching this joyous occasion.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ
וְהִגִּיעָנוּ לַיּוֹם הַזֶּה.

*Baruch Ata Adonai, Elo-hay-noo Melech Ha-Olam, She-he-che-yan-
noo, V'kee-manoo, V'Hee-gee-anoo, Lazman Hazeh.*

Praised are You, Lord our God, who rules the universe, for granting us life,
for sustaining us, and for bringing us to this day.

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- 2) The Parents bless their children with the traditional blessing for sons or daughters in Hebrew and English: It is traditional for the parents to place their hands on their child's head during the blessing.

For a boy:

עֲשׂוּי אֱלֹהִים יַעֲנִיק לְךָ אֶת בְּרַכְתּוֹ שֶׁל אֶפְרַיִם וּמְנַשֶּׁה.

Y'seem-cha eh-lo-heem k'ef-ra-yeem v'chee-m'na-she.

May God grant you the blessings of Ephraim and Menasheh.

For a girl:

שֶׁאֱלֹהִים יַעֲנִיק לְךָ אֶת בְּרַכְתּוֹ. שֶׁל שָׂרָה, רִבְקָה, רָחֵל וְלֵיָאָה.

Y'seem-aych eh-lo-heem k'sara, reev-ka, ra-chayl v'lay-ah.

May God grant you the blessings of Sarah, Rebecca, Rachel and Leah.

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3. The Cantor continues the blessing in Hebrew. The Parents respond in English.

Ye'varech'echa Adonoy ve'yish'merecha. Ya'ir Adonoy panav eilecha viy-chuneka. Yisa Adonoy panav eilecha, ve'yasim lecha shalom.

'אוי ויימסמרצ'ה. יאיר דאוי-chuneka. שלום וביג, וליד יעקב

May God bless you and protect you. May God's face shine toward you and show you favor. May God look favorably upon you and grant you peace.

שהאל יראה לך טובה. ותהיה אדיב כלפי

May the Lord show you favor and be gracious to you

מי ייתן והאל יראה לך אדיבות ויעניק לך שלום

May the Lord show you kindness and grant you peace.

AN ALIYAH TO THE TORAH

Blessing before the reading of the Torah

Begin with

Bor-chu et Ado-nai ha-me-vo-rach

The Congregation will answer

Ba-ruch Ado-nai ha-me-vo-rach le-olam va-ed

You repeat

Ba-ruch Ado-nai ha-me-vo-rach le-olam va-ed

Then continue

Ba-ruch a-tah Ado-nai, Elo-hay-nu Me-lech Ha-o-lam, a-sher ba-char ba-nu mee-kol ha-a-meem v'na-tan la-nu et Torah-to, Ba-ruch a-tah Ado-nai, no-tayn ha-Torah

After the Torah is read, recite the following:

Ba-ruch a-tah Ado-nai, Elo-hay-nu Me-lech Ha-o-lam, a-sher na-tan la-nu To-rat em-et, v'cha-yay o-lam na-ta b'to-chay-nu, Ba-ruch a-tah Ado-nai, no-tayn ha-Torah.