

## **Jewish Journeys Program**

**5779**

**2018-2019**



The Jewish Journeys program is an experiential program for students to explore their Jewish identity, build relationships with other students in the community and to prepare for their Bar or Bat Mitzvah.

Jewish Journeys will meet on Tuesday evenings from 6:00-8:00pm, beginning with dinner (usually pizza and drinks). Throughout the year, we will have special guests from the community who will speak to the students, in addition to trips to Jewish sites around Montreal.

In order to make the program meaningful and enjoyable for a diverse group of students with various knowledge levels and backgrounds, the program will be a mix of informal learning, youth group style programming, field trips and family activities. We will work to ensure that both day school students and beginners will find the program worthwhile.

The program will begin and end with a family Shabbaton which will begin on Saturday afternoon at the synagogue. This is an opportunity for parents and families to get to know each other and for students to continue to explore their Jewish identity and the B'nei Mitzvah process.



CONGREGATION DORSHEI EMET

The regular schedule for each Tuesday evening will include:

- Dinner and check in
- Interactive learning activities or guest speakers
- Music, Prayer, and Jewish news updates

**Tuesdays 6:00-8:00pm**  
(18 sessions in total)

**2018**

October 23, 30

November 6, 13, 20, 27

December 4, 11

**2019**

January 8, 15, 22, 29

February 5, 12, 19, 26

March 5, 12

Additional Events:

-Congregational Tish: (to bless the Jewish Journeys class) Saturday, November 3, 10am

-Fall Shabbaton: Saturday, November 24-25

-Chanukah Food Baskets delivery: Sunday, November 25, 9am.

-Family Potluck: February 1, 6:30pm

-Spring Shabbaton: Saturday, March 30-31



CONGREGATION DORSHEI EMET

Sessions will include:

**Identity Building:** An exploration of students' Jewish identity, through activities, interactive games and discussions.

**Middot (Jewish Values):** Throughout the year, we will explore the roots of traditional Jewish values (protecting the environment, caring for our bodies, promoting peace), and work on individual and group projects around these themes.

**Ritual and Spirituality:** Students will explore Jewish concepts of spirituality, will look at specific Jewish rituals and practices, and explore the many ways that contemporary Jews have made them meaningful and relevant to their lives. They will delve deeper into more well-known practices and try out lesser known rituals and spiritual exercises. Through text study, group discussions, writing and art we will try to make these ancient practices our own.

This year we are also honoured to have Carmela Aigen lead workshops throughout the year as part of the program.

**Field Trips:** Jewish Public Library, Papermans Funeral Home, JEM workshop

**Special Guests:** Over the course of the program we will be inviting special guests from the community – elders, leaders, activists and others – who will be sharing their own Jewish journeys and answer questions from the group.

Other activities include:

- Exploration of Jewish food traditions (with cooking)
- Designing the “ideal synagogue”
- Jewish identity workshops
- “Hot Topics” for Jewish teens: relationships, social justice, and chosenness
- Creating your personal wimple with Carmela Aigen



CONGREGATION DORSHEI EMET

### Meetings with the Rabbi:

There is a minimum of 3 meetings with the Rabbi built into our program. It is your responsibility to set up these meetings. Meetings with the Rabbi are generally as follows:

1. First meeting (family): 6-8 months prior to Bar/Bat Mitzvah. To explore the spiritual meaning of the process, talk about the Torah and Haftarah portion for that specific Shabbat service, and discuss any questions or details about the process.
2. Second meeting (Rabbi and student): 3-4 months prior to Bar/Bat Mitzvah. To discuss D'var Torah and Mitzvah project, student and Rabbi will discuss the Torah portion and strategies for developing a D'var Torah.
3. Third meeting (family): 6-8 weeks prior to Bar/Bat Mitzvah. To discuss any remaining questions, concerns, submit the "Honours" form, clarify other details, and to continue to discuss the Torah portion as a family.
4. Dress rehearsal: typically on Sunday or Thursday afternoon, prior to the B'nei Mitzvah service.
5. Many families also have an Aufruf during the week before the simcha.

*There are good books to read, classes to take, information to gather. But nothing compares to simple presence: presence at shul, presence with the rhythms of Shabbat and Jewish holidays, presence with Jewish prayer and ritual, and the presence of Jewish practice – Jewish books and Jewish conversation at home within the family. Take advantage of the opportunity to become part of the community and in so doing to become part of the fabric of Jewish life.*



CONGREGATION DORSHEI EMET

## CONTACT INFORMATION

### CLERGY

#### **Rabbi Boris Dolin**

rabbiboris@dorshei-emet.org

514-486-9400

x 104

### STAFF

#### **Cynthia Weinstein**

*Executive Director*

executivedirector@dorshei-emet.org

514-486-9400

x 103

#### **Divvy Aronheim**

B'nei Mitzvah Torah Reading Teacher

div256@hotmail.com

438-828-8261

#### **Roger Antebi**

*President of the Board of Directors*

president@dorshei-emet.org

### Who receives invitations?

In addition to your guests, remember that all of the families of the Jewish Journey's group "en famille" (not just kids) should receive an invitation. Lack of such invitation will be interpreted as a dis-invitation. No gifts are expected from the Jewish Journeys families to one another.

**For each B'nei Mitzvah all of the kids in the class go on the Bimah to support their classmates. You want the whole class to be there for your simcha, please show up to support all of the Jewish Journeys kids for their simchas.**

As a courtesy, Rabbi Boris, Carmela Aigen, your B'nei Mitzvah Torah Reading Teacher, Roger Antebi (Synagogue President), and Cynthia Weinstein (Executive Director) should receive an invitation, which can be sent to them at the Shul.



CONGREGATION DORSHEI EMET

**JEWISH JOURNEYS SCHEDULE 5779**

<u>Date</u>	<u>Class Topic</u>	<u>Notes</u>
October 23, 2018	Welcome/Names, parents and kids. What does it mean to be on a “Jewish Journey”? Jewish identity games. After dinner parents go with Cynthia for orientation.	First Class of the year. Parents invited for Pizza
October 30, 2018	Jewish Identity: Heritage, Covenant and Peoplehood	
November 3, 2018	Congregational Tish Shabbat service, 10am Please invite grandparents and other relatives.	Special Shabbat service and Kiddush followed by potluck sweet table. The Congregation’s opportunity to honour and bless the class.
November 6, 2018	Visit to Jewish Public Library & <u>My Family Legacy Project</u> with Carmela Aigen Pizza is delivered to the lobby of the library.	Kids should be dropped off and picked up at 8pm at Jewish Public Library: Meet at: 5151 Côte-Ste-Catherine Road H3W 1L5
November 13, 2018	Jewish Identity Workshop #1 How do we stay Jewish in a non-Jewish world? Who am I? Religious, cultural, secular...	
November 17, 2018	<b>JEWISH JOURNEYS SHABBAT 10:00AM</b>	
November 20, 2018	Chanukah Food Baskets Project - packing	Entire family is invited to help and have pizza.
Saturday, November 24, 2018 @ 4pm to Sunday, November 25, 2018 @ 9am	Fall Shabbaton Family Potluck dinner	Family will stay for dinner. Jewish Journeys kids will sleep over. All snacks and breakfast will be provided. Pick up at shul at 9am Sunday for Chanukah Food Baskets delivery.



**CONGREGATION DORSHEI EMET**

November 25, 2018 - 9am	Chanukah Food Baskets delivery	Meet in lobby of Dorshei Emet.
November 27, 2018	Jewish Identity Workshop #2 “The December Dilemma” Christmas “vs” Chanukah Pride and assimilation	
December 4, 2018	Contemporary Issues: Feminism, LGBT, Israel, Assimilation	
December 11, 2018	<u>My Family Legacy Project</u> with Carmela Aigen Presentation of family heirlooms	Parents and families are invited for pizza and presentations.
December 15, 2018	<b>JEWISH JOURNEYS SHABBAT</b> <b>10:00AM</b>	
January 8, 2019	Bar/Bat Mitzvah-Not Just a Party! History, evolution and meaning	
January 15, 2019	Jewish Identity Workshop #3 The Big Picture What does it mean to be in Jewish community? “Ideal Shtetl” game	
January 19, 2019	<b>JEWISH JOURNEYS SHABBAT</b> <b>10:00AM</b>	
January 22, 2019	JEM Workshop field trip	Meet at: 8400 Mountain Sights Ave, Montreal, QC H4P 2B9.
January 29, 2019	Eating our Way into Jewish Traditions	Cooking project and discussion.
February 1, 2019 @ 6:30pm	Jewish Journeys Family Kabbalat Shabbat Potluck	Grandparents are invited to attend.



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February 5, 2019	Jewish Value: Hesed Shel Emet- Honouring the Dead	Class meets at main entrance of Paperman & Sons Funeral Home, 3888 Jean-Talon O, Montreal, H3R 2G8.  Class still includes pizza dinner. Parents are invited to stay if they want, not required.
February 12, 2019	Jewish Identity Panel: with three generations of the Dorshei Emet Community	
February 16, 2019	<b>JEWISH JOURNEYS SHABBAT 10:00AM</b>	
February 19, 2019	Movie Night: Fiddler on the Roof	Families are invited for pizza and popcorn.
February 26, 2019	Jewish Value: God, Faith and Spirituality. Where do I fit?	
March 5, 2019	Wimple Workshop with Carmela Aigen	Parents are invited to attend with their children. Pizza will be served to everyone.
March 12, 2019	SNOW DAY	If another week is cancelled because of the weather we will reschedule on this Tuesday.
March 16, 2019	<b>JEWISH JOURNEYS SHABBAT 10:00AM</b>	
Saturday March 30, 2019 @ 4pm	Spring Shabbaton Saturday Family Potluck dinner	Family will stay for dinner. Jewish Journeys kids will sleep over. All snacks, breakfast and lunch will be provided.
to Sunday March 31, 2019 @ 2pm	Sunday: Celebratory lunch and nature hike at Mount Royal	Families will come at 12:00 on Sunday to join the class for lunch. and nature excursion



CONGREGATION DORSHEI EMET

**SUMMARY OF COSTS AND FEES:**

Pre B'nei Mitzvah Program: (Includes all materials and Tuesday night suppers)	<b>\$375</b>
Shabbaton Deposit: <b>required upon signing of contract</b>	<b>\$100</b>
B'nei Mitzvah Lessons: fee set by teacher (To be paid to the teacher directly)	

**HALL RENTAL FEES:**

Aufruf (less than 50 people) upstairs in the lobby	<b>\$500</b>
Aufruf (50 to 80 people) downstairs in the social hall	<b>\$800</b>
Aufruf (80 people or more) downstairs in the social hall	<b>\$1000</b>
Shabbat morning B'nei Mitzvah Kiddush	<b>\$1,500</b>
Rental for both morning Kiddush & evening party	<b>\$3,000</b>
Mincha/Ma'ariv B'nei Mitzvah	<b>\$2,500</b>
Room Rental Deposit required upon signing of rental contract	<b>\$350</b>
Security Deposit required upon signing of rental contract	<b>\$100</b>

The rental fee covers setup, cleanup, maintenance, security, tables, chairs, white tablecloths, dishes, cutlery, glasses, and the candies that are thrown at the child on the Bimah.

**CATERING FEE:** \$3.50 per guest charged for use of the kitchen facilities.



CONGREGATION DORSHEI EMET

## **SCHEDULE OF PAYMENTS:**

**\$475:** To be submitted before Jewish Journeys first class, October 23, 2018. Can be split into 2 equal payments (October and January)

- \$375 – Pre-B'nei Mitzvah Program Fee
- \$100 – Shabbaton Deposit (Non-refundable)

**\$450:** At the signing of your contract, 1 year – 6 months prior to your simcha

- \$350 – Hall Rental Deposit
- \$100 – Security Deposit

\*Balance of Hall Rental charge, payment required 2 weeks prior to the simcha

Please don't hesitate to contact me if you have any questions.

Best wishes for your future simcha!

Cynthia Weinstein,  
Executive Director

*Hebrew Free Loan Association is available to help community members with interest-free loans for student tuition, weddings, Bar and Bat Mitzvahs, in vitro fertilization treatments, home purchases and other worthy purposes.*

*For more information about how they can help please visit [www.hflamtl.org](http://www.hflamtl.org) or call (514)733-7128.*



CONGREGATION DORSHEI EMET

**LETTER OF COMMITMENT**

Pre-B'nei Mitzvah Program

5779

As I/we \_\_\_\_\_ and our son/daughter \_\_\_\_\_ embark upon the family educational experience of the Dorshei Emet Jewish Journeys Program, we understand that we are making a commitment to grow as a family in our sense of belonging to a responsible, caring community. We understand that our commitment includes:

- Participating in the weekly Tuesday night sessions on a regular basis.
- Participating “en famille” at Jewish Journeys Shabbatot: **November 3<sup>rd</sup> (Tish), November 17<sup>th</sup>, December 15<sup>th</sup>, January 19<sup>th</sup>, February 16<sup>th</sup>, and March 16<sup>th</sup>.**
- Participating in the Jewish Journeys Fall Shabbaton **November 24<sup>th</sup> – 25<sup>th</sup>**
- Participating in the delivery of Chanukah Food Baskets **November 25<sup>th</sup>**
- Participating in the Jewish Journeys Spring Shabbaton **March 30<sup>th</sup> – 31<sup>st</sup>**

Parent(s): \_\_\_\_\_ and \_\_\_\_\_

Child: \_\_\_\_\_ date: \_\_\_\_\_



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## **WHAT IS A MITZVAH PROJECT?**

Becoming Bar/Bat Mitzvah means becoming an adult in the eyes of the community. Therefore, in addition to prayer and study, part of becoming Bar/Bat Mitzvah means donating one's time and energy towards working to repair and better the world in some way. Every child meets with the Rabbi to create a Bar/Bat Mitzvah project based on their personal passions, hobbies, interests or career goals.

Your child can find ideas and inspiration for his/her project by researching social action websites, such as <http://wepair.org> or any other online or community social action resources.

Here is an example of what one of our B'nei Mitzvah students did for a Mitzvah Project.

<http://www.cjnews.com/montreal/belgian-woman-saved-montrealer-nazis>

## **WHEN SHOULD YOUR CHILD BEGIN THEIR MITZVAH PROJECT?**

When to start the Mitzvah projects depends on when your child's Bar/Bat Mitzvah is scheduled. Some prefer to work on it the summer before the event so as to devote more time to study during the school year, while others chose to spread out the work, completing it gradually over the course of the year.

## **ONCE YOUR CHILD HAS CHOSEN A PROJECT, HOW DO YOU PROCEED?**

We recommend that you update Rabbi Boris 6 months before your date to ensure that the project is planned in advance, and that your child will have sufficient time to complete it.

Please complete the following form and submit it to Rabbi Boris:



CONGREGATION DORSHEI EMET

## MITZVAH PROJECT FORM

Student's Name: \_\_\_\_\_

Bar/Bat Mitzvah (please circle one)

Date: \_\_\_\_\_

Name of organization/contact person student will be working with:

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Please briefly explain your Mitzvah project:

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When will you begin doing it? How much time do you hope to commit to the project?

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What are your goals for the project? What do you hope to contribute? What do you hope to learn?

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## **PBM SHABBATOT**

All Jewish Journeys students and their families are asked to attend the Jewish Journeys Shabbat services, *the dates are below*. This is the best way for your child to become comfortable with the service and with being up on the Bimah in preparation for their own B'nei Mitzvah.

Please arrive by **10 a.m.** The B'nei Mitzvah class will participate in the service with Rabbi Boris on the Bimah as a group. The child should arrive appropriately dressed and on time, take a siddur and go directly to the Bimah to join Rabbi Boris. During the Torah service the group will go to the board room with David Gerchicoff to do a special program.

This is a great opportunity for the entire family to attend services together. Most of the Jewish Journeys Shabbatot are also family Shabbatot at Dorshei Emet so there are fantastic activities for younger siblings. Please see the weekly email announcements for details.

**November 17, December 15, January 19, February 16, March 16**

**We also recommend that you attend the following Dorshei Emet events:**

**November 9** – Kabbalat Shabbat around the World

**November 23** – New Members Dinner

**December 7** - Chanukah Party

**March 20**- Purim Party

**May 10** - Yom Ha'atzmaut Celebration

Please see the weekly email announcements and our Kol Ha'Kehilah newsletter for details. You are encouraged and welcome to come to everything!

**The best way to be part of the community is by participating!**



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## **THE WIMPLE PROJECT**

The tradition of the “wimple” began in medieval Europe. Following the circumcision ceremony, the mother would take the swaddling cloth, “wimple,” decorate it with blessings and thirteen years later on the day this baby became a man, his “wimple” was used to wrap the Torah.

In our Pre B’nei Mitzvah program, the parents help create a wimple together with their child. Please fill out the enclosed worksheet to help prepare for this project. In addition to the names, English and Hebrew, and date of birth (if you don’t know the Hebrew date we will find it, but you have to know if your child was born before or after sundown).

We will be working on the wimple project together in class with Carmela Aigen on March 5, 2019.



CONGREGATION DORSHEI EMET

## THE WIMPLE PROJECT WORKSHEET

(To be completed and returned to Rabbi Boris)

\_\_\_\_\_  
Child's name                      Family name                      meaning of child's name

\_\_\_\_\_  
Hebrew name                      meaning of Hebrew name                      person named after

\_\_\_\_\_  
English date of birth/Hebrew date of birth\*                      time                      day of the week

\*To find your daughter/son's Hebrew date of birth, go to [www.hebc.com](http://www.hebc.com)

(or call the office for assistance). If the birth was after sundown, it is considered the next day in the Hebrew calendar.

What was created on this day of the week? (See: Genesis Chapter 1)

\_\_\_\_\_  
Shabbat of week child was born or entered into covenant

\_\_\_\_\_  
A meaningful verse, short phrase, and image from the day on which child was born

\_\_\_\_\_  
Shabbat of Bar/Bat Mitzvah

\_\_\_\_\_  
A meaningful verse, short phrase, and image from the Bar/Bat Mitzvah Torah portion or Haftarah

FOR CHILD: - List three things you enjoy doing that best characterizes you

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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4.

### AUFRUF

Your child is welcome to put on Tefillin and/or chant a portion of the Torah they will be chanting for their Shabbat morning B'nei Mitzvah, during a morning Shacharit service, Monday or Thursday. This is a great way to “practice” in front of a small group before the big day. This is also a very good chance to take photos or video of your child reading Torah.

It is customary for the family of the B'nei Mitzvah to provide a small Kiddush for your guests, the Rabbi, and the Parnass.

For more information, or to schedule your child's Aufruf, please contact Executive Director, Cynthia Weinstein at 514-486-9400.

### B'NEI MITZVAH TRAINING

#### **B'nei Mitzvah Torah Reading Teacher:**

In order to aid your child in learning his/her Torah and Haftarah portions, private tutoring is available, at the parents' expense.

Our B'nei Mitzvah Torah Reading Teacher, Divvy Aronheim, offers one-on-one private tutoring sessions which are held at the synagogue.

In order to recruit Divvy and her services, please contact her directly:

Mobile: (438) 828-8261

email:div256@hotmail.com

Divvy can assess how much time your child will need based on their level of Hebrew reading. We recommend that tutoring begin several months before the Bar/Bat Mitzvah date.



CONGREGATION DORSHEI EMET

## **B'NEI MITZVAH TERMINOLOGY**

Here are a few words that you will begin to hear once you start the Jewish Journeys program which you may or may not be familiar with. If you would like further clarification on any terminology, phrases or concepts, please feel free to contact Rabbi Boris. We recognize that we all differ in our Jewish experience and knowledge and we want you to always feel comfortable asking questions.

**ALIYAH** (*Plural Aliyot*): Literally means to “go up” or “ascend”. In the Bar/Bat Mitzvah ceremony, to assign an Aliyah is to give someone the honour of being called to the Torah to recite the blessing. Other Honours include opening and closing of the ark, Hagba (raising the Torah) and Galila (wrapping and dressing the Torah).

**BIMAH**: In the synagogue, the Bimah is the raised platform before the ark from which worship services are led.

**BRAKCHOT**: Blessings.

**D'VAR TORAH**: A speech explaining some aspect of the Torah or Haftarah.

**HAFTARAH**: Reading from the Prophets. On Shabbat and on holidays following the conclusion of the Torah reading, a designated Haftarah is chanted. This portion usually reflects a theme or literary allusion of the Torah portion. Customarily a Bar/Bat Mitzvah chants the Haftarah, and blessings surrounding it.

**HAVDALLAH**: The prayer recited at the termination of Shabbat.

**HUMASH**: The Five books of Moses. The formal reading is done from the Sefer Torah (scroll). It includes the weekly Torah portion and Haftarah (the red book – Etz Hayim).

**PARSHAH**: Each week a designated portion of the Torah is read on Shabbat, Monday and Thursday mornings.

**SIDDUR**: The Shabbat and Festival prayer book. (The blue and purple book)

**TALLIT**: The prayer shawl worn during the Morning Prayer service.

**TEFILLIN**: Small boxes containing written Scriptural passages, one for the hand and one for the head, worn at weekday morning services.



CONGREGATION DORSHEI EMET

## ALIYOT FOR B'NEI MITZVAH FAMILIES

The family is entitled to have a **maximum of eight (8) Aliyot or Honours**. You need not use all of them. These Aliyot or Honours are to be given only to your **Jewish** guests. Everyone given an Aliyot must have his or her heads covered. All people having an Aliyah must wear a tallit.

1. **Two (2) people to Open the Ark** at the beginning of the Torah service (Pg. 215)
2. **Four (4) spoken Aliyot l'Torah** (being called up to the Torah and reciting the blessings.)
  - a. Each Aliyah may be given to a couple or a single person above Bar/Bat Mitzvah age.
  - b. **One (1)** of these Aliyot should be **reserved** for the **parents** of the Bar/Bat Mitzvah.
  - c. The Bar/Bat Mitzvah him/her self has a **separate** Aliyah (**Maftir**) **not included** in the above-mentioned **four**.
  - d. Please have a **list** of the **names, English** along with **Hebrew**, of those people who you have given **spoken Aliyot**.

(Example) For women: Miriam bat Hayim v'Sarah

**Hebrew name & Parent's Hebrew names**

(Example) For men: Yosef ben Moshe v 'Esther

Hebrew name          Parent's Hebrew names

3. **Two (2) people:**
  - a. **One** for **Hagba** (to lift the Torah)
  - b. **One** for **Galila** (to roll and dress the Torah)These Aliyot may only be given to an individual above Bar/Bat Mitzvah age.

OR

  - c. **Two (2) people to Close the Ark** at the end of the Torah service (Pg. 155)

4. **Grandparents, Parents** and the **Bar/Bat Mitzvah** should **go up to the Bimah** (along with the people who are opening the Ark) at the **very beginning of the Torah service** (Pg. 115) along with the Ark openers. When the Parnass takes the Torah out of the Ark, it is given to the grandparents who pass it to the parent(s) who in turn give(s) it to their son or daughter. The Bar/Bat Mitzvah then holds the Torah, and **facing** the congregation, recites the **Sh'ma** (Pg. 119). At the third line, **everyone** faces towards the Ark.

Following this third line, **all** follow in the procession around the congregation. At the **conclusion of the procession**, the parents and their child **return to their seats**.

5. The parents may take any Aliyah they choose; some prefer the **last** one so that they can stand next to their child who will recite their **Maftir** Aliyah. Others prefer an earlier Aliyah so they can sit and watch their child. You decide. Remember that you remain on the Bimah until the next person after you has **completed** his/her Aliyah.
6. The Bar/Bat Mitzvah is called up as **Maftir**, after the last Aliyah. He/she recites the blessing for the Torah reading, chants the Maftir from the Torah, and then recites the blessing after the Torah reading. The persons chosen to do **Hagba** and **Galila** then take the Torah. At this point the Bar/Bat Mitzvah recites his/her **Haftarah** with the blessings. Following that, he/she speaks about his/her project and gives thanks.



CONGREGATION DORSHEI EMET

## ALIYOT FORM

*(This form must be completed and received by the office no later than the Monday prior to the simcha)*

Name of B'nei Mitzvah \_\_\_\_\_

Family Name \_\_\_\_\_

Simcha Date \_\_\_\_\_

This honour should **NOT** be given to grandparents. 1-2 People.

HONOUR	NAME OF PERSON
Open Ark	

Please see enclosed sheet for Reconstructionist version of Berakhah to be recited before and after Torah reading

HONOUR	ENGLISH NAME	HEBREW NAME	BEN/BAT	V'
Alyiah#4				
Alyiah#5				
Alyiah#6				
Alyiah#7				
Maftir				

Choose Hagba & Galila **OR** Closing the Ark (2 people)

HONOUR	NAME OF PERSON
Hagba	
Galila	
<b>OR</b>	
Close Ark	

Choose **2** children to give out the candy (Only candy provided by the synagogue may be used)

HONOUR	NAME OF PERSON
Candies	
Candies	



CONGREGATION DORSHEI EMET

## ALIYOT BLESSINGS

Each person called up to the reading of the Torah touches it with *tzitzit*, kisses the *tzitzit*, holds the handles of the Torah and recites:

בְּרַכּוּ אֶת יְהוָה הַמְבַרֵךְ: Praise the Eternal, the boundless One.\*

Barekhu et Adonai ha-mevorakh.

Congregation responds:

בְּרוּךְ יְהוָה הַמְבַרֵךְ Praised is the Eternal One of blessing  
לְעוֹלָם וָעֶד: for all eternity.

Barukh adonai ha-mevorakh le-'olam va'ed.

The above Congregational response is repeated and the blessing continues:

בְּרוּךְ אַתָּה יְהוָה You abound in blessings, Eternal One  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם our God, Sovereign of all time and space,  
אֲשֶׁר בָּחַר בָּנוּ לְעִבּוּדְתוֹ \* who has distinguished us for divine service  
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ: and given us your Torah.  
בְּרוּךְ אַתָּה יְהוָה Praised are you, Eternal One,  
נוֹתֵן הַתּוֹרָה: who gives the Torah.

Barukh attah adonai, eloheinu melekh ha'olam, asher bahar banu la'avodato, ve-natan lanu et torato. Barukh attah adonai, notein ha-torah.

After the section of the Torah is read, the Torah is again touched with *tzitzit*, the *tzitzit* is kissed, and the following blessing is recited:

בְּרוּךְ אַתָּה יְהוָה You abound in blessings, Eternal One  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם our God, Sovereign of all time and space,  
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת who has given us a Torah of truth  
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ: and planted eternal life within us.  
בְּרוּךְ אַתָּה יְהוָה Blessed are you, Eternal One,  
נוֹתֵן הַתּוֹרָה: who gives the Torah.

Barukh attah adonai, eloheinu melekh ha'olam asher natan lanu torat emet, ve'hayyei 'olam nata' be-tokheinu. Barukh attah adonai, notein ha-torah.



CONGREGATION DORSHEI EMET

## **RULES FOR KIDDUSH ARRANGEMENTS AT BAR/BAT MITZVAH**

B'nei Mitzvah is a most important simcha in family and congregational life. Our Reconstructionist Congregation wishes to maintain and enhance the role of these *s'mahot*. To this end, however, we are concerned that the Kiddush should not assume a disproportionate role in the synagogue. The following rules adopted by the Board of Directors will be binding upon all B'nei Mitzvah.

1. The parents of the Bar/Bat Mitzvah are responsible for consulting with Rabbi Boris Dolin and the Executive Director on all aspects of the service and the Kiddush.

2. The Kiddush for the entire congregation is the responsibility of the B'nei Mitzvah family. **We offer 2 options:**

A) The inclusive character of Dorshei Emet is what makes us special. In this spirit we encourage you to include the entire congregation in the Kiddush following services downstairs in the social hall. Please contact the Executive Director for the number of congregants to plan for. (Usually between 80-120.).

B) A split Kiddush where the congregation enjoys a Kiddush upstairs in the lobby and only your invited guests go downstairs to the social hall.

**Please include the Jewish Journeys group and their families, as well as the Rabbi, Carmela Aigen, the B'nei Mitzvah Torah Reading Teacher, Dorshei Emet President, and Executive Director in your numbers of invited guests downstairs in the social hall for both options.**

The Executive Director can answer all of your questions regarding the Kiddush and will help you choose the option that works best for your family.

3. Our in-house caterer, Patrizia Di Cori, is available to cater your simcha. Please contact her directly for menus and pricing (514) 928-9289. You are also permitted to choose any other kosher, strictly vegetarian, or vegan caterer, subject to approval by the synagogue.

4. In order to ensure that the Kiddush is kept modest and does not become more significant than the ceremony which preceded it, the following limitations have been set by the Congregation:

Alcoholic beverages will be limited to wine and schnapps (i.e. no mixed drinks)

5. Photography is not permitted on Shabbat in the sanctuary. We allow discrete photography in the social hall without flash.

6. In the event that another member has a simcha on the same day (baby naming, wedding, Aufruf) the member will be responsible to cover the expenses for their guests, and to pay the caterer of the Bar/Bat Mitzvah directly.

7. Deliveries are accepted only on Friday morning between 9am-12pm, and prior to your simcha. No deliveries will be accepted on Shabbat.



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## **B'NEI MITZVAH SIMCHA PLANNING TIMELINE**

The sooner the better is generally a good rule of thumb when it comes to planning a simcha. When it is time to decide which suppliers to use, recommendations from friends is a good place to start. We have also included some listings in this package to help get you started. The planning of a simcha might be a little stressful at times, however it is part of the wonderful memories that will live on of this special time in the life of your family.

### **2 YEARS BEFORE**

- Book the date at the Synagogue
- Set your budget and decide on the type of simcha you want
- Make an initial guest list
- Contact the B'nei Mitzvah Torah Reading Teacher to assess your child's level of Hebrew and to determine when your child will begin his/her lessons

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### **6-8 MONTHS BEFORE**

- Schedule first family meeting with Rabbi Boris
- Contact Executive Director Cynthia Weinstein, for an initial planning meeting
- Your child will start his/her Bar/Bat Mitzvah lessons
- Update guest list
- Book caterer
- Purchase tallit
- Investigate suppliers (invitations, florists, kippot, photographers...)

### **3-4 MONTHS BEFORE**

- Schedule second meeting with Rabbi Boris and the student to discuss D'var Torah and Mitzvah Project.
- Order invitations
- Book rentals if using
- Finalize guest list
- Order kippot
- Book other suppliers



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**6-8 WEEKS BEFORE**

- Schedule third family meeting with Rabbi Boris
- Confirm photographer and book date to take pictures (the rehearsal with the B'nei Mitzvah Torah Reading Teacher, usually the week before the Simcha, is a good time to take photos).
- Book Aufruf (call-up) if planning one
- Mail out invitations  
(Overseas guests -10 weeks, Out of town guests -8 weeks, Local guests-6 weeks)

**3 WEEKS to 1 MONTH BEFORE**

- Meet with caterer to arrange floor plan
- Prepare Aliyot list (those to be called to the Torah )and forward it to the office
- Book rehearsal
- Arrange for final payment of outstanding balances

**1 WEEK BEFORE**

- Aufruf on Monday or Thursday morning
- Rehearsal
- Bring in wimple, kippot
- Confirm all deliveries will arrive before noon on Friday
- Bring in soft drinks and wine if using
- Meet with Executive Director for final arrangements and scheduling

**THE BIG DAY**

- Arrive by 9:15am for last minute rehearsal
- Enjoy! You've worked hard to make this day special. Try to take in every moment. Even if a couple of things don't go exactly as planned, don't let it upset this magical day!



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## **GUIDE FOR CATERERS USING SYNAGOGUE'S FACILITIES**

Please remember that the principal purpose of the synagogue is for religious services. Any activity the caterer carries out must in no way distract from or disturb this activity.

In order to best serve your client, please visit the synagogue before finalizing arrangements. This visit is important to become fully acquainted with the facilities and inventory available to you

Delivery of foods and/or materials are not permitted on Shabbat, all deliveries must be in Shul before noon on the Friday before the simcha.

Financial transactions of any nature on the synagogue premises are absolutely prohibited on the Sabbath.

We discourage the use of non-dairy chemical substances in order to serve milk, ice cream and other dairy desserts at a meat meal. Similarly, there is the recent innovation of "mock shrimp," "mock crab," etc. It is our opinion that while these foods are halakhically permissible in that the ingredients are kosher, the very attempt "to mix milk and meat" or eat "treif" sea food, goes against the spirit of the Jewish dietary practices and ought to be avoided.

Smoking in the synagogue or on the surrounding grounds is also prohibited at all times. It is your responsibility to advise your staff accordingly.

You are responsible for cleaning up the premises immediately following the simcha. If you have to leave food and other supplies to be picked up on Monday, then they must be picked up before noon.

For Bar/Bat Mitzvah Kiddushim, alcoholic beverages will be limited to wine and schnapps (no mixed drinks).

Any caterer who fails to comply with these guidelines will not be permitted to work in the synagogue again.

Please note that a \$3.50 surcharge applies for each guest.

For any further information, please contact Cynthia Weinstein, Executive Director, at 514-486-9400 or [executivedirector@dorshei-emet.org](mailto:executivedirector@dorshei-emet.org).



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## **LIST OF CATERERS**

I Saponi (Patrizia Di Cori)	514-928-9289
Paradise Kosher	514-421-0421
Patisserie Adar	514-484-1189
La Marguerite	514-488-4111
Beso Catering	514-387-0313

This is not an exclusive list. Any kosher caterer with MK certification is acceptable, as well as any strictly vegetarian or vegan caterer. Please discuss the use of any caterers beside those listed above with the Executive Director prior to booking them.

There is also the option of preparing the food for the simcha yourself, or in doing all or part of it (such as the sweet table) as potluck. There is a lovely tradition at Dorshei Emet of the Jewish Journeys group preparing the sweet table for each of the B'nei Mitzvot in the group. Please see the Executive Director for details.

### **KIPPOT**

- Skullcap.com
- Simcha Skullcap [www.simchaskullcap.com](http://www.simchaskullcap.com) 450-681 6875
- Yarmalka's BWRL (Rhonda Levy) 514-421-9522: She lives in DDO and will come to your home to show you what she can make for you.

### **DÉCOR**

Any florist or rental company can be used for things like colorful cloth napkins, tablecloths, or other decorative pieces. Your caterer can help you with these details. You are also free to use colorful paper napkins or buy items yourself. Be creative! The Executive Director can also help you with ideas.

Tecc Flora is an organization where special needs students make the arrangements. All proceeds serve as fundraising for Summit School.

See their website for details <http://teccflora.com/about-us>

### **INVITATIONS**

Wording – There are a variety of lovely ways to invite people to share in the simcha of your child “becoming a Bar/Bat Mitzvah” or “being called to the Torah as a Bar/Bat Mitzvah.”



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## REHEARSAL INSTRUCTIONS

### *FOR B'NEI MITZVAH FAMILY'S PARTICIPATION IN SERVICE*

The B'nei Mitzvah Family should arrive at 9:30 a.m. and ask guests to be in their seats by 10:00 a.m.

#### Morning Service *Shaharit* (Pg. 99)

The service begins at 10:00 a.m. with *Mah Tov* and *Shaharit* concludes with Reader's *Kaddish* (Pg. 209).

#### \*Torah Service (Pg. 215)

When Rabbi announces, "we begin the Torah service (Pg. 215)," **the B'nei Mitzvah family**, including Bar/Bat Mitzvah, his/her parent(s) and grandparent(s)] **go up to the *Bimah***.

At the same time, the people opening the ark and carrying the Torah, usually the President, go up.

The child stands closest to the centre of the *Bimah*, with the parent(s) standing to his/her left and grandparent(s) to their left (as you face the congregation).

The Parnass will take the Torah out of the ark, hand it to the person on the extreme left, grandparent(s) who will hand it to the parent(s) who will hand it to the child, who recites the *Shema* (Pg. 218) followed by the next line "*ehad eloheinu*."

The Rabbi will take the Torah at the third line "*gadlu*," at which point everyone on the *Bimah* turns to face the ark.

Then the Torah is given to the person carrying it for the procession, usually the President, and then the family follows the Rabbi in the procession around the congregation.

At the end of the procession, everyone returns to their seat until they are called up for their *Aliyah*.

#### \*Torah Reading

Before beginning the Torah reading, the parents will hold up the wimple for the congregation to see while the bar/bat Mitzvah explains the symbols and verses they chose for their wimple. Prepare a note card and rehearse this. The Bar/Bat Mitzvah is called up for the concluding (*maftir*) *Aliyah*. If he/she is chanting additional Torah portions he/she will be up on the *Bimah* before his/her own *Aliyah*.

The Bar/Bat Mitzvah recites: the *berakhah* (blessing) before the *maftir* (Pg. 219); chants the *maftir* and then recites the *berakhah* following the *maftir* (Pg. 220);



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The family, (including grandparents & siblings)

Recites: the *Sh'hehiyanu* prayer:

***Barukh atah Adonai, eloheinu melekh ha'olam  
sh'hehiyanu v'kimanu v'higiyanu lazman hazeh.***

Blessed are you Eternal One, who has kept us alive,  
sustained us and allowed us to reach this joyous  
occasion

The Bar/Bat Mitzvah then recites: the *berakhah* for the *haftarah* (Pg. 243); the *haftarah*; the *berakhot* following the *haftarah* (Pgs. 243-245) and then his/her speech [project]

The Rabbi and President will then speak and present a gift to the Bar/Bat Mitzvah after which he/she will sit down.

The *Sefer Torah* is then returned to the ark and the people closing the ark are to come up.

**Conclusion of Service (Pg. 260)**

*Musaf, Aleinu, Kaddish, Adon Olam*

You are encouraged to help select readings and songs for the *Musaf* service (Pgs. 260-360).

**\*Kiddush**

The family is called up to join the Rabbi in leading the *Kiddush*. At this point, before the congregation stands for the *Kiddush*, parent(s) may wish to speak formally to the child to offer a **brief** prayer or charge. Lengthy personal remarks **about** the child are best delivered after services at the *Kiddush* luncheon before the *birkat hamazon*.

Kiddush is then recited by the family, (Pg. 390)

***Barukh atah Adonai, eloheinu melekh ha'olam borei pri hagafen;***

You abound in blessings, Eternal One our God, Sovereign of Creation, who creates the fruit of the vine.

Following Kiddush the family will go to the social hall using the back stairs in order to greet their guests.

After everyone is seated, the family will appoint someone to recite Ha-Motzi.

***Barukh atah Adonai, eloheinu melekh ha'olam haMotzi lechem min ha'aretz.***

You abound in blessings Eternal One our God, Sovereign of Creation, who brings bread out of the earth.

\* Indicates sections to be “**walked through**” (i.e. go to place you will be standing on Bimah and practice blessings) with your B’nei Mitzvah teacher at rehearsal.



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NOTES: