

Jewish Journeys Program

5780

2019-2020



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).

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 Jewish 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

Sessions will include:

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

Jewish Values: Throughout the year, we will explore the roots of traditional Jewish values including ethical behaviour, social justice and community value. We will work on individual and group projects around these themes.

Ritual and Spirituality: Students will explore Jewish concepts of spirituality, by looking at specific Jewish rituals and practices, and explore the many ways that contemporary Jews have made them meaningful and relevant to their lives. We 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. Students will also have a chance to learn about and practice prayers they will need for their B'nai Mitzvah each week.

Field Trips: Jewish Public Library, Papermans Funeral Home

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

Congregation Dorshei Emet
Jewish Journeys Tuesday Schedule
2019/2020

Tuesdays - 17 Sessions, 6:00-8:00 pm

2019

October 29

November 5, 12, 19, 26

December 3, 10

2020

January 7, 14, 21, 28

February 4, 11, 18, 25

March 3, 17

Jewish Journeys Shabbatot:

November 16 (TISH), January 18, February 15, March 21

Jewish Journeys kids and their parents should arrive at 10am, they will join Rabbi Boris on the Bimah for part of the service. (Prayers and songs which are available on the Dorshei Emet website should be reviewed so the students are prepared). During the Torah service the Jewish Journeys class will meet in the board room for a special program.



CONGREGATION DORSHEI EMET

Other Jewish Journeys dates - Mark Your Calendars!

- **Congregational Tish ** to bless the Jewish Journeys class:** Saturday, November 16, 10am – Special Shabbat service and kiddush followed by potluck sweet table. Please invite grandparents and other relatives to celebrate your child starting their B'nei Mitzvah journey at Dorshei Emet.
- **Jewish Journeys Fall Family Shabbaton,** Saturday November 30-December 1
- **Chanukah food baskets packing** (the whole family participates) Tuesday, December 10, 6pm-8pm
- **Chanukah food baskets delivery** (the whole family participates) Sunday, December 15, 9am
- **Jewish Journeys family Shabbat potluck** February 28, 6:30 pm
- **Jewish Journeys Spring Family Shabbaton** March 21-22

**This is the second year we are offering an exciting new addition to the B'nai Mitzvah program, the B'nai Mitzvah Tish! Traditionally a Tish was a joyous gathering with a groom, bride or rabbi filled with singing, stories, schmoozing and plenty of food. We will be holding a community Tish at the beginning of the year to provide an opportunity for the Dorshei Emet community to get to know the new B'nei Mitzvah families.

Additionally, each family is invited to have an individual Tish in the month before they celebrate the Bar or Bat Mitzvah, where community members will provide the food and will celebrate the upcoming simcha. These programs are an important part of our initiative to make sure the B'nei Mitzvah families and congregational members have plenty of opportunities to get to know each other over the course of the year.

A few important dates at Dorshei Emet:

- November 8: New Members dinner
- November 22: Kabbalat Shabbat Around the World Potluck - Greece
- December 22: Chanukah Party
- March 9: Purim Party
- May 1: Yom Ha'atzmaut Party



CONGREGATION DORSHEI EMET

JEWISH JOURNEYS SCHEDULE 5780

<u>Date</u>	<u>Class Topic</u>	<u>Notes</u>
October 29, 2019	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
November 5, 2019	Why Be Jewish? Heritage, Covenant and Peoplehood	
November 12, 2019	Jewish Identity Workshop #1 How do we stay Jewish in a non-Jewish world? Who am I? Religious, cultural, secular...	
November 16, 2019 (Saturday)	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 19, 2019	Family Legacy Project with Carmela Aigen Workshop #1	Meet at the Jewish Public Library 5151 Chemin de la Côte-Sainte-Catherine (pizza will be served)
November 26, 2019	Family Legacy Project with Carmela Aigen Workshop #2 Family Heirloom Presentations	Parents are strongly invited to attend
November 30, 2019 -December 1, 2019	Jewish Journeys Shabbaton! 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.



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December 3, 2019	Bar/Bat Mitzvah-Not Just a Party! History, evolution and meaning	
December 10, 2019	Chanukah Food Baskets packing	Families (parents and siblings) should participate
Sunday December 15, 2019	Chanukah Food Baskets delivery	Families (parents and siblings) should participate
January 7. 2020	Jewish Identity Workshop #2 The Big Picture What does it mean to be in Jewish community? “Ideal Shtetl” game	
January 14. 2020	Judaism and Justice Tikkun Olam, social justice and activism from a Jewish perspective. Begin to think of Mitzvah Project	
January 18, 2020	Jewish Journeys Shabbat	All students are required to attend
January 21. 2020	Climbing “Mt. Sinai” (Rock gym trip!) Dinner will be provided	Meet or carpool to Centre d'escalade Vertical, 1111 Rue Lapierre, LaSalle
January 28. 2020	Judaism on One Foot: The Basics Introduction to the Torah, Jewish Study	Parents are strongly invited to attend
February 4, 2020	Judaism on One Foot: The Basics Contemporary Issues: Denominations, Feminism, Israel, Assimilation	
February 11, 2020	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.



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		Class still includes pizza dinner. Parents are invited to stay if they want, not required.
February 15, 2020	Jewish Journeys Shabbat	
February 18, 2020	Judaism on One Foot: The Basics Prayer, Services, and the Jewish Calendar	Parents are strongly invited to attend
February 25, 2020	Jewish Identity Panel: with three generations of the Dorshei Emet Community	
Feb 28, 2020	Jewish Journeys Potluck	
March 3, 2020	Eating our Way into Jewish Traditions And Purim Booth Making	Purim cooking project and discussion. (Parents are invited to join for both cooking project and booth making)
March 9, 2020	Purim Party!	Students will be running the booths! (Parents and siblings are invited too)
March 17, 2020	Closing Program	
March 21-22, 2020	Spring Shabbaton	Family will stay for dinner. Jewish Journeys kids will sleep over. All snacks and breakfast will be provided. Family is invited to a catered lunch on Sunday at 11:30. Pick up will be following lunch.



CONGREGATION DORSHEI EMET

JEWISH JOURNEYS 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. Rabbi Boris will invite them to the bimah to join him for part of the service, they should take a siddur. During the Torah service the group will go to the board room for 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 16 (Tish), January 18, February 15, March 21

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!



CONGREGATION DORSHEI EMET

Planning for the Big Day!

SUMMARY OF COSTS AND FEES:

Pre B'nei Mitzvah Program: (Includes all materials and Tuesday night suppers)	\$375
Shabbatons:	\$100
B'nei Mitzvah Lessons: fee set by teacher (To be paid to the teacher directly)	

HALL RENTAL FEES:

Weekday Aufruf (less than 50 people) upstairs in the lobby	\$500
Weekday Aufruf (50 to 80 people) downstairs in the social hall	\$800
Weekday Aufruf (80 people or more) downstairs in the social hall	\$1,200
Shabbat morning B'nei Mitzvah Kiddush	\$1,500
Rental for both morning Kiddush & evening party	\$3,000
Mincha/Ma'ariv B'nei Mitzvah	\$2,500
Room Rental Deposit required upon signing of rental contract	\$350
Security Deposit required upon signing of rental contract	\$100

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 regardless of which caterer you use.



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SCHEDULE OF PAYMENTS:

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

- \$375 – Pre-B'nei Mitzvah Program Fee
- \$100 – Shabbatons

\$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 and catering fee payments 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 or call (514)733-7128.



CONGREGATION DORSHEI EMET

B'NEI MITZVAH TRAINING

B'nei Mitzvah Tutors:

In order to aid your child in your child preparing for their Bar/Bat Mitzvah private tutors are available, at the parents' expense. The tutors will help your child learn their Torah and Haftarah portions, necessary prayers, go over their Torah portion and offer mentoring as needed. The tutor can also help your child learn basic Hebrew reading (there is also a group Hebrew class available during the year for those who want additional help).

Our B'nei Mitzvah tutors offer one-on-one private tutoring sessions which are held at the synagogue or at your home.

Tutors should be contacted directly, and payment will be determined by each tutor. In the case that financial assistance is needed please let the tutor know ASAP and they will make arrangements with Dorshei Emet.

Divvy Aronheim

div256@hotmail.com

438-828-8261

Cantor Heather Batchelor

Cantorheather@gmail.com

514-312-4666

Hillel Salzman

Hillelsalzman@gmail.com

514-679-1445

The tutor 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.

We have an experienced Hebrew teacher available. This can make the tutoring process much easier if your child does not already read Hebrew. She can arrange private or group lessons:

Aviva Fuchs (514)481-8038 fuchsa40@hotmail.com



Meetings with the Rabbi:

There are 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. This is usually done along with the tutor.
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.



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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://werepair.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:

Please briefly explain your Mitzvah project:

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

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



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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 during a session in 2020.



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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

(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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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 suggestions in this package. The planning of a simcha might be a little stressful at times, however you are not alone in this process, and we are here to help!

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 Hebrew teacher and B'nei Mitzvah Tutor to assess your child's level of Hebrew and to determine when your child will begin his/her lessons

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

- Optional 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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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, the Synagogue President (in the year of your simcha), and the Executive Director- Cynthia Weinstein should receive an invitation, which can be sent to them at the Shul.

The B'nei Mitzvah Family should arrive at 9:30 a.m. Guests should be invited to arrive at 10 a.m.

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.



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:**
 - i. 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. It is expected that the B'nei Mitzvah family will attend the kiddush. Please contact the Executive Director for the number of congregants to plan for. (Usually between 70-100.).
 - ii. 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 Tutor, 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 of i Sapori Catering, 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. Any caterer other than Patrizia, or a kosher caterer must be approved by Rabbi Boris 2 months before the simcha.
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)



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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. Pick up of any rentals will need to be arranged for the Monday after the simcha.



CONGREGATION DORSHEI EMET

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 Rabbi Boris before using them. Approval will need to be granted a minimum of 2 months before the simcha.

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. For this option, the menu will need to be approved by the Rabbi, and you will need to provide staff to plate and serve the food.

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. This is coordinated by someone in the group. The rabbi will discuss this with your class.

KIPPOT

- Skullcap.com
- Simcha Skullcap 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.

INVITATIONS

Vistaprint, Costco, Evite, and Paperless Post are all possibilities. You can also contact the printer that Dorshei Emet uses Michael Cooper (514 934-0410 tmsa.cooper@gmail.com)

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>



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. Everyone given 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. *These people can be Jewish or non-Jewish.* (Pg. 215)

2. **Four (4) spoken Aliyot I'Torah** (being called up to the Torah and reciting the blessings.)

- a. Each Aliyah may be given to a couple or a single Jewish person above Bar/Bat Mitzvah age. Non-Jewish partners or family members are invited to come up in support, but should not recite the Torah blessing.
- 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. *These people can be Jewish or non-Jewish.* (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.



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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	
OR	
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

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.



CONGREGATION DORSHEI EMET

REHEARSAL INSTRUCTIONS

FOR B'NEI MITZVAH FAMILY'S PARTICIPATION IN SERVICE

The B'nei Mitzvah Family should arrive at 9:30 a.m. Guests should arrive at 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);

The family, (including grandparents & siblings)

Recites: the *Sh'hehyanu* prayer:

***Barukh atah Adonai, eloheinu melekh ha'olam
sh'hehyanu v'kimanu v'higyanu 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]



CONGREGATION DORSHEI EMET

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.



CONGREGATION DORSHEI EMET

LETTER OF COMMITMENT

Pre-B'nei Mitzvah Program

5780

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 16th (Tish), January 18th, February 15th, and March 21st.
- Participating in the Jewish Journeys Fall Shabbaton **November 30th – December 1st.**
- Participating in the delivery of Chanukah Food Baskets **December 15th**
- Participating in the Jewish Journeys Spring Shabbaton **March 21st—22nd.**
- Participating in community life and programs beyond these dates as available, and working with intention to explore Jewish life and identity as a family.

We take each family’s commitment to the program seriously, and we reserve the right to not allow a Bar/Bat Mitzvah to take place if these commitments are not followed.

Parent(s): _____ and _____

Child: _____ date: _____



CONGREGATION DORSHEI EMET

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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.

BRACHOT: 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).

PARSHA: 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

NOTES: