



CAULFIELD SHULE
CONNECTING OUR COMMUNITY

BARMITZVAH HANDBOOK



WELCOME MESSAGE



Rabbi Daniel Rabin

Mazal Tov on your upcoming simcha! It is a pleasure to celebrate this special occasion with you at Caulfield Shule, as well as to ensure that the Bar Mitzvah boy has the best possible experience in the lead-up to his special milestone with our Bar Mitzvah program.

Preparing for a Bar Mitzvah is a time of both joyful anticipation and some stress! It is a time when there are many questions and decisions to be made: how to make it a meaningful experience, how to celebrate, how to honor family members.

It's a busy and demanding time! Assisting you throughout the process and making it an enjoyable and memorable experience is our goal.

To accomplish this, we have prepared this little booklet. It contains information for you and your child about our Bnei Mitzvah program and requirements, as well as some practical advice and information.

I am delighted that our Youth Director will be assisting me in guiding your son through the program. His experience and ability to connect to young people are sure to make this a happy and memorable experience.

If you have any questions or suggestions, please do not hesitate to contact either of us.

My best wishes for the journey and celebration of your simcha and thank you for choosing Caulfield Shule.




OVERVIEW

In order for the youth of our community to function as committed and knowledgeable members of the community there are a series of tools and skills required. Our Bar Mitzvah program strives to provide these tools in a fun informal learning environment.

Through our weekly classes, your son will embark on a journey of exploration into what it means to be a Barmitzvah boy and a man in the Jewish religion. During these sessions, we explore themes related to the beliefs and virtues in a meaningful and exciting way. Sessions encourage the boys to think about their role as a Jewish man and how they can impact the world in which we live.

OUTCOMES OF THE PROGRAM

- A connection to the community and Caulfield Shule
 - An appreciation of the meaning of Bar Mitzvah as a rite of passage
 - Foster a personal relationship with the Rabbi and Youth Director. Therefore, enabling a more personalised celebration of the Bar Mitzvah
 - Encouraging friendships with other children in the program
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OUR

PROGRAM

Rabbi Daniel and Sarah Rabin have been involved in running programs for Bar and Bat Mitzvah aged children for many years. They have run programs in South Africa, USA and Australia. After doing research and based on their experience they have brought a unique and all-encompassing approach to the program.



The program has been designed to be inclusive, educational, interactive, relevant and a lot of fun!

The structure of the program focuses on 8 key aspects of becoming a Jewish man. These key elements encourage the boys to question their previous understanding of these concepts, enhancing their learning and understanding.

CONTACT DETAILS:

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8 KEY ASPECTS OF THE PROGRAM

WHAT IS A BAR MITZVAH?

In exploring this aspect of the barmitzvah program, we explore what it is to be a barmitzvah boy. This includes a discussion of the key responsibilities and virtues that a Barmitzvah boy should uphold as he commences the journey to becoming a Jewish man. We encourage the boys to set up goals for what they plan to take from the program.

JEWISH IDENTITY


We found this aspect to be highly pertinent in the barmitzvah program that we offer because it is highly important for our the boys to understand what makes up their Jewish identity. We explore three key aspects of Jewish identity: Jewish peoplehood, Jewish culture and Jewish religion.

TAKING RESPONSIBILITY IN THE MODERN WORLD

As a Barmitzvah boy is undergoing the journey of becoming a Jewish man, he must think of ways he can take responsibility in the world that we live in. We explore what the meaning of taking responsibility in the modern world is and how we can go about doing it.

ALL ABOUT HOLIDAYS

The Jewish tradition is brimming with chagim and sometimes it is difficult to understand the meaning of each chag and what it is we can do to celebrate the chag as Jewish men. We will explore the ritualistic practices, meaning and history to some of the major chagim that occur in a Jewish year, providing the boys with a sound understanding of the Jewish calendar.





8 KEY ASPECTS OF THE PROGRAM

WHY ISRAEL?

The State of Israel is centralised to the Jewish religion and is hopefully a place where all of the boys will eventually visit in their lifetime. We will explore the history of Israel with a specific focus on Yom Ha'atzmaut and Yom Hazikaron, galvanising the boys to consider 'Why Israel?'.

CHARITY AND VOLUNTEERING


We sometimes forget how fortunate we are and that others are experiencing serious hardship. We discuss the importance of charity and volunteering with the boys through understanding the concept of Tikkun Olam (repairing the world). Furthermore, the boys are given the opportunity to volunteer and create a tangible connection with charity and volunteering.

PHYSICAL AND SPIRITUAL FITNESS

It is often difficult to connect with spirituality, especially at a younger age. We encourage the boys to foster and nurture their spiritual relationship with Judaism. Moreover, we explore the importance of physical fitness in our lives and finding a healthy balance.

TEFILLIN AND SHULE

The Jewish tradition revolves around prayer. Not only do we connect with divine through prayer, we connect with each other and the members of the community. The boys will understand how Tefillin is made in a Tefillin workshop led by Rabbi Gutnik and will explore what is required of a shule, the house of prayer.



EXAMPLES OF ACTIVITIES AND SESSIONS

- CCARE food preparation and deliveries
- Group personal training session at Schwartz's Gym
- Guest speakers
- Visit to the Holocaust Museum
- Kashrut scavenger hunt followed by a restaurant dinner
- Policeman and squad car visit
- Tefillin workshop with Rabbi Eli Gutnik



EXPECTATIONS

In ensuring this program is effective and enjoyable, we have specific behavioural expectations.

Like anything important, participants will need to put work and effort into the program to make it worthwhile.

1. Attend the Bar Mitzvah sessions that have been arranged
2. Come to the Bar Mitzvah sessions with a kippah or head covering
3. Come to the Friday night or Shabbat day service at the Shule 3 times over the duration of the program
4. Come to the sessions with an open mind and an eagerness to learn
5. Get to know the other boys in the program
6. Get to know the Rabbi and Youth Director
7. Have fun and enjoy it!



PROGRAM SCHEDULE

What is a Bar Mitzvah?
Jewish identity
Taking responsibility in the modern world
Shabbat lunch at Rabbi's house
All About Holidays
Why Israel?
Family Friday night dinner
Physical and spiritual fitness
Charity and volunteering
Leadership and Tikkun Olam
Get to know your synagogue & Tefillin workshop
Holocaust Museum
Hatzolah

*Sessions are subject to change

Sessions are age-appropriate. Participants are not treated like little kids nor like University students. Learning is not conducted in a classroom environment rather via creative, fun activities and ways of exploring interesting and relevant topics

While not specifically part of the program, students are welcome to join the Caulfield Shule services on the Friday night or Shabbat morning. Parents and siblings will be welcomed and made to feel part of the Shule family!

