

Breman EDUCATION CENTER at THETEMPLE

Sparking Positive Jewish Identities

5784/2024 B'nei Mitzvah Handbook

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WELCOME

Dear Temple Family,

Mazal tov! The celebration of a child's becoming a b'nei mitzvah is one of the greatest events in the life cycle of a Jewish family. This handbook has been prepared to help make the period of study and preparation for the ceremony less stressful and, hopefully, more meaningful. Please read all of this information carefully.

The Temple has established certain expectations and responsibilities to help you and your child feel a part of the ongoing tradition *dor l'dor*, from generation to generation. All of these study and mitzvah opportunities will help you maintain the highest standards during this important life cycle event.

B'nei mitzvah is about ritual maturity. It is about growing up as a Jew. It is about becoming a fuller member of the Jewish community. It is about moral responsibility, and about connecting to Torah, to community, and to God. As you begin the process, it is appropriate for you and your child to turn inward and ask yourselves, "Why are we doing this?" and "What does it all mean?"

It is our greatest hope and expectation that the upcoming preparation and celebration you and your family are undertaking will have enduring and lasting significance. The seriousness and commitment required will help to shape the meaning of the celebration.

We look forward to working with your entire family during this meaningful time. Please know that we will make ourselves completely available to you during this process and always feel free to contact us with any questions or concerns during the journey ahead.

It is our fervent prayer that this experience will be one of many meaningful and fulfilling opportunities for your family at The Temple.

L'shalom,

Your Temple Clergy, Staff, and Tutors

B'NEI MITZVAH: OUR MISSION

The mission of The Temple's b'nei mitzvah program is very simple — We want to foster mature, loving and committed Jews. In order to make this happen, we envision the following goals:

- 1. To help each student reach their full potential through the partnership, encouragement, guidance and support of the clergy and teachers.
- 2. To give students the skills to lead the congregation in prayer and chant the ancient melodies from the Torah and the Haftarah.
- 3. To instill a thirst for Jewish knowledge through the study of Torah.
- 4. To encourage the practice of the mitzvot of Torah, Avodah (worship) and G'milut Chasadim (acts of loving-kindness).
- 5. To support our families throughout this meaningful life cycle.

HISTORY OF B'NEI MITZVAH

Although the origins of the term bar mitzvah go back approximately two thousand years, the ceremony itself appeared around the Middle Ages. A boy aged thirteen was considered a full member of the religious community and was given an aliyah (to go up) to the bimah (pulpit) and share in the Torah service. It symbolized the teen's entry into responsible Jewish living in the community.

Though the Talmud teaches that girls had a legal responsibility to observe mitzvot beginning at the age of twelve, it was not until the twentieth century that some families started celebrating the girl's new status with festivity. The first bat mitzvah ceremony in North America was that of Judith Kaplan Eisenstein's, the daughter of Rabbi Mordecai Kaplan, the founder of Reconstructionism.

B'nei mitzvah is not only a ceremony – it is also a decisive milestone: a period when the child reaches adolescence, spiritually as well as emotionally. While the usual age is thirteen, there is no maximum age limit. In our society, when adults reach the age of eighteen, they receive many privileges and responsibilities such as the right to vote. So, too, in Jewish society, when one reaches the age of b'nei mitzvah, one receives certain privileges and accepts certain responsibilities, most especially the full range of personal and spiritual accountability.

Prerequisites of B'nei Mitzvah

The b'nei mitzvah celebration is an ancient tradition that represents a significant milestone in the life of a young Jewish adult. In order to ensure that the b'nei mitzvah process continues to anchor the path of lifelong Jewish learning, the following requirements have been put into place at The Temple.

- 1. A student must have a minimum of three years of intensive Hebrew or its equivalent in The Temple's Sunday and Midweek Hebrew program for b'nei mitzvah. The decision to enter the Midweek Hebrew Program and study for b'nei mitzvah must be made as the student enters the fourth grade.
- 2. Transfer students will be accepted if they have successfully completed a minimum of three years of Hebrew or its equivalent in an intensive Hebrew program for b'nei mitzvah at another synagogue. The student must provide records showing satisfactory completion of studies in the former school and the family must make a commitment that the student will continue religious studies through confirmation at The Temple. The student and family must also fulfill the other requirements for b'nei mitzvah. All transfer students must be enrolled and actively attend Sunday Program at The Temple for one year to be eligible for b'nei mitzvah.
- 3. We want the b'nei mitzvah experience to develop Jews who value Jewish learning. Therefore, a student must meet the requirements of the Judaic studies component of the Breman Education Center in order to begin preparing for b'nei mitzvah.
- 4. Approximately one year prior to the service, the family attends a meeting with the Cantor, at which time the Torah and Haftarah portions are discussed in greater detail regarding the preparation for the b'nei mitzvah service.
- 5. A few months after the meeting with the Cantor, students begin attending intensive b'nei mitzvah tutoring one day during the week at a Midweek Hebrew location (eight to nine months prior to their service). A b'nei mitzvah tutor is assigned according to student's Midweek Hebrew location choice. For program specifics, please refer to B'nei Mitzvah Tutoring on page 8 of this handbook.
- 6. We want our young people and their families to feel connected to Jewish worship and The Temple community. Therefore, the b'nei mitzvah student is required to attend a minimum of eight Shabbat services at The Temple (in person or virtually)-- at least six of which should be on Shabbat morning or afternoon (when a Mincha service is scheduled). Because we believe that the practice of Judaism should be a family experience, we ask that parents attend services with their child. In this way, everyone in the family will feel comfortable and connected to our worship service. More than this, we want to create a worshipping community, in which we know our families. We want to feel connected to you.
- 7. The Temple, in concert with our Jewish heritage, considers becoming a b'nei mitzvah to be an important landmark in a child's journey toward becoming an educated adult not the final destination. Therefore, any child who becomes b'nei mitzvah is making a commitment to continue Jewish education through confirmation and this is reflected in their d'var Torah. We are proud of our large confirmation classes, and we are grateful to our parents for upholding the values of Jewish education for our children.
- 8. Practice is the key to b'nei mitzvah preparation. Our experience has shown that the most successful students are those who practice every day rather than "cramming" immediately before their lessons.
- 9. The clergy may implement the above requirements with flexibility, to help design a program to meet the individual student's needs.
- 10. All b'nei mitzvah families are expected to usher at least twice at a Shabbat morning b'nei mitzvah service during their seventh grade year.

PREREQUISITES



- 11. The b'nei mitzvah family's membership must be fully up-to-date to enter into the b'nei mitzvah process. If finances are an issue, families are encouraged to reach out to Tena Drew, Membership Coordinator, or Jeremy Perlin, Temple Executive Director.
- 12. If Temple standards are not met satisfactorily, the b'nei mitzvah can be postponed or canceled by the Temple clergy. Final approval of the date of the b'nei mitzvah should be obtained through the clergy three months before the scheduled date.
- 13. All seventh grade students are required to participate in our 13 x 13 Mitzvah Program. For program specifics, please refer to pages 13-16 of this handbook.

THE CEREMONY

At The Temple, becoming b'nei mitzvah symbolizes, in Jewish terms, the passing of the child's intellectual, emotional and moral childhood to adolescence. This is celebrated by participation in the Shabbat evening and Sabbath morning services.

The recognition that each student is an individual of varying abilities and talents is taken into consideration in planning and designing the b'nei mitzvah ceremony. The b'nei mitzvah student's participation may vary from reciting a few blessings to conducting virtually the entire Shabbat morning service. The clergy will determine the level of participation during the private tutorials. The number of verses chanted in both Torah and Haftarah is also considered during this time. Each ceremony is special, as each student offers their own unique gifts.

Friday Evening Service

The family of the b'nei mitzvah lead the congregation in the lighting of the Shabbat candles and the b'nei mitzvah leads the congregation in the Kiddush and recites a personal prayer. Please be aware that during the Friday evening worship service there are often other simchas being celebrated, special events and at times creative worship experiences. When there are two children becoming b'nei mitzvah, we split the honors between the families in an equitable way.

Shabbat Morning Service

The b'nei mitzvah is invited to lead the congregation in the morning Sanctuary service. Students typically lead the liturgy and chant Torah, with the option to chant the Haftarah portion. The student also composes and delivers a d'var Torah on the meaning of their Torah portion. When two students share the ceremony, each student will read from a portion of the Torah and Haftarah and deliver their own d'var Torah.

Shabbat Afternoon (Mincha) Service

The b'nei mitzvah is invited to lead the congregation in the afternoon Sanctuary service. Students typically lead the liturgy and chant the Torah selection. The student also composes and delivers a d'var Torah on the meaning of their Torah portion. When two students share the ceremony, each student will read from a portion of the Torah and deliver a d'var Torah.

FAMILY PARTICIPATION

It is our utmost goal to create an environment where all family members become invested in the sanctity of the b'nei mitzvah celebration. Our service is designed to be fully inclusive of both Jewish and non-Jewish family members and guests and our clergy is careful to show respect to both parents. Therefore, when there are specific religious acts permissible only for Jews (such as reciting the Torah blessings in Hebrew), the choreography is designed so that the congregation will not notice one parent's participation over another.

- Candles and Kiddish: On the Friday night prior to the b'nei mitzvah, the family of the b'nei mitzvah are invited to lead the congregation in the Shabbat candle lighting and the Kiddish.
- Generational passing of the Torah Scroll: Parents and grandparents (both Jewish and non-Jewish) are invited to participate in the passing of the Torah from generation to generation. Family members rehearse this on the Friday morning (or afternoon for Mincha services) prior to the b'nei mitzvah ceremony.
- Hakafah (Torah Procession): After the generational passing of the scroll, family members and friends are
 invited to participate in the hakafah around the sanctuary. This is the perfect opportunity for cousins to
 be honored as participants in the service. Please feel free to invite family members to participate in this
 joyous act of reverence.
- Aliyah: Each b'nei mitzvah is given the opportunity to honor Jewish family members* with an aliyah (the recitation of the blessings before and after a Torah reading). Honors are given for the b'nei mitzvah's first two aliyot (and the third aliyah is reserved for the b'nei mitzvah). Honors are typically reserved for immediate and close family members. These blessings are recited or chanted in Hebrew and those being honored can review the correct pronunciation of the Hebrew by contacting one of our Temple clergy or on-line on The Temple's website (www.the-temple.org, click prayers and worship then prayers). Please be sure to provide us with the Hebrew names of those who are to be honored with aliyot at least ten weeks in advance by returning the honors form to the officiating rabbi. The honors form can be found in the back of this handbook (page 25).
- Parents' Blessing: The parents' blessing for the b'nei mitzvah follows the rabbi's blessing toward the end of the service. We ask that one parent deliver the blessing (limited to 300 words) to the child on behalf of both parents. It should be written in the form of a personal blessing and not a family story. Examples will be distributed by the officiating rabbi at least 14 weeks in advance. The final text must be reviewed by the officiating rabbi no later than two weeks prior to the b'nei mitzvah ceremony.

*Family members of other faiths are invited to participate in the service by reading an adapted English translation of the Torah Blessing or by reading the Blessing for Our Country.

Prayer Book

Our b'nei mitzvah students lead the Shabbat morning service from the Reform Movement's prayerbook, *Mishkan T'filah*. This prayer book is written in gender sensitive language and includes transliterations of all prayers, making it inclusive and accessible to all worshippers.

B'NEI MITZVAH TUTORING

In order to be fully prepared for the simcha, b'nei mitzvah students are required to attend weekly tutoring sessions at one of our three midweek Hebrew locations.

Approximately 10 months prior to the service, Nalo Grant will work with families in scheduling a 30-minute time block for your child's tutoring during the week. It is important to ensure that your child arrives on time so as not to affect other student appointments.

Regular study is crucial and it is the b'nei mitzvah student's responsibility to practice a minimum of 20 minutes each day throughout the process. Tutoring sessions are designed to check on student's progress and introduce new material and <u>not</u> to drill them on the work they should be doing at home. If a tutor deems that the student is not practicing or attending regularly, it is the responsibility of the family to pay for additional private tutoring.

Fourteen weeks prior to their b'nei mitzvah, students are expected to attend tutoring sessions at The Temple location only and stay for the entire hour and a half (see times below). This will ensure that your child will have time to work with their tutors, their officiating rabbi, and cantor.

	יר החילר סביב מחשקים כמ שתארך החילר מאה באמ מוקמה החמש אמות שש מ לכל כלי המישכו בכל עברה החילר המישכו בכל עברה	TUTORING SCHEDULE			
Ĺ		Тіме	Location	Address	
	Mondays	4:30 то 6:00	OGUMC/The Temple	1722 Oak Grove Road, 30033	
	Tuesdays	5:00 то 6:30	Тне Темрье	1589 Peachtree Street, 30309	
	Wednesdays	4:30 то 6:00	Galloway School/The Temple	215 W. Wieuca Road NW, 30342	



The above schedule of satelite locations applies during weeks when Midweek Hebrew is in session. We always hold sessions at The Temple on Mondays and Tuesdays during spring, winter, and summer breaks. We are off on many holidays such as MLK and Memorial Day. Please refer to The Temple's calendar at www.the-temple.org/calendar to see when tutoring is in session.

B'NEI MITZVAH IN ISRAEL

During the Temple Family Israel Experience, members of The Temple who are 12 or 13 years old may choose to become b'nei mitzvah in a group setting in Jerusalem. The 5:30 PM (IST-Israel Standard Time) service is live-streamed and broadcast in place of the regular 10:30 AM Shabbat service. Extended family members and guests are welcome to come to The Temple to see the live broadcast, watch the service online or travel with The Temple to Israel. Becoming b'nei mitzvah in Israel can be in lieu of or in addition to a service at The Temple. The b'nei mitzvah service in Israel is followed by a dinner honoring the students and additional celebrations throughout the trip. Currently, Israel trips are scheduled on odd years. For more information on The Temple's Israel Experience, please contact Rabbi Steven Rau.

B'NEI MITZVAH TIMELINE

By the winter of fourth/fifth grade (depending on the child's birth year):

- Students are assigned a b'nei mitzvah date and parents meet with the professional staff to discuss basic procedures and policies.
- Parents attend a b'nei mitzvah education meeting with The Temple clergy where they learn about the b'nei mitzvah process and timeline at The Temple, and facilities and resources available to members.

January of sixth grade year

• Students attend a b'nei mitzvah workshop with the clergy to learn about the b'nei mitzvah process and 13x13 mitzvah program at The Temple. Parents join students at the end of the program to learn more about timesensitive updates.

End of sixth grade and throughout the seventh grade year:

• Students begin working on their 13 mitzvot.

Twelve months before the ceremony (approximately)

 Families attend an intake meeting with the Cantor who will answer initial questions and explain the b'nei mitzvah program in detail and receive their tutoring binder and additional details prior to entering the tutoring program.

Eight-Nine months before the ceremony:

- Students begin attending weekly b'nei mitzvah tutoring for 30 minute sessions.
- Families begin attending services regularly, in person or virtually.

Six to twelve months before the ceremony:

• The Temple will contact parents and inform them of their assigned officiating rabbi of the service. That rabbi will be available to the family for questions and support throughout the process.

Fourteen weeks before the ceremony:

- Families meet with the officiating rabbi and share information about the family, discuss tutoring progress, learn guidelines for writing a d'var Torah (Torah message), discuss honors, and answer any questions.
- Families begin working on the Aliyah Honors Form with the officiating rabbi (page 25).
- Students begin attending full 1 1/2 hour tutoring sessions.
- Families submit the Honors and Information Form electronically along with a digital picture. Example of the online form can be found on pages 24 & 25.

Eight to two weeks before the ceremony:

• Students meet weekly (on Monday or Tuesday at The Temple) with the officiating rabbi to write a d'var Torah and practice reading from the Torah scroll.

One and a half weeks before the ceremony:

• Students meet with the cantor or a clergy member at The Temple for a first rehearsal. The rehearsal time will be coordinated through Nalo Grant, our clergy assistant.

Friday Morning of b'nei mitzvah weekend:

• Final sanctuary rehearsal with the officiating rabbi and the cantor. (Mincha service rehearsals will take place on Friday afternoons.)

Thirteenth birthday (or by the end of the seventh grade year):

• All mitzvot requirements completed.

TEMPLE POLICIES

The Temple staff is delighted to help you plan your upcoming life cycle event.

Understanding the policies in advance and adhering to them will make everything run smoothly. Close communication with the Executive Director is essential.

- 1. To confirm a b'nei mitzvah date, the family must be members in good standing. and the student must be enrolled in Breman Education Center or its equivalent. All dues, fees, and assessments are due prior to the ceremony. A b'nei mitzvah tutoring fee will be billed one year prior to the b'nei mitzvah date.
- 2. Photos may not be taken at anytime during the service. Families may schedule photos before the services on Friday or Saturday. It is the responsibility of the PARENTS of the b'nei mitzvah student to inform family members and the photographer of The Temple policy. All photo sessions must be scheduled through The Temple office and placed on The Temple calendar.
- 3. All b'nei mitzvah services are professionally broadcast over the internet. A link to the broadcast will be provided for your family. The Temple's technology team will also work with you to include any family members who cannot be with you in person to participate in service honors from their remote location via Zoom and they will be broadcast in the Sanctuary live.
- 4. The b'nei mitzvah ceremony is, first and foremost, a Shabbat worship service and modest and appropriate dress provides sanctity to our Shabbat experience. Ritual garb, such as kippot (head covering) and tallitot (prayer shawl) are at the option of each worshipper. We begin b'nei mitzvah services with the blessing for the wearing of the tallit. If your child chooses not to wear one, please let your officiating rabbi know so they can make necessary adjustments to the service. Please notify your guests (especially teenagers) of typical synagogue dress guidelines in order to bring proper sanctity to the day.
- 5. If parents are divorced or the child's name is different from the parents, please clarify how the child is to be addressed, as well as the parents. Sensitivity for the welfare of the child is vital. Parents should remember that this is their child's day and that personal differences should not interfere with the beauty of the ceremony, regardless of other family complications. If students live in two households, duplicate materials will be provided for both houses.
- 6. We are a large and diverse congregation in a major metropolitan area and we are fortunate to have many students in each grade. While the secular lives of our children are often separated by geographic and other factors, we seek to promote and foster friendship and inclusion in our religious community, within our Temple family and among b'nei mitzvah families and students. As part of the b'nei mitzvah process, The Temple has established the following policy regarding the inclusion and invitation of classmates by each b'nei mitzvah candidate enrolled in the Temple Bremen Education Center:

All of your child's homeroom classmates are encouraged to attend your child's service and any Kiddush luncheon if held at The Temple immediately following the service. A list of your child's homeroom b'nei mitzvah schedule will be provided during the spring of the sixth grade year and the fall of the seventh grade year and families are requested to send an email invite to the service and luncheon (if hosting one) to each child in the homeroom class. Each b'nei mitzvah student is required to attend at least six Shabbat morning services prior to their b'nei mitzvah, and to serve as an usher at two services. The services at which your child ushers will count towards your six required Shabbat morning services. We highly encourage your child to attend these services and to usher when their classmates will be called to the Torah.

7. We recommend that parents encourage their child to write thank you notes for all gifts received.

DATE SELECTION LOTTERY POLICIES

A lottery process is used to assign Temple b'nei mitzvah dates to students actively attending the Midweek Hebrew program or its equivalent during their fourth or fifth grade year based on their birth year. The lottery is supervised by The Temple's B'nei Mitzvah Committee Chairs and Temple Staff using the following guidelines:

- The lottery is held privately in early January and includes all families who have returned forms by the deadline for date selection.
- Families are given the option to prioritize available b'nei mitzvah dates for the lottery process. Every effort is made to accommodate requests.
- Diagnosed learning needs and disabilities that may affect service participation are given first priority for mincha services.
- Families (including siblings) who mutually select one another to partner on identical dates are given priority over individual students after dates have been assigned for students with needs or disabilities.
- Temple clergy and educators ensure that student pairings are compatible.
- Dates are distributed in late January or early February at a b'nei mitzvah parent meeting.
- If a valid conflict arises with the assigned date after dates have been distributed, the family should notify Rabbi Rau to discuss potential options.
- Pairings often change after dates are announced. Up until six months prior to the service, The Temple may add or remove a partner.
- If a partner is added between six and twelve month prior to a service, the family who originally had the date has first right of refusal for sharing Schwartz-Goldstein Hall for a Kiddush luncheon. For more information on hall rental and policies, please refer to The Temple's house rules found on The Temple's website.

PICTURE IN BULLETIN

The congregation is honored to feature our b'nei mitzvah students in The Temple Bulletin. In order to meet publishing deadlines, please provide the Temple office with a digital picture at least ten weeks before the b'nei mitzvah ceremony. Please email the photo to Nalo Grant at ngrant@the-temple.org. Because The Temple Bulletin is accessible online, please be aware that their picture will be on the Internet.

USHERS

Part of the b'nei mitzvah experience is to foster a sense of community between families.

It has become our custom for parents to usher at other b'nei mitzvah ceremonies. A schedule of dates is sent to families in the summer before the school year in which the b'nei mitzvah will take place. Instructions for ushering will be emailed to you, can be found in the tallit stands in the Sanctuary, and found here:

Ushering Sign-Ups are emailed out via Sign-Up Genius or contact Nalo Grant at ngrant@the-temple.org.





Morning: Please arrive <u>before</u> 10:00am. Mincha: Please arrive before 5:00pm.



Each student usher must have at least one parent present to assist them.



Greet worshippers at the sanctuary doors. Many of the worshipers may be first-time guests at The Temple. When the service begins, close one of the two doors on each side of the sanctuary.

If there are three adults ushering for the service, it is nice to send one into the lobby. That adult can direct worshippers to the sanctuary. Many of the guests will be attending their first service at The Temple. Stationing an usher in the lobby helps make The Temple seem more welcoming.



Prayer books are located on the book carts by the door. Please be sure there are prayer books and pamphlets on the first row of seats/pews where the immediate families of the Bar/Bat Mitzvahs sit. You should also place handouts in each prayer book on the top shelf of the book cart so that they are ready to go when large groups arrive.



"Ask me about The Temple" badges should be worn while ushering. This will help identify you as an usher who can answer questions, etc.

These badges are located in the drawers of the tallit racks in the sanctuary.



Please remain at the front sanctuary doors (the doors near the bimah) until after the Bar'chu and the Sh'ma have been recited. Please ask guest not to enter the sanctuary while the congregation is standing. After the Sh'ma, close those doors and have a seat (near the groups of kids -- see below). If you have trouble closing the doors, just leave them open or Rabbi Rau will help you (the lock to close the doors is located on the floor.)

Please sit near the groups of kids. (They usually congregate in the back of the sanctuary.)



*Be sensitive to** distractions that may disrupt worship*: (a) No flash or non-flash photography is permitted during the service – a video camera may be used from the balcony ONLY; (b) Conversations during the service -- they are amplified in our acoustically superior sanctuary. Please give a gentle reminder to those involved; (c) Parent of crying babies should be reminded to take their child into the main Temple lobby until they calm down.

Please do not allow guests in the balcony -- unless the entire downstairs sanctuary is full.

13 BY 13 MITZVAH PROGRAM

Preparing for b'nei mitzvah is a process that begins well before the student's special Shabbat Service. An essential element of b'nei mitzvah preparation at The Temple includes understanding and practicing mitzvot. While mitzvot are often referred to as "good deeds," the literal Hebrew meaning is "commandments" – obligations that define the special covenant between the Jewish People and God. We feel it is important for our students to experience this broader view of mitzvot so that the b'nei mitzvah celebration has deeper meaning than just practicing the liturgy and planning a party.

Our b'nei mitzvah program is centered around the three eternal mitzvot: Torah (study), avodah (worship) and g'milut chasadim (acts of loving kindness). A total of 13 mitzvot are required by the end of the student's seventh grade year (or when the student is 13 years old). Some mitzvot are individual and may be completed at home or in the community, while others are completed as part of the seventh grade curriculum. Certain mitzvot are required; others give the student choice. A mitzvah journal for recording the process is given to students with this handbook. We encourage students to complete all mitzvot prior to their b'nei mitzvah date, with the exception of those projects that are part of the b'nei mitzvah Shabbat Service, but completion is not required until the end of the seventh grade program year. Additionally, the seventh grade curriculum includes two in-class projects and work time to complete mitzvah journal writings.

THE MITZVAH OF TORAH

Dedication to Jewish Study

Req	Minimum of 3 years of Hebrew or its equivalent in The Temple's Sunday and Midweek Hebrew program for b'nei mitzvah. The decision to enter the Midweek Hebrew Program and study for b'nei mitzvah must be made as the student enters the fourth grade.
	Study the meaning of your Torah and Haftarah portions with the student's assigned officiating rabbi and attend all b'nei mitzvah tutoring sessions beginning nine months prior to the ceremony.
Elec	ctive Mitzvot (Choose 1 Mitzvah below):
	Start a Jewish library add a Jewish book to your personal collection, read it and write about it in your journal.
	Watch two programs of Jewish interest and write a brief report about each one in your journal.
	Reserve a half-hour on Saturday to study a Jewish text together as a family.
	Research and write about a Jewish subject that interests you in your journal.
	Interview with a grandparent about Jewish life when they was thirteen years old and write about it in your journal.
	Attend concerts of Jewish music or lectures on Jewish subjects and write about them in your journal.
	Read Jewish books together as a family and write about one of them in your journal.

THE MITZVAH OF G'MILUT CHASADIM

MITZVOT THAT CONNECT US TO PEOPLE AND THE WORLD

Rec	quired Mitzvah:
	Adopt a name of a child from the Shoah and recreate the story of their life. Since 1995, The Temple has participated in a program to honor the memory of children who perished in the Holocaust. A list of names is distributed to all sixth grade students in January.
Ele	ctive Mitzvot (Choose a total of 7 mitzvot from the following 11 groups):
Biki	kur Holim/Helping the Sick Visit someone who is ill and write about it in your journal.
	Help a classmate who is ill (bring homework, library books, messages between home and school, etc.) and write about it in your journal.
	Visit someone who has lost a loved one and write about it in your journal.
	Entertain sick children in a hospital and write about it in your journal.
Tiki	kun Olam/Repairing the World
	Bring chametz from your home before Pesach to a local food pantry and write about it in your journal.
	Volunteer as a family at a soup kitchen for the homeless and write about it in your journal.
	Ask guests to bring canned food/toiletries to your b'nei mitzvah party for distribution to the homeless.
	Write to an elected official about an important social or political issue. Use a Jewish idea in the letter and include a copy of the letter in your journal.
	Participate as a family in a clothing drive for the needy and write about it in your journal.
	Participate in a peaceful rally or demonstration that supports a worthy cause. How does it connect to Judaism? Write about it in your journal.
Нас	chnasat Orchim/Hospitality
	Show hospitality by inviting a new classmate or neighbor over for a meal and write about it in your journal.
	Volunteer at a homeless day care center and write about it in your journal.
Tze	dakah/Righteous Financial Giving Pledge part of your gift money to the charity of your choice.
	Contribute some tzedakah every Friday night before Shabbat into a family tzedakah box. Decide as a family where the money should go and write about it in your journal.
Hid	lur P'nei Zakein/Honoring the Elderly Call, write, or visit an elderly relative or friend and write about it in your journal.
	Help nursing home residents hold services for Shabbat and Jewish holidays and write about it in your journal.
	Deliver flowers to a nursing home before the start of Shabbat and write about it in your journal.
	"Adopt" a resident of a nearby nursing home and send them cards and/or visit them regularly and write about it in your journal.

Ziko	aron/Memory
	Learn your Hebrew name and the person/people for whom you are named and about the special qualities of the person/people after which you were named. In addition, learn what your Hebrew name means. Write about this in your journal.
	Learn what your family's name was in "the old country." Write about this in your journal.
	Find out the name of the town, city or village that your family came from in its country of origin. Look up the town in the Encyclopedia Judaica and learn something about the town and what it gave to the Jewish world. Write about this in your journal.
Tzad	ar Baalei Chayim/Caring for Animals
	Donate a portion of money from your b'nei mitzvah to the local animal shelter and advertise it to your guests.
	Adopt a dog or cat after educating yourself about this responsibility and write about it in your journal. Volunteer at your local animal shelter and write about it in your journal.
	Collect supplies for animals living at animal shelters and encourage others to do the same.
L	
	ushat HaAretz/Sanctifying our Relationship with the Land of Israel Purchase and use Israeli products and record what you have purchased in your journal.
	Plant trees in Israel and place the certificate in your journal.
	Give tzedakah to Israel and write some information about the organization in your journal.
	Travel to Israel as a family and write about it in your journal.
	Write letters of support to elected officials supporting peace in the Middle East for all people who live there. Include one in your journal.
	Establish a pen pal/e-mail relationship with an Israeli child.
Tikk	kun HaNefesh/Repairing the Self
	Eliminate a bad habit. Describe in your journal the habit you eliminated and why.
	Patch up a bad relationship with another person. Write about the experience in your journal.
\Box	Transform a negative attitude into a positive attitude. Describe this transformation in your journal.
<u> </u>	ishat HaLashon/Sanctity of Speech
	Be careful about what you say about other people. Describe in your journal how you strive to practice this Mitzvah in your every day life.
	Talk as a family about times when you did not observe this Jewish value of <i>K'dushat HaLashon</i> and how you could have done differently. Write about it in your journal.
	Hold a family discussion about acceptable kinds of speech. Discuss the quality, the content (and the volume!) of speech in your home. Consider how speech can be used for healing, not hurting. Write your findings in your journal.
Dar	chei Shalom/The Paths of Peace
	Do a "shalom inventory" of your own home, and work with your family to revise habits that are not reflective of shalom. Write about this in your journal.
	Try to make your daily life more peaceful. Write in your journal how you strive to practice this mitzvah in your every day life.
	Be aware of the words and tone used in your family. Discuss with your family ways to make words more reflective of peace and to not be offensive to others. Record your findings in your journal.

THE MITZVAH OF AVODAH

Worship

uired Mitzvah: Shabbat/Honoring the Sabbath: Attend at least two Friday night services and at least six Saturday morning services in the 9 months prior to your b'nei mitzvah
ctive Mitzvot (Choose 1 Mitzvah from the following 2 groups):
od HaShabbat/Honoring the Sabbath Light Shabbat candles every Friday evening for at least four consecutive weeks.
Lead your family in Kiddush every Friday evening for at least four consecutive weeks.
Lead your family in the Motzi before your main meal every day for two weeks.
As a family, jointly discuss and create mitzvot for Shabbat. (i.e. avoid commercial transactions on Shabbat, such as business and shopping; turn off the TV or computer for Shabbat; make Shabbat into a day for visiting friends or family instead of engaging in entertainment.)
ushat HaZ'man/Holiness of Festivals and Sacred Seasons Enrich the Passover Seder with your family by writing a special reading or explaining a certain part of the Seder to the family and record it in your journal.
Write a prayer for your family to use when lighting the Chanukiah and record it in your journal.
Help build a sukkah in your backyard, at a friend's home or at the synagogue.
Decorate a sukkah and have dinner in it during Sukkot. Write about the experience in your journal.
Make and deliver Mishloach Manot to friends and family.
Plant a tree in Israel each year on Tu B'Shvat.
Fast all day on Yom Kippur and write in your journal what it meant to you.

ADDITIONAL MITZVAH SUGGESTIONS

The following is a list of organizations that do worthwhile mitzvot. It can be used in a number of ways. Your child may choose to give part of their b'nei mitzvah gift money to a particular organization whose work is meaningful to your family. You may choose to put certain organizations on a list that will accompany the b'nei mitzvah invitations, suggesting that your guests donate to the groups of their choice in honor of the b'nei mitzvah. Or, your family may volunteer for the organization and enrich the b'nei mitzvah experience by making it an experiment in living mitzvot.

Soup kitchens for the homeless:

Soup kitchens feed the poor and the homeless. Sometimes, they feed entire families. Donate leftovers from your b'nei mitzvah celebration. Consider how much smoked salmon and salad is thrown out on any Saturday afternoon after a b'nei mitzvah party.

Some local food banks and shelters:

- Our House (Formerly Genesis Shelter)
 www.ourhousega.org
 A non-profit shelter for homeless newborns and their families.
- MAC (MIDTOWN ASSISTANCE CENTER)
 www.midtownassistancectr.org
 A non-profit, interfaith organization whose mission is to provide emergency assistance to the working poor
 of Midtown and Downtown Atlanta.
- The Zaban Paradies Center For Homeless Couples
 1605 Peachtree Street NE, Atlanta, GA, 30309, www.zabanparadiescenter.org
 This non-profit night shelter for homeless couples, located in The Temple's Selig Building, operates from October through May and is staffed almost exclusively by volunteers.
- NATIONAL COUNCIL FOR JEWISH WOMEN, ATLANTA SECTION
 www.ncjwatlanta.org
 This non-profit has teamed up with the Atlanta Jewish Coalition fo Literacty to collect children's books as
 part of their literacy programs. They also coordinate a tutoring program for younger students.

Other organizations that do worthy things:

• ARMDI: American Red Magen David for Israel www.armdi.org

The sole support arm in the United States for the Magen David, Israel's emergency medical and blood services organization.

• American Jewish World Service

www.ajws.org

AJWS has become the Jewish response to suffering caused by famine, epidemic, or natural disaster. The group has managed projects in Africa, South America, Mexico, and the United States.

 Friends of the Israel Defense Forces www.israelsoldiers.org

The FIDF initiates and helps support social, educational, cultural and recreational programs and facilities for the young men and women soldiers of Israel who defend the Jewish homeland. The FIDF also provides support for widows and orphans of fallen soldiers.

Hadassah

www.hadassah.org

Hadassah is a women's Zionist organization founded in 1912. Through education, advocacy, and research, they work to enhance the health and lives of people in Israel and around the world.

Additional Mitzvah Suggestions

 HILLEL: THE FOUNDATION FOR JEWISH CAMPUS LIFE www.hillel.org

As its web site says, "the largest Jewish campus organization in the world, Hillel: The Foundation for Jewish Campus Life provides opportunities for Jewish students to explore and celebrate their Jewish identity through its global network of over 500 regional centers, campus Foundations and Hillel student organizations. Hillel is working to provoke a renaissance of Jewish life."

• ISRAEL BONDS

www.israelbonds.com

Israel Bonds and the UJC are the great international pillars of support for Israel. Israel's capital improvements and infrastructure are largely the result of the strong commitment to Israel Bonds by Jews all over the world. Not just tzedakah--it's an investment in Israel's future.

• The Jewish Federation of Greater Atlanta

www.jewishatlanta.org

Our local Jewish federation supports the JCC, Jewish education, nursing homes, youth activities, etc. It should be an essential part of every Jew's tzedakah plans.

 The Jewish Braille Institute of America www.jewishbraille.org

This organization provides books, tapes, special materials for summer camps, collegeand career counseling, and free b'nei mitzvah training to blind and partially sighted Jewish adults. Improves the quality of Jewish life for the estimated 20,000 Jewish blind and 50,000 Jews who are severely visually impaired.

 Jewish Foundation for the Righteous www.jfr.org

Many Christians who saved Jews from the Nazis now live in poverty in the United States, Europe, and Israel. Jews must remember them; our history is incomplete without them. The foundation sustains them financially and emotionally, thus bearing witness to eternal gratitude. The Foundation has an excellent "twinning" program for bar and bat mitzvah.

• Jewish National Fund

www.jnf.org

JNF improves and develops the land of Israel, most notably through the planting of trees. Virtually all forested land in the Jewish state is the gift of the JNF. Supporting JNF is one of the most important and most worthwhile ways of contributing to the ongoing welfare of Israel.

■ Lifeline for the Old — Yad LaKashish

www.lifeline.org.il

Yad LaKashish was formed so Jerusalem's elderly would create lovely handicrafts, challah covers, talitot, toys, metal mezuzot, ceramic items, clothing, book binding. They also employ young and old handicapped individuals.

MAZON

www.mazon.org

MAZON asks Jews to send three percent of the cost of a simcha to MAZON so we can share our blessing with the needy. MAZON then makes allocations to hunger organizations around the country.

• THE NEW ISRAEL FUND www.newisraelfund.org

The New Israel Fund supports the following programs in Israel: Jewish/Arab relations; pluralism; civil rights and civil liberties; women's rights, especially rape crisis centers; and community action.

● TOOMER ELEMENTARY

Contact The Temple office to help.

The Temple has partnered with local school Toomer Elementary as a social action project.

- (1) Students can organize and help lead Toomer's tour of The Temple, including raising funding for the bus trip to Temple. (2) Host a supply drive and deliver backpacks stuffed with supplies to Toomer kids.
- (3) Host and lead monthly game nights at Toomer.

• Simon Wiesenthal Center

www.wiesenthal.com

This organization has taken a leading role in discovering Nazis in hiding as well as exposing modern hate groups. Insures that Americans will remember the Holocaust and its lessons.

Ziv Tzedakah Fund

www.ziv.org

Ziv Tzedakah Fund is the independent tzedakah fund of Danny Siegel: poet, writer, and mitzvah impresario. He searches for – and finds – righteous people doing holy work and raises money for them.

MITZVAH JOURNAL

THE MITZVAH OF TORAH - ELECTIVE CHOICE: Performing this mitzvah was meaningful to me because		
THE MITZVAH OF AVODAH - ELECTIVE CHOICES:		
Performing this mitzvah was meaningful to me because		

THE MITZVAH OF G'MILUT CHASADIM — ELECTIVE CHOICES (7):
1
Performing this mitzvah was meaningful to me because
2
PERFORMING THIS MITZVAH WAS MEANINGFUL TO ME BECAUSE

MITZVAH JOURNAL

3				
Performing this mitzvah was meaningful to me because				
4				
PERFORMING THIS MITZVAH WAS MEANINGFUL TO ME BECAUSE				

5
Performing this mitzvah was meaningful to me because
6
Performing this mitzvah was meaningful to me because
7
PERFORMING THIS MITZVAH WAS MEANINGFUL TO ME BECAUSE

Honors and Information Form

DUE 14 WEEKS IN ADVANCE

Information provided here will be used for Temple bulletin, worship pamphlet, and certificate.

Please complete the form below online at www.the-temple.org/bmhonors. If you have any questions, do not hesitate to contact any of our Temple clergy or our clergy assistant, Nalo Grant at ngrant@the-temple.org. B'nei Mitzvah Date: Child's name (for all publications and documents): MIDDLE LAST Child's Hebrew name: Parent A's English Name (how you would like to be printed): Parent A's Hebrew name (if applicable): Parent B's English Name (how you would like to be printed): Parent B's Hebrew name (if applicable): Each family is given the opportunity to honor Jewish family members with two additional aliyot.* When you assign an aliyah, you are asking the individual(s) to recite the blessings before and after the Torah reading. Honors are typically reserved for immediate and close family members. All individuals receiving the aliyah must be well-versed in the Hebrew recitation of the prayer, and at least b'nei mitzvah age. Participants can find the blessings recited and chanted at www.the-temple.org/prayers. 1st Aliyah* (List up to 4): For each person please indicate English name/Hebrew name/Relationship of person to b'nei mitzvah/Location (Temple or Zoom - if Zoom, please include their email address) 2ND ALIYAH* (LIST UP TO 4): For each person please indicate English name/Hebrew name/Relationship of person to b'nei mitzvah/Location (Temple or Zoom - if Zoom, please include their email address) **3RD ALIYAH:** Your child, the b'nei mitzvah! NATIONAL PRAYERS * (LIST UP TO 2) For each person please indicate English name/relationship of person to b'nei mitzvah/Location (Temple or Zoom - if Zoom, please include their email address) USA:

Israel:

^{*}Family members of other faiths are invited to participate by reading an adapted English translation of the Torah Blessing or by reading the Prayer for Our Country. This prayer will be provided by the clergy before the service.

WWW.THE-TEMPLE.ORG/BMFORMS

KADDISH LIST	: Please list the names of any close	e family members or friends w	who have passed away that you would like
to remember be	efore the recitation of the Kaddish	at your child's service:	
Name	Relationship	Name	Relationship
TALLIT (PRAY	er Shawl): Does your child's ta	llit have special significance,	such as given by or belongs to a relative
or purchased ir	ı Israel?		
ATTENDANCE:	:		
Does your fami	ily plan to attend Friday night Sh	abbat service prior to b'nei m	nitzvah service? Yes No
How many adu	alts do you expect to attend b'nei	mitzvah service?	
How many chil	ldren do you expect to attend b'no	ei mitzvah service?	
PICTURES FO	R THE TEMPLE BULLETIN MUS	t be e-mailed to Nalo G	RANT (NGRANT@THE-TEMPLE.ORG).
Тне рісті	ure must be a JPEG high res	OLUTION IMAGE (NOT ALL 1	MOBILE DEVICE PICTURES QUALIFY).
By signing this	form and submitting a picture, I/	We give The Temple permissi	ion to print my/our child's photo in The
Temple Bulletin	n, which can be accessed online th	rough The Temple's website.	
Parent(s) Nam	e(s):		
	re(s):		

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Amy Cox: Accounting Staff

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Maintenance Coordinator

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www.the-temple.org