

A GUIDE FOR FAMILIES

of children

BECOMING A BAR/BAT MITZVAH



TEMPLE BETH EL
OF SOUTH ORANGE COUNTY

The Samueli Center for Progressive Judaism

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GENERAL INTRODUCTION

Mazal Tov! This is a joyous time for your entire family. Your young adolescent has chosen to enter his or her years as a teenager by embracing Torah, family, tradition, and the Jewish community. Becoming a responsible adult does not happen all at once. It is a never-ending process of intellectual and spiritual growth. While each Bar or Bat Mitzvah has his or her own interests, talents and strengths, our expectation is that each be a mensch.

To be a MENSCH has nothing to do with wealth, status or power.
The key to being a real mensch is nothing less than character:
Rectitude, dignity, integrity, and a sense of what is right, responsible, and decorous.

-- Leo Rosten, *The Joys of Yiddish*

Bar or Bat Mitzvah is a time of solemnity and happiness for both parents and child. Traditionally, this occurs at the entrance into the fourteenth year of life.

The modern understanding and practice of Judaism have often led Jews erroneously to regard a Bar or Bat Mitzvah as having completed his or her necessary Jewish education. Rather, Judaism believes firmly that this ceremony and the training that precedes it are but a first step in the child's shaping of a richer and more mature Jewish life. It is therefore expected that every young teen called to the Torah as Bar or Bat Mitzvah will continue to be engaged in the Jewish life of the synagogue through the teen years and throughout his or her life. After becoming Bar or Bat Mitzvah, at Temple Beth El, the teen's education continues after the Bar/Bat Mitzvah year with a year of participation on the Tzedakah Board, a youth philanthropy board, and then with our BESTY teen program.

CHECK LIST FOR FAMILIES

2 years - 15 months' prior, ensure that you:

**Please initial indicating you have read and understand requirements*

- _____ 1. Read this guide carefully
- _____ 2. Your child is currently enrolled in both Hebrew and Religious School or special arrangements must have been made with the education director.
- _____ 3. All financial obligations to the Temple are kept current
- _____ 4. Understanding of the Bar/Bat Mitzvah Service options
- _____ 5. Consider if you would like to have your child called to the Torah as Bar/Bat mitzvah at the synagogue or during a Temple trip to Israel.
- _____ 6. Have selected bar/bat mitzvah date and paid the required deposit.

One-year prior, ensure that:

- _____ 1. All above is accurate and current
- _____ 2. Your child has completed at least four years of Hebrew and Religious School (Shabbat Chai) and your child is currently enrolled in both Hebrew and Religious School or special arrangements must have been made with the education director.
- _____ 3. The Temple has received your deposit and confirmed the date and type of ceremony
- _____ 4. You discuss with your child his/her "Mitzvah Project" and help him/her determine how it will be implemented. Turn in the Mitzvah Project Proposal Form to the B'nai Mitzvah coordinator and attend any related programming (e.g., Mitzvah Mensch dinners.)
- _____ 5. Your child has a copy of the Saturday Morning Service preparation book (the "green book").
- _____ 6. Your child spends the necessary time studying daily.

- _____ 7. Embrace Shabbat with family and friends at home with challah, candles, wine/grape juice, blessings, fun, laughter...
- _____ 8. Your child attends Shabbat services with you on a regular basis (Friday nights as part of our Shabbat Chai program, and at least 6 Saturday morning services preferably in the style of his/her own Bar/Bat Mitzvah and led by a bar/bat mitzvah), records and reports on the service log provided.
- _____ 9. Book your vendors. If you desire, contract a photographer, videographer, caterer, etc. If you wish to incorporate using Temple facilities for your *simcha*, please contact the temple office, or for more event planning resources, contact Temple volunteer Linda Lander at 949-362-3999 extension 401.

Six to Eight months' prior, ensure that:

- _____ 1. All of the above is accurate and current
- _____ 2. Register and attend the B'nai Mitzvah meeting
- _____ 3. Your child has signed up to participate in the Temple's "Angels of Welcoming" program ([sign up here](#)) and your child is attending Friday night and Saturday morning services, tracking that attendance in order to meet the service attendance requirements.
- _____ 4. Shabbat at home experiences have been scheduled or completed and added to student service log in green book.
- _____ 5. Your child is fulfilling his/her obligations for the **Mitzvah Project**. Remember to track progress and take a few pictures along the way.

Six months' prior, ensure that

- _____ 1. All of the above is accurate and current
- _____ 2. Balance of B'nai Mitzvah fee is paid in full. Special payment arrangements may be made with our Accounting Manager; otherwise, expect to receive a bill from the Temple.
- _____ 3. The bar/bat mitzvah and at least one parent attend an **Orientation Meeting**.
- _____ 4. Work on completing the Mitzvah project

After attending the Orientation meeting:

- _____ 4. Read the assigned Torah portion and ensure your child writes his/her summary of the portion, as well as any questions about it.
- _____ 5. With the Bar/Bat Mitzvah tutor, set up your child's weekly 30-minute tutoring schedule. Please be sure to keep all appointments on a timely basis and, in emergencies, notify the tutor as much in advance as possible if an appointment cannot be kept.
- _____ 6. Continue to encourage your child to study daily and prepare for this *simcha*. Maintaining ongoing progress will ensure this is not a stressful crash course!
- _____ 7. Consider who you would like to honor with a part in the service. (Refer to the "Assigned Honors for Service" sample form.) Begin to contact those individuals regarding their part and take note of their Hebrew name, if applicable. Your officiating Rabbi is happy to help guide you.

NOTE: If two children are being called to the Torah on your date, the ark openings must be shared [each family can honor 1 or 2 people for each ark opening] and the families should work together to select the honor for either Hagba-ah/Torah lifter or G'lilah/Torah dresser. If you have any questions, please discuss with a member of the clergy.

- _____ 8. Schedule your Shabbat dinners at home

Two months' prior ensure that

- _____ 1. All of the above is accurate and current
- _____ 2. All program requirements are met (including service attendance on Friday and Saturdays, Angels of Welcoming, Mitzvah Project, Tzedakah giving, and Shabbat dinners at home.)
- _____ 3. Your five appointments with the clergy are scheduled.
- _____ 4. Submit to B'nai Mitzvah Coordinator your completed "**Assigned Honors for Service**" before your first meeting with the clergy. (Consult the guidelines on page 17 and discuss any questions you have with the clergy before asking someone to participate in the service.)

NOTE: If two children are begin called to the Torah on your date, the ark openings are shared (each family can honor 1 or 2 people for each ark opening) and the families should work together to select the honor for either Hagba-ah/Torah lifter or G'lilah/Torah dresser. If you have any questions, please discuss with one of the clergy.

[Conservative Honors Form](#) [Shared Honors Form](#) [Single Honors Form](#)

- _____ 5. Submit the your completed “**Bar/Bat Mitzvah Biography Form**” with a photograph to the B’nai Mitzvah Coordinator.
- _____ 6. Continue meeting weekly with the tutor.
- _____ 7. Make sure all financial obligations to the Temple are kept current.

Four weeks’ prior, ensure that

- _____ 1. All above is accurate and current
- _____ 2. All individuals with parts in the service have been contacted and given their assigned parts, with the appropriate instructions.
- _____ 3. All arrangements with vendors (e.g., caterer, musician’s videographer, and photographer) are finalized and they understand Temple policies.
- _____ 4. Temple staff know how many guests you expect on Friday night at services.
- _____ 5. The clergy and tutor provide you with information regarding your child's progress.

Three weeks’ prior, ensure that

- _____ 1. You provided a completed **Assigned Honors for Service** form including all Hebrew names included to Temple staff.
- _____ 2. You provided a completed **Biography Form** to the Temple staff. (This is used on the Shabbat morning pamphlet and on the Lobby Display.)
- _____ 3. Provide the log of service attendance to the B’nai Mitzvah Coordinator

Afterwards

- _____ Be a mensch and write your “thank you” notes, including the clergy.

STANDARDS & EXPECTATIONS

Torah and Community

A candidate for Bar/Bat Mitzvah at Temple Beth El of South Orange County shall have completed at least four years of Religious School instruction and Hebrew instruction in our synagogue's school (or its equivalent in another recognized school) in the years immediately prior to his/her being called to the Torah as a Bar/Bat Mitzvah.

Under normal circumstances, instruction received in other religious schools will satisfy the academic requirements of the Temple Beth El of South Orange County Aron & Sala Samuelli Religious School and its Hebrew department. A child lacking in all or part of the above academic requirements may, at the Temple staff's discretion, be allowed to prepare by means of private tutoring until he/she has given formal evidence of having completed a comparable course of study.

A bar/bat mitzvah candidate is expected to continue his/her religious school studies at least through the end of the school year in which the Bar/Bat Mitzvah ceremony occurs and to continue his/her religious school studies and active involvement in the life of the community through their high school years. Fulfillment of these commitments is a moral obligation that the parents and child take upon themselves at the beginning of the process.

A candidate for Bar/Bat Mitzvah must remain a student in good standing in both our Religious School and Hebrew School programs at the time he/she is preparing for the Bar/Bat Mitzvah ceremony. B'nai Mitzvah candidates must attend at least 75% of religious school and Hebrew School sessions.

The candidate's family must be Temple members in good financial standing, with no outstanding financial commitments.

If any one of these standards is not met, the bar/bat mitzvah candidate may be declared ineligible to participate in the service on the date scheduled on the Temple calendar, and the date would no longer be reserved.

Worship

All b'nai mitzvah candidates are expected to regularly attend worship services, at minimum, Shabbat evening services on Shabbat Chai weeks and 6 Shabbat morning services, 3 of which **MUST** be in the service style of his/her Bar/Bat Mitzvah. **Keep a log of all services attended** and provide the log to the B'nai Mitzvah coordinator three weeks' prior to the bar/bat mitzvah date. Not only does this participation increase their familiarity and knowledge of the service, but also builds community and relationships. **Parents are encouraged to attend with their child.**

- Attend all Shabbat Chai Friday evening services
- Attend (6) Temple Beth El Shabbat Morning Bar/Bat Mitzvah services

- Attend these services the 12 months prior to the bar/bat mitzvah candidate's ceremony
- At least 3 services attended should be in the style of Shabbat morning service the bar/bat mitzvah will be called to the Torah during. (In example, if the bar/bat mitzvah will be a Reform Shabbat morning service, he/she should attend 3 Reform services.)

Worship Service Descriptions

We genuinely embrace the pluralism of the greater Jewish community within our congregation so we can provide a Jewish home for those who identify with either of these movements and for those who are just looking to connect and express their Jewish selves. We offer these engaging ways to enjoy Shabbat:

- **Reform Shabbat Morning service:** Our Reform Shabbat service begins at 10am and music is lead with guitar accompaniment by Cantor Natalie Young. The service takes place in our sanctuary. While the service is open to our entire congregation, you can expect that service attendees will primarily be guests of the b'nai mitzvah family. The bar/bat mitzvah student will lead the service from Mishkan T'filah, our Reform prayer book.
- **Conservative Service:** An uplifting participatory service using traditional liturgy that takes place in our intimate chapel space. Services are led out of Lev Shalem, our Conservative prayer book. Service timing is from 9:15 am – 12 pm. This service is followed by a community lunch.
- **Jerusalem Shabbat Service:** Jerusalem Shabbat service is a participatory service that can take place in our chapel or sanctuary space. Led by Rabbi K'vod, Cantor Young, and the Band of Milk and Honey, it occurs in the context of our regular Shabbat morning community. B'nai Mitzvah can choose to lead services out of Mishkan T'filah (our new Reform prayer book, or from Lev Shalem, our Conservative prayer book). Service timing is from 9:30 – 11:45 am. This service is followed by a community lunch.

Mitzvah Project

Enjoy this opportunity to make a difference in our community. Your mitzvah project should be one that is meaningful to you. The project can be as elaborate as the candidate wishes to make it, but the end result should be that effort is expended to help the needy or the infirm, to reach out to those who are lonely, or to work for social justice. Take the time to create a project that makes you feel good about taking on this adult responsibility.

We will help you get started by hosting two Shabbat experiences (your family will need to attend one.) After attending a **Mitzvah Mensch Dinner**, complete a Mitzvah project proposal (see following pages for sample form), and return it to the B'nai Mitzvah Coordinator. Feel free to contact the clergy or staff for help and guidance. We are here to help you, guide you and encourage you.

Mitzvah Project Guidelines

- Your project should involve performing at least 10 hours of community service.
- Projects can be done individually or as a small group.
- Be as creative as you like; your project should make you feel like you have made a difference!
- Every project includes at least three of these key elements:
 - Hands-on work (time spent working) with the organization
 - Advocacy for the cause

- Educating others about the issue
- Collecting items

Project Ideas

- TEACH: Volunteer to teach a child/children a new game or skill. Where do you find these children? Call a pre-school, your neighborhood elementary school or a homeless shelter.
- COACH: Be an assistant coach. Call the JCC or a sports league you might be affiliated with and offer your skills and services.
- ENTERTAIN: Contact Children's Hospital of Orange County and put on a puppet show. Call Heritage Point or another retirement center and perform a series of music concerts or magic shows.
- READ: Contact a literacy program and become a reading buddy. Call your local elementary school and offer to read with children after school.
- HELP: Volunteer to be an office-aid at a non-profit organization. Filing, typing, copying, stuffing envelopes and answering phones are all tasks that can be very helpful to an understaffed agency.
- VISIT: Visit with and talk with elderly people; lead Shabbat services at a retirement home, read to someone, write a letter for someone or just listen to their stories. Make this a one hour visit once a week
- SOCIALIZE: Call a local group home for disabled kids or some other setting where kids need others to talk to.
- CARE FOR ANIMALS: Call a shelter and help with feeding, grooming, exercising and cleaning cages.
- COLLECT: Organize a drive to collect items that benefit specific groups. Find an organization that you feel really helps people and ask them what items would be helpful. (Clothing, Operation Noah stuffed animals, school supplies, food, toys, books, toiletries, money, etc)
- DECORATE: Create Tzedakah-pieces in lieu of centerpieces at your bar/bat mitzvah. Baskets of helpful items wrapped creatively send a very positive message to party guests.
- RECYCLE: Be a friend to the environment and raise consciousness of ecological concerns.
- PLANT: Work with the JEWISH NATIONAL FUND to plant trees in Israel.
- DONATE: Make a financial commitment to the Jewish community as a mitzvah project. Donate a certain percentage of the total amount you receive as gifts
- MEMORIALIZE: Take a video camera and document the stories of the Jewish War Veterans.

“The 6 most useful Jewish questions to ask.” When it comes to choosing a Mitzvah project, the following questions will help you focus on which one is best for you:

1. **What am I good at?**
(May include: giving big hugs, playing soccer, baking chocolate chip cookies, talking on the phone for hours, being a computer whiz, or drawing or painting ...)
2. **What do I like to do?**
(What activities give you the most pleasure? Can you sit and read for hours? Are you really excited about playing the guitar or keyboard?)
3. **What bothers me so much about what is wrong in the world that I get really angry and want to do something about it?**
(Do I feel uncomfortable visiting a nursing home and seeing so many people just sitting and staring into space? Does it bother you there are hungry kids? Turn what bothers you into Tikkun Olam and make a difference.)
4. **Who do I know?**
(Rock stars always call their friends to raise money for a worthy cause. Know someone who enjoys playing a musical instrument as much as you do and would like to join you in a concert at a local nursing home? Maybe you have a relative who is a dentist and is willing to give you dental supplies that can be donated to a dental clinic in Jerusalem? Are you and your friends soccer players who could teach kids at a homeless shelter how to play?)
5. **Why not?**
(There’s no real reason why not. So, let’s do it.)
6. **What can I do right now, today, in the next week, or in the period leading up to my Bar/Bat Mitzvah to make a difference?**
(Get started. Have Fun.)

Source: Danny Siegel’s Bar and Bat Mitzvah Mitzvah Book, Town House Press.

[Sample Mitzvah Project Proposal Form](#)

Every Mitzvah Project includes at least three of these key elements:

- Hands-on work (time spent working) with the organization
- Advocacy for the cause
- Educating others about the issue
- Collecting items

Please describe your mitzvah project here:

What is the goal of your project?

How will you accomplish your goal? (Be sure to include who/what/where/when.)

How will you track your progress (number of hours, pounds collected, etc.)

If you have a name for your project, what is it?

When do you think you will begin and end your project?

Return this completed form to the b'nai mitzvah coordinator and schedule a 30-minute meeting to discuss it and study related texts.

Sample Mitzvah Project Reporting Form

In a few words, where did you do your mitzvah project (e.g., South County Outreach, Heritage Pointe, at school)?

In a few words, who did your mitzvah project serve (e.g., kids, animals, elderly)?

In one sentence, what was your mitzvah project?

What data do you have about what you did? (For example, I collected \$xxx, spent xxx hours volunteering, recruited xxx people to help, distributed xxx materials, educated xxx students about the issue, etc.)

In one sentence, how does what you did help?

Return this completed form to the b'nai mitzvah coordinator with at least one picture of you "in action" doing your mitzvah project.

Tzedakah

sxj ukuf okugv kf tkhn ukhtf - ypanu vesm vaugv kf :rzgkt hcr rntu

Rabbi Eleazar stated, whoever gives tzedakah and does justice is considered as though he/she had filled the whole world with loving-kindness. [Sukkah 49b]

"We make a living by what we get, but we make a life by what we give."

--Winston Churchill

All young adults who become a Bar/Bat Mitzvah at Temple Beth El are expected to give *tzedakah* to a Jewish organization. There is no set amount one must give. When considering how much to give, understand that the amount should be *meaningful to you*, and should support an organization whose values are important to you. There are many opportunities, and here are a few examples:

- If you are passionate about Israel, make a contribution to an organization that supports Israel.
- If you are passionate about the environment, support the Jewish National Fund or the Coalition on the Environment and Jewish Life.
- If you want to support the medical community, contribute to the Hadassah Hospital or ARMDI.
- If you like sports, contribute to Maccabi International.
- If you are concerned about poverty give to *Mazon*.

- If you care about young people contributing to peace in the Middle East, give to *Seeds of Peace*. If you are passionate about global justice, give to American Jewish World Service.

The possibilities are endless. **Research and find a Jewish institution to support your interests and see what you find!**

For parents: On joyous occasions, it is the custom of our tradition to show appreciation.

- A contribution to the Temple or to one of its established funds is normal and appropriate at this time.
- It is also common courtesy [*derekh erez*] to write thank you notes to the clergy after a life cycle event.
- In addition, each family is strongly encouraged to donate 3% of the cost of the entire celebration to MAZON, a Jewish organization that does a wonderful job in helping to feed the hungry. Many chose to put this 3% in their budget for the family *simcha*.

Train up a child in the way he should go, and when he is old, he will not depart from it.

וְיָחַד אֲבֹתָם יְהוָה וְיָחַד יְהוָה יִשְׂרָאֵל

Proverbs 22:6

Mensch-y ideas:

What else can you do to be a mensch as part of becoming a Bar/Bat Mitzvah?

- ★ **SUPPORT TEMPLE BETH EL** by purchasing your tallit, kippot and other ritual items at our Gift Shop.
- ★ **DONATE 3%** of the cost of your *simchah* to MAZON: A Jewish Response to Hunger. Historically, rabbis did not allow celebrations to begin until the community's poor were seated and fed. Today, Jews symbolically observe this tradition by donating 3% of the cost of lifecycle celebrations such as weddings, bar and bat mitzvahs, anniversaries and other joyous occasions.
mazon.org
- ★ **INVEST** some of your money in a State of Israel bond like the *Mazel Tov Bond*—this is not tzedakah but an investment in which you make money while also supporting the State of Israel
israelbonds.com
- ★ **MITZVAH KIPPOT** Want to have the most beautiful kippot for your guests? Ones that no one has ever seen before? Brightly colored and beautifully patterned? These kippot will not only wow your guests but will also help support the women who make them in remote villages of Guatemala. (These women are VERY busy—you need to place your order very early.)
mayaworks.org
- ★ **MITZVAH TALLIT** A new tallit and tallit bag to hold your first tallit? The North American Conference on Ethiopian Jewry. They make incredible tallit, woven at the NACOEJ compound in Addis Ababa, and the colors are bright and attractive. Suitable for both males and females, purchasing one of these gorgeous works of art will provide a family in Ethiopia with food for a month! A very wise investment!
NACOEJ.org
- ★ **INVITATIONS** Use recycled paper. Make original art. Go paperless.

★ CENTERPIECES

- Books - An arrangement of kids' books, audio tapes, video tapes and CD's can then be given away to a deserving organization in your area.
 - Food - An arrangement of canned and boxed foods in a basket can then be donated to a local pantry or shelter.
 - Flowers or plants (or toys and stuffed animals) - Arrangements of these can later be broken up and distributed to a local hospital, shelter or nursing home, or you can ask your rabbi to give you the names of congregants who might enjoy some. You can do this with balloons and bima arrangements, too.
 - Sports fanatic? Try collecting sports equipment and arranging it into centerpieces. After the party, give it away to local shelters where kids may not have their own equipment.
 - Use your imagination! There are hundreds of ways to do this—just keep thinking Mitzvahs!
- ★ **Got a caterer preparing your party?** Make sure you tell them that you want all of the leftovers packed up so that you can bring them to a nearby pantry or shelter after your party. Don't let them tell you they can't because they don't want to be sued. Read the Bill Emerson Good Samaritan Food Law (a federal law which states that no one can be held liable for any illness resulting from the donation of food). Many people do not know about this law. It will be your proof if the caterer does not want to cooperate!

Selections from The Federal Food Donation Law

The "Bill Emerson Good Samaritan Food Donation Act" of 2008 appears in the Child Nutrition Act of 1966 as 42 U.S.C. 12672. The legislation essentially states that the donor of food to a non-profit organization to people in need is free of liability. This act provides uniform coverage for the entire country. I have italicized the sections that relate to issues of liability:

(c) Liability for damages from donated food and grocery products.

(1) Liability of person or gleaner. A person or gleaner shall not be subject to civil or criminal liability arising from the nature, age, packaging, or condition of apparently whole-some food or an apparently fit grocery product that the person or gleaner donates in good faith to a non-profit organization for ultimate distribution to needy individuals.*

Family Learning Sessions

Mitzvah Mensch Dinners

These family dinners follow Shabbat Services and are designed to guide each bar/bat mitzvah candidate and their family in choosing a mitzvah project and understanding its impact of the wider community. The dinner program and following Mitzvah Project are required components of celebrating becoming Bar/Bat Mitzvah at Temple Beth El. Every family (your child and at least one parent) is expected to attend.

Getting Ready for Bar/ Bat Mitzvah Retreat

This Retreat and Shabbat learning session is an important opportunity to prepare for becoming Bar/Bat Mitzvah at Temple Beth El. This Shabbat experience is an integral part of our B'nai Mitzvah education program and is designed to explore of the rituals, liturgy, and sacred obligations of becoming Bar/Bat Mitzvah in Jewish tradition and at Temple Beth El. Parents (at least one) attend the Shabbat experience and learning sessions with their 6th grader. This special Shabbat is a time for community, celebration, learning, relaxation, connecting to God and connecting to what is most important in our lives. We spend the weekend together:

- Getting to know our 6th grade community on a deep level
- Exploring what it means to be a Jewish adult (as an emerging teenager and as the parents of one)
- Celebrating Shabbat with great camp energy

You are invited!

6th Grade Family Retreat A Shabbat Weekend Dedicated to Strengthening our Community & Making Becoming a Bar/Bat Mitzvah More Meaningful

During the summer of 2012, our Temple Beth El families started to ask a big question: ‘How can we make becoming a Bar or Bat Mitzvah at Temple Beth El more meaningful?’ We started to ask this question through an initiative with the Union for Reform Judaism called B’nai Mitzvah Revolution (BMR). BMR aims to empower synagogues to return depth and meaning to Jewish learning and reduce the staggering rates of post-B’nai mitzvah dropout. Our Temple is one of 14 synagogues in the country chosen to participate in the BMR Pilot Cohort.

Our Temple B’nai Mitzvah Revolution task force was comprised of parents representing the diversity of our community along with members of our professional team. Our task force articulated the following goal when approaching the work of making Bar/Bat Mitzvah more meaningful:

**Strengthen bonds among students and families and work to
create grade level group identity that endures beyond Bar/Bat Mitzvah.**

Our Task Force developed this 6th Grade Family Retreat to help take relationships among 6th graders and 6th grade families to the next level and to create an intimate space to explore what it means to be a Bar/Bat Mitzvah on a deeper level.

Be on the lookout for your personalized invitation to attend.

Shabbat at Home Experiences

While much of becoming a Bar/Bat Mitzvah is about becoming a *mensch*, it is also about taking ownership of one’s Jewish life. Shabbat is central to the Jewish life of the family. Thus, we at Temple Beth El encourage you to celebrate Shabbat with great joy and with friends and family. Come to services together on Friday nights or Saturday mornings, and then go back home for a wonderful Shabbat meal. Here’s what we expect of each bar/bat mitzvah candidate:

Host two (2) Shabbat at-Home experiences by:

- Invite another family/friends over for Shabbat dinner or lunch after services;
(Shabbat dinner after the 6pm services; Shabbat dinner before 7:30pm services or Shabbat lunch after Shabbat morning services which usually end around 12:15pm)
- The Bar/Bat Mitzvah candidate helps set the menu and prepare a Shabbat meal.

- Enjoy a wonderful Shabbat meal with all the blessings lead by the Bar/Bat Mitzvah. These include candles, *kiddush*, *motzi*, *birkat hamazon*/blessing after the meal.
- The Bar/Bat Mitzvah candidate leads a Torah discussion on the weekly portion. Two great resources to help you lead a meaningful Torah discussion are on the Union for Reform Judaism website called *Shabbat Table Talk* <http://urj.org/shabbat/intro/> and The United Synagogue of Conservative Judaism website called *Torah Sparks* <http://www.uscj.org>.
- Briefly summarize the experience. *Sample form is below; the complete form is in back of child's book.*

Sample Shabbat At-Home Form

Name:

Date of Shabbat dinner:

What the Rabbi spoke about during services:

Who did you have over for Shabbat?

What did you eat?

What you talked about during your Torah discussion:

Return this completed form to the b'nai mitzvah coordinator.

Shabbat Services

During the Friday evening service, the Bar/Bat Mitzvah's mother (along with the Bar/Bat Mitzvah and grandmothers, aunts, and sisters, if desired) will be invited up to light the Shabbat candles. The Bar/Bat Mitzvah will chant the blessings for *Kiddush* and *Motzi* at the end of the service.

During the Saturday morning service the Bar/Bat Mitzvah will conduct the service along with Clergy. He/she will also chant a section of the Torah and chant the Haftarah. The child will also deliver a D'var Torah (a teaching of Torah), based on the weekly Torah portion, and will chant the Kiddush after the service.

On Friday evening, the Bar/Bat Mitzvah family/families host the Oneg Shabbat, and on Saturday provide a Kiddush of challah and wine for the congregation. You may choose to host an extended Kiddush, luncheon, or dinner for invited guests as well as our "regular attendees" in our Banquet Hall or Chapel. Jerusalem Shabbat or Conservative services include lunch for up to 30 people, additional guest are \$25 per person. For more information on rentals and how to handle the Kiddush lunch, please contact the Temple office.

Each Bar/Bat Mitzvah has an option to have a T'fillin ceremony, this should be arranged with Rabbi K'vod

** T'filin are special boxes with tiny scrolls in them traditionally worn during morning services deriving from the v'ahavta: "And you shall bind them for a sign upon thy hand, and they shall be for frontlets between your eyes."*

Sharing a Bar/Bat Mitzvah Date

Due to the fact that we are blessed with so many children in our congregation, in most cases two will be called to the Torah as a Bar or Bat Mitzvah on the same Shabbat. They will help lead the service together, and each will separately read Torah and Haftarah and deliver a *D'var Torah*.

Service Honors

When your child is sharing his/her Bar/Bat Mitzvah service with another child, it will be necessary for both families to work together in distributing honors to relatives and friends. The only honors that must be shared are THE ARK OPENINGS (a total of 3 people per family), *HAGBA-AH* (lifting the Torah) and *G'LILA* (dressing the Torah), and the Candle Lighting on Friday night.

Non-Jews and children younger than Bar/Bat Mitzvah age may open the ark. A person must be Jewish and of bar/bat mitzvah age to make an *aliyah* to Torah (non-Jewish partners may accompany those making an *aliyah*) and to lift the Torah. Children younger than Bar/Bat Mitzvah age may dress the Torah, but the Torah lifter must be of Bar/Bat Mitzvah age or older (and strong enough to lift the Torah.)

Non-Jewish grandparents should be given the first ark opening so all the grandparents can be on the bimah together.

Fees

There is a fee to cover the special costs involved in the B'nai Mitzvah program. This is in addition to all regular school fees and tuition. A check for at least half the amount of the Bar/Bat Mitzvah Program Fee is due in order to book a date. The balance of the Bar/Bat Mitzvah Program Fee is due six months prior to the service date. At that time all other financial obligations to the Temple must be current.

THE CANDIDATE'S FAMILY MUST BE MEMBERS IN GOOD STANDING OF TEMPLE BETH EL OF SOUTH ORANGE COUNTY AT THE TIME OF THE BAR/BAT MITZVAH CEREMONY.

If any one of these standards is not met, the candidate may be declared ineligible to participate in the service on the date scheduled on the Temple calendar, and the date would no longer be reserved.

- \$1800 Reform Shared Bar/Bat Mitzvah
- \$2800 Reform Single Bar/Bat Mitzvah
- \$2800 Conservative and Jerusalem Shabbat Services, includes lunch for up to 30 people (\$25 pp for each additional guest, to be arranged with the events coordinator)

Facilities

Bar/Bat Mitzvah ceremonies are held at the Temple. There are fixed seating facilities for up to 400 people and indoor sit-down eating facilities for up to 250 people. Receptions can be held elsewhere, as long as a Kiddush (wine or juice and challah) is held at the Temple immediately following the service. Temple members get excellent discounted pricing for using Temple facilities, and you can check in with our volunteer event coordinators at 949-362-3999 ext 401 to get more details about hosting your Shabbat dinner, luncheon and/or reception at the Temple.

Dress

The Bar/Bat Mitzvah child should wear clothing consistent with the dignity of Shabbat. This includes the following:

- A *tallit* and head covering are expected to be worn by all Bar/Bat Mitzvah candidates during services.
- A suit or sport coat, tie and slacks on Saturday, and slacks and dress shirt (with or without a tie) on Friday night.
- Shoes appropriate for synagogue wear (no sneakers).
- Dresses or something comparable that is appropriately modest (no spaghetti straps, no bare shoulders, no very short dresses, no stiletto heels.)

Guests and adults may find it helpful if you share the following with them:

- All individuals given an *aliyah*, or whose part involves the touching of the Torah, are also expected to wear a *tallit* and head covering.
- Men and Women alike are encouraged to wear a *tallit* and *kippah*.
- Non-Jews will most often wear a head covering/*kippah* out of respect. It is not appropriate for non-Jews to wear a *tallit* since the tallit symbolizes taking on the holy obligations of the Jewish people.

Preparation

It is expected that parents/guardians thoroughly read this booklet and be aware of the expectations outlined herein. Parents are expected to oversee the entire process, making sure that meetings are scheduled, the necessary tutoring is taking place and, most importantly, that Shabbat is embraced as a family. Neither the Temple nor the Temple Staff is responsible for taking the initiative beyond the distribution of this booklet and providing the events outlined within.

Depending on the candidate's proficiency in Hebrew, he or she will require either a greater or lesser amount of tutoring at the temple. Much of our training will happen during Hebrew School sessions. Some students will require additional tutoring sessions which will happen at the synagogue during the week. If additional tutoring is needed beyond that in order to overcome rough spots, the cost is borne by the family.

Invitations

Since every Shabbat Service is a communal worship experience, a general invitation will be extended to the entire community through our communications to the congregation. In addition, printed invitations may be sent by the family. If you need assistance with appropriate wording for your invitations, please feel free to contact our volunteer event coordinators at 949-362-3999 ext 401 (whom you can order invitations through) or the b'nai mitzvah program coordinator.

It is appropriate that guests be informed of and encouraged to attend the Friday evening service. Mention of this service should be included with the invitation.

Service Pamphlet

The Temple office will prepare a welcome booklet/pamphlet to be distributed to all those in attendance at the service. (No such booklets/pamphlets are to be prepared outside.) This booklet/pamphlet will contain a list of those participating in the service, as well as commentary on the service. In case of shared ceremonies, only one booklet will be prepared which will include information applicable to both families.

The Celebration

It is entirely proper to mark this time of joy with family and friends. Because the occasion for the celebration is of a religious nature, good taste dictates that social functions held in conjunction with the ceremony be kept dignified. The family of the Bar/Bat Mitzvah should understand that the most significant part of the observance occurs during the service. We strongly recommend that the social celebration be modest, dignified, and consistent with the spiritual and religious meaning of the day. We also encourage you to find ways to be “mensch-y” and have provided many ideas in the section “Mensch-y Ideas.”

When choosing a location to celebrate your *Simcha*, remember that celebrating at the Temple is a double mitzvah. Not only is it a benefit to your Synagogue, but you can't beat our convenient location, amazing view, versatility, and affordability. For more information on rentals please contact our volunteer event coordinators at 949-362-3999 ext 401.

Kashrut: Please note that no matter where you are celebrating, no shellfish or pork products should be served. Additionally, no meat products should be mixed with dairy products in the same meal.

Photography

It is possible to video-tape or take photographs during the worship services **if and only if:**

- the photographer/videographer remains in the sound room (i.e., they are not permitted to move about the sanctuary);
- the camera is in silent mode;
- any “unmanned” recording devices are positioned either on the piano or ON A LOCATION AGREED UPON W/CLERGY DURING REHEARSAL
- NO flash or lighting is used.

If you would like to take pictures prior to the service on Shabbat you may do so AS EARLY AS 90 MINUTES PRIOR TO SERVICES. ALL EQUIPMENT AND PICTURE TAKING MUST CONCLUDE 15 MINUTES PRIOR TO SERVICE START TIME. Please pay special attention to the kavod (dignity) of the Sefer Torah (scroll). Upon request, clergy can be available FOR 15 MINUTES THE 30 MINUTES PRIOR TO THE SATURDAY MORNING SERVICE. To honor Shabbat, some families choose to take pictures early in the week. In this case, please schedule a time with the Temple staff. (Clergy may be available depending upon their schedules.)

It is our hope that the preparation for and experience of your child being called to the Torah as a Bar/Bat Mitzvah will prove to be a time of Jewish growth and commitment for the entire family, and that all will look back upon it with fond memories.

The entire team at Temple Beth El is most happy to answer any questions that may arise at any point along the way.

Candy

For some families it is customary to throw sweet soft candies at the feet of the Bar/Bat Mitzvah as a sign of sweetness and hope for good blessings. We kindly request that those who throw candies refrain from throwing candies at anyone or anything other than at the feet of the Bar/Bat Mitzvah.

- Soft wrapped jellies (no more than 50 pieces)
- Distributed only to the first 3 rows

The Service

Bar/Bat Mitzvah Responsibilities in Shabbat Morning Service

To become Bar/Bat Mitzvah means to have acquired the ability to read fluently the prayers that are part of the normal Shabbat service. For this reason, the Bar/Bat Mitzvah is expected to:

- Lead a significant portion of the Saturday morning service,
- Chant Torah and Haftarah, or speak to the clergy about alternative creative options
Deliver a *D'Var Torah*/teaching of Torah. This is an opportunity to teach the congregation the lessons, morals and values that he/she has learned from the Torah portion and the relevance to his/her life today.

	A. REFORM SERVICE (Mishkan T'filah)	B. JERUSALEM SHABBAT SERVICE (Mishkan T'filah <i>or</i> Siddur Lev Shalem)	C. CONSERVATIVE SERVICE (Siddur Lev Shalem)
FRIDAY NIGHT SHABBAT SERVICE			
Candle Blessing	1	1	1 (Mishkan T'filah)
Kiddush	75	75	75 (Mishkan T'filah)
Motzi			
SATURDAY MORNING SERVICE			
Tallit	86	86 <i>or</i> 102	102
Morning Blessings	94-98		
Eilu D'varim	102		
Ashrei	111-112		
Chatzi Kaddish	120		
Yotzer	124		
V'ahavta	130		
Avot, G'vurot (Amidah)	140-142		
TORAH SERVICE			
Ein Kamocha through Av Harachamim		158 <i>or</i> 168	168
Vay'hi though Ki Mitzion/Baruch Sh'natan		160 <i>or</i> 168	168
Sh'ma/Echad/Gad'lu		162 <i>or</i> 171	171
Blessing Before the Torah Reading		164 <i>or</i> 172	172
Blessing After the Torah		164 <i>or</i> 172	

Reading			
	<i>(D'var Torah)</i> This is an opportunity to teach the congregation the lessons, morals and values that he/she has learned from the Torah portion and its relevance to his/her life today.	<i>(D'var Torah)</i> This is an opportunity to teach the congregation the lessons, morals and values that he/she has learned from the Torah portion and its relevance to his/her life today.	<i>(D'var Torah)</i> This is an opportunity to teach the congregation the lessons, morals and values that he/she has learned from the Torah portion and its relevance to his/her life today.
Blessing Before the Haftarah Reading	168 (Chanting Haftarah is optional)	168-169 or 175 (Chanting Haftarah is optional)	175 (Chanting Haftarah is optional)
Blessing after the Haftarah Reading	168-169		
MUSAF & CONCLUDING PRAYERS			
Ashrei			181-182
Mizmor L'David			183
V'shamru	189	189 or 77	77

Family Participation in the Worship Service

Friday night

1. Mother recites Candle Blessing - she can be joined by
 - a. Daughters/Young Sons
 - b. Grandmother(s)
 - c. Aunts

If the mother is not Jewish, she must be accompanied by a woman family member who will recite the Hebrew blessing.

2. Family attends oneg and Bar/Bat Mitzvah leads Kiddush and Motzi

Saturday morning

- Parents, Grandparents and Siblings sit in the front row
- **Aliyot** (blessings before and after reading section of Torah)
 - The number of aliyot depends on the number of verses the Bar/Bat Mitzvah reads (usually 4 aliyot, and each aliyah requires a minimum of 3 verses of Torah reading.)
 - The final aliyah is done by the Bar/Bat Mitzvah.
 - The aliyah immediately preceding the final aliyah is done by the parents.
 - Other aliyot can be given to
 - Grandparents, Uncles/Aunts, Siblings (over the age of 13)
 - Other relatives or friends—it is acceptable for a non-Jewish person to accompany their spouse for an aliyah, but we would expect that only the Jewish partner pronounce the blessing.
 - Aliyot can be done in pairs or groups (e.g., Aunt and Uncle share one aliyah).

- **Torah Reading:** the honor of reading one aliyah worth from the Torah can also be done by members of the Bar/Bat Mitzvah's family and by close friends. This would not reduce the number of verses read by the Bar/Bat Mitzvah. If you would like additional Torah readers, you should inform the B'Nai Mitzah Coordinator before your child's Torah reading is assigned (approximately 6 months prior to date).
- **Passing the Torah** to the Bar/Bat Mitzvah is done by Great-Grandparents, Grandparents and Parents. One of the parents holds the Torah and brings it to his or her child as the grandparents embrace the Torah as it journeys through the generations to the Bar/Bat Mitzvah.
- **Personal blessings to the Bar/Bat Mitzvah**
 - There are two opportunities (usually one parent of the bar/bat mitzvah speaks at each):
 - Presentation of tallit
 - When the Torah is passed to the child
 - The comments can be public (spoken into the microphone) or private (without a microphone)
 - Please keep your personal blessing to no more than 300 words and or 2 minutes
 - Remember: this is a blessing, not a speech.
 - If a bar/bat mitzvah has a parent who is not Jewish, the Jewish parent should pass the Torah and the non-Jewish parent should present the tallit. Both parents are present on the bima for each of these two special moments.
- **Open and Close Ark** -- Before and After Torah Service -- can be done by:
 - Relatives or friends
 - Up to 6 people (total) - in pairs (one pair for each ark opening)
 - Children acceptable
 - Non-Jews may open the ark
- **Hagba'ah and G'lilah**
 - Hagba-ah, the Torah lifter, must be Jewish and of Bar/Bat Mitzvah age and should be able to lift Torah (see instructions)
 - G'lilah, the Torah dresser(s), must be Jewish and can be a child

[The Torah Blessings](#)

In our synagogue, it is customary for both men and women to wear a tallit (prayer shawl) and a kippah (head covering). Come to the Bimah (pulpit) when called by your Hebrew name, and stand to the left of the Bar/Bat Mitzvah. Touch the Torah scroll with the fringes of your tallit, kiss the fringes, and then say the first blessing. Then wait while a section of the Torah is read chanted. After this is done, do the second blessing. Then move to the right side and stand there until the next person has completed his/her aliyah. Then be seated.

BEFORE THE TORAH READING:

בְּרַחוּ אֶת יְיָ הַמְּבַרְךְ.
בְּרוּךְ יְיָ הַמְּבַרְךְ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה, יְיָ
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,
וְנָתַן לָנוּ אֶת תּוֹרַתּוֹ.
בְּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

BAR'CHU ET ADONAI HA-M'VORACH.

(Congregation Responds: BARUCH ADONAI HA-M'VORACH L'OLAM VA'ED)

(You repeat: BARUCH ADONAI HA-M'VORACH L'OLAM VA'ED)

BARUCH ATAH ADONAI ELOHEINU MELECH HA-OLAM, A-SHER BACHAR BANU MI-KOL HA-AMIM,
V'NATAN LANU ET TORAH-TO. BARUCH ATAH ADONAI, NOTEIN HA-TORAH.

AFTER THE TORAH READING:

בְּרוּךְ אַתָּה, יְיָ
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
וְחַיֵּי עוֹלָם נִטַּע בְּתוֹכֵנוּ.
בְּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

BARUCH ATAH ADONAI ELOHEINU MELECH HA-OLAM,
A-SHER NATAN LANU TORAT EMET, V'CHAYEI OLAM NATAH B'TOCHEINU.
BARUCH ATAH ADONAI, NOTEIN HA-TORAH.

THE HONOR OF HAGBA-AH

This honor is an ancient custom of lifting up the Torah scroll so that the congregation can see the writing. Hagba'ah takes place after the Torah reading has been completed.

1. Come up to the Bimah (pulpit) when the Rabbi calls you up, wearing a tallit (prayer shawl) and kippah (head covering).
2. Open the Torah scroll (still on the podium) so that 3 columns of script are visible.

3. Grasp both of the handles (ahtzay chayyim -- Trees of Life) and slide the Torah towards you until it is half-way off the table. Now you can use the table edge as a balance to help you push the scroll off the table.
4. Bend your knees. Push down on the handles, set your hands under the now vertical scroll, and lift upward as you straighten yourself up.
5. Holding the Torah high, turn with your back to the congregation, so that they can see the script.
6. The congregation will chant "V'zot HaTorah...".
7. You will then be directed to a chair, where you will sit down, still holding the scroll, so that it can be tied and dressed.
8. After it is dressed, hold the Torah until the congregation is told to rise so that the Torah can be returned to the Ark. Rise and give the scroll to the Rabbi. After the Torah has been returned and the Ark has been closed, please return to your seat.

THE HONOR OF G'LILA

This is the honor of dressing the Torah after it has been read and then lifted up by the person doing Hagba-ah. The rabbi will be by your side throughout the *G'lilah* process in order to assist you.

1. Please wear a tallit (prayer shawl) and a kippah (head covering).
2. When you are called up to the Bimah (pulpit) please walk to where the person is sitting holding the Torah.
3. First take the belt and place it around the Torah, tying or clasping it in the front of the scroll.
4. Then put the Torah cover on, being sure that its front is to the front of the scroll.
5. Then put on the breastplate (if any), then the Yad (pointer), again making sure that they are on the front of the scroll.
6. Finally, put on the crowns (if any) over the two wooden handles.
7. Return to your seat.

Sample Assigned Honors for Worship Services Form

PLEASE DISCUSS WITH RABBI AT LEAST ONE MONTH BEFORE THE SERVICE AND E-MAIL COMPLETED FORM TO THE RABBI AND SECRETARY AT LEAST TWO WEEKS BEFORE THE SERVICE. THE NUMBER OF ALIYOT SHOULD BE DECIDED THREE MONTHS BEFORE THE SERVICE IN CONSULTATION WITH THE RABBI OR TORAH TUTOR.

Name of Child

Bar/Bat Mitzvah Date

FRIDAY NIGHT The women in the family are honored with kindling the Shabbat candles.

CANDLE LIGHTING

English Name

Relationship

1. _____ 1. _____

2. _____ 2. _____

3. _____ 3. _____

4. _____ 4. _____

SATURDAY

Open & Close Ark

There are three ark openings during the service, and two doors to be opened. More than one person can come up to each door if you have more people you want to honor. If the service is shared with another family, these honors are shared with one family selecting A and the other B.

Non-Jewish grandparents should be given the honor of the first ark opening.

1A. _____ 1. _____

1B. _____ 2. _____

2A. _____ 3. _____

2B. _____ 4. _____

3A. _____ 5. _____

3B. _____ 6. _____

Passing the Torah (Great-Grandparents, Grandparents and Parents to Child).

One of the parents holds the Torah and brings it to his or her child as the grandparents embrace the Torah as it journeys through the generations to the Bar/Bat Mitzvah.

1. _____ 1. _____

2. _____ 2. _____

3. _____ 3. _____

4. _____ 4. _____

5. _____ 5. _____

6. _____ 6. _____

Additional Torah Reader(s) (Sometimes families have other relatives or friends read an aliyah from the Torah Scroll. This must be arranged well in advance with the rabbi.)

1. _____ 1. _____

2. _____ 2. _____

We would like the following persons remembered during the recitation of the Kaddish:

Sample Biography Form

Note: This information is to be filled out electronically and will be e-mailed to you in an electronic version approximately two months prior to your child's Bar/Bat Mitzvah.

We would like to share in the celebration of your child's Bar/Bat Mitzvah by posting a short biography and picture of your child in the Temple lobby in the weeks preceding it. For your child to be included in the lobby display, please complete the information included below, and email a digital picture to the b'nai mitzvah coordinator.

Child's Name:

Name of Child's School (please provide FULL school name):

Describe their Mitzvah Project:

The organization they will give tzedakah to and why they chose to give to them:

Hobbies/Interests:

Grandparents' names (Include first/last name, and city/state. Please be sure to indicate any deceased grandparents.)

Any additional information you'd like included:

Study Resources

Tzedakah Study

1. Sukkah 49b: ואמר רבי אלעזר: כל העושה צדקה ומשפט - כאילו מילא כל העולם כולו חסד

Rabbi Eleazar stated, whoever gives tzedakah and does justice is considered as though he/she had filled the whole world with loving-kindness.

2. Winston Churchill: "We make a living by what we get, but we make a life by what we give."

3. Rabbi Moses ben Maimon, Maimonides, RaMBaM [1135-1204]

- a. "Even a poor person who lives entirely on tzedakah must also give tzedakah to another."
(Mishnah Torah Chapter 7, Line 5)

The Rambam identified EIGHT Levels of Tzedakah, or doing justice:

1. A person gives but is not happy when s/he digs into the pocket in order to give.
2. A person gives cheerfully, but gives less than s/he should.
3. A person gives, but only when asked by a poor person.

4. A person gives without having to be asked, but gives directly to the poor. The poor person knows he gave the help, and the giver knows who was benefited.
5. A person gives a donation in a certain place, but walks away so that the giver does not know who received the benefit. The poor person knows the giver however.
6. A person makes a donation to a poor person secretly. The giver knows who was benefited, but the poor person does not know who the giver was.
7. A person contributes anonymously to the *tzedakah* fund which is then distributed to the poor.
8. The highest level of charity is to give money and help to prevent another person from becoming poor. For example, teaching a person a trade, finding them a job, lending money, teaching them to fish.

Torah Study

Pirkei Avot -- Sayings of the Ancestors 1.1-1.2

vurxn ohtxcbu /ohtxcbk ohbezu /ohbezk gauvhu /gauvhk vrxnu /hbhxn vru, kce van
 /vcrv ohshnk, ushngvu /ihsc ohbu, n uvv /ohrcs vaka urnt ov /vkusdv , xbf habtk
 rnnt vhw tuv /vkusdv , xbf hrhan vhw ehsmv iugna (c) :vru, k dhx uagu
 :ohsxj , ukhnd kgu vsucgv kgu vru, v kg /snugokugv ohrcs vaka kg

1.1 Moses received the Torah at Sinai and transmitted it to Joshua, Joshua to the Elders, and the Elders to the Prophets, and the Prophets to the Men of the Great Assembly. They used to say three things: be patient in the administration of justice, rear many disciples and make a fence round the Torah.

1.2 Shimon the righteous was one of the last of the men of the great assembly. He used to say: the world is based upon three things: the Torah, Divine service, and the practice of loving-kindness.

Chain of Tradition

Draw your own original chain of tradition from your family and put yourself in it. Include the “traditions” from your family -- these may or may not be Jewish, as we are the receivers of many kinds of traditions from previous generations. What traditions have you received? Which ones will you pass on to the next generation? What traditions will you create? Be as creative as you can.

After completing your creative chain, discuss the following questions with your family:

- What are the most meaningful traditions handed down to you from the previous generations?
- Did you list any Jewish traditions? Why or why not?
- Can you imagine what your life would be like if there had not been a chain of Jewish traditions? What would be the same about your life? What would be different?
- In the Torah Moses says: “And not with you alone will I make this covenant and this oath, but with those who stand here with us this day before Adonai our God, and also with those who are not here with us this day.” [Deuteronomy 29:13-14]. Who else does Moses mean? Does he mean other nations? Does he mean you? How do you feel about this?
- What will you do (or do you do already) with this information?

7. Sing loudly and enthusiastically.
8. Take the time to express your own thoughts in your own words.
9. Allow time to listen and hear what God may have to say to you.
10. Feel connected to the congregation and to Jews around the world and across time. Pray for others and you will be heard for yourself.

Structure of Jewish Prayer Service

Birchot Ha-Shachar -- Morning Blessings [only in morning]

thanking God for returning our souls after sleep
blessing for daily miracles
blessings for body, mind, soul

Note: the different parts of the service are separated by a Kaddish

P'sukei D'zimrah -- Verses of Song [only in morning]

songs of praise
Psalms 145-150

Kabbalat Shabbat -- Welcoming the Shabbat [only on Friday evenings]

Psalms 95-99, 29
L'cha Dodi
Psalm 92 (*Mizmor Shir*), 93

Sh'ma and its Blessings [morning and evening service only]

Call to Worship -- *Borchu*

1. Creation [nature/universal]; *Ma-ariv Aravim* [evening], *Yotzer Or* [morning]
2. Revelation/Torah/love [relationship/particular]; *Ahavat Olam* [eve], *Ahava Raba* [morn]

SH'MA: three paragraphs [love, nature, history]

3. Redemption [history, memory]; *Geulah* [*Mi Kamocha*]

[4. Divine Providence; *Hashkiveinu* -- only in the evening]

Amidah or T'filah [a.k.a. *Shemona Esrei*; all services]

three blessings of praise

1. Avot: merit of ancestors
2. G'vurot: God's power
3. K'dushah: God's sanctity

thirteen petitions [4-9 personal, 10-16 communal]

- | | |
|------------------------|--|
| 4. knowledge | 10. ingathering of the exiles |
| 5. turning, repentance | 11. justice |
| 6. forgiveness | 12. slanderers |
| 7. redemption | 13. the righteous |
| 8. health | 14. rebuild Jerusalem |
| 9. year of prosperity | 15. messianic redemption/Davidic reign |
| | 16. hear our prayer |

On Shabbat, Festivals and Holy Days, the thirteen intermediate blessings are replaced with one blessing regarding the holiness of the day, ***K'dushat Hayom***.

three blessings of thanks

17. worship
18. thanksgiving
19. peace

Individual supplications are sometimes added here

Torah Service [on Mondays, Thursdays, and Shabbat]

[the conservative and orthodox movements add *musaf* on Shabbat and festivals (another version of the Amida with special blessing for the additional offerings brought to the Temple when it stood.)]

Concluding prayers

Aleinu /Let us praise, mourner's kaddish, closing song

What's Next?

Becoming a Bar/Bat Mitzvah is just the first step on the journey of Jewish adulthood. After your Bar/Bat Mitzvah, you have the opportunity to join the Tzedakah Board and BESTY teen community.

www.tbesoc.org/teens.html

BESTY grades 8 through 12

Find us on Facebook: "BESTY" in the "groups" section!

BESTY is a soulful place for friends, fun, and becoming the leader you were meant to be. BESTY (Beth El Senior Temple Youth) is for students in 8th through 12th grades. Students meet informally on many Tuesday evenings for lounge nights, special events and monthly Shabbat dinners. The BESTY Board helps to plan programs and events. Members are encouraged to participate in regional and national Youth Groups such as the Conservative Movement's United Synagogue Youth (USY), and the Reform Movement's National Federation of Temple Youth (NFTY). For more information, contact the BESTY advisor, Sammy Seid at seidsamuel@yahoo.com or 949.273.8516 home or 949.683.8261 cell.

8th Grade Tzedakah Board

The 8th Grade Tzedakah Board is a philanthropic foundation of eighth graders who are willing to commit time outside of school to engage in questions of how to fix our broken world. In this influential and dynamic program, participants will learn about Jewish wisdom on charitable giving and social change, financial literacy, and modern philanthropy, and then award \$4,000 - \$10,000 to organizations that they deem effective in making the world a better place.

Being part of the 8th Grade Tzedakah Board will give you the following:

- Greater sophistication about money and how it can be leveraged to make positive change in the world.
- Deeper knowledge about how the wisdom of Judaism can inform your decisions about money and how to use it for prosperity for all.
- Connection to other TBE teens around the mission of making a difference in the world.
- A remarkable extracurricular activity on your resume to help open the door for college and other job positions when you reach that stage.

8th Grade Tzedakah Board will meet approximately twice a months for two hour sessions. Besides registration, participation will entail a student contribution of \$100 to a group fund. While you as parents may need to help with this amount, it is our hope that your child be able to contribute some or all of the amount from their own resources. The group fund will be matched by an anonymous donor and students will have the opportunity to participate in a group fundraising activity to increase the fund amount.

Whether you are a part of the **8th Grade Tzedakah Board**, or the **9th-12th Grade Teen Leadership Program**, you can fulfill community service requirements for your school, keeping you connected to your friends at Temple Beth El.

Madrichim Program

On Shabbat Chai Fridays, we love to see post b'nai mitzvah students helping out in classrooms, assisting teachers, become mentors and build relationships with younger students. Madrichim learn principles of facilitating classroom activities and behavior management, and may help plan and facilitate activities in classrooms (if they wish). Contact the Shabbat Chai program director to get involved! This is a great opportunity to stay connected to our Shabbat community.

Important Contacts

Following are useful phone numbers and email addresses. NOTE: All extensions listed can be accessed from our main phone number (949) 362-3999 unless otherwise indicated.

	Name	Email Address	Phone# or Ext.
Clergy/Professional Team			
Rabbi	Heather Miller		102
Rabbi	K'vod Wieder	kvod@tbesoc.org	106
Cantor	Natalie Young	cantoryoung@tbesoc.org	105
B'nai Mitzvah Coordinator	Wendy Yesharim	wyescharim@tbesoc.org	214
B'nai Mitzvah Tutor	Chavva Olander	chavva@gmail.com	
Administration			
Executive Director	Bonni Pomush	bpomush@tbesoc.org	213
Event Coordinator	Volunteer, Linda Lander	jel6351@cox.net	401
Office Staff			
Membership & Events Coordinator	Myka Thompson	mthompson@tbesoc.org	100
Accounting Manager	Pam Uber	pam@tbesoc.org	112