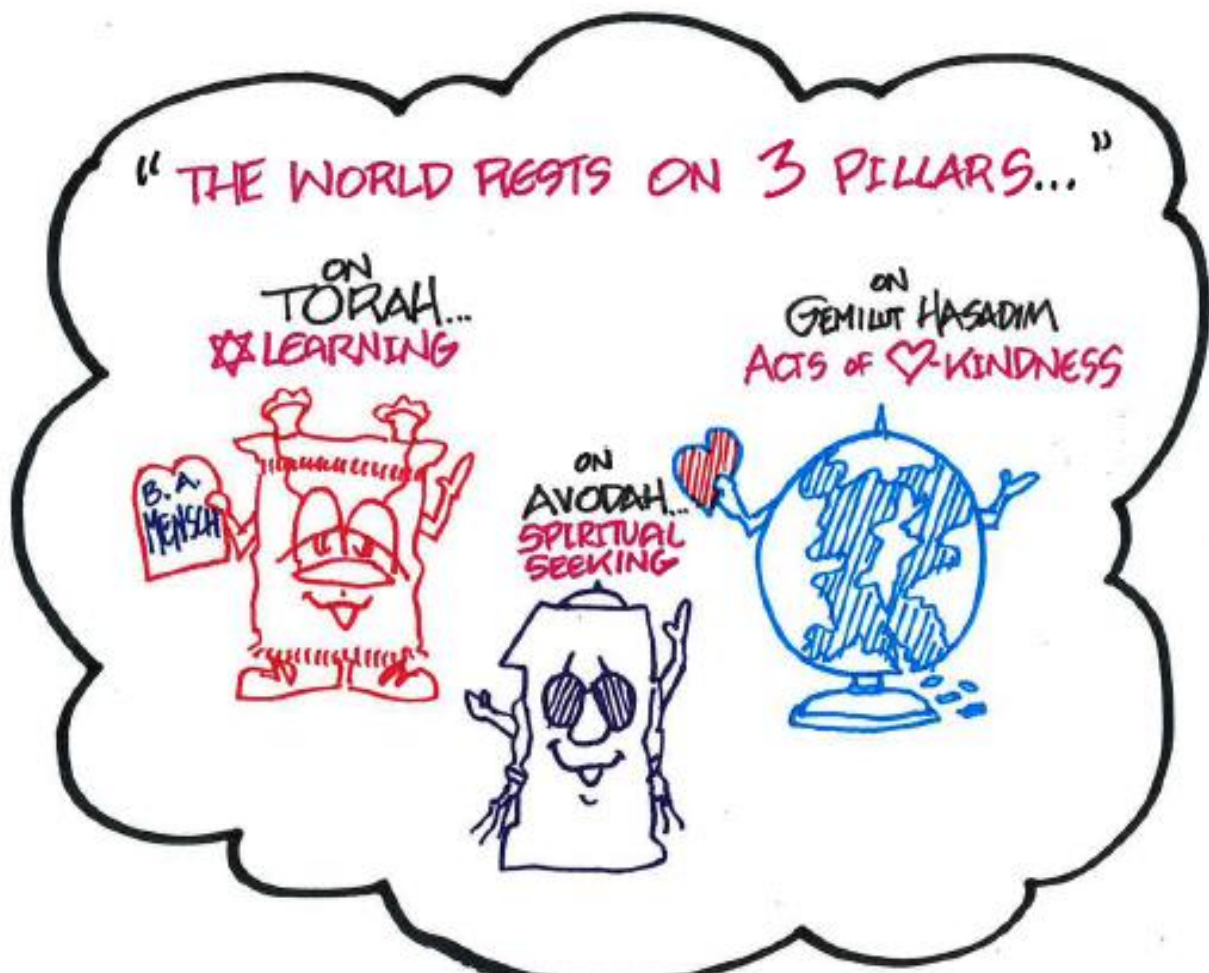


# BECOMING Bar-Bat Mitzvah

## *The Journey-Book*



# THE LT JOURNEY OF BECOMING

The Pathway to Larchmont Temple Bar-Bat Mitzvah, 5780—2019-2020

## GUIDING PURPOSE

The Journey of Becoming Bar/Bat Mitzvah unfolds over the course of years, beginning as the learner enters Jewish studies, and extending beyond the ritual moment on a given, designated Shabbat morning Service.

Enabling our B'nai Mitzvah and their families to explore core questions of Jewish meaning with the aim of strengthening Jewish connection, identity and commitment will make becoming Bar/Bat Mitzvah an affirmation of Jewish living that, hopefully, lasts a lifetime.

## BECOMING-in-PERSPECTIVE

Bar/Bat Mitzvah is not a one-shot deal—a singular moment of getting called to Torah, chanting your portion, doing your D'rash, finishing a mitzvah project and proclaiming: "I'm done!"

Bar/Bat Mitzvah is a journey—a process that plays out over the course of years; a pathway of growth and discovery that helps you become your best Jewish self; an adventure that starts when you begin Jewish learning and continues long after the day you stand on the Temple bimah.

Because every Bar/Bat Mitzvah is blessed with family, the Journey engages and enriches everyone in the extended family-circle.

Supporting your Bat-Bar Mitzvah along the way; sharing with him/her in the experiences of Jewish growth and Jewish learning, the "Becoming" inevitably nurtures everyone's connection to its lasting meaning.

The ritual moment reflects a relationship with Jewish learning & living which every family makes real in their own way.

*Shimon HaTsadik taught:  
“The world rests upon three pillars:  
On **Torah**—Jewish Study/Learning  
On **Avodah**—Jewish Spirituality/Celebration  
On **Gemilut Hasadim**—Jewish Acts of Loving-Kindness.”*  
[P.Avot, 1:2]

Each of these three key pillars  
is a primary pathway to living out our Jewish lives.

**TORAH**...Searching out Torah and its commentaries; learning through the interpreters of the ages how the stories in that ancient scroll connect to our life-questions and challenges today.

**AVODAH**...Experiencing holy moments through Jewish holidays, sacred rituals, prayer & Jewish life-cycle events, to try and understand how they convey spiritual meaning for our lives.

**GEMILUT HASADIM**...Embracing deeds of loving-kindness which bring meaning to our lives and makes our corner of the world a more giving and connected place.

## The COVENANT of Becoming

Though every Bar/Bat Mitzvah will experience each of these three pillars on the Journey of Becoming, each will likewise have the opportunity to hone-in on the particular pathway that makes him/her feel most connected to the process.

## HOW?

Near the start of 6<sup>th</sup> grade, at our B/BM Family Shabbaton, you will explore the three primary pathways to Becoming, selecting one of them by the end of 6<sup>th</sup> grade as the primary pathway on your personal Journey of Becoming in 7<sup>th</sup> or early 8<sup>th</sup> grade.

## WHICH MEANS?

Your choice of a **primary pathway** will ask you to focus in on key experiences in that one area of exploration

[Torah, Avodah or Gemilut Hasadim]

The LT Journey of Becoming Guidebook will explain it all, detailing the different pathway options, to help you explore what most speaks to you.

Depending on the pathway you choose, you will have a Clergy Guide to help you along the way.

For TORAH—Rabbi Sirkman

For AVODAH—Cantor Scher

For GEMILUT HASADIM—Rabbi Frankel

To make sure you stay on track, our Journey Facilitator, Phil Aarons, will check in with you each month... helping you follow through, fostering family sharing, connecting you to your teachers, and making certain you have the support and tools you need.

As you travel the **Journey of Becoming**, our hope is that your Bar-Bat Mitzvah will mark the beginning of greater connection to Jewish living, Jewish learning & Jewish doing, helping you find a pathway that paves the way to your Jewish future.

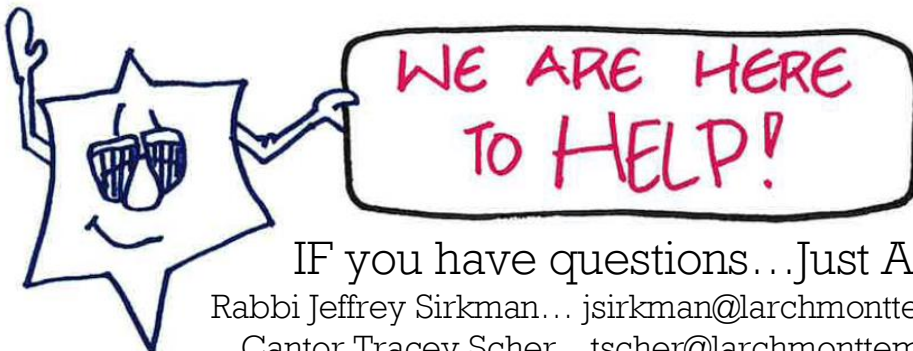
# The JOURNEY

No matter which Pathway to Becoming you choose, everyone must:

1. Keep a JOURNAL [provided by LT] to record your experiences and discoveries.
2. Share questions & reflections with your PARENT(S) every week.
3. Check in with your Clergy-Guide and our Journey Facilitator each month, to make sure you are staying on track.
4. Ask ?s of your teachers whenever you are unsure or in doubt.
5. Decide your next steps on the Journey for after your Bar-Bat Mitzvah.

In keeping with the ritual of Larchmont Temple,  
On the Day of your Bar/Bat Mitzvah,  
EVERYONE will:

1. Chant Torah and the Blessings.
2. Teach Torah at the D'rash moment of the Service.
3. Chant the Haftarah Blessings and, using a Prophetic teaching of your choice, share your Mitzvah project as it relates to that text.



IF you have questions...Just ASK:

Rabbi Jeffrey Sirkman... [jsirkman@larchmonttemple.org](mailto:jsirkman@larchmonttemple.org)

Cantor Tracey Scher... [tscher@larchmonttemple.org](mailto:tscher@larchmonttemple.org)

Rabbi Leora Frankel... [lfrankel@larchmonttemple.org](mailto:lfrankel@larchmonttemple.org)

Rabbi Eve Rudin... [erudin@larchmonttemple.org](mailto:erudin@larchmonttemple.org)

Phil Aarons... [paarons@larchmonttemple.org](mailto:paarons@larchmonttemple.org)

## THE JOURNEY OF BECOMING TIMELINE

<p style="text-align: center;"><b>Grade 4 [January]</b></p> <p>Receive your date for becoming Bar/Bat Mitzvah</p> <p style="text-align: center;"><b>Grade 4 [mid-year]</b></p> <p style="text-align: center;">“V’Shinantam—And You Shall Teach Them” <i>Parent-Child Community Ritual Celebrating the start of the Journey</i></p> <p style="text-align: center;"><b>Grade 4-5 [winter]</b></p> <p style="text-align: center;"><b>Retreat Program at Camp</b> <i>Learning Community creatively exploring living Jewish Values over a Shabbat away</i></p>	<p style="text-align: center;"><b>Grade 5 Family Learning [late Fall]</b></p> <p style="text-align: center;"><b>HOW’S &amp; WHY’S on the Journey of Becoming</b> <i>Introduction to the Pathways of COVENANT &amp; Parent Dialogue on WHAT’S &amp; WHY</i></p> <p style="text-align: center;"><b>Grade 5 &amp; 6 First Friday Kabbalat Shabbat Services</b> <i>Share in LT Worship as families on the Journey...w/Shabbat Dinner get togethers following</i></p>	<p style="text-align: center;"><b>Grade 6 [winter]</b></p> <p style="text-align: center;"><b>Family Shabbaton</b> <i>Families explore the Pathways to “Becoming” with the aim of selecting the key Path to Covenant each B/BM will undertake on the Journey.</i></p> <p style="text-align: center;">NOTE: Key Clergy Guides on the B/BM Covenant Journey...</p> <p style="text-align: center;">TORAH Rabbi Sirkman</p> <p style="text-align: center;">AVODAH Cantor Scher</p> <p style="text-align: center;">GEMILUT HASADIM Rabbi Frankel</p>	<p style="text-align: center;"><b>Grade 7 [Fall]</b></p> <p style="text-align: center;"><b>Covenant of BECOMING Family Workshop—</b> Mapping Your Journey <i>Learning w/key Clergy guiding/teaching on the Pathways to Covenant...</i></p> <p style="text-align: center;"><b>Creating YOUR Path...B/BM chooses key opportunities for Jewish Learning/ Doing using the BECOMING B/BM Guide-Book, each B/BM maps out his/her Pathway</b></p> <p style="text-align: center;"><b>Grade 8 B/BM Mentors</b> <i>Grade 8 core-group of “B/BM Mentors paired with families to foster discovery...</i></p>	<p style="text-align: center;"><b>Grade 7/8 The DAY of Becoming</b> <i>Celebrating the Journey of Becoming through each B/BM’s chosen Pathway...</i></p> <p style="text-align: center;">TORAH... <i>Jewish Learning celebrated by teaching Torah/Doing a Drash...</i></p> <p style="text-align: center;">AVODAH... <i>Sacred Spirit celebrated by exploring/interpreting key prayer-spiritual moment</i></p> <p style="text-align: center;">GEMILUT HASADIM... <i>Acts of Loving-Kindness celebrated by sharing the What behind Key B/BM Mitzvah Project &amp; WHY it meant so much.</i></p> <p style="text-align: center;"><b>Grade 8...Living COVENANT</b> <i>HOW are you continuing your Pathway to BECOMING?... Where is your Journey leading?...Modeling Mitzvah through the Covenant of Becoming</i></p>
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# BECOMING Bar-Bat Mitzvah

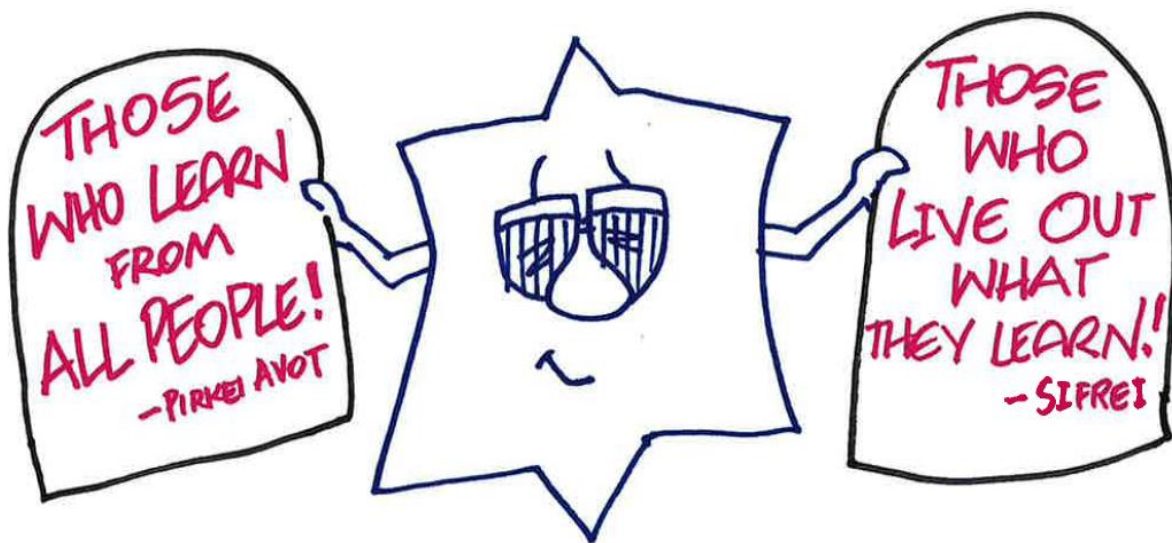
## *Journey-Book*

*"Let's get it right.*

*Bar or Bat Mitzvah is not an event or a ceremony...It is not a verb, as in, "The Rabbi bar mitzvahed me last year."...It is not something you have, as in "I'm having my Bat Mitzvah next week."...Becoming Bar or Bat Mitzvah is a rite of passage...Something you are doing, but not just for you. ... When parents and grandparents stand and witness their child or grandchild becoming Bat/Bar Mitzvah, something beautiful is happening...What is the secret reason your whole family looks forward to your special ceremony of Becoming?... Because at that moment, you represent **all** of Judaism: Jewish triumphs and tragedies, wisdom, virtues and hopes. You are now becoming a reminder of Jewish yesterdays that were fulfilled or frustrated, and Jewish tomorrows still to come."*

[from Putting GOD on Your Guest List For Kids, Rabbi Jeffrey K. Salkin]

...WHO ARE TRULY WISE?



## ...The SECRET of Becoming...

As you select a key Covenant-Pathway on the Journey of Becoming, realize that Rebbe Nachman of Bratzlav's truth applies.

Every person reaches in three directions:

**UP**—to connect to The Creator...

**OUT**—to connect with other people...

**IN**—to find her/his best self...

And the Miracle of Creation is this:

As we reach in any one direction,  
we connect with all three!

So, too, on the Journey of Becoming...

No matter which Pathway you choose,

By committing to the process with an open mind & heart...

you'll connect with all three!

That is the magic of the Journey of BECOMING Bar/Bat Mitzvah!





**TORAH**...Searching out Torah and its commentaries; learning how the stories in that ancient scroll connect to our life-questions and world-challenges today...Bringing TORAH to life thru the lives we live!

Consider the TORAH Pathways on the Journey of BECOMING as they help guide you.

# TORAH

*On your Journey, select & complete at least 3 of these Torah Pathway Explorations:*

## TORAH Exploration 1...

Interview a grandparent [or older family relative] about what it was like growing up when s/he was a kid? Ask about who became B/BM, and how it happened...

*Record in your Journal of Becoming...Share it with a parent...and your clergy-guide.*

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HOW did hearing about it make you feel about YOUR Bar-Bat Mitzvah?

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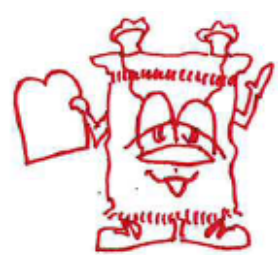
## TORAH Exploration 7...

Consider the "Chain of Tradition" Torah Passing moment during the Service...  
If you could select the 2 most amazing teachers/models of Torah of all time to stand next to, who would they be & why?...

*Record your Chain choices in your Journal...SHARE with your parents!*

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*In addition to completing 3 Torah Explorations of your choice,*

***Complete ONE of these TORAH Pathway Teachings for your Day of Becoming:***

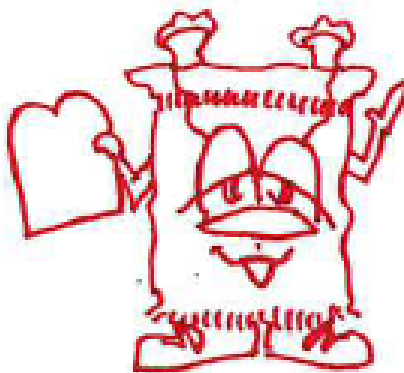
1. Explore the meaning of your Torah portion through Doin Drash...  
Selecting a Key Koshi, with the support of your Rabbis & teachers...  
*Write a D'rash to be shared during your Service of Becoming.*

OR

2. Selecting a Key Koshi, working with your Rabbis & teachers...  
*Create a study-sheet or PowerPoint through which to interactively explore your portion with the congregation during your Service of Becoming.*

OR

3. Reflecting on what your portion teaches about the purpose of being part of the Jewish people,  
**write a personal essay** with the help of your parents/clergy on:  
The Meaning of Being a Jew Today....OR....  
The Secret of Jewish Survival for Tomorrow...OR...  
*...Share your Essay as the Teaching/Drash at your Service of Becoming...*









AVODAH Exploration 4...

After attending an LT Shabbat AM Service, be the Rabbi...  
Create a "Message to the Bar/Bat Mitzvah" which you think s/he should hear...

*Record in your Journal of Becoming and share with your parent[s]...*

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This moment of "Becoming" means that from now on, being Jewish is...

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*In addition to completing 3 AVODAH Explorations of your choice,*

*Complete ONE of these AVODAH Pathway Teachings for your Day of Becoming:*

Turn through the *Mishkan Tfila* Shabbat AM Service...Look at each prayer.  
Select the one prayer which is most meaningful to you.  
WHY is it so important? What is it about the prayer's message that speaks to you?  
After exploring the origin of that prayer & what it is all about,  
***Create a D'rash***—a *Spiritual Teaching about that prayer moment.*  
*Working with your Clergy team guide, write a prayer-teaching as your Drash!,  
AND deliver it during your Service of Becoming...*

OR

Select the one prayer in the Service which is most significant to you.  
Find out about that prayer's origins...WHY is it so important?  
Talk w/ your Clergy team guide: What is it about the prayer that speaks to you?  
*Reflecting on its message, **Write an alternate Prayer Offering:**  
a poem, a story, a creative reading...Review with your Clergy team guide.  
Share your Prayer Creation during your Service of Becoming!*

OR

Select the one prayer-moment in the Service which most speaks to you.  
WHAT is it about that prayer?...WHY is it so important?  
After reflecting and talking with your clergy guide,  
***Create an alternate Artistic Expression to represent that Prayer-Moment:***  
a creative dance, a painting, drawing, sculpture, artistic design.....  
Review with your Clergy team guide...  
*Write a 1-pg explanation. Share your Prayer Creation at your Service of Becoming*







































*In addition to completing 3 GEMILUT HASADIM explorations of your choice,*

*Complete ONE of these GEMILUT HASADIM Explorations for your Day of Becoming:*

Select **the** Mitzvah commitment which is most meaningful to you...

Decide how you will make it your key B/BM Mitzvah project:

How often will you volunteer? What will you do to share the mitzvah w/family?

Create a way to educate friends about this mitzvah effort.

How will you help others to share in this mitzvah or contribute?

*Create a teaching on the Meaning of this Mitzvah to share in your Service of Becoming*

OR

After committing to your key B/BM Mitzvah Project,

Create a video presentation explaining the purpose and impact of the organization you serve...Include yourself involved in helping; explain why this mitzvah matters so much.

*Share this video teaching as part of your Service of Becoming...*

OR

Create a PowerPoint or Slide-Show on your Mitzvah Project and what you learned.

HOW can you model this mitzvah for others to be part of it?

*Share as your Chesed-Teaching during your Service of Becoming...*



# The Journey of Becoming

Having become Bar-Bat Mitzvah,  
committing your future to Covenant,  
HOW will you continue your Jewish Journey?...

## TORAH

I will continue the path of Jewish Learning by...

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## AVODAH

I will continue my spiritual search by...

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## GEMILUT HASADIM

I will continue my Mitzvah-doing by...

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...Paving your own pathway to your Jewish tomorrow...



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