





Dear Bar/Bat Mitzvah Parents,

Mazel Tov! As a family, you are embarking on one of your most significant and meaningful journeys.

The entire Beth El family joins us in wishing you a heartfelt congratulations.

Your child is entering a time of wonderful change in their relationships, responsibilities, and thoughts. Change can be unsettling, but with the help of this supportive community, we will celebrate their changes with the spirit of Simcha – joy.

Bar/Bat Mitzvah students are moving from childhood to adulthood. As son or daughter of the commandments, they commit themselves to be proud members of our ancient people who have given so much to this world - the Torah, literature and culture, scientists, comedians, and much more.

This now becomes your child's heritage. Cherish their journey and support them with love, joy, and commitment.

Again, Mazel tov, and our very best wishes,

Sincerely,

A handwritten signature in black ink, appearing to read "Avi Libman".

Rabbi Avi Libman

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## 1. INTRODUCTION

### Background

The title of “Bar Mitzvah” – Son of the Commandments or “Bat Mitzvah” – Daughter of the Commandments are Aramaic and Hebrew terms derived from the Talmud as a description of every Jew over the age of thirteen. As Jews we are each endowed with the responsibility to perform *mitzvot* (commandments) and the opportunity to guide our lives according to the values and ethics of Judaism. This status of Jewish maturity begins on the occasion of a child’s 13th birthday, whether or not they mark this event with a ritual celebration or synagogue service.

Bar and Bat Mitzvah are not verbs. Our children, and each of us, become Bar or Bat Mitzvah. Bar or Bat Mitzvah is not a party and not a ceremony at the synagogue. Being a Bar or Bat Mitzvah is a lasting condition of a Jew’s life. Just as each child is in the process of attaining physical maturity at 12 and 13 years of age, so too does Judaism choose to mark every boy’s and girl’s moral, emotional and spiritual development through this sacred rite at this transitional time in their lives.

### Context

Bar and Bat Mitzvah take place within the three Jewish contexts of every child’s life. At Congregation Beth El we prepare and celebrate with each Bar or Bat Mitzvah student in the context of his or her family with consideration of each family’s unique feelings and experiences. We also work with every student and their parents in the context of our synagogue and local Jewish community. This means that Bar and Bat Mitzvah observances take place in the presence of our larger community in addition to each student’s family and invited friends. This synagogue service also has a context, whereby we celebrate our children’s becoming B’nai Mitzvah primarily on Shabbat. This day represents the values and ethics of Judaism and is celebrated as *mitzvot* through ritual, prayer and Torah study.

### Personal & Family Meaning

Congregation Beth El’s goal is to help every family celebrating a Bar or Bat Mitzvah to find meaning and enjoyment in this special milestone. The Rabbi and staff strive to individualize each student’s training and each family’s preparations. It is our hope that every Bar or Bat Mitzvah synagogue celebration also reflects personal connection and participation. In order to achieve this goal, we ask for assistance from our B’nei Mitzvah parents. To that end, we encourage you to attend Shabbat Services as often as possible with your son or daughter in order to become familiar with the ritual and style of our synagogue’s worship.

### Objectives

- To develop a **positive connection** to Judaism, the Jewish people, the Jewish community and the Congregation.
- To **study** prayer and the rites, rituals, and individual skills related to the Shabbat service and reading of the Torah.
- To provide opportunities for a **family experience** through sharing social, tikkun, hesed, ritual and learning opportunities.
- To **create community** among the children and parents as they celebrate this milestone together.

## 2. BAR & BAT MITZVAH PROGRAM

*"Who is wise?  
The one who learns from everyone."*

Ben Zoma

### Formal Classes

- All B'nei Mitzvah candidates must be enrolled in the Yachad, a Jewish Day School, or some other form of Beth El approved Formal Religious and Hebrew instruction.
- Bar/Bat Mitzvah Synagogue skills are taught in the 5th, 6th & 7th grades. The following prayers are emphasized in anticipation of the Bar or Bat Mitzvah service:

Seder Hotza'at ha Torah	Birkhot ha-Torah
Birkhot ha-Haftarah	Ashre
Seder Hakhnasat ha-Torah	Kaddish Shalem
Ayn Kaylohaynu	Aleinu
Adon Olam	

- 7th grade students meet on Shabbat morning at 9am to enhance their prayer skills. Appropriate Shabbat attire is required.
- The Jewish Ethics class meets on Saturday morning with Holly Baumann. This class is mandatory for both students and parents fostering an engaging and spirited discussion. Specific class dates will be made available prior to the first class.

### Shabbat Attendance

It is our goal for the Bar or Bat Mitzvah ceremony to be a meaningful ritual for our children and for the family. The best way to understand the meaning of the ceremony is to see it as a link in the great chain of Jewish tradition which connects parents to children and families to families. Attending these services will ensure that all members of the family are comfortable not only with the rituals surrounding the ceremony, but also with the particular practices of our congregation. Shabbat morning attendance is required on assigned class dates.

### Tutoring & Resources

- A tutor is chosen approximately 9 to 12 months prior to the ceremony. The family should contact one of the six Beth El tutors (see Important Contact Information for names and numbers in the Appendix, page 14) to schedule lessons. Financial arrangements are to be arranged directly between the family and their chosen tutor.
- Tutoring minimally covers:
  - a) The Maftir portion of the Torah
  - b) The Haftarah & Associated Blessings
  - c) Additional Torah portions of the family's discretion in concert with an evaluation of the student's skill level.
  - d) Explanation of the Torah and Haftarah portion for the student's writing of the speech.
- There will be regular communication between the tutor and the B'nai Mitzvah Coordinator about the student's progress. Families will be notified in the event of any problems.
- Parents and student resources can be found online at:  
<http://www.cbe.org/bar/bat-mitzvah.html>

## Parent's Speech

You will have the opportunity to speak towards the end of the service when called upon by one of the Rabbis. Please prepare a one page double spaced original blessing for your child. If you have any questions regarding the parents' speech, please contact the Rabbi.

## Child's Speech

Each Bar/Bat Mitzvah will write and deliver a D'var Torah (speech), where they become teachers of Torah for the entire congregation. It is the time students will explain what their Torah portion is about and what they have learned from it. They will make meaningful connections to their own lives and to the world today.

Approximately 6 weeks prior to the Bar/Bat Mitzvah, the Rabbinical Assistant will contact you to set up meetings with the Rabbi. He/She will meet with the Rabbi about four times. During that time, the speech will be written. We encourage you to begin thinking about your Torah portion beforehand and any thoughts you might want to speak about. (See Appendix, page 15, for speech outline).

The speech that the student recites introduces the Haftarah. It is basically divided into three different parts. The first part of the speech contains the discussion of the prophet. The second part is more an explanation of the thematic connection to the Parasha, Haftarah or Holiday. The third part is the candidate's interpretation and application of the Parasha and Haftarah themes.

## B'nei Mitzvah Shabbaton

Twice this year you will be invited to celebrate **Shabbat as a group**. This is an opportunity for the families to spend a Shabbat focused on the Bar/Bat Mitzvah students. The two retreats combine worship, learning and social activities. They are wonderful ways for our children to create connections with their fellow classmates as well as parents getting to know one another.

### Participation is MANDATORY.

**6th Grade Mini Shabbaton - February 10, 2017**

**Bar/Bat Mitzvah Shabbaton - October 20 & 21, 2017**

(Refer to the Appendix, pages 16 and 17, for specific program information)

## Rehearsal

A dress rehearsal covering all aspects of the family's participation with Rabbi Libman will be scheduled at 4:30pm on the Thursday immediately preceding the date of your Bar/Bat Mitzvah ceremony. The rehearsal time is for the immediate family, others honorees do not need to attend. At this rehearsal, the Bar/Bat Mitzvah is taken through the service, rehearsing their parts so that there will be no surprises during the ceremony itself. Not only is this time used to ensure that the service will run smoothly, but we also want to make sure that everyone in the family feels comfortable with the service and their role in it.

If you'd like to photograph this event, the rehearsal is your opportunity. Still photography is prohibited on Shabbat. Please arrange for your photographer to join you before or after the rehearsal.

## Lamed Vav Program

The Lamed Vav Program provides an opportunity for the Bar/Bat Mitzvah student to enhance the meaning of the Bar/Bat Mitzvah experience. The Lamed Vav Mitzvot Program is optional and consists of thirty-six (36) *mitzvot* activities in seven categories. The program is a family initiated experience. Included categories are *mitzvot* related to Shabbat, Tefillah, Tzedakah – G'milut Hassidim, Holidays, Study and Family as well as ritual Experiences and Jewish Commitment. The outline of the Lamed Vav Program is included in the Appendix, page 18.

It is the student's responsibility to contact Rabbi Libman to review the completed Lamed Vav form and related activities prior to the Bar/Bat Mitzvah Shabbat. A special certificate is presented at the Bar/Bat Mitzvah ceremony recognizing the student's commitment to Jewish life.

## Mitzvah Project

A mitzvah project is one of the first responsibilities we are asking our B'nei Mitzvah candidates to take on as new adults in our community. One of the hallmarks here at Congregation Beth El is the commitment to Social Action and Social responsibility. Now, they must also take on the responsibility of Tikkun Olam – repairing the world – as an affirmation of their commitment to Jewish adulthood. We invite them to choose a project (see below for suggestions) and share in our community's dedication to bringing more wholeness into the world. The entire family has the opportunity to instill this value in the home so that this value continues to be reflected in their lives after the Bar/Bat Mitzvah.

Our community's vision is **Congregation Beth El members active in community projects**. Sending financial donations is wonderful and very necessary, but actually going out into society and creating a better environment with your own two hands is what it's all about.

Bar/Bat Mitzvah candidates are certainly welcome to choose their own project. We offer the following list as suggestions; Habitat for Humanity, SOVA – food pantry, Jewish Family Services, American Friends of the Israeli Defense Forces, The Jewish Federation of San Diego, Rachel Women's Center, and Jewish National Fund.

### 3. MY SHABBAT

*“Shabbat has a flavor of Paradise about it.”*

Talmud Brachot 47a

#### Timeline

##### *Thursday prior*

- Student and family attend walkthrough of the service with Rabbi Libman
- Photos can be taken at this time

##### *Friday Evening*

- Family arrives 15 minutes prior to the beginning of service at 6:15 PM
- Mother or female family member reads English prayer before the candle lighting

##### *Saturday Morning*

- Family arrives 15 minutes prior to the beginning of service at 9:30 AM
- Parents bless their children and Bnei Mitzvah candidate responds

#### Honor

You are invited to choose those members of your family and friends whom you wish to honor with aliyot to the Torah or other service involvements. The list of Honors and Torah Blessings can be found in the Appendix section, page 21. You may also find additional resources online at <http://www.cbe.org/bar/bat-mitzvah.html>.

#### Other Celebrations

With such a large and vibrant community, there is always a possibility of other celebrations taking place on the same Shabbat as your son/daughter's Bar/Bat Mitzvah. An auf ruf, baby-naming, or another celebratory event/speaker may be scheduled. While we will do our best to notify you in advance, there is always the possibility of a last minute simcha. If this is the case, we will work with both families to help coordinate co-sponsorship for that Shabbat.

#### Seating

In the Sanctuary, the first two rows to the left of the *shulchan* are reserved for the immediate family of the Bar/Bat Mitzvah (this will be reviewed during the rehearsal). The guests of the family are invited to sit with the rest of the congregation on a first come first served basis. Please be aware and respect that Shabbat regulars who maintain our service each week have seats in the sanctuary to which they are accustomed.

## **Zmanim: Beth El's Quarterly Magazine**

Several months before the Bar/Bat Mitzvah you will receive an email from our editorial staff containing a list of questions to answer and a request for a high resolution photograph for publishing in the Bar/Bat Mitzvah section of our magazine. This will give our community an opportunity to learn more about your children.

All materials should be emailed and pictures should be sent in high resolution JPEG or EPS/TIFF format.

Please see the Appendix, page 28, for past examples.

## **Bio Essay for Shabbat Leaflet**

Approximately two weeks prior to the Bar/Bat Mitzvah you will need to submit an article (350 words max.) for the Shabbat leaflet. Please send an electronic file to [shalom@cbe.org](mailto:shalom@cbe.org).

### ***Format of Essay:***

#### ***Section #1 – Personal Information***

- Tell us who you are, where and when you were born.
- Tell us about your parents – names, what they do, where they were born.
- Tell us about your family – siblings, their ages and/or special relatives
- Tell us about where you go to secular school, your subjects of interest and perhaps what you would like to be when you grow up.
- Tell us about your interests, hobbies, activities.
- Tell us about your Jewish Education – where you go to school (Viterbi Torah School or day school or Hebrew High)

#### ***Section #2 – My Parashah***

- Tell us the name of your Parashah and include a brief summary of the contents.
- Tell us about the Haftarah – who is the prophet or where the writing comes from.
- Include a brief summary of the Haftarah and the connection to the Parashah.

#### ***Section #3 – My Mitzvah Project***

- Tell us about your Mitzvah activities or interests, which organization, agency or group you have chosen for your Mitzvah Project.

Please see the Appendix, page 29, for past examples.

## Proper Dress for Your Guests

Beth El means “House of God” and should be treated accordingly. Therefore, we hope that your guests will be dressed appropriately and modestly. We can not expect that you have any control over the way your guests dress, but please inform your family and guests receiving honors and coming to the Ark or the bimah before the congregation.

For those receiving any honors, please note **our dress code**:

**Men:** No jeans; jacket, and tie preferred. No tennis or running type shoes.  
Kippah for all men, and Tallit for all Jewish men.

**Women:** Modest dress. No mini skirts, jeans, spaghetti straps or other clothing allowing the woman to have bare shoulders.

**Boys:** No tennis or running type shoes, no t-shirts, no jeans, no shorts, tie is preferable, jacket recommended.

**Girls:** Modest dress, skirt and blouse, no tennis or running type shoes, no t-shirts, no shorts or jeans.

Please advise your guests ahead of time about proper attire.

Please accept these guidelines in a positive spirit for they are designed to enhance the Bar/Bat Mitzvah ceremony. Attention should not be drawn away from your child to people who are wearing clothing designed to attract attention or that demonstrate a casual attitude towards the worship service.

## Inviting Classmates, Teachers, and Others

**When preparing your guest list, it is our policy that all students in your child’s Bar/Bat Mitzvah class are invited to the ceremony and party.** These are students with whom your child has been studying with for at least a year, and if not longer. They are the children who your child will continue to see in Synagogue and USY programs. We will provide a class list upon request. Email [jessie@cbe.org](mailto:jessie@cbe.org) for the list.

Being left out at this age can be a trying and hurtful experience. By inviting the entire class, you are demonstrating the value of Jewish community.

Your child’s teachers have been an important part of his/her development. We encourage you to invite those individuals who have worked with your child over the years, including both Jewish and secular teachers as well as tutors, counselors, school administrators, and other special people in your child’s life.

*Rabbi Elazar ben Shamai taught:  
The reverence for your teacher should be  
as great as your reverence for God.*

— Pirkei Avot 4:15

## 4. SIMCHA CELEBRATION OPPORTUNITIES

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### Introduction

Drawing upon the teaching of a Talmudic sage, the 16th century Rabbi Solomon Luria ruled that a Bar/Bat Mitzvah meal was a religiously commanded festive meal on the same spiritual level as the wedding feast, known as the Seudat Mitzvah. In this tradition, we encourage each family to host a Kiddush Luncheon immediately following the service.

When you book your date, in addition to the Shabbat Service on Saturday, we reserve the synagogue facilities for you to host a private Shabbat Dinner Friday, a Saturday Kiddush and/or Luncheon, and a Saturday Evening party in the Jacobs Family Community Hall.

We ask that you contact our Event Coordinator as soon as possible if you plan to utilize our facilities for your celebrations at Beth El. Sixty (60) days prior to your event, if we are without confirmation of your planned usage, the spaces may be booked for other events.

### Friday Night

#### Shabbat Dinner

Families frequently host a private Shabbat Dinner at Congregation Beth El in the Jacobs Family Community Hall following the Friday night service and oneg. There are no room rental fees for your Friday night dinner. You may choose any of the caterers from the Beth El Approved Caterers List to provide the meal. Please contact the Event Coordinator for a current copy of this list and to confirm your reservation. If there is a Congregational Dinner (i.e. during Hanukkah), you are welcome to register your family to attend and other special arrangements, such as reserved seating, can be arranged.

#### Oneg Shabbat

It is a custom and tradition at Beth El for the Bar/Bat Mitzvah Family to sponsor the Oneg following the Kabbalat Shabbat Service. Challah, wine/juice, several trays of pastries, cookies, or brownies will be put out in addition to water and lemonade. Coffee/tea and fresh fruit is available as well for an additional fee. Your sponsorship is also recognized in the weekly leaflet.

To Sponsor the oneg please contact the Event Coordinator at least one month before the Bar/Bat Mitzvah.

### Shabbat Day

#### Throwing Candy

##### *The Custom of Throwing Candy*

It is customary to throw candy at the bar/bat mitzvah when he/she has completed his/her Haftarah, to wish him/her a “sweet” life as he/she makes the transition to adulthood. Even though the candy will be distributed in advance, please save it so it can be thrown at the conclusion of bar/bat mitzvah’s Haftarah.

Candy should only be passed out during the closing of the Haftarah blessings. If you are interested in observing this custom, you must order the candy through Congregation Beth El. No outside candy is permitted.

### **Kiddush Luncheon (Seudat Mitzvah)**

It is Beth El's policy that the Kiddush Luncheon must be open to the entire congregation and we do not permit private lunches. Because this is a community simchah, please include an additional 75 congregants to your guest list for lunch. You are not charged a facility rental fee for the Kiddush Luncheon, however the luncheon must end by 3:00pm. If the luncheon exceeds the time limit, hourly rental fees will be incurred. For a list of approved Kosher caterers, please contact the Event Coordinator.

The Kiddush Luncheon is part of the Shabbat observance, decorations and music should remain appropriate for Shabbat. Out of respect for the congregation, only Israeli or similar Jewish themed music may be played until 1 pm. In addition, still photography and videography is prohibited until this time. At 1:00pm, your orchestra/DJ is free to play secular music and still photography and videography may commence.

### **Sponsored Kiddush**

As an alternative to hosting a Kiddush Luncheon, your family is encouraged to sponsor a Kiddush through the synagogue (similar to the Friday night Oneg). Please contact the Event Coordinator for more information.

## **Continue the Celebration**

### **Saturday Evening Celebration at Beth El**

The Bar/Bat Mitzvah party is the late 20th century evolution of the Seudat Mitzvah. Congregation Beth El is a fantastic place for your private celebration. The Jacobs Family Community Hall can be decorated in a number of ways, and the Turk Family Plaza is perfect for your cocktail reception. To discuss having your private Bar/Bat Mitzvah party at Congregation Beth El, please contact the Event Coordinator for more information.

## **Memorialize the Simcha**

### **Tree of Life Leaf or Stone**

It has been a long standing tradition to commemorate the B'nei Mitzvah student's achievement with purchasing a Tree of Life leaf or stone engraved with their name and B'nei Mitzvah date. The leaf or stone is prominently displayed in the foyer of the Jacobs Family Community Hall. Please refer to the order form in this packet and turn it into the CBE Front Desk.

### **Photography & Videography**

Still photography and videography is prohibited in the Sanctuary on Shabbat. Please arrange for your photographer to join you before or after the Bar/Bat Mitzvah rehearsal. You may also purchase a DVD of your child's Bar/Bat Mitzvah by contacting the CBE Front Desk.

## 5. POST BAR/BAT MITZVAH

### After the Bar/Bat Mitzvah

When you become an adult member of the Jewish community, you are expected to continue studying and developing your Jewish identity. Congregation Beth El and the greater San Diego area offer several gateways for you to enter and explore your life as a Jewish adult. Whether it is participating in Yachad, our teen education program, serving as a madrich at the Viterbi Torah School, volunteering with the Tikkun Committee, spending summers at a Jewish Summer program experience, or USY, you will quickly find that you are able to relate to our vast tradition in a more knowledgeable and mature way. We encourage you to both study formally and to actively participate in your synagogue and community programs.

#### *In the weeks following the Ceremony*

- Student continues to attend Yachad
- Student attends USY activities
- Parents complete outstanding business transactions with the Executive Director

#### *The 8th - 12th Grade Years*

- Student attends Yachad
- Student attends USY activities, bi-weekly lounge and Kinnus weekends
- Student participates in Mighty Mitzvah Sunday, Rachel's Women Center dinners and other mitzvah projects

*“Turn the Torah and turn it again,  
you will find everything in it.”*

Pirkei Avot 5:22

## 6. APPENDIX

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### Important Contact Information

Congregation Beth El  
858.452.1734

Rabbi Avi Libman – Rabbi ..... 858.452.1734 x228    rabbiavi@cbe.org

Judith Persky– Executive Director ..... 858.452.1734 x229    exec@cbe.org

#### Bio/Pictures for Publication

Maria Alvarez ..... 858.452.1734 x221    shalom@cbe.org

#### Event/Simcha Planning

Eva Blank – Event Coordinator ..... 858.452.1734 x241    eva@cbe.org

#### To Schedule Meetings with Judith Persky:

Maria Alvarez – Executive Assistant..... 858.452.1734    shalom@cbe.org

#### *B'nei Mitzvah Tutors\**

Holly Gail Baumann    chaygittl@aol.com

Jessie Birnbaum    tutoring@jbirnbaum.com

Arielle Gereboff    818.515.4305

Sharone Kaufmann    858.794.8886

Edna Yedid    858.259.0079

Hannah Anbar    hganbar@hotmail.com

\* B'nei Mitzvah tutors are not employees of Congregation Beth El. Private arrangements must be made with the tutors. Congregation Beth El is not responsible for enforcing or mediating any arrangements with a private tutor.

## **D'var Torah Outline for Bar/Bat Mitzvah**

### ***Poetry from the Prophets***

1. Briefly describe the life and times of the prophet who composed your Haftarah.
2. Summarize the major ideas in your Haftarah.
3. Pick one idea which is especially meaningful to you.
4. Apply that idea to something contemporary – either your life, or in the world at large.

### ***Story from the Torah***

1. Write a short bio of the major character in the story.
2. Tell the story in your own words.
3. Pick one important idea from the story.
4. Apply that idea to something contemporary – either your life, or in the world at large.

*“When all the children are taught of Adonai,  
great will be the peace of children.”*

Isaiah 54:13

# **6TH GRADE SHABBATON**

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*at Congregation Beth El*

## **Friday Evening**

6:15 - 7:15 pm Kabbalat Shabbat Services

7:30 - 9:00 pm Dinner & Program

## **7TH GRADE SHABBATON**

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*at Congregation Beth El*

### **Friday Evening**

6:15 -7:15 pm Kabbalat Shabbat Service

7:30-8:30 pm Family Shabbat Dinner

8:30-9:00 pm - Program

### **Shabbat**

10:30 am Shabbat Service

Noon - Lunch

1:00-1:45 pm First learning session (students and parents meet separately)

1:45-2:00 pm Free time

2:00-2:45 pm Second learning session (students and parents meet separately)

2:45-3:00 pm Closing Song

*“As you teach you learn.”*

Midrash Tehilim

Name: \_\_\_\_\_

## Lamed Vav Program

### ***Mitzvah of Observing Shabbat (a minimum of 2 per month during 6 months prior to your BM)***

- 1. Attend Shabbat morning services
- 2. Attend Friday night services (*a minimum of 1 time per month during the 6 months prior to your BM*)
- 3. Attend Shabbat dinner at friends or relatives outside your home
- 4. Help prepare Shabbat dinner in your own home
- 5. Braid and bake a hallah
- 6. Light Shabbat candles and recite the blessing
- 7. Chant Shabbat Friday night Kiddush
- 8. Make Havdalah – explain spices, candle, wine

### ***Mitzvah of Tzedakah***

- 9. Participate in 2 Community Service activities
- 10. Participate in 2 Tikkun Committee projects
- 11. Volunteer at Congregation Beth El
- 12. Other – honoring the elderly, kindness to animals, welcoming guests, caring for the environment, honoring parents or helping during shiva

### ***Jewish Commitment***

- 13. Attend 2 USY activities
- 14. Continuation of Jewish education this year:
  - a. Enrollment in Yachad Beth El Teen High
  - b. Enrollment in Jewish Day School
- 15. Continuation of Jewish Education next year: Enrollment in Yachad Beth El Teen High or Jewish Day School
- 16. Commitment to Israel (*choose at least 2*)
  - a. Purchase of bond
  - b. Visit Israel within 5 years
  - c. Contribution to any organization in Israel
  - d. Volunteer for Mighty Mitzvah Sunday
- 17. Serve as a Madrich for VTS or volunteer to help with a VTS program while in 9th-12th grade

### ***Jewish Commitment, cont'd.***

- 18. Volunteer to staff a Machar or Kadima event
- 19. Purchase a tree to be planted in Israel

**Mitzvah of Holidays**

- 20. Know the calls of the shofar and demonstrate
- 21. Fast until Yom Kippur break
- 22. Demonstrate knowledge of lighting the Hanukkah Candles and 3 blessings
- 23. Eat a meal in a Sukkah
- 24. Prepare at least two baskets for mishloach manot on Purim
- 25. Volunteer at the Purim Carnival

**Mitzvah of Study**

- 26. Read one issue of a local Jewish periodical
- 27. Read a book with Jewish content

**Mitzvah of Family**

- 28. Interview your oldest family member and make a family tree
- 29. Describe a special family ritual object
- 30. Research the meaning and origin of your Hebrew name

**Ritual Experience**

- 31. Demonstrate knowledge of putting on a tallit, tefillin and the appropriate blessings
- 32. Put a mezuzah on a door and recite the proper blessing
- 33. Read torah 3 times during the year following your Bar/Bat Mitzvah.
- 34. Lead the torah service 3 times during the year following your Bar/Bat Mitzvah.
- 35. Read Megillah during Purim community celebration during the year following your Bar/Bat Mitzvah.
- 36. Participate in High Holiday services by: (choose one)
  - a. Attending the USY service
  - b. Chant torah in the main service
  - c. Assist with the Family service
  - d. Help in the childcare room

## MY LAMED VAV MITZVAH DIARY

Name \_\_\_\_\_

Mitzvah # \_\_\_\_\_

Please choose one of the above 36 *mitzvot* and answer the following questions:

1. In doing this mitzvah, the most interesting thing I learned was \_\_\_\_\_

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2. This is how I felt learning about doing this mitzvah:

3. Names of those who participated with me in this mitzvah:

4. This mitzvah made me aware of:

5. My future goals for this mitzvah are:

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Student Signature \_\_\_\_\_ Date \_\_\_\_\_

*“Study leads to action.”*

Talmud Kiddushim 40a

## **B'nei Mitzvah Aliyot & Honors**

**Open and Close Ark before Torah Service** – immediate family

**Open and Close Ark after Torah Service** \_\_\_\_\_

**Tallit Presentation** – Parents

**Aliyot** – (feel free to assign more than one person for each Aliyah)

#4 English name(s) \_\_\_\_\_

Hebrew name(s) \_\_\_\_\_

#5 English name(s) \_\_\_\_\_

Hebrew name(s) \_\_\_\_\_

#6 English name(s) \_\_\_\_\_

Hebrew name(s) \_\_\_\_\_

#7 – parents English name(s) \_\_\_\_\_

Hebrew name(s) \_\_\_\_\_

**Hagbah (lift Torah)** English name \_\_\_\_\_

**Glilah (wrap Torah)** English name \_\_\_\_\_

### **English Readings**

Prayer for United States

English name \_\_\_\_\_

Prayer for Israel

English name \_\_\_\_\_

PLEASE RETURN TO RABBI LIBMAN BY THE TUESDAY PRIOR TO YOUR SIMCHA

## Bar/Bat Mitzvah Bio Samples

### ***Chloe Alexander, Bat Mitzvah March 29th, 2014***

Hi my name is Chloe Alexander and I am 13 years old. I was born on January 25, 2001 in San Diego. My parents are Kevin and Laney Alexander. My dad was born in Riverside and my mom, like me, was born in San Diego. I have an eight year old sister, Cate, who is very fun and caring. I am currently in seventh grade and attend Muirlands Middle school. My favorite subject is English because I enjoy writing and being creative. In my free time I enjoy playing competitive soccer and spending time with friends and family. With my friends I like to go to the beach, play soccer and walk around the village. Family is very important to me because I live so close to my cousins and grandparents. For those members of my family who live farther away, I always look forward to getting together with them and having a good time.

My Jewish education is very important to me and I have been attending Viterbi Torah school since I was in preschool. My family has been a part of Congregation Beth El for many years. My mom went to preschool and Hebrew school at Beth El, and my Safta was the preschool teacher for over thirty years. I am lucky to have grown up celebrating the high holidays at Beth El with my friends and family.

My haftorah portion is about the prophet Ezekiel's vision from G\_d. In my haftarah, Ezekiel explains the vision to the Jews, who have been enslaved in Babylon. G\_d's vision states that one day the Jews will return to their homeland. Ezekiel shares G\_d's vision with the enslaved Jews to help give them hope. This hope is what kept the Jews from giving up. I have learned that hope is very important in life.

My mitzvah project is National Charity League (NCL) which is an organization that provides care and assistance for people in need. As a NCL member with my mom and friends, I volunteer for different types of charities such as Meals on Wheels, San Diego Food Bank and Operation Homefront. NCL is a great way to spend time with friends, while helping others and learning to appreciate what you have.

I would like to thank my friends and family for supporting me on this special day. I also truly appreciate Rabbi Graubart and Morah Edna for helping me prepare for my bat mitzvah.

### ***Louis Adler, Bar Mitzvah January 4th, 2014***

Hello my name is Louis Adler. I was born on December 24, 2000, at Scripps Memorial in La Jolla. I came early and ruined my Grandma Sharon's Christmas Eve dinner. I am in the seventh grade at Carmel Valley Middle School. My favorite subjects are P.E. and Social Studies. When I grow up I want to be a history professor. My parents, Julie Hyde and Mark Adler, are both CPAs, they both went to UCSB and they are both Southern California natives. I have one younger sister, Kathryn who is in 5<sup>th</sup> grade. I am on the Jr. USY board and attend the VTS here at Beth El. I enjoy video games and I study a style of Martial Arts called Tong Soo Do. My goal is to reach black belt next year.

My Haftarah for *Bo* is about how people who do not learn from their past and as a result, history will be repeated. In it, the Prophet Jeremiah delivers the message from G-d that the nation of Egypt would soon be defeated and exiled by the Babylonians. This was punishment for their failure to come to the aid of the people of Israel as they had promised when Israel was under attack and Jerusalem under siege by Nebuchadnezzar, King of Babylonia. This was also punishment for all of the hardships that Egypt had oppressed upon the Jews over the years. The Egyptians did not learn from their experience in the past with the 12 plagues and so G-d decided the time had come for payback.

For my Bar Mitzvah project I have been volunteering at the VTS on Sunday mornings helping out with the Kindergarten class and wherever I am needed. I have also been collecting the jackets left over from school lost and founds and have been washing them, folding them and sorting them for donation to the Monarch School in San Diego that services students that are impacted by homelessness.

I would like to thank Rabbi Avi for meeting with me and helping me with my speech and understanding my Haftarah portion. I want to thank my family and friends for showing their support, especially my Papa Edmund who is no longer with us, who I promised I would continue my Jewish education and complete my Bar Mitzvah. I would also like to thank my tutor Mora Yedid for her time and patience tutoring me for today.

# Bar/Bat Mitzvah Zmanim Questions Samples

**{ B'nei Mitzvah }**

**AARON PRICE**  
FEBRUARY 7



**What's your favorite Biblical story?**  
My favorite Biblical story is Adam and Eve (Genesis 1-3) because it surprises me how easy it was for Eve to disobey what created her.

**Who's the most unusual person on your guest list?**  
The most unusual person on my guest list is my cousin Ziva. She is currently riding her bike through the Negev to raise money for an Israeli children's hospital. She also has ridden across the USA to raise money for leukemia research.

**What's the key message from your Parashah?**  
The key message in my Parashah is to delegate and soar. Although it is easier to just do something yourself, teaching people how to do easy tasks will give you time to soar.

**What do you like to do in your spare time?**  
In my spare time I like to play the ukulele, surf, play basketball, play soccer, go to USC sports games, take pictures, and listen to music.

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**NATHAN CONLAN**  
FEBRUARY 21



**What's your favorite Biblical story?**  
My favorite Biblical story is the story of Jacob taking Esau's blessing away.

**Who's the most unusual person on your guest list?**  
No persons on my guest list are unusual, because they're all friends and family.

**What's the key message from your Parashah?**  
The key message is to not take important things from others.

**What do you like to do in your spare time?**  
I like to play tennis and go to SDRC to race my RC car...I love both.

**What would you like the Rabbi to say about you in his speech before he gives you his blessing?**  
That I am a kind, intelligent, and funny guy.

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**IAN MEYER**  
DECEMBER 4



**What's your favorite Biblical story?**  
The story of Passover because, after many terrible years, the Jews were finally free.

**Who's the most unusual person on your guest list?**  
Everyone is unusual or different in their own way.

**What's the key message from your Parashah?**  
To honor God, and His commandments.

**What do you like to do in your spare time?**  
I like acting, seeing shows, spending time with my friends and family, tennis, the beach, community service, and travel.

**What would you like the Rabbi to say about you in his speech before he gives you his blessing?**  
That I love my family and friends! ☺

Zmanim, Winter 2014-15

## Zmanim Sample Questions from Fall 2014 Questions/Answers for Benny Lombroso

**What is your Parashah?**

Toldot

**What are you most excited about?**

Read from the Torah.

**What are you most nervous about?**

Reading the Hebrew.

**Who is the person you admire most?**

My parents

**What was your best mitzvah?**

At the JCC, a bunch of people donated shoes. I cleaned them so they looked brand new for the homeless. I also helped to donate some of the shoes.

**What do you love about being Jewish?**

The language. It's so different from other languages. I also like the community. Since there aren't that many Jews, we all come together.

**What food do you definitely not want served at your Bar/Bat Mitzvah party?** Pork

**What are your plans for the future?**

I want to get into a good college and be successful in life.

## Zmanim Sample Questions from Winter 2014-15 Questions/Answers for Aaron Price

**What's your favorite Biblical story?**

My favorite Biblical story is Adam and Eve (Genesis 1-3) because it surprises me how easy it was for Eve to disobey what created her.

**Who's the most unusual person on your guest list?**

The most unusual person on my guest list is my cousin Ziva. She is currently riding her bike through the Negev to raise money for an Israeli children's hospital. She also has ridden across the USA to raise money for leukemia research.

**What's the key message from your Parashah?**

The key message in my Parashah is to delegate and soar. Although it is easier to just do something yourself, teaching people how to do easy tasks will give you time to soar.

**What do you like to do in your spare time?**

In my spare time I like to play the ukulele, surf, play basketball, play soccer, go to USC sports games, take pictures, and listen to music.

**{ B'nei Mitzvah }**



<p><b>DANIELA HIRSCHHORN</b> Age: 12   Grade: 7th School: Mulifonds MS I have been coming to Beth El for 10 years.</p> <p><b>My Parashah:</b> Noah</p> <p><b>I'm excited to:</b> Be with my friends and read from the Torah</p> <p><b>I'm most nervous about:</b> Reading the Torah</p> <p><b>The person I admire most:</b> My family</p> <p><b>My best mitzvah:</b> I fed the homeless and donated time and money to an orphanage in Israel.</p> <p><b>What I love about being Jewish:</b> The holidays</p> <p><b>I do not want this food served at my Bat Mitzvah party:</b> Olives</p> <p><b>My plans for the future:</b> I want to be a fashionista.</p>	<p><b>GABY HIRSCHHORN</b> Age: 12   Grade: 6th School: Sierra Academy I have been coming to Beth El for 10 years.</p> <p><b>My Parashah:</b> Noah</p> <p><b>I'm excited to:</b> Be with everyone, from both Mexico and San Diego.</p> <p><b>I'm most nervous about:</b> Reading the Torah</p> <p><b>The person I admire most:</b> My sisters and my family</p> <p><b>My best mitzvah:</b> Feeding the homeless and giving tzedakah</p> <p><b>What I love about being Jewish is:</b> Doing Shabbat</p> <p><b>I do not want this food served at my Bat Mitzvah party:</b> Lettuce</p> <p><b>My plans for the future:</b> I want to be a dolphin trainer or an animator.</p>	<p><b>MAIYA HIRSCHHORN</b> Age: 12   Grade: 7th School: SDJA I have been coming to Beth El for 10 years.</p> <p><b>My Parashah:</b> Noah</p> <p><b>I'm excited to:</b> Read my Haftarah</p> <p><b>I'm most nervous about:</b> Reading my Haftarah</p> <p><b>The person I admire most:</b> My sisters</p> <p><b>My best mitzvah:</b> Feeding the homeless</p> <p><b>What I love about being Jewish:</b> The holidays</p> <p><b>I do not want this food served at my Bat Mitzvah party:</b> Eggs or mushrooms</p> <p><b>My plans for the future:</b> I'd like to become a chef or pastry/baker.</p>	<p><b>SARAH EFFRESS</b> Age: 12   Grade: 7th School: Francis Parker I have been coming to Beth El for 5 years.</p> <p><b>My Parashah:</b> Chof Hameod Sukkot</p> <p><b>I'm excited to:</b> Celebrate with my friends and family</p> <p><b>I'm most nervous about:</b> Remembering my portion</p> <p><b>The person I admire most:</b> Abby Wambach, US National Soccer Team</p> <p><b>My best mitzvah:</b> Using my tzedakah I had saved for a year towards funding a scholarship for an Israeli soldier</p> <p><b>What I love about being Jewish:</b> Celebrating the holidays</p> <p><b>I do not want this food served at my Bat Mitzvah party:</b> Cashews or eggplants</p> <p><b>My plans for the future:</b> To keep playing soccer and be an architect.</p>
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**GIFTS PRESENTED TO THE B'NEI MITZVAH:**

- Sim Shalom Siddur - From the Albert & Babs Walden Fund\*
- Chumash - From the Marcine Kline Cohen & Miriam Kline Kuss Fund\*
- JNF Tree Certificate
- Bar Mitzvah Certificate
- Kiddush Cup & Candlesticks - From Women's Connection & Men's Club
- USY Song Book & Gift Certificate
- A gift from Vitebor Torah School to its students

\* A part of the Beth El Endowment Foundation

Zmanim, Fall 2014

# Tree of Life Order Form

The purpose of The Tree of Life is to commemorate a life event, or achievement of any kind. Examples are birth announcements, Bar/Bat Mitzvahs, graduations, weddings, anniversaries and other life celebrations. A Tree of Life **Leaf** can be purchased for \$180, and a **Rock** to be placed beneath the Tree of Life can be purchased for \$450. Both will be engraved with your special message.

## STYLE OPTIONS

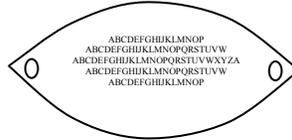
### Leaf Style Option A



Leaf consists of 3 lines at 14.3 PTS

- Line 1 limited to 22 characters
- Line 2 limited to 25 characters
- Line 3 limited to 22 characters

### Leaf Style Option B



Leaf consists of 5 lines at 12 PTS

- Line 1 limited to 16 characters
- Line 2 limited to 23 characters
- Line 3 limited to 27 characters
- Line 4 limited to 23 characters
- Line 5 limited to 16 characters

### Rock



Text for Rock is virtually unlimited. Font size and number of lines will be based on the amount of text.

## LEAVES

LEAF ONE  Style A  Style B

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LEAF TWO  Style A  Style B

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ROCK

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## PURCHASER & PAYMENT

Name \_\_\_\_\_ Beth El Member?  Yes  No

Address \_\_\_\_\_  
Street City State Zip

Phone \_\_\_\_\_ Email \_\_\_\_\_

I/We would like to purchase \_\_\_\_\_ Tree of Life Leaves(\$180 ea) or \_\_\_\_\_ Rocks(\$450 ea) for a total donation of \$\_\_\_\_\_

Check Enclosed (Payable to Congregation Beth El) or  Visa/MasterCard  AMEX  Discover

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

PREPAYMENT OF LEAVES & ROCKS ARE REQUIRED BEFORE ENGRAVING

8660 Gilman Drive La Jolla, CA 92037  
P 858.452.1734 F 858.452.5578  
W www.congregationbethel.org  
E shalom@congregationbethel.org

