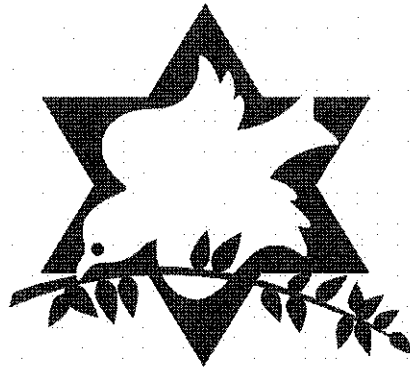


B'nai Shalom of Olney
Bar/Bat Mitzvah Handbook



February 2019

The BSO Bar/Bat Mitzvah Handbook contains:

- A letter from the Rabbi
- Bar/Bat Mitzvah Checklist
- Bar/Bat Mitzvah Cost Sheet
- Bar/Bat Mitzvah Policies
- Bar/Bat Mitzvah Objectives and Expectations
- MAZON Donation Information
- Mitzvah Project Information

Dear Bar/Bat Mitzvah family:

Welcome to this incredible moment in your life, the B'nai Mitzvah journey! My goal is to guide you through this exciting experience so that it is engaging, educational, enriching, and meaningful. I hope to encourage your child's desire for challenging and deep learning, ensuring that they feel ownership and excitement over their Jewish learning and identity formation.

The Bar/Bat Mitzvah journey at B'nai Shalom of Olney is framed by Torah (study), avodah (prayer), and gemilut hesed (acts of loving-kindness), where children will continue to build on their foundation of Jewish education, participate in meaningful ritual and prayer experiences, and discover that they have the ability and responsibility to make an impact on the world.

Your child's Bar/Bat Mitzvah is an affirmation of your family's commitment to Jewish community and education. It is an exhilarating moment in a journey of learning, spiritual growth and commitment to mitzvot (commandments). You will discover the rewards of recognizing your child's steps from childhood towards maturity within the context of a committed Jewish life and within the greater B'nai Shalom of Olney community.

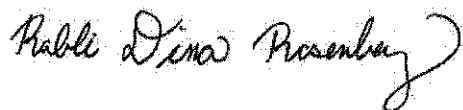
We recognize that that this journey is different for each child and family. My goal is to work with your family to create a meaningful and transformative experience that will enrich your family's Jewish identity and desire for connection.

To prepare for their sim^ha, students participate in one-on-one tutoring, family programs, and meetings with the clergy. Our staff and volunteers work with our families to build the foundations for this wonderful lifecycle experience. Our team of teachers, tutors, clergy, and staff are here for our families every step of the way.

Becoming a Bar/Bat Mitzvah is a declarative action that being Jewish matters to your child and that they belong and carry a responsibility to the greater Jewish community. This is a celebration of Jewish values. We strongly encourage you to regularly attend Shabbat services with your child to familiarize yourselves with the service and to help find meaning in the sanctity of Shabbat. We also strongly encourage you to invite ALL of the classmates in your child's cohort to take part in this ritual celebration, so that it is an inclusive and positive experience for all children.

Becoming a Bar/Bat Mitzvah is an exciting time of community-building, learning, worship and social action. It is holy for us as a community to support and celebrate this transformation with you.

B'Shaa Tovah – May this be a good year for you!

A handwritten signature in cursive script that reads "Rabbi Dina Rosenberg". The signature is written in black ink and is positioned above the printed name.

Rabbi Dina Rosenberg



BAR/BAT MITZVAH CHECKLIST

❖ **Approximately 2 years before:**

- Receive Bar/Bat Mitzvah date.
- Reserve Social Hall for reception if desired.
- Maintain membership in good standing.
- BSO Food and Services Committee will add you to the contact list so that you can fulfill your kitchen obligation (2 Shabbat mornings required).
- Men's Club will get in touch with you for ushering (3 services required).
- Continue to attend Religious School.
- Continue to attend Minyan B'Yahad.
- Continue to attend Youth Group events.
- Continue to participate in synagogue events.

❖ **Approximately 1 year before:**

- Initial family meeting with the Rabbi.
- Attend Shabbat Services as a family at least monthly. Ask someone to introduce you to Mitch Wasson, who is in charge of giving out Aliyot at services. It is helpful to attend B'nai Mitzvah services so that you get very familiar with the BSO service.
- Have your child select and begin his/her mitzvah project.

❖ **9 months before:**

- Have assignment meeting with Hazzan. At this meeting, your child will receive their Bar/Bat Mitzvah preparation materials and the Hazzan will assign your child's Bar/Bat Mitzvah teacher (tutor). You should set up your first meeting with your child's Bar/Bat Mitzvah tutor at this time and begin weekly sessions, if recommended by the Hazzan.

❖ **7 months before:**

- The Rabbi will contact you to schedule your meetings.

❖ **6 months before:**

- Start weekly Bar/Bat Mitzvah lessons, if you haven't done so already. Be sure your child practices EVERY day!
- Continue to attend services regularly and observe what others are doing.
- Start attending Friday night services as every Bar/Bat Mitzvah child will participate in the service the night before their big day.
- Order invitations (include directions and start time).

❖ **4 months before:**

- Review Torah portion with Rabbi.
- Review written summary with Rabbi.

❖ **3 months before:**

- Sectional review with Rabbi.
- The Hazzan will set up three meetings with you to review your child's progress.
- Gather Hebrew names of family members receiving Aliyot (Nanci Gelb will contact you).
- BSO Food and Services Committee will contact you regarding Kiddush sponsorship (Saturday morning B'nai Mitzvah only).
- Meet with the Rabbi to discuss your child's D'var Torah.
- Think about using MAZON Baskets for the Bimah.
- Continue to attend services regularly.
- Schedule Bimah photographs, if desired (photos must be scheduled with the synagogue office and can only be scheduled during certain times).
- Order kippot.
- Synagogue will send you an informational inquiry with details of your big day that will need to be turned in one month before.
- Observe and listen to your child practicing their lessons at least twice between weekly sessions.

❖ **8 weeks before:**

- Final editing with Rabbi.
- Continue to attend services.
- Send out invitations (make sure to invite the Hazzan and Rabbi). We strongly encourage each Bar/Bat Mitzvah family to be inclusive with all students in your child's grade. If at all possible, PLEASE invite all of your child's Religious School classmates to the Bar/Bat Mitzvah and celebratory events.
- Make MAZON donation for baskets, if desired.
- The Religious Committee will contact you for information for the synagogue newsletter.

❖ **4 weeks before:**

- Parent meeting with Rabbi.
- Parents and child will have a run-through with the Hazzan in the sanctuary.
- Return order form to BSO Food and Services Committee for Oneg and/or Kiddush that you will be sponsoring.
- Schedule any synagogue deliveries before 1:00 p.m. for the Friday before.
- Come to shul and sit five rows closer than you usually sit. 😊
- Turn in synagogue checklist.

❖ **2 weeks before:**

- D'var Torah practice with the Rabbi in the Sanctuary.

❖ **1 week before:**

- If desired, have photographs taken of your family in the shul. This would also be a good time to have any video taken, if desired. Photos must be scheduled with the synagogue office and can only be scheduled during certain times.
- Final run-through on Thursday at 4:30 p.m. with Hazzan.

❖ **Day before:**

- Bring kippot, Havdalah supplies (if you want to bring your own) to synagogue and leave them on one of the worktables in the kitchen.
- MAZON baskets on Bimah, if desired.

❖ **Day of: Relax & Enjoy!!!**

❖ **Sunday or Monday after:**

- Pick up any items left at the synagogue (kippot, invitations, etc.)
- Say thank you to all who helped make your child's day a special one. 😊



Bar/Bat Mitzvah Cost Sheet

Bar/Bat Mitzvah Administrative Fee: \$1,000 per child. This fee is invoiced at \$50 a month over 10 months starting in the 5th grade Religious School year, and at \$50 a month over 10 months starting in the 6th grade Religious School year. However, families are welcome to make a single payment or other payment arrangements if it would be more convenient. Please contact our Bookkeeper, Andrea Keller, if you have any questions.

Catering

Families who have scheduled a Saturday morning Bar/Bat Mitzvah are required to sponsor a Kiddush after the service.

Families who have scheduled a Havdalah, or other non-Shabbat Bar/Bat Mitzvah, are required to sponsor the Friday night Oneg and to pay a service charge for the opening and staffing of the building off-hours.

Both the congregational Kiddush sponsorship fee (additional fees will accrue for guests of the family above 50) and the Havdalah Oneg sponsorship/service fee are covered by the \$1000 Bar/Bat Mitzvah Administrative Fee referenced above.

Social Hall Rental for Reception (4 hours)

If desired: \$1800

Shabbat Dinner or Reception

If desired (when space is reserved and when there is no Congregational Shabbat Dinner taking place):

- An approved, outside caterer must be utilized.
 - *Please note that if the catering company you hire is not providing an on-site Kosher caterer, you are required to hire a mashgiah or the BSO Food and Services Committee to supervise the Kashrut status of the BSO kitchen (this representative must be present from the start of food preparation until the event and the clean-up are completed). The BSO Food and Services Committee may not always be available for this service.
- The BSO Food and Services Committee may also be hired to provide Service & Supplies (table coverings, paper goods, and/or hot & cold beverages and/or serving & cleaning up platters provided by a caterer).
 - *The BSO Food and Services Committee charges a fee for their services.

Bar/Bat Mitzvah families and their guests may, of course, attend Congregational Shabbat Dinners when they are being held. The cost will be whatever fees are posted for the dinner, and all guests will be entitled to the member rate being charged for that particular event. The family and their guests will join the rest of the Congregation for dinner in the Social Hall.

Tutoring

Averages 20-25 sessions at \$40-\$60/session, depending on the tutor. Hazzan Geller can accept 10 students a year for private Bar/Bat Mitzvah tutoring. While students are generally assigned tutors 9 months prior to their Bar/Bat Mitzvah date, if you would like to have your child tutored by the Hazzan, please make this request as soon as possible, and we will try to honor it.

Bar/Bat Mitzvah Policy**I. General Information**

- A. All Bar/Bat Mitzvah ceremonies are to be held at services during which the Torah is read.
- B. Although every effort will be made to accommodate the wishes of the parents, final authority for setting the date and time of a Bar/Bat Mitzvah service rests with the Rabbi, Hazzan and Executive Director.
- C. At least two years prior to a child's 13th birthday a Bar/Bat Mitzvah date will be assigned. It is understood that the child will complete 5 years of Religious/Day School education, irrespective of the assigned Bar/Bat Mitzvah date, and that the child will be registered in Religious/Day School at the time of the Bar/Bat Mitzvah. Parents wishing to request modification to the assigned date must do so within two weeks after the assignment. Any modification of the date is dependent upon whether alternative dates are available.
- D. Once the date is assigned (5th grade), your account will be billed the first half of a \$1,000 Bar/Bat Mitzvah Administrative Fee (invoiced at \$50 a month over 10 months). The second half of the fee will be billed in the 6th grade year (invoiced at \$50 a month over 10 months). The Bar/Bat Mitzvah fee is a one time only administrative fee which covers many costs not included in dues or Religious School tuition. The Bar/Bat Mitzvah Administrative Fee also covers sponsorship of the Kiddush for Saturday morning ceremonies. It covers a service fee for opening and staffing the building and sponsorship of the Friday night Oneg for Havdalah ceremonies. This is a non-refundable fee.
- E. Each candidate's family will receive information about: Kashrut Policy; the BSO Catering Policy; Oneg, Kiddush and Dinner information; List of Approved Caterers; who to contact for more catering information; and kitchen assistance requirements.
- F. The Bar/Bat Mitzvah service will, at a minimum, follow the standard format of the B'nai Shalom of Olney service. Any special request for departures from the normal practice at B'nai Shalom of Olney services should be made no later than 9 months before the Bar/Bat Mitzvah service and must be made in writing to the Religious Committee chair. The Religious Committee, the Rabbi and the Hazzan will consider such a request at a regularly scheduled meeting and shall provide a written response to the family's request within 6 weeks.
- G. Approximately 9-12 months prior to the scheduled Bar/Bat Mitzvah date, the Bar or Bat Mitzvah and parents will begin meeting with the Rabbi. The main purpose of these meetings will be to discuss the purpose of becoming a Bar/Bat Mitzvah, the involvement of the entire family in the celebration, and to help the Bar or Bat Mitzvah to prepare a D'var Torah to be delivered during the Bar/Bat Mitzvah ceremony.
- H. Approximately nine months prior to the agreed upon date, the student and parents will meet with the Hazzan to discuss the portion assignment, tutorial requirements and other questions that may arise. At this time, the family will receive their child's Tutor Assignment Letter which will include the fees for weekly sessions if the Hazzan is their child's Bar/Bat Mitzvah teacher or contact information if an outside tutor is recommended.

- I. As a general practice, training for the Bar/Bat Mitzvah candidate will begin six to nine months prior to the scheduled date unless, after the evaluation by the Hazzan and the Education Director, a different length of time for study is recommended.
- J. Approximately 3 months prior to the Bar/Bat Mitzvah the Aliyot Coordinator will contact the family regarding participation, responsibilities and the assigning of honors.
- K. For a Shabbat morning Bar/Bat Mitzvah, up to eight people can be called for the Aliyot blessings, no more than two per Aliyah. This is in addition to the Bar/Bat Mitzvah who is called up for the Maftir Aliyah. Also, up to six people can be designated for other honors chosen, such as ark openings, carrying the Torah, Netilat Yadayim, or Motzi. Non-Jewish honorees may read English readings. The total number of people designated may not exceed fourteen.
 - a. For a single Bar/Bat Mitzvah ceremony – not more than eight people can be called for speaking Torah aliyot. These may consist of up to two people each for a total of 4 Aliyot. These are all in addition to the Maftir aliyah which is reserved for the Bar/Bat Mitzvah. Also, five people may be called for non-speaking honors plus one additional person can be designated to recite Netilat Yadayim or Motzi. The total number of people designated must not exceed fourteen.
 - b. On certain special Shabbatot, we read from more than one Torah scroll. In such a case, the extra Aliyot honors will be assigned to congregants.
 - c. On Shabbat afternoon and weekday morning services, all Aliyot and honors will be available to the celebrating family.
- L. Bar/Bat Mitzvah, as well as any person receiving an honor, must wear a head covering when called to the Bimah. This requirement is to be observed during all services and is not limited to a Bar/Bat Mitzvah.

II. Eligibility

- A. At least one of the candidate's parents must be a member in good standing of B'nai Shalom of Olney.
- B. The candidate must complete five years of Hebrew school equivalent to B'nai Shalom of Olney's Gimel (3rd grade) through Zayin (7th grade) program or complete five years of Jewish Day School education during those same years. The student must also be registered in Religious/Day School at the time of the Bar/Bat Mitzvah. Exceptions must be approved by the Rabbi and the Director of Education.
- C. Male candidates shall be at least 13 years old on the Jewish calendar to have a Bar Mitzvah. Female candidates should preferably be 13 years old or be at least 12 years old on the Jewish calendar to have a Bat Mitzvah.

- D. Bar/Bat Mitzvah students are expected to attend services at B'nai Shalom of Olney as often as possible for the twelve months preceding their Bar/Bat Mitzvah. The minimum number required is **one time a month**. This includes Friday night and Shabbat morning.

III. Responsibilities of the parents:

- A. It is the responsibility of the parents to ensure that the child is prepared to participate in a manner that will bring honor to the child, the family, and the Congregation.
- B. The best ways to prepare for Bar/Bat Mitzvah are to attend and participate consistently in Religious School, to meet regularly with the assigned tutor, to practice individually and to attend Shabbat services as often as possible. Parents can help by setting time for these activities in their family's and children's schedules. By setting Bar/Bat Mitzvah practice as a priority now, parents send the powerful message that Jewish involvement is an important choice to make throughout one's life.
- C. An usher is often the first point of contact when someone enters BSO and he/she is responsible for making a positive impression and making the person walking into BSO feel welcome. An usher is a leader. Ushers at Bar/Bat Mitzvah and other special services assist in welcoming guests, seating guests and helping maintain decorum in the service. A Bar/Bat Mitzvah parent must usher or provide an usher three times at a Bar/Bat Mitzvah or other special services prior to the date of their child's Bar/Bat Mitzvah. This will both help the parent gain familiarity with the service and support other families as they are celebrating their special lifecycle events; this is a cooperative effort. The Men's Club will contact the Bar/Bat Mitzvah parents to make the necessary arrangements.
- D. No lifecycle event is complete without a celebratory meal. Bar/Bat Mitzvah parents are required to spend 2 Shabbat mornings volunteering in the BSO kitchen in advance of their child(ren)'s Bar/Bat Mitzvah. We highly encourage you to fulfil this requirement when your child is in the 6th grade, and we recommend that your child joins you, as it teaches the important value of supporting your community. Volunteering in the kitchen is circular – you will help prepare for someone else's Simcha and you can trust that your community will, in return, help you.

IV. Certification of Bar/Bat Mitzvah

The Congregation will present to each Bar/Bat Mitzvah an appropriate certificate attesting to the child's Bar/Bat Mitzvah.

V. Oneg Shabbats, Kiddushim, Luncheons, Dinners

- A. Parents of a child who have scheduled a Saturday morning Bar/Bat Mitzvah are required to sponsor a Kiddush (reception after the Shabbat morning service) for the congregation and for their guests, even if the family has planned for a reception to be held off-site following services.

- B. Any Oneg Shabbat, Kiddush, Luncheon or Dinner will follow the Synagogue's Kashrut Policy, which will be distributed and available for review at any time.
- C. A sponsoring family will be contacted by the Food and Services Committee approximately 2 months in advance of the function to begin discussion of arrangements and information such as estimated numbers of guests, food to be served, etc.
- D. For luncheons, dinners, receptions and the like, an approved, outside caterer must be utilized. If the catering company you hire is not providing an on-site Kosher caterer, you are required to hire a mashgiah or the BSO Food and Services Committee to supervise the Kashrut status of the BSO kitchen (this representative must be present from the start of food preparation until the event and the clean-up are completed). The BSO Food and Services Committee may not always be available for this service.
- E. Except for certain Havdalah services, all receptions or parts thereof should always follow and never precede religious services. For Havdalah services that begin late (May-August) with dinner being served by a caterer following the service, food can be served by the caterer prior to the service, with the following requirements:
 - 1. There will be no liquor served during the hors d'oeuvres time.
 - 2. There will be no music during the hors d'oeuvres time.
 - 3. The hors d'oeuvres must stop being served 15 minutes before the beginning of the service.
 - 4. All food used for hors d'oeuvres must be cooked ahead of time and reheated.

VI. Diversity at B'nai Shalom of Olney Lifecycle Events

- A. A Bar or Bat Mitzvah is a family celebration and, as such, we strongly encourage all family members to participate in this Simcha. We recognize that families come in all shapes and sizes. The Rabbi will work with each family to determine the appropriate ways to honor and include all family members. All non-Jewish parents are invited and encouraged to attend all Bar/Bat Mitzvah meetings and rehearsals, and we hope they will participate in a meaningful manner in the celebration itself.
- B. Children of Jewish fathers and non-Jewish mothers may be enrolled in our Religious School. However, once a Bar/Bat Mitzvah date needs to be assigned (usually during the child's 5th grade year), arrangements are made for this child to formally convert to Judaism since Conservative Judaism does not recognize patrilineal Jews as meeting the halachic definition of a Jew. Unless this conversion takes place, plans for a future Bar/Bat Mitzvah at B'nai Shalom of Olney cannot proceed.

- VII.** If arrangements to pay all fees and fulfill all obligations are not made with the Financial Secretary two weeks prior to the function, or any other obligations are not fulfilled, privileges such as the granting of Aliyot to relatives and friends, Bar/Bat Mitzvah certificate and gifts, and the Bar/Bat Mitzvah *D'var Torah* (speech) will be suspended.

Bar/Bat Mitzvah Objectives and Expectations

I. Bar/Bat Mitzvah Objectives

This is a summary of current practice, reflecting written and oral procedures and congregational customs as approved by the Religious Committee in 2019.

Our goal is to have students participate in a manner that:

- a. Honors their efforts and abilities
- b. Incorporates and enhances their understanding of Shabbat, study, prayer, community, and the approach of Jewish adulthood
- c. Brings honor to our congregation
- d. Reflects the efforts of our Religious School or the student's Day School.

We wish to work constructively with students who need any other arrangements.

For Bar/Bat Mitzvah taking place on weekday or Rosh Hodesh mornings, see the Hazzan individually.

The Hazzan leads some portion of every service at which Bar/Bat Mitzvah take place.

The Hazzan assigns tutors in consultation with the Director of Education.

We expect students to have between 20 and 25 lessons of between 45 and 60 minutes of duration. The Hazzan will offer suggestions about when to start.

The Hazzan will meet with parents/students a minimum of four times:

- a) Assignment meeting - to give them their preparation book, their tutor's name, and specific assignments
- b) Progress meeting - to check progress on basic requirements (2 months in advance)
- c) Bimah run-through - to review everything they are doing on the Bimah (1 month in advance)
- d) Final run-through - the day before

The Rabbi will meet with parents/students beginning 9-12 months prior to the celebration on the following topics:

- a) Initial meeting to discuss the meaning of becoming a Bar/Bat Mitzvah with the entire family (60 minutes) including scheduling future meetings
- b) Study and write a D'var Torah or complete a Torah project with student (45 minutes)
- c) Rehearse delivery of D'var Torah with student (20 minutes)

II. Bar/Bat Mitzvah Expectations

As part of our Bar/Bat Mitzvah process, the Rabbi and /or Hazzan will meet with you to create a meaningful prayer experience for your family in the context of our BSO community.

Shabbat begins at sundown on Friday evening and continues until sundown on Saturday evening. A

Bar/Bat Mitzvah is celebrated throughout all of Shabbat, including the Friday night service and either the Saturday morning or Saturday afternoon / Havdalah service.

A. Friday night: All Bar/Bat Mitzvah

1. Participate meaningfully in the Friday night service of his/her Bar/Bat Mitzvah
2. Bar/Bat Mitzvah young adults often select from the following list of prayers to lead during the Friday night service: *Mizmor L'David* (Psalm 29), *L'cha Dodi*, *Mizmor Shir* (Psalm 92) in Kabbalat Shabbat (students may sing any melodies for these texts), and *Kiddush*, *Aleynu*, and *Adon Olam* in the Ma'ariv service.

B. Bar/Bat Mitzvah on a Shabbat (Saturday) morning:

Becoming a Bar/Bat Mitzvah is celebrated and recognized by wearing a Tallit and being called up to the Torah for an Aliyah.

1. All individuals becoming a Bar/Bat Mitzvah will recite the tallit blessing and wear a tallit
2. Recite the Aliyah blessings when they are called to the Torah to receive an Aliyah
3. Serve as Torah reader for an Aliyah

Bar or Bat Mitzvah young adults are encouraged to participate in some or all of the following:

1. Chant the blessings before and after the Haftarah
2. Chant the Haftarah according to traditional cantillation
3. Lead the concluding prayers: *Eyn Kelohenu*, *Aleynu*, *Adon Olam*
4. Lead responsive chanting of *Ashrei*
5. Lead the service for taking out the Torah OR lead the service for returning the Torah
6. Learn at least one more Torah reading in consultation with the Hazzan and tutor
7. Lead the singing of *V'Shamru* and *Kiddush*
8. Lead Musaf
9. Lead parts of the preliminary service

The Hazzan will work with each young adult to determine the appropriate participation in the service.

At Shabbat morning services, one Torah reading should be available for any congregant who desires to participate by reading Torah.

D. Saturday Evening (Mincha, Ma'ariv, Havdalah):

1. All individuals becoming a Bar/Bat Mitzvah will recite the tallit blessing and wear a tallit.
2. Serve as the Torah reader for the service, which includes three Torah reading portions.
3. Recite the Aliyah blessings when they are called to the Torah to receive the third Aliyah.

Bar or Bat Mitzvah young adults are encouraged to participate in some or all of the following:

1. Lead the entire Havdalah service, including the traditional prayers and songs
2. Responsive chanting of *Ashrei*
3. *Aleynu*
4. Service for taking out the Torah
5. Service for returning the Torah
6. Lead the mincha service
7. Lead the ma'ariv service

MAZON DONATION

www.mazon.org

MAZON : A Jewish Response to Hunger

Founded in 1985, MAZON: A Jewish Response to Hunger, is a national, nonprofit agency that allocates donations from the Jewish community to prevent and alleviate hunger among people of all faiths and backgrounds.

Instead of buying flowers for the Bimah for your simcha, please think about donating to this worthy cause. Here is what you need to do:

Please send a check for \$150.00, made payable to MAZON, to B'nai Shalom of Olney, c/o Andrea Keller, 18401 Burtfield Drive, Olney, MD, 20832, with this completed form. Your donation will be forwarded to MAZON and symbolized by the placing of two food baskets on the Bimah. Please direct all questions to Nanci Gelb at nanci13013@gmail.com or at 240-246-7220.

I have enclosed my donation to MAZON, in the amount of \$150.00, in honor of _____ . My donation will be symbolized by the placing of two food baskets on the Bimah on _____. (Date)

Name: _____

Address: _____

Phone: _____



Bar/Bat Mitzvah Projects/Social Action

By Cindy Shuman, Social Action Projects, 301-774-8094, dreamstoyourdoor@aol.com

An important part of the Bar/Bat Mitzvah process, in addition to reading from the Torah and leading the congregation in prayer, is developing a meaningful social action project – “tikkun olam” – doing something good for the world. Think about what Jewish values the Bar/Bat Mitzvah embodies and take on a socially responsible community project that reflects those values.

myjewishlearning.org offers the following suggestions for finding a project- ask yourself these four questions:

1. What am I good at?
2. What do I like to do?
3. What bothers me so much that I want to do something to change it?
4. Whom do I know?

Here are only some of the many suggestions/resources for projects. After you are assigned your Torah and Haftarah portions, think about a project that might relate to the readings. Consider taking on a project with another family or families. Please contact me if you want further information on any of these ideas or want help in developing a special project. If you are already involved in a social action project, please let me know so I can write about it in the BSO Newsletter.

- Mannafood.org
- Jewishworldwatch.org
- Velocipedebikeproject.org
- Soles4souls.org
- Starkeyhearingfoundation.org
- [Special Olympics Montgomery County, somdmontgomery.org](http://SpecialOlympicsMontgomeryCounty.com)
- Suitcases for kids (provides suitcases for foster children)
- Unite for Sight (U of MD has a chapter)
- Montgomery County Humane Society
- Fundraiser for health issues, animal care, etc
- A project related to your Torah portion
- Interview you grandparents and make a book for your family that details their life as Jews and the Jewish values they hold dear
- Days End Farm Horse Rescue, defhr.org
- Olney Relay for Life
- Bedford Court Shabbat services
- “From the Heart” summer program for women’s and children’s shelter/ Thanksgiving drive
- Interfaith Works Community Based Shelters need meals prepared and served
- Interfaith Clothing Center
- Partnership for Jewish Life & Learning, pjll.org
- JSSA needs families to:
 - Go grocery shopping for homebound elderly clients
 - Deliver Jewish Holiday baskets
 - Visit with an elderly person in a nursing home or assisted living facility