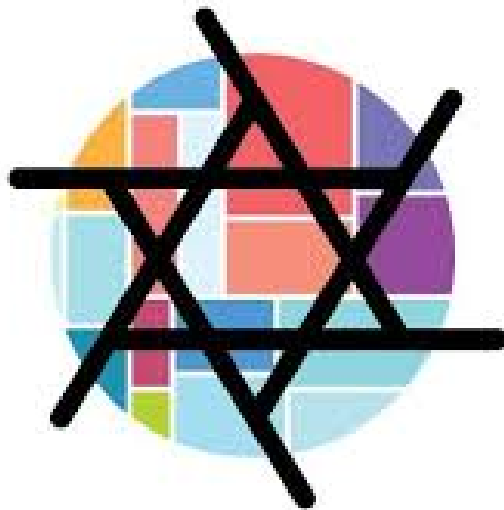


Bar Mitzvah

Bat Mitzvah

A Family Guide



Temple Beth Tikvah

B'nai Mitzvah

B'not Mitzvah



Temple Beth Tikvah

THE SPIRIT OF REFORM JEWISH LIFE

Dear Bar/Bat/B'nai/B'not Mitzvah Students and Families:

We feel so lucky to be the primary teachers of our students. During the months of preparation, your child will learn to chant Torah and Haftarah and begin to understand the deeper meaning of the prayers.

B'nai Mitzvah studies are the start of the process through which we become responsible, educated Jewish adults. What does that mean? It means it becomes our responsibility to live an engaged Jewish life, attend religious school and services, and participate in the life of the synagogue. We decide to further develop our spiritual lives through study, mitzvot and prayer. When we become accountable for our own Jewish lives and learning, we begin to head down the path towards increased spiritual maturity.

What follows in this document are the guidelines and timelines for the B'nai Mitzvah process at Temple Beth Tikvah.

We are excited to share this experience with you!

L' Shalom,

Rabbi Brian Beal

Student Cantor Carly Levin Santalone

Aviva Okrent, Director of Religious School



B'nai Mitzvah in Jewish Ritual: An Educational Perspective

At birth, children were welcomed into the covenant the Jewish people made with God through the *Brit Milah*, *Brit Chayim* or naming ceremony. At an early age, they were consecrated to officially begin formal Jewish learning in the Religious School. When your child passes their 12th birthday (on the Hebrew Calendar), preparation begins to be called to the Torah as a Bar/Bat/B'nai/B'not Mitzvah. This moment marks a transition into the role of Jewish adulthood. Although not yet fully grown, a Bar/Bat/B'nai/B'not Mitzvah is responsible to behave ethically, choose to continue learning and become full active participants in Jewish ritual. This is one more step in the process of learning, leading to Confirmation and beyond.

Jewish life is a progression of ceremonies, each marking one step towards the goal of a lifetime of Jewish learning, commitment and celebration. Each ceremony marks the beginning of a new, more mature stage. None is an end in itself.

The educational program at Temple Beth Tikvah builds up to, and goes beyond, the Bar/Bat/B'nai/B'not Mitzvah ceremony and includes all subjects necessary for a comprehensive Jewish education – history, ethics, philosophy, customs and ceremonies, prayer, Hebrew and Israel.

Students are able to acquire the necessary skills only through careful study for a number of years. Our curriculum goes way beyond Bar and Bat Mitzvah. It is encouraged that your child plan to continue through the tenth grade (Confirmation Academy) and beyond into the Post-Confirmation program. When our students receive the certificate that the Temple presents upon 12th grade graduation, they affirm their lifelong commitment to active participation in worship and Torah study (*avodah*), community service (*gemilut chasadim*) and acts of righteousness (*tikkun olam*).



Temple Beth Tikvah B'nai Mitzvah Project

Helping others, we help ourselves. That is the intention of a Mitzvah Project. This is a required element for becoming B'nai Mitzvah at Temple Beth Tikvah. The intention is for your child(ren) to actively participate in the Jewish value of *Gemilut Chasadim*, acts of loving kindness.

Temple Beth Tikvah's goal is for a Mitzvah Project to be identified within 12 months of your child's simcha, and the execution must begin at least 6 months prior to your child's B'nai Mitzvah. The Director of Education will discuss and approve the project within two weeks with the child and parent, if necessary, once this form has been submitted.

Your Mitzvah Project can be promoted in Religious School by:

- Communicating with families via flyers.
- Having the student speak to all classes sharing their idea and what they need.

Here are some suggestions to get you thinking about your own Mitzvah Project:

- Organize a 'Bark Mitzvah' event—Bake dog treats, map out a dog walk and plan a way to fundraise. Donate the funds to a dog rescue or animal shelter.
- Clothing drive for schools or homeless shelters.
- Collect school supplies and donate them to a school in need.
- Collect items and make bags containing non-perishable food/snacks, hand sanitizer, water, toothbrush/toothpaste, socks, etc. and distribute them to homeless people.

You can find many more suggestions by visiting www.mitzvahquest.org.

Please fill out the attached form with the specific details about your project and submit to Aviva Okrent, Director of Education.

Temple Beth Tikvah B'nai Mitzvah Project Form

Date of Submission:	
Mitzvah Project Title:	
Purpose and Objective:	
Organization you are supporting:	
Why did you choose this organization?:	
Promotion/collection steps:	
Anticipated hours for your project:	



What To Expect Between Grades 3-7

Religious School Curriculum and Parent Service Expectations

Grades 3, 4 and 5

- Learn prayers contained in Shabbat services
- Attend family education, such as Shabbatonim, Class Services, etc.
- Dates for B'Mitzvah are received during Grade 4 by those students
- whose families are in good financial standing with Temple Beth Tikvah

Grades 6 and 7

- Learn Torah and Haftarah Blessings
- Continue learning of prayers, attending family education services, etc.
- Choose a Mitzvah Project and submit for approval from Student Cantor and Director of Education
- Service attendance requirement: within 12 months leading up to B'Mitzvah
 - 7 Erev Shabbat services plus at least 3 Saturday morning B'Mitzvah services
 - Attendance at High Holiday Services are strongly encouraged
 - ***Parent Service Requirement:*** One parent must attend services with their child
 - Parent and child must usher at least one BM within the 9 months prior to simcha

- Parents must pay B'Mitzvah preparation fee when a student is in Grade 6 in addition to annual membership commitment, Religious School tuition and any other applicable fees. Make sure all Temple fees have been paid and that the family is in good financial standing.
- School Attendance requirement: 70% of classes. For students who do not meet this requirement, at home work will be given to make up for the education missed.

Grade 7

- Learn Torah and Haftarah Portions

Preparation for B'Mitzvah Service

12 Months Prior to Simcha

- Schedule first session with Student Cantor Carly.
- Begin required service attendance of BM Erev Shabbat and Saturday mornings

6-7 Months Prior

- Weekly meetings with Student Cantor Carly
- Continue attendance at required Shabbat services (Friday evenings and Saturday mornings)
- Maintain regular attendance at Religious School
- Order *tallit*, *kippah* (see later in this guide for more information), etc.
- Make sure Student Cantor knows B'Mitzvah's Hebrew name and Hebrew name(s) of parents
- Submit completed paperwork of Mitzvah project for approval

3-5 Months Prior

- Hebrew Prayers to be mastered (Guided by the Director of Education)

2 Months Prior

- Meet with Rabbi to prepare D'var Torah and Creative Prayer
- Arrange for Date and Time for your professional photographs and Oneg details with the Temple Office.
- The student will:
 - Complete D'var Torah and write Creative Prayer with Rabbi's guidance
 - Begin rehearsing from the Torah scroll
 - Complete all study, mitzvot and service attendance requirements

1 Month Prior

- **The Parents**
 - Complete forms with honors (Ark openers, Aliyah, Special Readings). Submit requested Hebrew names of participants to the Office.
 - Torah and Haftarah complete and in review phase
 - Confirm B'Mitzvah rehearsal date and time
 - Make sure any recently-incurred Temple fees have been paid (this is confirmed prior to commencement of tutoring)
 - Complete parent service attendance requirement
 - Parents write speech they will share with their child

10 Days Prior

- Attend rehearsal
- Give numbers for how many people will attend your service to Office
- Confirm *Bima* display, flower delivery, Oneg details with Office

The Week Prior

- Take pictures in the sanctuary (remember to reserve with the Office).

1 Day Prior

- Bring Kippot to Temple
- Bring *Bima* Flowers / Baskets

Bar/Bat/B'nai/B'not Mitzvah Day

- Bring D'var Torah, Haftarah, Prayer Book, creative prayer
- Bring *Tallit*
- Bring parent's speech
- Relax and enjoy this rite of passage!



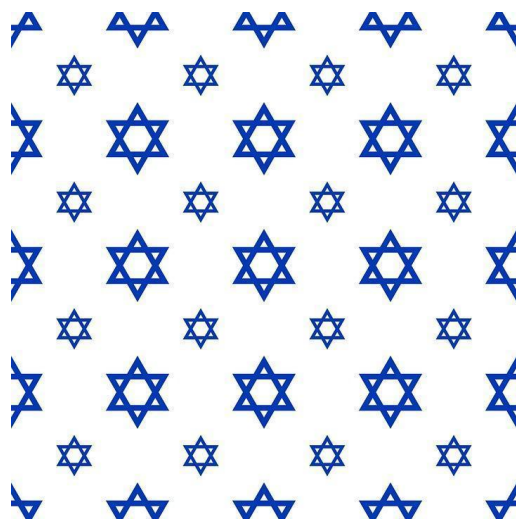
Temple Beth Tikvah B'Mitzvah Requirements

Continuous, regular attendance in TBT's Religious School:

- You must attend school at TBT for at least three consecutive years leading up to the ceremony. At the discretion of clergy, credit may be given for previous study at a different religious school.
- 70% attendance required. If this is unmet, the student(s) will receive "at home" work to ensure the student(s) fulfills the educational knowledge expected of a B'Mitzvah. Significant absences may result in the need to reschedule your date.
- Students must be registered with full tuition paid for school during the year of B'Mitzvah.
- Attendance by parents and students at required Family Education Programs within the 12 months prior to B'Mitzvah.
- The program stresses Jewish values, family involvement and the role of B'Mitzvah in the ongoing Jewish education process. Each family will receive guides to the parashah (Torah portion) the children will be reading. We recommend, as a family, you discuss the portion to be as familiar with your child's content as they are.
- Student Cantor Carly, you and your child will meet to discuss this portion. Your child will be asked to summarize the portion, answer questions and help choose the verses the child will read.
- The family will discover how to make the performing of righteous acts an ongoing part of the Bar/Bat/B'nai/B'not Mitzvah process.
- **B'Mitzvah candidates** must attend a minimum of 10 services (combination of Friday evening Shabbat and Saturday morning) during the 12 months prior to their B'Mitzvah. This is attained by attending at least 7 Friday night services and 3 Saturday morning B'Mitzvah services. At least one of the B'Mitzvah services must be in person: others can be viewed online. Friday or Saturday morning services attended at other congregations

can be used to fulfill 3 of the Friday night service requirements (at the discretion of the Student Cantor or Principal).

- **Parent Requirement for service attendance: can include a family member** but either parent or other adult family member must attend a minimum of 3 services at TBT which may include Friday evenings and 1 B'nai Mitzvah service within 9 months of your child's Bar/Bat Mitzvah.
- **About 12 months prior to the ceremony, typically during 6th grade, students will be given a binder for them to track every service they attend.** There will also be a "service attendance box" at the Temple. For each service students attend, they will need to submit their names and date of service and place the paper in the box.
- **Service attendance is designed to illustrate to students and parents the flow of the service your child will lead at your Simcha.** By fulfilling these requirements, your family will have the knowledge of the flow of the service and the melodies of the prayers at TBT. **This is a major element for your child's education and to lead their service.**
- **Parents or family members who fulfill the service requirements will have the honor of making a speech and presenting a *tallit* to their child at their Bar/Bat/B'nai/B'not Mitzvah.**
- To help maintain decorum and assure that these services provide appropriate worship as well as learning experiences for the family, it is expected that the entire family attend and sit together.
- *Approximately 9 months* before the ceremony (11, if there is an intervening summer), regular weekly meetings with Student Cantor to review Torah, Haftarah and prayers. Most meetings will be between 20 to 30 minutes in duration.
- *Daily practice/study* of the Student Cantor Carly's weekly assignments. (20 minutes per day is recommended).
 - Research shows that small, but frequent, practice sessions are far more helpful in the building of long-term memory than long, infrequent ones. Please encourage your child to make their B'Mitzvah preparations as much of a daily habit as tooth brushing.
 - All practice must be out loud. Silent study should not be included when tracking time.
- All families must usher for another Bar/Bat/B'nai/B'not mitzvah service at a Shabbat morning service prior to your simcha. The Religious School Committee coordinates usher assignments. Ushering will count towards the service requirement.
- Timely payment of **all** Temple fees and charges. Please note that the B'Mitzvah preparation process and/or the B'Mitzvah ceremony itself may not proceed unless your family remains in good financial standing. **The B'nai mitzvah fee is billed during the 6th Grade.**
- We strongly request that all students in your child's class be invited to this celebration. They have been together, learning and studying throughout the process and have developed these relationships at TBT.



The Tutoring Process

1. Students will use the *Bar/Bat/B'nai /B'not Mitzvah Page* on our TBT website to access all prayers that must be learned in School. This webpage will be used for prayer study throughout the education process to ensure that by sixth and seventh grades, each student has a strong foundation in Hebrew prior to the tutoring process. Prayers will be reviewed for *bima ready* leading of service.

Click below on the link to access the B'nai Mitzvah Page:

<https://templebethtikvahnj.org/education/bnai-mitzvah-2/>

2. At least nine months before the date of the ceremony, you will receive an email from Student Cantor to set up a schedule for the regular weekly appointment. At the initial meeting, the Student Cantor Carly will provide your B'Mitzvah binder with the Torah portion.
3. Weekly appointments will continue until the ceremony. Tutoring will be hybrid (some in person and some virtual) and will last between 20 and 30 minutes each session. Students who arrive late may miss all or part of their lesson. In consideration of the Student Cantor's time, promptness is crucial. Please speak with Cantor to help her meet your child's special needs.
 - a. Director of Education is responsible to oversee prayer mastery
 - b. Tutoring sessions with the Student Cantor Carly begin 9 months out
 - c. Additional one-on-one support needs will be assessed and 30 minute sessions may be recommended. Any sessions for additional tutoring will be at the parent's expense.

4. Each week, the student prepares the Torah and/or Haftarah section as assigned. Student Cantor Carly also spends no more than a few minutes reviewing blessings and prayers.
5. ***20 minutes of oral practice is expected daily for the duration of the tutoring process. Short, frequent studying is more effective for long term learning for most students.***
6. ***Parents should monitor the student's progress through regular checks of the assignment sheet which the student receives and regular communication with the Student Cantor.***
7. Parents are welcomed and encouraged to participate in all student meetings and tutoring sessions with the Student Cantor Carly and the Director of Education.
8. Learning the entire Torah and Haftarah portions should be completed, including Torah reading without vowels, by one month prior to the scheduled ceremony. The last several lessons will include reading from the scrolls on the *bima*. Portions not yet mastered one month out may be shortened at the Student Cantor Carly's discretion.
9. Students should meet with the Rabbi (2-3) months prior to the Bar/Bat/B'nai/B'not Mitzvah to prepare the D'var Torah speech and creative prayer presented by the student at the ceremony. These completed assignments should be given to the Rabbi in their final form at least one month prior to the ceremony.
10. **If your child has a cold or other contagious ailment, please be considerate and call Student Cantor Carly to change the appointment to Zoom or facetime.**

Honors / Aliyot

During the service, the family may honor relatives and friends by having them called to the *bima* for Torah aliyot, English readings and ark opening. Forms listing the honors available will be in the Bar/Bat Mitzvah binder and can also be found at the end of this guide. Please submit the forms at least two months before the service. We request that you select individuals for the Torah aliyot who can recite the blessings in Hebrew.

(This page is at the end of this document)



The Friday Night Service Before Your Big Day

1. The family should arrive at the Temple at least 20 minutes prior to the service.
2. Students must bring their B'Mitzvah Binder and/or marked Siddur to this service.
3. Students should enter the sanctuary and sit with their family in the front row.
4. Candle blessing: The family will be called to the *bima* to stand together during candle lighting.
5. The order of the blessings is as follows
 - a. Family reads English on page 121 prior to the blessing. (Information on the reading will be provided by the Rabbi at the rehearsal.)
 - b. Family lights the candles.
 - c. Sing (with Student Cantor Carly and congregation) in Hebrew the blessing on page 120.
6. Students will chant some of the prayers during the service, as determined by Student Cantor Carly.
7. Students will sit with their family after the *Gevurot*.
8. At the end of the service, families should go promptly into the Chapman Atrium for *Kiddush* and *Motzi*. Please do not linger in the sanctuary.
9. Oneg Shabbat is sponsored by your family (and possibly others), which is included in your B'Mitzvah fee.



Friday Evening Oneg Shabbat

The Oneg Shabbat for the congregation after the Friday evening service is sponsored by the Bar/Bat/B'nai/B'not Mitzvah family (as already included in your B'Mitzvah fee).

From time to time, other Temple families celebrate *simchas* that they wish to share with the congregation (anniversaries, birthdays, baby-namings, graduations, etc). They may choose to contribute to the Oneg Shabbat as well. All sponsors are responsible for their own individual Oneg Shabbat fee contribution.

Thank you for helping to provide an extra measure of sweetness to our Shabbat celebration. Mazal tov on your simcha!

For additional information, contact Dawn Toussas (specialevents@templebethtikvahnj.org).



B' Mitzvah Day

Saturday Morning Before the Service

1. The family should arrive no later than 30 minutes prior to the service.
2. If the family is bringing its own *kippot*, arrange them on the table near the entrance to the sanctuary (this may also be done before leaving on Friday night).
3. Students should hold on to their own marked Siddur or binder at all times. **The book with D'var Torah, creative prayer, Torah and Haftarah portion** should be placed on the reading stand. The student may also wish to place a bottle of water under the stand.
4. Families should be seated in the sanctuary by 9:50 am to encourage guests to be in their place when we begin.

The Morning Service

1. The Bar/Bat Mitzvah walks in with the Rabbi and Student Cantor to the singing of Mah Tovu.
2. The Rabbi will welcome the congregation.
3. The Rabbi will invite parents who completed the service requirement to the *Bima* for their words and the presentation of the *tallit*.
4. The *Tallit* Presentation Ceremony will take place.
 - a. Parents come to *bima* and stand with their child.
 - b. Parents share brief words with their child about the *Tallit*

- c. Child recites *Tallit* prayers
 - d. Parents offer words to child (AKA “Parents’ Speech”) providing service attendance and ushering requirements were met.
 - e. Parents return to their seats.
5. Student remains standing throughout service until Silent Prayer, when the student sits. Books are marked so that the student knows who leads and announces which prayers.
 6. Students should read and sing not only their designated parts but also other congregational prayers and songs as well.
 7. Creative prayer
 8. Torah and Haftarah
 9. As the ark opens, students stand in place facing the ark.
 10. B’ Mitzvah's parents, grandparents, and great-grandparents should line up in front of the *bima* in preparation for “Torah Passing.” (Note: only parents, grandparents and great-grandparents participate in the Torah passing ritual.)
 11. The D’var Torah will be presented after Torah and Haftarah are chanted. Students should be sure to speak loudly and slowly into the microphone.
 12. Presentation of Temple gift – Rabbi will introduce the board member.
 13. The Student Cantor Carly’s song to Bar/Bat/B’nai/B’not Mitzvah is followed by the Rabbi’s remarks.
 14. Blessing of Bar/Bat/B’nai/B’not Mitzvah by Rabbi and Student Cantor Carly.
 15. For Aleinu, when the ark opens, stand in place and face the ark. Sit when the ark is closed.
 16. Students are now empowered to rise for the Mourner’s Kaddish. You may do so if you wish.

Temple Beth Tikvah's Weekly Email

We want you to share the joy of your simcha by publishing a short bio and photograph of your child in our Temple's weekly email to the congregation. You will receive a form to fill out for the bio. Please email this form to office@templebethtikvahnj.org and include your child's name, school, hobbies, Bar/Bat/B'nai/B'not Mitzvah date and their BM Mitzvah project two months in advance.

Invitations

Invitations should invite guests to the ceremony at the Temple. In wording the invitation, it is correct to use phrases like:

Freida will be called to the Torah as a Bat Mitzvah

Shlomo will be called to the Torah as a Bar Mitzvah

Sara will lead prayers and recite Torah and Haftarah.

Shabbat morning services start promptly at 10:00 a.m. (You may want to list the time as 9:45 to encourage people to arrive on time).

Kippot & Tallit

Temple Beth Tikvah encourages the wearing of kippot by both men and women. There are kippot available at all services. Families wishing to order inscribed kippot or a specific color for Shabbat morning must provide them privately. (Most families do not choose white, which is reserved for the High Holy Days.)

The B'Mitzvah service includes the presentation of a *tallit* to all B' Mitzvah students. The *tallit* is presented to the child on the *bima* at the beginning of the Shabbat morning service. The *tallit* is purchased privately by the family.

A religious goods store or on-line resources can be used to order *kippot* and *tallit*. Please allow six weeks for delivery in your planning.

***Bima* Flowers / Baskets**

As part of the B'Mitzvah fee, flowers will be provided to enhance the beauty of the sanctuary and in honor of your *simcha*. Please contact Dawn to discuss flower colors.

You are welcome to take the flowers with you after the Shabbat morning service. Arrangements may be made (in advance) to pick them up as late as Monday afternoon.

In lieu of flowers, families may choose to place decorative food (or other special) baskets to support their child's B'Mitzvah project. The food or books or toys (examples only) can then be donated to the charitable organization your child is supporting. Our congregants are warmly invited and *encouraged* to pursue this option. Please contact Dawn to discuss details. If you choose, please make appropriate arrangements to deliver the baskets to the charity of your choice during the week following the *simcha*.

For questions or to make arrangements, please contact Dawn Toussas:
specialevents@templebethtikvahnj.org or call 973-595-6565 ext. 200.

Photography

Still Photography

In order to ensure the sanctity of the Saturday morning service, we ask that you arrange to have photographs taken on a weekday during the week(s) preceding the ceremony. While it is not preferred, Saturday morning is an option. You may ask the Temple Office to open the ark for your pictures, but staff must remain present while the ark is open, so this is to be done during office hours. Please schedule an appointment with the Temple Office.

Please be aware and inform your photographer of the following rules:

- **Under no circumstances are scrolls to be removed from the ark** unless clergy (or a designee they choose) is present.
- Neither microphones nor *bima* furniture may be moved except by staff.
- No photography is allowed in the sanctuary on Saturday morning after 9:30 a.m.

(Note: We highly recommend that pictures be scheduled for a weekday and not early on the morning of the service).

Having Your Party at Temple Beth Tikvah

Reasons to Host Your Party at Temple Beth Tikvah

- You do not have to go anywhere after the service - no transportation or weather worries!
- Everyone already knows where it is!
- You get to pick the caterer. We have a full commercial kitchen the caterer will enjoy!
- It's not just a birthday party - Do something meaningful today! Mark the MITZVAH in your family's Bar/Bat/B'nai/B'not Mitzvah by supporting the Temple.

For questions or to make arrangements, please contact Dawn Toussas:
specialevents@templebethtikvahnj.org or call 973-595-6565 ext. 200.

Appendix

Recommended Reading

- For Kids – Putting God on Your Guest List: How to Claim the Spiritual Meaning of Your Bar/Bat Mitzvah by Rabbi Jeffrey Salkin
- Whose Bar/Bat Mitzvah Is This, Anyway?: A Guide for Parents Through a Family Rite of Passage by Judith Davis
- Bar/Bat Mitzvah Basics: A Practical Family Guide to Coming of Age Together Edited by Cantor Helen Leneman
- The Tanakh
- Danny Siegel’s Bar and Bat Mitzvah Mitzvah Book (A Practical Guide for Changing the World Through Your Simcha) by Danny Siegel
- A Torah Commentary for our Times by Rabbi Harvey Fields
- On the Doorposts of Your House by Rabbi Chaim Stern
- Tough Questions Jews Ask: A Young Adult’s Guide to Building a Jewish Life by Edward Feinstein
- Parenting as a Spiritual Journey by Rabbi Nancy Fuchs-Freimer
- Parenting Jewish Teens: A Guide for the Perplexed by Joanne Doades
- “Making it Count: Guidelines for Becoming a Bar/Bat Mitzvah” – a publication of the Union for Reform Judaism available for download at <http://templebethtorah.org/bneimitzvah/reading>

Glossary

- **ALIYAH** literally "going up," used to refer to the honor of reciting the blessings over the Torah. Generally, several such honors (aliyot) are bestowed at each service.
- **BAR MITZVAH** noun, literally meaning "son of a commandment," designating the boy who, having reached the age of 13, receives the privilege and responsibility of Jews who reach the age of majority. The true emphasis is on the child and the responsibility for the Jewish future placed upon him.
- **BAT MITZVAH** noun, "daughter of a commandment" (see above).
- **B'NAI MITZVAH** noun, plural masculine (see above).
- **B'NOT MITZVAH** noun, plural feminine (see above).
- **HAFTARAH** literally means "conclusion." It refers to the reading from the Prophets (second section of the Tanach), which contains the books of Joshua through Malachi and is read after the Torah reading. The Haftarah reading is prescribed to correspond to the given weekly Torah portion. This reading is not done from a scroll but from a printed book.
- **GEVUROT** The second blessing of the T'filah, or Amidah, is called the Gevurot, which means "Strength." The prayer praises God's might. We recognize God's wondrous acts, including supporting the fallen, healing the sick, freeing the captive and giving life to all. The melody has come down through the ages, with slight variations from congregation to congregation.
- **KIDDUSH**
 - The "Sanctification Prayer" (from the Hebrew root KDSH, "holy") recited over the wine or grape juice on Shabbat, holidays and other occasions.
 - The name given to the Shabbat morning equivalent of the Oneg Shabbat. The Kiddush includes wine or grape juice (over which the Kiddush blessing is recited) and cake.
- **KIPAH** (plural **KIPPOT**, Yiddish "yarmulke") skullcap worn during services by many Jews. The wearing of kippot is actually a custom, not a law. It may be worn by both men and women, no matter what age.
- **MITZVAH** (plural **MITZVOT**) literally "commandments," that is, the law commanded by God. Throughout the ages the term also has come to mean "good deed," since by definition everything God commands is for the good of the people. For Reform Jews, "mitzvah" denotes a desirable act, both ritual and ethical, which defines us as Jews.

- **ONEG SHABBAT** literally "delight of the Sabbath," popularly used to refer to the period of socializing following Erev Shabbat services. The "oneg" often includes simple dessert type foods.
- **PARASHAH, SIDRA** two terms for the Torah portion of the week. Each parashah has a name, taken from the first major Hebrew word of the section. That name is then generally given to the Shabbat on which the parasha is read.
- **SHABBAT** day of rest, worship, and reflection, the seventh day of the week. Traditionally considered the most important of all the Jewish holidays; a reminder of the human need for spiritual fulfillment and of the uniqueness of the human species, which contains a spark of the divine. On Shabbat, we imagine a world filled with joy and perfection.
- **TALLIT** prayer shawl traditionally worn during morning services. Its form is based on the Torah command to wear fringes.
- **TANACH** The Hebrew term for the Jewish Bible, made up of three sections, Torah (Law, or Instruction), **Nevi'im** (Prophets), and **Ketuvim** (Writings). Also called Holy Scriptures.
- **TORAH**
 - The handwritten parchment scroll is kept in the ark and contains the "Five Books of Moses" (Pentateuch): Genesis, Exodus, Leviticus, Numbers and Deuteronomy. These books contain our tradition's story of human and Jewish history from Creation through the death of Moses. The scroll is divided into portions such that each week throughout the year a different section is read, beginning and ending on Simchat Torah. At Temple Beth Tikvah, only a selection from the full weekly portion is read on Shabbat.
 - "The Law, or Instruction." The Five Books of Moses are considered the basis of *all* Jewish law. So "Torah" can refer to all laws, whether in the scroll or not.
 - A general term referring to all Jewish teaching. "Torah" literally means "Instruction" and therefore in its broadest sense includes all Jewish teachings and traditions.
- **TZEDAKAH** literally, or "act of justice." The obligation (not voluntary act) of a Jew to assist others, done because it is the right and just thing to do.

Temple Beth Tikvah

Bar/Bat/B'nai/B'not Mitzvah Information Sheet

English Name of Bar/Bat/B'nai/B'not Mitzvah (as it should appear on Order of Service)			
Hebrew Name of Bar/Bat/B'nai/B'not Mitzvah	Lē'ah		
Date of Bar/Bat Mitzvah	4/5/25		
Hebrew Date	Cantor will provide		
Torah Portion (name, book, chapter & verses)			
Haftarah Portion (book, chapter & verses)			
Parent #1 English Name & Hebrew Name (if applicable)			
Parent #2 English Name & Hebrew Name (if applicable)			
<u>Readings (Optional)</u>			
The list of optional readings below provides a wonderful way for more family members and friends to participate. The readings with an * denotes those requested to be read by someone Jewish. (NONE ARE MANDATORY)			
p. 203*	"I am a Jew..."	Jay & Sharyn Pasternack	Grandparents
p. 205	"We Seekers of God..."	Name	relationship
p. 235	"When Justice Burns..."	Name	relationship
p. 237	"If people fall..."	Name	relationship
p. 253*	"We offer thanks..."	Pasternack Family (Seth, Lauren, Charli, Reed)	Uncle, Aunt, Cousins
p. 255*	"On this Holy Shabbat..."	Lawrence Family (Jay, Melissa, Anna, Emily, Olivia)	Cousins

<u>Ark Opening Honor (when we take Torah from Ark)</u> Up to four (4) Jewish and non-Jewish family/friends are welcome to participate.			
Levy Family (Matt, Allison, Eric) Uncle, Aunt, Cousin		Name and relationship	
Name and relationship		Name and relationship	
p. 362	<u>Passing of Torah from Generation to Generation</u> (Great-grandparents, grandparents, parents and BM only) Jewish and non-Jewish family are welcome to participate.		
Great-grandparent(s)		English Names	
Grandparent(s)		Jay & Sharyn Pasternack Richard & Fredda Levy	
Parent(s)		Adam & Deb Pasternack	
Bar/Bat/B'nai/B'not Mitzvah		Leah Pasternack	
<u>Torah Reading Aliyot</u> The Aliyah is the blessing before and after the Torah Reading <i>(see page 368 in prayer book)</i>.			
Aliyah #1	Grandparents and/or older siblings	English & Hebrew Name(s) Ethan Pasternack Isreal	Brother
Aliyah #2	Parents	English & Hebrew Name(s) Adam & Deb Pasternack Sholamat Yucheved	Parents
Aliyah #3	Bar/Bat/B'nai/B'not Mitzvah (circle one)	English & Hebrew Name Leah Pasternack Lē'ah	

<u>Dress The Torah After Reading</u> We request that you assign the honor to a Jewish Member of the family or friend.			
Fredda Levy (Fier Lē'ah)		Grandmother	
<u>Hold the Torah During Reading of Haftarah</u> We request that you assign the honor to a Jewish Member of the family or friend.			
Richard Levy (Rachmeal Ben Isreal)		Grandfather	

Deceased family members to be honored aloud before Mourners Kaddish:

Name	Relationship

Service Attendance Requirements for Students

The Calendar year for services is counted from July 1 through June 30.

K-2 - whenever they come 😊

Grade 3

- 3 - 4 services
- 1-2 Friday night
- 1 Shabbaton

Grade 4

- 4 - 5 services
- 3 - 4 Friday night services
- 1 - 2 Shabbaton

Grade 5

- 5 - 6 services
- 4-5 Friday night services
- 2 Shabbatons

Grade 6

- 7 - 8 services
- 5 - 6 Friday night services
- 2 Shabbatons

Grade 7

- 8 - 10 services
- 7 - 8 Friday night services
- 2 - 3 Shabbatons

The total number of services must be completed within the calendar year from July - June. Attendance to High Holy Day, a family BM outside TBT, all class services and Shabbatons qualify to meet the requirements.