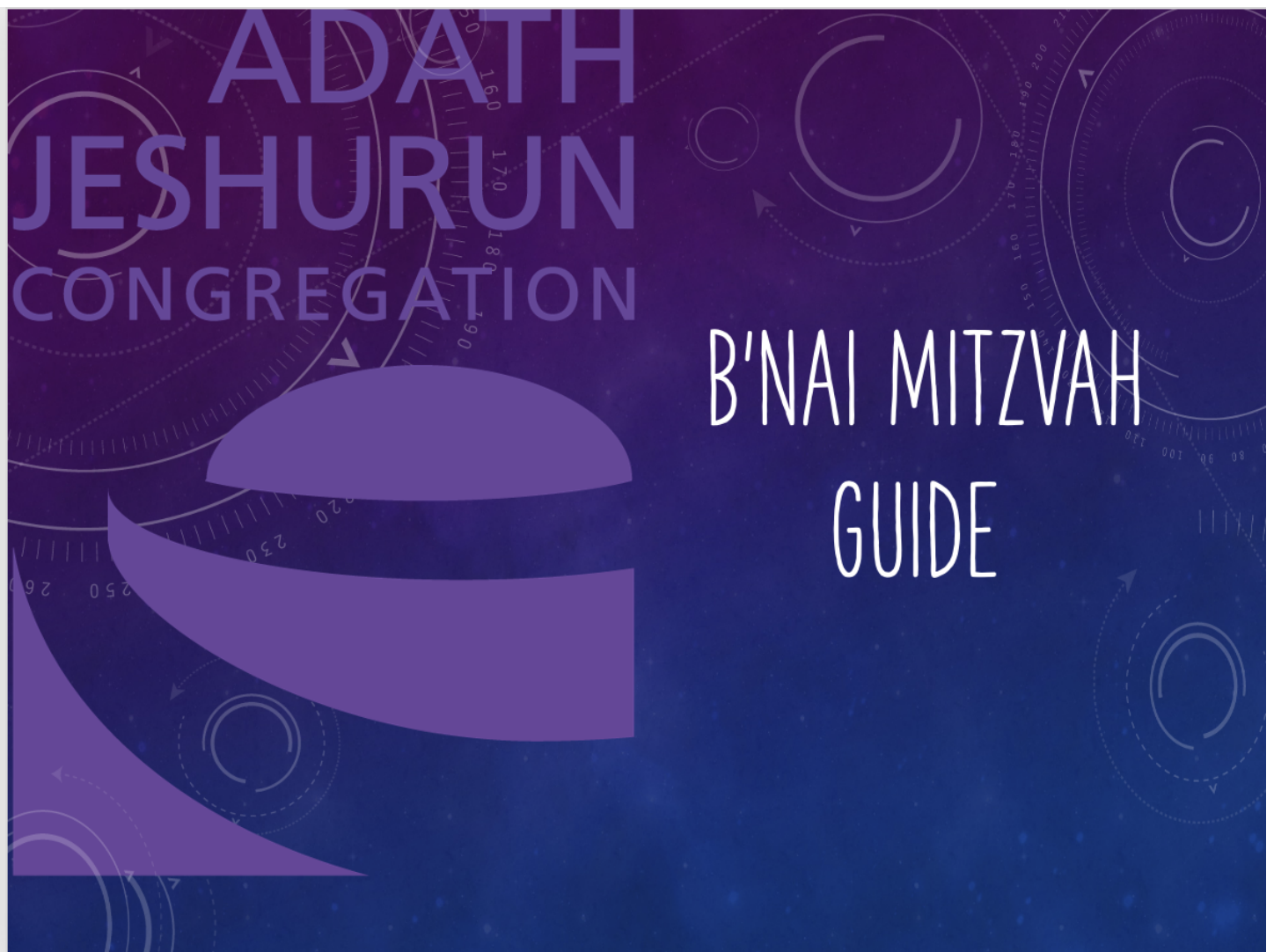




At Adath Jeshurun Congregation, we are proud to offer an inclusive, meaningful B'nai Mitzvah process for every child.

We believe that, in B'nai Mitzvah Education, there is no one-size-fits-all experience.

We believe that B'nai Mitzvah is a crucial life cycle event on the way to an engaged Jewish (young) adulthood.

We aim to ignite a unique spark of interest along the process, inspiring each student to continue their own Jewish journey with curiosity, intentionality, confidence, and joy.

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Mazal Tov! Now what?

Mazal tov on your upcoming simcha (joyous occasion) at Adath! We are so pleased that your family will be celebrating with all of us. B'nai Mitzvah is the major rite of passage into adulthood for Jewish teens, aimed to inspire a lifelong connection to Jewish practice and peoplehood.

This guide will provide answers to many of the questions that you might have in planning for your big day. We have tried to anticipate your questions and concerns. If there are issues that have not been addressed, please let us know so that we can help make your experience a positive one. With patience, understanding, and a sense of humor, we will work together to mark this significant milestone in your family's life.

The purpose of this handbook is to provide families with general guidelines about the *B'nai Mitzvah* program at Adath. It's written with parents in mind. We realize it might be difficult to know where to start: how do you become familiar with all the new terminology, the nature of the Shabbat service, and the educational process for your child, not to mention planning for the celebration that surrounds the *simcha*? You're not alone! Our *klei kodesh* (clergy), professional staff, and volunteers are available to address any additional questions or concerns you may have.

Quick Reference

If you have any questions or concerns about your child's big day, here are the people to contact:

For Ritual Questions such as: "Who receives an aliyah?" contact [Hazzan Dulkan](#)

For Educational Questions such as: "What skills should my child know by 6th grade?" please contact [Cantor Heather Seid](#).

For Room Reservations, Catering, and Photography, please contact our Director of Operations [Hanna Gensler](#).

For Financial Questions, please contact our Executive Director [Susan Geller](#).

What is Bar/Bat/B'nai Mitzvah?

Jewish tradition teaches that a child reaches the age of *mitzvot* (responsibility for commandments) on their thirteenth birthday according to the Hebrew calendar. The collective term is B'nai Mitzvah,

which is an active verb rather than a noun. One does not “get Bat Mitzvahed,” rather one “*becomes* Bat Mitzvah.”

The term for individual celebrants is Bat Mitzvah (female identified), Bar Mitzvah (male identified), or the gender-inclusive terms either “B Mitzvah” or “Bet Mitzvah.”

For centuries, Jewish families have recognized and celebrated their children’s religious coming of age within the context of communal worship. At Adath, not only is the B’nai Mitzvah celebration incredibly meaningful for each student, their family and friends, but the entire congregation takes great pride in each child’s achievements.

HOW THE ADATH B’NAI MITZVAH PROCESS WORKS

We aim to create an all-encompassing experience that is much more than one “big day” - that celebrates process over product, engaged experience over performance, joy over anxiety. Each family is guided through the program with individual attention. Through the child’s hard work, and with the nurturing of professionals, friends, family, and community, we strive to celebrate the unique qualities, interests and achievements of each child as they become B’nai Mitzvah, culminating in a day of communal celebration of that child’s journey so far. Adath’s Shabbat Morning Program for 5-8 graders is both a centerpiece and a highlight of the Adath B’nai Mitzvah experience, supported by a series of one-on-one and group meetings with clergy, staff, and educators.

WHO CAN BECOME B’NAI MITZVAH AT ADATH?

A child becoming *B’nai Mitzvah* at Adath must be halakhically Jewish (born of a Jewish mother or have undergone official conversion), and be currently enrolled in an accredited Jewish education program, supplementary or full-day, for at least four years.

Each Adath B’nai Mitzvah takes place in the context of an existing worship service, most often one at which the Torah is read. There is a spectrum of how each child participates in the service, as each student takes their own unique journey through our program. Each student’s journey is worthy of celebration and pride, and it’s our goal that each student steps off the bima feeling the accomplishment and confidence of that journey well traveled.

Because of our commitment to celebrating B’nai Mitzvah in the context of the greater community, please note that we do not hold private B’nai Mitzvah ceremonies in the synagogue. We are able to support our member families who may decide to hold a B’nai Mitzvah ceremony outside of the synagogue, such as Israel or a camp setting. Please be in touch with Hazzan Dulkan or Cantor Seid to learn how we can support you and your child in their educational journey.

B'nai Mitzvah Training

THE BIG PICTURE

What if we told you that we know something you can do that is *guaranteed* to lower your stress level? Here is the ultimate secret to success: JUST SHOW UP! The B'nai Mitzvah program is designed to be engaged in *as a whole*. 100% participation in the process ensures maximum preparation and minimal stress. And nothing is more important than making time to come to shul together. It is a proven fact that kids who come to shul are more comfortable and familiar with the service on any given Shabbat, and especially their B'nai Mitzvah. For parents, having the opportunity in advance to ask your questions, know the page numbers, learn the melodies, and know the flow of the service before your child's B'nai Mitzvah will *guarantee* that a majority of the stress is off your shoulders. Plus there's plenty of opportunity to get in touch with your own spirituality, to study the weekly *parasha*, to get to know the members of our community, and to feel a part of something very special. We encourage you to make the time to attend services together as a family: try out a Friday night, Saturday morning, or choose a weekday or festival to join us. You will be so glad you did!

TUTORING

Remember - it's a marathon, not a sprint! You start out with a great attitude and an ability to decode Hebrew and go from there. Our students kick off their official B'nai Mitzvah training in 5th grade, learning to chant the prayers and read from the *Torah* during Shabbat Morning Program (SMP). They are assigned a private tutor beginning approximately one year prior to their date. Meetings with clergy to write and polish a D'var Torah (speech) and read from the scroll in the sanctuary begin a few months before the date, working up to the week before when our students participate in Minyan. We do ask that all B'nai Mitzvah "new learning" must be completed four weeks before the date, leaving the remaining weeks to polish all of the material for the event. Any concerns or questions about the training process should be addressed to Hazzan Dulkan.

Each Adath B'nai Mitzvah celebrant is able to do the following on their big day. While the details may differ from student to student, these components are constant.

1. Chant sacred text
2. Lead the community in prayer
3. Teach the congregation Torah in their own words
4. Give back to the community

What follows is a suggested (not prescriptive) list of prayers/elements of the service that are open for *B'nai Mitzvah* to lead. The clergy and professional staff will determine the level of participation

for each *B'nai Mitzvah*. If the above is completed, students may learn additional material in consultation with the *Hazzan*.

Friday night candle blessings & Kiddush

P'sukei D'zimra (preliminary prayers)

Tallit Blessing

Torah Service

Torah Readings and blessings

Haftarah and Blessings

Ashrei

D'var Torah

Adon Olam

Kiddush & Motzi for *Shabbat* Morning

Approximately 10-12 months in advance of the date, each student will be assigned a tutor, who will be in touch to arrange an individual tutoring schedule. Ideally, students meet with their tutors at the same time each week, to establish rapport and rhythm.

Tutoring can take place via Zoom, or in a public place (not your home or tutor's home). Please note that tutors are not available to teach your children during SMP or Talmud Torah. Our Adath tutors work with our clergy team to monitor each student's progress and help each student achieve their potential in a supportive environment. The tutoring program is designed to be a seamless extension of the religious school learning: tutors provide supervised practice of skills learned at Shabbat Morning Program (SMP) class and provide all materials necessary for your child's learning. We strive to meet the needs of all our learners. If your child has a 504 plan or an IEP, we want to hear about it and what works best for your child's educational journey.

As wonderful as our tutors are, they cannot follow your child home and make sure they practice every day. As such, you as parents are the primary partners in the day-to-day endeavor of supporting your child in learning their material. *This can mean sitting daily one-on-one with your child to review, reminding them to practice, etc. Materials are available online, in transliteration and on recordings, so knowledge of Hebrew is not required on your part. This is actually an opportunity to learn along with and from your child.*

Meetings with Clergy

Adath's clergy assistant will be in touch with you to set up individual meetings with each clergy member, to establish a relationship and engage more fully in the work of service leadership, confidence-building, crafting their unique message, and more. This is also the time for you as a

family to engage with our clergy and ask ALL the questions. We are around and available to you, even when we don't have a meeting on the calendar, and genuinely enjoy getting the chance to get to know each family.

The Bimah Rehearsal

Your child's bimah rehearsal will take place in the Sanctuary during the week preceding the celebration, usually Thursday morning immediately following Minyan. This time will be arranged with you well in advance of the B'nai Mitzvah date.

The purpose of this rehearsal is to go over everything, in order, in the sanctuary, without stopping to fix or change things. Well in advance of this final rehearsal, your child is expected to have gone over all their material multiple times, both at shul and at home. The purpose is to build comfort, stamina and energy, and to dispel any remaining performance anxiety. As such, your role as a parent at the final rehearsal is to begin to take in the moment and all that it represents: cheerleading, supportive comments, smiles and hugs are most welcome! As Teddy Roosevelt once said, "Comparison is the thief of joy." If you wish to have photographs taken in the Sanctuary setting, they may be done before or after the rehearsal, as photography is prohibited in the sanctuary on Shabbat. Please arrange this with the Office to avoid scheduling conflicts.

Bringing the Mitzvah

Hesed (Community Service) and Tzedakah (Charitable contributions)

A major piece of the B'nai Mitzvah experience is giving back to the community, and learning firsthand the lessons of *G'milut Hasadim* (acts of loving kindness) and *Tikkun Olam* (repairing the world). In addition to a Hesed project, which concentrates on person-to-person social action, we also encourage all of our students and families to use our resources to help less fortunate people in our community by contributing *tzedakah*. Your child may wish to designate in advance a favorite Jewish organization or foundation to which he or she will contribute a certain portion of the gifts received.

Here are a few creative ways to bring more "Mitzvah" into your B'nai Mitzvah.

Families may choose their bima "decorations" or table centerpieces in a way that incorporates giving *tzedakah*. Instead of flowers, some have chosen to:

- Make the centerpiece from packages of food that are nicely decorated. After the celebration, food is contributed to STEP, the St. Louis Park Emergency Shelter or PRISM in Golden Valley.
- Use purchased books which are then donated to needy libraries or institutions.
- MAZON: A Jewish Response to Hunger

Recommended Books and Resources

Adath Jeshurun Congregation is more than happy to help you plan and conduct a celebration that will be both meaningful and memorable. Please consult with them as often as necessary. There are also a number of books offering guidance in how to plan a B'nai Mitzvah celebration. As your family embarks on the road to B'nai Mitzvah, you will receive the book “*Surviving your B'nai Mitzvah*” by Cantor Matt Axelrod. In addition, the following are all available in Adath Library:

Rabbi Jeffrey Salkin, *Putting God on the Guest List*

- Rabbi Ron Wolfson, *God's To Do List*
- Seymour Rossell, *The B'nai Mitzvah Handbook-A Spiritual Journey*
- Alice K. Lanckton, *B'nai Mitzvah Mother's Manual* (includes a chapter on children with special needs)
- Rabbi Brad Artson, *It's a Mitzvah*

Financial Responsibilities

1. *B'nai Mitzvah* fee (for families beginning Fall 2026): \$4100. Includes Saturday Morning Program and one-on-one tutoring fees. This fee is assessed when your child's date is assigned and can be paid over 12-24 months. Please note this fee is education-focused and does not include catering or supplemental programming. Inquiries regarding fee adjustments should be directed to our Financial Department, and are handled with full confidentiality.

2. All B'nai Mitzvah families must be members of the synagogue in good standing: all dues, fees, and tuition payments must be current before individual tutoring begins.

Participation in the Service by Family and Friends

Many options are available to the family of the *B'nai Mitzvah* for their own participation and for honoring relatives and friends. Each family will have the opportunity to meet with the clergy at an Honors meeting where you will have assistance in completing the honors form, including the English and Hebrew names of all the people you have chosen to receive honors, which will need to be turned in to the office by T-2 weeks before the big day.

All honors for Shabbat morning, with the exception of the Prayer for Peace, are to be assigned only to Jewish participants over thirteen years old, and Jewish adult honorees are asked to wear or bring a *tallit* when going onto the *bima*. Family and friends who are not Jewish are invited to accompany those with Torah honors. For a full explanation of Adath's practices, please consult [this document](#), or make time to sit with Rabbi Weininger to discuss.

Aliyot: Four of the eight *aliyot*, including the *Maftir* (#8), are reserved for the *B'nai Mitzvah* family. The *aliyah* honor involves going up to the *bima* and chanting the blessings in Hebrew before and after the *Torah* is read. An *aliyah* may be assigned to one, two, or three people. (The blessings appear in Appendix D.)

Torah Reading: The development of the child's *Torah* reading skills is covered during the tutoring process. It is equally important that all other *Torah* readers – family members, friends, or other congregants – also be prepared to read *Torah* correctly. This means the ability to read from the *Torah* on the *bima* without consulting supplementary papers or a *Humash*.

Vetting Torah Readers: It is our obligation to make sure that anyone who reads *Torah* does so accurately; the words must be pronounced correctly and, ideally, the proper trope be used throughout. To ensure this happens, it is our requirement that everyone who will be reading *Torah* has a practice session with our Ritual Coordinator. This includes any out-of-town guests, for whom a read-through must be done by phone, FaceTime, or Zoom before the *B'nai Mitzvah*.

Ark Opening: One or two couples/groups may be assigned for each of the ark openings, at the beginning and end of the Torah Service.

Hagbah (lifting the Torah): One person, Jewish adult above B'nai Mitzvah, who has been trained by clergy

Gelilah: One person may dress the *Torah* with its cover and ornaments, as directed by the *Gabba'i* on the *bima*.

Events at Adath: Catering and Party Planning

“The three most important words you can hear at synagogue? Kiddush to follow.”

It is customary, though not required, for *B'nai Mitzvah* families to sponsor the *Kiddush* Luncheon following *Shabbat* morning services. Many families also choose to hold a Friday Night *Shabbat* dinner following services, a lovely and meaningful way to begin your weekend of *simcha*! And, if you decide to continue your Shabbat celebration into the evening, Adath offers an excellent space for a Saturday night party!

Here's how to get started:

- Review the [Special Events at Adath Packet](#) for information about fees, building use policies, kashrut requirements, and more.
- Don't worry if you don't have all the details yet; you can revise as needed. If you need help, contact office@adath.net and our team will get back to you. Some things to think about are the use of the synagogue spaces, times and dates, expected guests, and your preferences for catering.

What to expect:

- You will not be charged room rental fees for Kiddush lunch and Shabbat dinners. Saturday night parties do incur a room rental fee. Security fees are charged for Shabbat dinners and Saturday night parties only. [Find out more about fees here.](#)
- You may use Adath catering or hire one of our approved caterers directly. A kitchen supervision fee may be applied if you hire an external caterer. [Find out more about caterers here.](#)
- When sponsoring Kiddush lunch, you are expected to cover the cost of the typical weekly attendance of 75 people and the guests you bring to your simcha. If there are extra guests for other reasons (such as a scholar in residence or guest speaker), Adath will cover those costs. If you use Adath catering, this will be managed for you. If you choose an external caterer, coordinate the guest count with our staff. Start at office@adath.net to connect with the right people.
- You are given first rights to the Appelbaum Social Hall on your *B'nai Mitzvah* weekend. We will not schedule another function without checking with you first, but reserving the space is required.
- Please note that if you are considering a Saturday evening party at Adath, Havdalah is quite late, and the presence of Shabbat may affect some aspects of the celebration. People have devised creative ways of managing this that respect the tradition. Please contact the clergy if this affects you. [You can also learn more about Shabbat policies and special events here.](#)
- Adath charges a fee for use of our baby grand piano* (\$150.00), set up of the dance floor - 15' x 24' (\$200.00), and 8" high risers - 4' x 8' to 16' x 24' (\$25.00 for each 4' x 8' section). You can arrange for the piano, dance floor, and risers by contacting office@adath.net. **Tuning is arranged and paid for by the user.*

Baked Goods

Nothing makes a *simcha* sweeter than baked goods for everyone to enjoy. Your family and friends may bring baked goods prepared in their homes to the synagogue to be served for the *Shabbat Kiddush* or a dairy lunch under the following conditions:

- Please drop off all baked goods to the butler's pantry of the Adath kitchen by Friday at 3 pm.
- Label all baked goods with ingredients and allergens.
- All ingredients must be dairy or pareve (containing no animal products).
- No baked goods including marshmallows and/or gelatin are allowed.
- No home-baked goods may be brought in and served with a meat meal (e.g., Shabbat chicken dinner).

Baked goods will be plated and served by the catering staff. Leftovers can be packed up for you to take home. [Complete instructions for home-baked goods can be found here.](#)

Shabbat at Adath

Dress Code

At synagogue on *Shabbat* we require a respectful dress code to maintain the spirit of *Shabbat*. This means that most attendees wear dresses, skirts or nice slacks, suits, collared shirts or nice sweaters. We ask male-identified guests and members, of any background, to wear a head covering during services. A *tallit*, symbolizing our relationship to *mitzvot*, is worn by Jewish adults above the age of B'nai Mitzvah. They are asked to have a *tallit* (to wear or hold) while accepting a ritual honor on the bima.

Kashrut and Shabbat Policies

Kashrut as interpreted by our Rabbis is observed for all events. This means that we do not serve meat and dairy in the same meal, do not cook over Shabbat, and certain foods require a hechsher (kosher symbol).

Everything that is needed for the weekend of your simcha needs to be at the synagogue by Friday before 3:00pm.

On *Shabbat* (sundown Friday to sundown Saturday), use of cell phones, cameras, or other electronic devices is not permitted. Cell phones that are carried are to be either turned off or silenced. If an emergency arises during services, please find an usher who can direct as needed.

Recording of the Ceremony

Our services are all livestreamed and archived. Please contact the office if you would like a download of your child's big day.

Flowers

You may choose to provide flowers for the *bima* on *Shabbat* morning. Please keep floral arrangements to 34” from the base of the container. Flowers must be delivered by 3:00pm on Friday.

Programs

Many *B’nai Mitzvah* families prepare a program that provides an outline of the service as well as a list of honors. If you decide to create a program, please have them in the office the week of your big day. The office staff needs adequate time to collate the *Shabbat* material with your handout. We have a sample program available [here](#).

Young Children in our Sanctuary

All ages are welcome in our sanctuary, at any time, period, and we love hearing every voice raised in our place of worship. There are Shabbat-friendly toys and games available, and occasional programming for young children over Shabbat, and all children, regardless of Adath membership, are welcome to participate.

Tips and Timelines

The Full Educational / Administrative Timeline is [available here](#)

The final section of this guide is a suggested timeline for planning events around your child’s B’nai Mitzvah.

Parents whose children have become B’nai Mitzvah at Adath prepared it with the hope that you will benefit from their experience. This timeline includes all kinds of options that people have chosen to incorporate into their celebrations – which means, this is meant to advise, not prescribe. Note that this guidance does not include ritual or educational benchmarks which are available to view [here](#). Depending on how you will be celebrating this occasion, some of this guidance may be more or less useful to you.

SPRING OF 4th GRADE:

Students receive a date for their B’nai Mitzvah, after an orientation meeting in the winter. Parents: make sure that your child is enrolled in Jewish education in one of our partner schools in the community, and begin to prioritize Jewish learning as a family.

FALL OF 5th GRADE:

Students begin their journey to B’nai Mitzvah through SMP (Shabbat Morning Program).

Parents: make time for regular attendance at Shabbat services so you can fully participate in your child's B'nai Mitzvah service.

18 MONTHS BEFORE THE B'NAI MITZVAH:

- Continued regular attendance at SMP and Talmud Torah for instruction.
- If you are considering ordering or making a needlepoint *kippah* or a hand-woven *Tallit* for your child, this is a good time to start the preparation.
- Make sure you have reserved the synagogue for any social function that will take place there.

9-12 MONTHS BEFORE THE B'NAI MITZVAH:

- Begin to think about the non-ritual aspects of your simcha (Friday night family dinner, party, etc.)
- Contact hotels for out-of-town guests and make a room block

8 TO 10 MONTHS BEFORE THE B'NAI MITZVAH:

- Family Meeting with Cantor Seid to develop a learning plan for your child's preparation.

4 TO 6 MONTHS BEFORE THE B'NAI MITZVAH:

- Start to organize your guest list.
- Arrangements for out-of-town guests can be looked into at this point. Depending on the time of year, you may need the lead-time. Make arrangements for *Shomer Shabbat* guests.
- Consider the kind of invitations you will use. Allow 4 to 6 weeks to order printed invitations.
- Finalize social details such as menus, centerpieces, and paper goods with your caterer or event planner.

3 MONTHS BEFORE THE B'NAI MITZVAH:

- Send a picture and brief bio of your child to our [Education Coordinator and Clergy Assistant](#) to be included in Chadashot (online publicity)

8 WEEKS BEFORE THE B'NAI MITZVAH::

- Send invitations (online or paper)
- Book a photographer and the sanctuary/bima for a photo shoot (be sure you've reserved space for this by emailing office@adath.net).

5 WEEKS BEFORE THE B'NAI MITZVAH:

Consider preparing a letter to guests not familiar with Judaism or with Adath - please reach out to the clergy office for a sample.

3-4 WEEKS BEFORE THE B'NAI MITZVAH:

- Finalize social details (i.e., reach out to those who have not returned a RSVP, firm up all the decisions, make arrangements for transportation of the out-of-towners, map to synagogue or hotel if need be, etc.)

2 WEEKS BEFORE THE B'NAI MITZVAH:

- Review final details for Shabbat with Hazzan and/or Rabbi.
- Make sure honors are assigned and double checked with family members.
- Send parent talk(s) to the Clergy Assistant.
- Confirm guest count for any food-related events with your caterer.

THE WEEK OF THE B'NAI MITZVAH:

- Morning Minyan participation
- Final photo shoot
- Final Bima rehearsal with Hazzan Dulkan
- Program & kippot due to office
- Deliver kosher wine, baked goods to the synagogue before 3:00 pm Friday.

HOW TO DO AN ALIYAH

Those honored with an *aliyah* will be called by their Hebrew names. There will be a Gabbai (assistant) on the *bima* to guide you, but please familiarize yourself with the following. There is an instructional video available [here](#):

Touch a fringe of the *tallit* (one of the long *tzitzit*) to the place indicated in the *Torah* scroll where the reading is to begin, then kiss the fringe. (This indicates respect for the words.) If you do not wear a *tallit*, you must carry one with you.

1. Grasp both handles of the scroll and hold them while you recite the blessing before the reading, found below. After the portion is read, grasp the handles again and recite the blessing after the reading. If two or three people are called, they should share this task of grasping the handles. The act of holding the handles while saying the blessings is derived from Proverbs 3:18: "It is a tree of life to those who hold fast to it."
2. When you have completed the second blessing, move to stand on the reader's left. Remain on the bima through the next Torah portion and blessing after the reading.

ALIYAH BLESSINGS

Before reading *Torah*:

Touch and kiss the beginning of the Torah reading with your Tallit and say:

Bar'chu et Adonai ham'vorach.

The congregation will repeat the above line, then you continue:

Baruch Adonai ham'vorach l'olam va-ed.

**Baruch ata Adonai eloheinu melech ha'olam,
asher bachar banu mikol ha-amim, v'natan
lanu et torato,**

Baruch ata Adonai, notein haTorah.

After reading *Torah*:

Touch and kiss the end of the Torah reading with your Tallit, hold onto the handles of the scroll, and say:

**Baruch ata Adonai eloheinu melech
ha'olam, asher natan lanu torat emet
v'chayei olam nata b'tocheinu.
Baruch atah Adonai, notein haTorah.**

ברכות התורה

ברכו את יי המברך.

ברוך יי המברך לעולם ועד.

ברוך אתה יי אלהינו מלך העולם
אשר בחר בנו מכל העמים
ונתן לנו את תורתו.
ברוך אתה יי נותן התורה.

ברוך אתה יי אלהינו מלך העולם
אשר נתן לנו תורת אמת
וחיי עולם נטע בתוכנו.
ברוך אתה יי נותן התורה:

HOW TO SPEAK ADATH: HELPFUL TERMS

Adath Jeshurun: Gathering of the Righteous. The name for the people of Israel found in Deuteronomy.

Aliyah: "to go up" in Hebrew. Refers to the honor of chanting the blessing before a Torah reading, or to the Torah reading itself, and can also refer to someone who has moved - "Made Aliyah" - to Israel.

Amidah: Hebrew - "standing". This prayer is about praise, petition and thanksgiving is recited while standing.

Ark: known in Hebrew as Aron Kodesh. This is the tall, decorative cabinet in which we keep our sacred Torah scrolls. It is opened twice during the Shabbat morning service to remove, and then return, the Torah scrolls before and after they are used for chanting.

Atid: Hebrew - "Future". Adath's 55+ group

Auf Ruf: Pre-marriage Aliyah before the wedding.

Bar / Bat / B / Bet / B'nai Mitzvah: Hebrew - "son /daughter / child / children of commandment". The stage at which a Jewish child is considered having reached maturity and responsibility for Jewish observances and commitments; this occurs on the 13th birthday.

Beit Tinokot: Adath's Infant Child Care Program for infants ages 6 weeks to 16 months.

Bima: Hebrew - "stage". The area up in the front of a sacred space, sometimes a raised platform. Ritual leaders and Torah readers stand on the bima while doing their assigned parts in the service.

Birkat Hamazon: Grace after Meals. It concludes any meal that begins with *HaMotzi*.

Boker Or: A morning full of light! The common response to Boker Tov (see below).

Boker Tov: Good Morning!

Bracha: Blessing.

Brit Milah: Circumcision ceremony that takes place 8 days after the birth of a Jewish male.

B'ruchim HaBa-im / B'ruchot Haba'ot: Welcome!

B'Yachad: Together. Adath's Sunday School for Kindergarten and First Graders.

Camp Mishpacha: Adath's Summer Camp for Toddlers, Preschoolers and PreKers.

Cantor: Hazzan – leads the congregation in chanting prayers and acts as the representative of the congregation in offering prayer.

Chag Sameach: Happy Holiday. It is used on any Jewish holiday.

Chevre Kavod HaMet: Adath's Burial society. Provides traditional Jewish funerals and helps to strengthen the living through tradition and education.

Chumash: Book of Torah Readings and Haftarot with commentary (at Adath we use the book Etz Hayim). The word is related to chamesh, which in Hebrew is the number 5. The five books are:

- Beresheet – Genesis
- Shemot - Exodus
- Vayikra – Leviticus
- Bamidbar – Numbers
- Devarim - Deuteronomy

Daven: Pray

D'rash or D'rasha: Hebrew for “interpretation”, another word for D’var Torah or Sermon.

D’var Torah: A "word of Torah." Brief speech crafted and delivered by the B’nai Mitzvah student that teaches the congregation what they have learned.

Downtown Study Group: Informal Tuesday noon study group which meets twice monthly via Zoom – named in honor of Adath’s former address on Dupont Avenue.

Erev Tov: Good Evening.

Etz Chayim: Hebrew – “Tree of Life”. Another name for the Torah.

Family Friday: Our monthly Friday night service for families with young children

Fleishig: Meat (Kashrut laws)

Gabbaim: The two people who stand at the sides of the Torah reader whenever Torah is being chanted to ensure that the readings are chanted correctly. They possess knowledge of Torah chanting, laws and customs of the synagogue.

Gan Shelanu: Hebrew – “Our Garden”. Adath’s preschool program for children ages 6 weeks through PreK.

G’milut Hasadim: Acts of loving kindness.

Gollel(let): Person who dresses the Torah.

Gut Shabbos: Yiddish greeting for Shabbat Shalom.

Gut Yontif: Yiddish greeting for Chag Sameach.

Hachansat Orchim: Hebrew - “Welcoming Guests”

Hadlakat Nerot: Hebrew - “Candle lighting”

Haftarah: Selection from reading of the books of the Prophets (Nevi'im), thematically linked to parsha (see Parsha below).

Hagbah: Person who raises/lifts the Torah for the congregation to see after the Torah is read.

Halacha: Jewish law. Taken from the Hebrew to walk/how one is guided.

HaLev: Hebrew - “the heart”. Adath’s group for families with young children

Hallel: Psalms of praise added to service on selected holidays, i.e. Rosh Hodesh.

HaMotzi: Brief blessing that precedes any substantial meal. It is recited before eating bread and it praises God for bringing forth (*motzi*) bread from the earth.

Hazzan: Cantor – Spiritual leader, educator, authority on ritual, liturgy and music.

Havdalah: Service on Saturday evening or at the end of a holiday marking the end of Shabbat or holiday. The blessing is said when three stars appear in the sky. Its blessings express our lingering sense of holiness as we separate from holy time, and our wish to return to our daily routine refreshed and with hope.

Smith Jewish Academy: Minneapolis’ K-8 Jewish Day School housed at the Minneapolis JCC.

Hesed: Hebrew - “Loving kindness”. Adath’s social action committee is an umbrella organization that supports programs involving issues of concern.

High Holy Days: Rosh Hashana and Yom Kippur

Inclusion: Adath’s committee to reach out to people with disabilities as well as their families.

JDAIM: Jewish Disabilities Awareness and Inclusion Month typically in February to acknowledge people with disabilities.

Junior Congregation: Shabbat Morning Programming for children in Kindergarten through Grade 4 (and parents) during the school year.

Kabbalat Shabbat: The service on Friday night that ushers in Shabbat.

Kaddish: Prayer of Praise; concludes service sections.

Kadima: Hebrew: “going forward”. 5th through 7th grade Youth Group Programming

Kedusha: Prayer of sanctification chanted during the Amidah.

Keruv: Hebrew - “drawing close”. Adath’s committee to “bring close” those who may feel marginalized or without a place or voice in the Adath community.

Kiddush: Refers both to blessing over wine on Shabbat and festivals, and the meal after services.

Kinnus: Annual Emtza (Middle) Region convention. There are two held each year – one for Kadima and one for USY.

Kippah: Head covering.

Kol Hakavod: Hebrew – “all honor to you!” More commonly known/used to say “It is a job well done”.

L’dor vaDor: Hebrew - “from one generation to another”

Lake Windsor: the pond immediately behind the synagogue. The Tashlich ceremony is held there on Rosh Hashana.

Large Muscle Room: aka the Gan Multi-Purpose Room. The large gym-like room in the Education Wing of the synagogue on the lower level.

Lilah Tov: Good Night.

Ma'ariv: Evening service held every day of the year. Also known as *Arvit*, which comes from the Hebrew word *Erev* which means evening. The main prayers in the service are the Shema and Amidah.

Maccabees: 3rd - 4th grade youth program.

Machzor: Prayer book used on the High Holidays – Rosh Hashana and Yom Kippur.

Maftir: The final aliyah on a Shabbat morning (or major holiday). The honor of saying blessings before and after the Maftir is always given to the person who will read the Haftarah.

Makom: The Place. Adath's 20s-30's group

Mazel Tov: Congratulations!

Megillah (Megillot): Scroll (Scrolls)

Mezuzah: Doorpost in Hebrew, signifying the box containing the Sh'ma posted on door frames of Jewish spaces.

Milchig: Yiddish for Dairy, i.e. milk, cheese

Mincha: Afternoon Service. The word means "gift" in biblical Hebrew. It is named for the most modest offering the Jews gave in the Holy Temple in Jerusalem. The main prayer of this service is the Amidah.

Minyan: A quorum of ten (10) Jewish adults needed for public prayer. Also a shorthand that indicates the weekday service.

Mishe'bei-rach: A special blessing offered for those celebrating a baby naming, upcoming marriage, recovering from an illness, a special anniversary or birthday or upcoming trip to Israel.

Mitzvah: Commandment.

Mo'adim l'simcha: Hebrew - "Joyous Times". This greeting is used on the middle days of Pesach and Sukkot called Chol Hamoed (the days when work is permitted).

Musaf: Additional service for Shabbat, Rosh Hodesh, and major holidays.

Ner Tamid: Everlasting light.

Niggun: Wordless melody.

Nusach: Prayer chant or liturgy.

Pareve: Category of food that is neither dairy nor meat (ie. eggs, vegetables)

Parsha: Torah Portion. The Torah is divided up into 54 Parshiot (readings) that are read throughout the year. In order to complete the entire cycle on Simchat Torah, sometimes a double Parsha is read.

Parshat HaShavua: Weekly Torah portion.

Pidyon HaBen: redemption of the first-born son is a mitzvah in Judaism whereby a Jewish firstborn son is "redeemed" by use of silver coins from his birth-state of sanctity, i.e. from being predestined by his firstborn status to serve as a priest.

Pirkei Avot: Hebrew – "Ethics of Our Fathers". A compilation of the ethical teachings and maxims passed down to the Rabbis, beginning with Moses and onwards.

P'sukei D'Zimra: Hebrew - "verses of song" in Aramaic. These are the preliminary prayers of the morning service. The prayers are mostly drawn from Tehillim (Psalms).

Rabbi: Teacher – Spiritual leader, educator and authority on Jewish Law.

Rosh Hodesh: New Month.

Sefer Torah: Torah Scroll.

Seudah Sh'lisheet: "Third Meal" eaten on Shabbat afternoon before sundown.

Shabbaton: Weekend experience for people to observe and celebrate Shabbat together.

Shabbat Shalom: Hebrew - "Peaceful Sabbath". Greeting said on Shabbat.

Shacharit: The morning prayer service held every day of the year. The major components of the service are the Shema and Amidah. The Torah is chanted as part of the Shacharit service

on Mondays, Thursdays, Shabbat, and holiday mornings. The word Shacharit comes from the word shachar which means dawn.

Shaliach Tzibur: Representative of the congregation in leading prayers.

Shalosh Regalim: The Three Pilgrimage Festivals – Pesach (Passover), Shavuot, and Sukkot —when the ancient Israelites living in the Kingdom of Judah would make a pilgrimage to the Temple in Jerusalem, as commanded by the Torah.

Shavua Tov: Hebrew - “Good Week”. This greeting is typically said at the conclusion of Havdalah.

Shiva: First seven days of mourning.

Shloshim: First thirty days of mourning.

Siddur: Prayer book.

Siddur Lev Shalem: The prayer book used at Adath Jeshurun on Shabbat and Festivals. It is the newest siddur/prayer book published by the Conservative movement.

Simcha (Plural - S’machot): A joyous Jewish occasion - such as a Bris, Baby Naming, B’nai Mitzvah or Wedding.

Simchat Bat: Baby naming ceremony for a girl.

SMP: Shabbat Morning Program – Adath’s signature educational program that prepares 5-7 graders for B’nai Mitzvah tutored by teens and adults.

SPA: Soulful Prayer at Adath services (1x/month)

Tallit (Tallis): Prayer shawl.

Talmud Torah: Serves families and students from Second Grade through Eighth Grade through a varied Jewish curriculum delivered by highly trained, professional Jewish educators located at the Sabes JCC.

Tanach: Mnemonic for the Bible: Torah, Nevi’im (Prophets) and Ketuvim (Writings – i.e., Megillot and Psalms).

Tashlich: The ceremony on Rosh Hashana to cast your sins away in the water with breadcrumbs.

Tefillah (Tefillot): Prayer (Prayers).

Tefillin: Leather boxes that contain passages from the Torah to fulfill the mitzvah "And you shall bind them as a sign upon your hand and they should be an ornament between your eyes" (Exodus 13). They are worn on the head and arm during weekday morning services.

Tikkun: Book of all Torah and Haftarah portions used to learn the readings.

Tikkun Olam: Hebrew – “Repair of the World”

Torah: Hebrew - “Teaching”. Usually refers to the Five Books of Moses.

Trope: Ancient musical system, used to chant Jewish sacred text

Tuesday Torah: Spirited study group that meets on Tuesdays from 12:00 Noon to 1:00pm for a discussion on the weekly Torah portion and other themes with occasional lunches.

Tzedakah: Giving money/charity with justice (tzedek) at the core.

Tzitzit: Knotted fringes on a *Tallit*.

USY: United Synagogue Youth – 8th – 12th grade youth programming.

Yad: Torah Pointer.

Yad Sima Tova: Adath’s Caring Community reaches out to elderly and homebound congregants with transportation, visits, meals and services of the congregational nurse.

Yahrzeit: Anniversary of date of death.

Yasher Koach: Hebrew – “Right On!” The equivalent of applause or a high-five in shul.

Yizkor: Hebrew - “Remember”. The name for the special Memorial Service held multiple times a year.

If you have read all the way to the end, **Mazal Tov!**
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