

# Bar/Bat Mitzvah Orientation

## *Sinai Temple*

*"...a spiritual journey"*



# The Goal of our Program

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*Our Goal is to create a Bar/Bat Mitzvah program that is a spiritual and religious experience connecting child and family to God, the Jewish people and to each other.*

# Core Values

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- ***Nurturing Environment:***  
We want our Bar/Bat Mitzvah program to be nurturing and caring. We strive to always be gentle, kind, considerate, patient and sensitive to our students and parents. We want to create an environment that enhances the spiritual and religious experience of Bar/Bat Mitzvah.
- ***Putting God on the Guest List: The Meaning of B'nai Mitzvah***  
We want to emphasize the religious and spiritual significance of Bar/Bat Mitzvah. We want to connect the child to Judaism, family, Israel and the Jewish people.
- ***Parental Involvement:***  
Parental involvement is key to the success of our program and the entire Bar/Bat Mitzvah experience. We want to always encourage and nurture the involvement of parents with their students.

# Core Values

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- ***Excellence in Preparedness***

We want our children to achieve a high level of excellence. We want them to do the very best they are capable of doing and encourage each child to participate as much as possible and to the full extent of their ability. The better prepared our B'nai Mitzvah – *the more positive and meaningful the experience.*



- ***Relationship Development***

The regular and continuous involvement of our professional staff with student and parents affords the opportunity for relationship development. Long lasting bonds are created between student, parent, rabbis, cantors and instructor(s) during the course of each student's progress through our program.

# A Word to Our Students...

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- Each and everyone of you is important to us.
- We are here to help you.
- Don't be afraid to ask questions.
- This is a day for our congregation to welcome you into the adult Jewish community.
- It's a very exciting time in your life as a Jew!

# A Word to Our Parents....

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- This is a beautiful moment in the life of your child and in your family.
- Nowhere in Jewish law is it written that a Bar and Bat Mitzvah must be expensive, painful or stressful.
- Plan ahead and put the details in their proper perspective.
- Most Important - be involved with your child's preparation.
- Be involved with your child's learning and encourage study.

# *A further word to our students and parents....*

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- No child has ever failed.
- No child will be embarrassed.
- The key to success is structure.
- Parents need to be actively involved.
- Don't leave studying and preparation to the last minute - study and stay ahead.

# What's Not Important about B'nai Mitzvah

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- A good voice - not important.
- A great student - not important.
- A big party - not important.
- How tall you are - not important.
- How fast you learn - not important.
- Who is coming and who is not - not important.
- Who gets an honor and who does not - not important.



# *What's Most Important about B'nai Mitzvah*

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- Treasure the moment of seeing your child called to the Torah and watch them blossom before your eyes.
- Your child becomes a link in the unbroken chain of our four thousand year history and tradition.
- Your child is celebrating a milestone event in their life and in the life of your family.
- Your child is becoming an adult in the eyes of our Sinai Temple community and the Jewish people.

# Eligibility Requirements

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- 5 years of attendance at Sinai Temple Religious School (STARS) or enrollment by 5th grade in Sinai Akiba Academy or acceptable alternative religious school.
- In year of Bar or Bat Mitzvah, enrollment is required in Sinai Akiba Academy, Sinai Temple Religious School, Chai School, or another accredited Jewish day school.

# Program Curriculum

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- Prayers / Trope / Values - STARS and Sinai Akiba Academy
- Haftarah and Blessings - Private Lessons
- Torah (Maftir) Reading – Private Lessons
- Shacharit and Additional Torah Readings - Private Lessons
- Spiritual Growth and Torah Study – Schools and Private Lessons
- B'nai Mitzvah Beit Midrash and Mitzvah Program- STARS and SAA
- D'var Torah – speech preparation with Cantor Miller or Officiating Rabbi
- Final Rehearsals – with Cantor Feldman

# Private Tutoring

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- 20 Minute Lessons begin a minimum of six months prior.
- Parent(s) must attend first lesson and once a month.
- Daily homework - study at home - 20 minutes.
- If student doesn't study - parents attendance required, and less participation in service.
- Please call Sarah Buchanan, the B'nai Mitzvah Coordinator to cancel or reschedule appointments.
- Additional tutoring provided free of charge, if necessary.

# D'var Torah - Speech

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- D'var Torah → A Word of Torah (Teaching)
- Research Parasha on Internet, through discussion at home and in Sinai Library
- Bar/Bat Mitzvah – Three meetings with Cantor Miller
- Bar/Bat Mitzvah writes D'var Torah and Pew Bulletin article two months prior – with parental assistance.
- Cantor Miller facilitates writing and editing.
- D'var Torah should be around 350-400 words
- Cantor Feldman rehearses D'var Torah during dress rehearsals.

# Rehearsal with Cantor and Meeting with Rabbi

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- Meeting with Cantor Feldman
  - Parents required to attend. Parents required to bring completed Aliyot (honors) form (for MS) and Guest list, (alphabetized by last name) to first session.
  - Practice recitation of Prayers, Speech, Haftarah and Torah Readings at least 2 times with Cantor Feldman in venue.
- Meet with officiating Rabbi to review Service.  
(Specific clergy are not guaranteed for each service)

# The “Big Weekend”

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- Thursday Morning Minyan in Kohn Chapel– **7:30 am**. Service lasts approximately one hour
- Thursday Morning Sinai Akiba Academy T’filot –Kohn Chapel– **8:50 am**.
- Shabbat Eve - Friday Night
  - Kohn Chapel at **5:45 pm**. Service lasts approximately 1 hour
- Shabbat Morning Service (all services conclude by noon)
  - Main Sanctuary – **9:30 am**. (Introductory Service 9:00-9:20 in Kohn Chapel)
  - Family Minyan – **9:30 am**.
  - Torah in the Round – **10:00 am**.

# Honors and Family Participation

- All persons receiving an honor must be Jewish and at least 13 years old
- Torah Reading by Family Members (must read Hebrew and familiar with trope and must be 13 or older except in FM.)
  - Please inform B'nai Mitzvah instructor of desire at least 2 months prior to B'nai Mitzvah date. Readers sign up through WebParasha
- All honorees must arrive on early or honor will be forfeited
- Honors list must be submitted no later than two weeks before Bar or Bat Mitzvah date



# Main Sanctuary Honors

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- B'nai Mitzvah may lead Shacharit Service
- Parents' Aliyah (1 Aliyah)
- Double B'nai Mitzvah
  - 2 additional Aliyot for each Family – up to 4 individuals for each Aliyah.
- Single Bar or Bat Mitzvah
  - 3 additional Aliyot – up to 4 individuals for each Aliyah
- Hagbah/Galilah – Lift and Dress the Torah - 1 honoree from each family. 2 honorees for single.
- Ark Opening – 1 honoree from each family. 2 honorees for single.
- For any questions or issues, contact Cantor Feldman or Sarah Buchanan

# Torah in the Round (TITR) Honors

- B'nai Mitzvah may lead portions of Shacharit Service, Torah Service, and Musaf if prepared
- Parents' Aliyah (1 Aliyah)
- 3 additional Aliyot – up to 4 individuals for each Aliyah
- Opening or Closing of Ark - 2 honorees.
- Hagbah/Galilah – Lift and Dress the Torah – 2 honorees.
- For any questions or concerns, contact Rabbi Guzik, Rabbi Rotenberg, or Rabbi Feig

# Family Minyan (FM) Honors

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- B'nai Mitzvah may lead entire service if prepared
- Parents' Aliyah (1 Aliyah)
- 6 additional Aliyot – up to 4 individuals for each Aliyah
- Opening or Closing of Ark - 2 honorees.
- Hagbah/Galilah – Lift and Dress the Torah – 2 honorees.
- For any questions or concerns, contact Rabbi Sherman

# Synagogue Etiquette

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- Use of phones is prohibited during services and is discouraged throughout the building. Please ensure they are silenced before entering sanctuary / chapel.
- Use of cameras and other recording devices is prohibited. Contact Cantor's office to discuss professional recording of service
- Dress Code
  - Men: Required to wear Kippah while in Sanctuary / Chapel, Tallit, Coat and Tie while on Bima.
  - Women: Required to be dressed appropriately at all times and have head covered while on Bima or receiving an honor.

# *Give Meaning to Your Simcha*

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- The reception is a “S’udat Mitzvah (Meal in honor of a religious celebration - the Bar/Bat Mitzvah).
- Incorporate the traditions of Judaism at the reception - Kashrut, Tzedakah, Havdalah, Birchat Hamazon, Divrei-Torah, Motzi, Kippot.
- Have the Bar/Bat Mitzvah deliver a D’var Torah acknowledging and thanking teachers and family.
- Use a theme based on the Torah portion, Biblical heroes, Jewish personalities, geographical places in Israel, Jewish historical events.

# *Giving Meaning to Your Simcha Cont.*

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- Centerpieces with books for donation to Temple Library, baskets of food designated for SOVA, athletic equipment for donation to Sinai Akiba Academy, school supplies, etc.
- Parents may speak at the reception to their child expressing the meaning and significance of the day in the life of the Bar/Bat Mitzvah and family.
- Plan a trip to Israel.
- Arrange to have leftover food delivered to Food Pantry.

# Tzedakah...

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- Consider together as a family where to contribute – B’nai Mitzvah Handbook on [Cybermitzvah.sinaitemple.org](http://Cybermitzvah.sinaitemple.org) or contact SAA or STARS.
- Donation or gift to the Synagogue, School, or other charitable organization – may announce at reception.
- In lieu of gift- ask guests to give Tzedakah in honor of Bar/Bat Mitzvah.
- Contribution to Sinai Temple, the rabbi and cantor’s discretionary fund.
- Giving Tzedakah teaches the meaning of “*Tikkun Olam*” - *Repairing My World.*”

# *Sensitivity and Respect*

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- Clear reception and party dates with Rabbi Feig and the Sinai Akiba Academy Parent Coordinator.
- Do not exclude small numbers of students from Sinai Akiba Academy or Religious School. If you plan on inviting at least half of the students in the grade, you should invite the entire grade.
- Students should attend service and reception.
- Observe Kashrut.



# cybermitzvah.sinaitemple.org



SINAI TEMPLE.ORG



SINAI TEMPLE

PRAYERS, SERVICES & TROPE | TORAH/HAFTARAH | FORMS | RESOURCES | CALENDAR



PRAYERS, SERVICES & TROPE

B'NAI MITZVAH PREP | [SHABBAT](#) | [WEEKDAYS](#) | [HIGH HOLY DAYS](#) | [HOLIDAYS](#)

## B'NAI MITZVAH PREP

### B'NAI MITZVAH BLESSINGS

- Tallit Blessing - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- T'fillin Blessings - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Torah Blessing Before - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Torah Blessing After - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Blessing Before Haftarah - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Blessing After Haftarah (1-3) - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Blessing After Haftarah (4-6) - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Aleinu - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Kiddush and Blessings for Shabbat Morning - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Sh'ma and V'ahavta 1 - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Sh'ma and V'ahavta 2 - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- V'sham'r'u - [Read & Listen Online](#) | [PDF](#) | [MP3](#)
- Friday Evening Kiddush - [Read & Listen Online](#) | [PDF](#) | [MP3](#)


*Sinai Temple*

# *Mitzvah Tools*



# Web Parasha

WEB PARASHA



SINAI TEMPLE

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Welcome to WebParasha






Welcome to Sinai Temple's WebParasha!

We are very proud that we have many congregants of all ages who enjoy reading Torah. WebParasha is a simple and effective way to give you the ability to sign up for Torah readings, print the Torah text, listen to the mp3 of your portion, and keep records of your Torah readings - all on your own! We hope you will use WebParasha to help yourself improve your Torah reading skills, and we look forward to hearing you read Torah many times in the future!

If you do not have your own user name and password yet, click on **Request Account**.

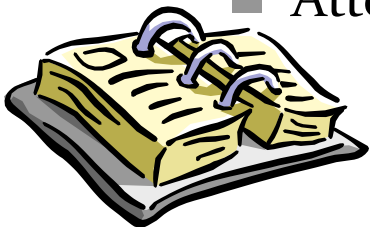
Good Luck!



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# The “12 Month” Check List

- Student must attend Sinai Akiba Academy, Sinai Religious School or accepted school through year of Bar/Bat Mitzvah
- Pay Balance of Bar and Bat Mitzvah Fee and make sure synagogue account is current. (B’nai Mitzvah balance must be paid by start of individual mentoring).
- Continue or start Lighting Shabbat and Festival candles and recite Kiddush.
- Attend Sinai Shabbat services in your B’nai Mitzvah venue.



# The “7-8 Month” Check List

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- Bar/Bat Mitzvah begins private tutoring.
- Bar/Bat Mitzvah begins daily study at home for 15-20 minutes
- Parent(s) assist by making sure their child studies daily.
- Confirm the Hebrew name and spelling of English name for preparation of Bar/Bat Mitzvah certificate with B'nai Mitzvah mentor

# The “6 Month” Check List

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- Arrange for video recording with professional designated by Sinai.
- Make sure student attends lessons on time and is prepared.
- Parents attend lessons minimum of once monthly.

# The “5 Month” Check List

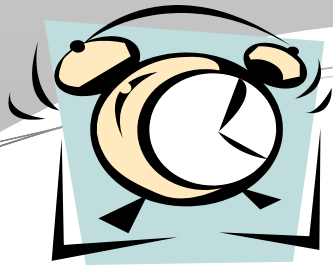
- Select Tallit, Tefillin and Kippot at Sisterhood Gift Shop - 10% Discount.
- B'nai Mitzvah practice with Tallit and Tefillin in STARS and SAA.
- Monitor child's study and progress daily.
- Family reads and discusses Parasha (Torah Portion).

# The “2-3 Month” Check List

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- Bar/Bat Mitzvah writes D’var Torah (approximately 350 words). Parents assist in writing of D’var Torah.
- Turn in photo, biography, and Hebrew name to Sarah Buchanan for Sinai Speaks, Certificate and Pew Bulletin.
- Schedule photo session with Sarah Buchanan—usually after Thursday morning Minyan or before services on Friday afternoon.
- Ensure good study habits are maintained.





# The Final Month

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- Turn in Aliyot (Honors) List and Guest List for Security Purposes.
- Bar/Bat Mitzvah meets with Cantor Feldman and rehearses participation in service.
- Meet with officiating rabbi.
- Continue attending Shabbat Services with Family.
- Purchase kosher candy from Sisterhood Gift Shop. Candy must be:
  - 1. Individually wrapped
  - 2. Kosher
  - 3. Soft

# The Day Before and the Day After....

- Continue to Celebrate Shabbat.
- Attend Shabbat Services together with your family.
- Attend morning or evening Minyan.
- Participate in a Shiva Minyan.
- Participate in Tikun Olam (Repairing G-d's World) projects.
- Put on Tallit and Tefillin regularly.
- Join Sinai Temple Teen Center (Free One Year Membership).
- Continue your child's Jewish education.
- Plan a trip to Israel within the next year.

# *Our Wonderful Staff...*

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Sarah Buchanan, B'nai Mitzvah Coordinator

Aryell Cohen, Private Instructor

Cantorial Intern David Childs, Private Instructor

Cantor Keith Miller, D'var Torah

Rabbi David Wolpe, Rabbi Nicole Guzik, Rabbi Erez Sherman, & Rabbi Sam Rotenberg

# *A Final Thought...*

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*All of us at Sinai Temple want to do everything we possibly can to create for you and your family a Bar/Bat Mitzvah experience that is spiritual and religious, connecting child and family to each other and to God, Israel, and the Jewish people.*

# A Child and Family Journey

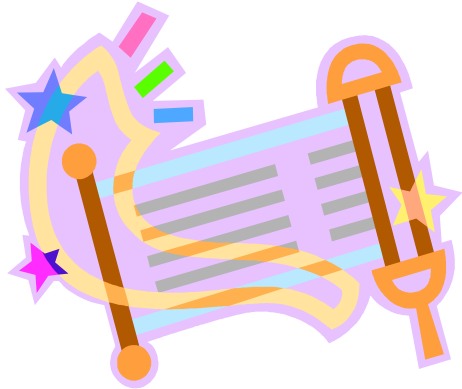
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*What I wish for my child  
I wish for all our children.....*

*May you know that there is a people,  
A rich heritage, to which you belong  
And from that sacred place  
You are connected to all who dwell on the earth.*

*May the stories of our people  
Be upon your heart  
And the grace of the Torah rhythm  
Dance within your soul.*

*Rabbi Sandy Eisenberg Sasso*



# *Bar and Bat Mitzvah Orientation*

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*Thank you for joining our  
Sinai Temple community  
for this important spiritual journey  
in the life of your family.*