



IT'S A SIMHA!

Adath Jeshurun's Bar/Bat Mitzvah Manual

Information about the process here at Adath as your family plans and prepares for this milestone event.

9/19/2015
Tishrei 5776

INTRODUCTION

Mazal Tov! The *Bar/Bat Mitzvah* of your child is an important milestone in the life of your family. It is also an important part of the celebrations that take place on *Shabbat* at Adath Jeshurun. We hope that you will have the greatest joy at your *simḥa* knowing your family is part of the larger congregational community that we foster here at Adath.

We are fortunate to have a committed congregation whose involvement brings the full spectrum of life to the synagogue. Your celebration adds so much to the life at Adath.

BECOMING A BAR/BAT MITZVAH

Although people talk about being “*bar-mitzvahed*”, what you may not realize is that there is no one ritual that must be performed to be considered a Jewish adult in the eyes of Jewish law. It is an automatic process when a boy turns 13 and a girl turns 12 years old. So, what’s the big deal? Why all the celebration?

Becoming a *Bar/Bat Mitzvah* holds real significance. It is a time for our children to gain new knowledge, to be part of years of tradition, and to feel connected to Judaism and the Jewish community. Learning to read from the *Torah*, lead the congregation in prayer and to chant *Haftarah* are true accomplishments. Participating in the service provides a sense of belonging; and being the focus of attention for that one day provides a sense of importance. Studying to become a *Bar/Bat Mitzvah* offers a growing awareness of Judaism and is an experience that is the stepping stone to building a positive, long-lasting bond with Jewish life.

How you can best help your child

Your child’s feelings about the upcoming *simḥa* will most likely change throughout the process. In the beginning, he/she may not want to have a *Bar/Bat Mitzvah*. He may worry about learning the material and wonder how he will get up in front of everyone and sing. You will want to include her in the plans, but she may not know what she wants. It all comes together in the end, but along the way, stress happens!

Ways to help your child:

- Learn along with them. Model that Jewish learning is important to you.
- Include him/her in the plans, clarifying which decisions are theirs to make and which decisions you will make as parents.
- Listen to them and empathize with how they are feeling, without judging their feelings. Sometimes, just listening without solving the problem is enough.
- Show interest in how they are doing as they learn the material and celebrate their progress.
- Offer to listen to them, even if you yourself don’t know the correct tune or the words.
- Help them create a quiet place and uninterrupted time for practicing.
- Encourage them to start early, a little at a time, to avoid the pressure/anxiety as the date draws near.
- Ask the synagogue for help, advice, guidance—we’re here for you!

REQUIREMENTS FOR BAR/BAT MITZVAH

Preparing for the *Bar/Bat Mitzvah* requires the ability to read Hebrew, a general knowledge of Jewish history, and the cycle of Jewish life including holidays and rituals. Jewish “literacy” is gained over time and through the efforts of different Jewish agencies in the Twin Cities. The education gained from these different agencies will serve your child for a lifetime as a Jewish adult. Adath Jeshurun shares the responsibility of educating our children with other local Jewish agencies.

At Adath Jeshurun, the following are requirements in order to become a *Bar/Bat Mitzvah* on a *Shabbat* morning.

- Enrollment and a strong attendance record for five years, including the *Bar/Bat Mitzvah* year at Talmud Torah of Minneapolis, Heilicher Minneapolis Jewish Day School, Talmud Torah of St. Paul, or other equivalent institutions.
- Enrollment and a strong attendance record in SMP (*Shabbat* Morning Program) in 5th, 6th and 7th grade.

Please meet with Rabbi Kravitz if your family situation is unique in order to explore the options that may exist if these requirements cannot be met.

If your child has a learning disability or alternative learning style, please let us know. The more we know about your child’s learning style the more successful we will be in helping your child learn for his/her *Bar/Bat Mitzvah*.

Getting a Date

Generally you will receive the date for your *simḥa* about three years in advance. In the fall of your child’s third or fourth grade year, you will receive information in the mail including a Date Preference Form and an invitation to an informational meeting which generally takes place in January. Please make every effort to attend this meeting.

Many families desire to celebrate their *simḥa* during the best weather months. Unfortunately, there are simply not enough *Shabbatot* to accommodate everyone. We use the following procedure when assigning dates in an effort to be as equitable as possible:

- We make every effort to assign a date within one month either side of the thirteenth birthday.
- If you prefer to share a date with another family, you are given preference for your date.
- If there is a need for families to share a *Bar/Bat Mitzvah* date, we will discuss it with you before the final assignment is made.
- If your family has a date that you already know will be a conflict (like another family wedding or *Bar/Bat Mitzvah* that has already been scheduled), we will work with you to find a date that meets everyone’s need. Other requests for dates are not accepted.

Fees

The following are the fees associated with the *Bar/Bat Mitzvah* experience for the year 2015 - 2016:

Grade 5 Year

SMP Tuition Grade 5 \$500.00

SMP Tuition Grade 7 \$500.00

Grade 6 Year

SMP Tuition Grade 6 \$500.00

Haftarah Training \$400.00

Grade 8 Year

SMP Tuition Grade 8 \$195.00

(Leadership/Staff Training)

The *Bar/Bat Mitzvah* Week Overview

(Details can be found throughout this manual)

The *Shabbat* Preceding the *Bar/Bat Mitzvah* Weekend

Your family participates in the *Minḥa* (afternoon) Service. Your child:

- reads *Torah*,
- leads *HaMotzi* and *Birkat Hamazon*,
- leads *Havdalah* (if *Shabbat* ends early).

The Week of the *Bar/Bat Mitzvah*

Your child is asked to read *Torah* at morning *minyan* on Monday and Thursday mornings which takes place at 7:20am until approximately 8:00am (9:30am on Legal Holidays) in the Grossman Chapel.

The *Bar/Bat Mitzvah* Weekend

Friday Night

The *Kabbalat Shabbat* service begins at 6:00pm and is held in the Grossman Chapel. During certain weeks each month we have an alternative style service.

- The **Carlebach Minyan** offers a wonderful opportunity for spirited participation and even dancing.
- The **Friday Night Live** service offers contemporary music with instrumental accompaniment and the Adath Choir.

Due to the special musical liturgy during these unique style Friday evening services, your child's participation may differ from the traditional service on all other weeks.

Some families choose to have a *Shabbat* Dinner after services in the Appelbaum Social Hall.

Shabbat Morning

Please arrive at the synagogue by 9:15am to be ready for services to begin at 9:30am.

Bar/Bat Mitzvah usually participates in some way in all areas of the service:

- *P'sukei D'zimra*, (the preliminary service)
- *Torah* service: carries the *Torah*, reads *Torah* (usually the first *aliyah* divided into three parts and the *maftir aliyah*) and *Haftarah*,
- *Musaf*: presents a *D'var Torah*, leads the *Kiddush* and *Motzi* at the conclusion of the service.

Following services, the congregation is generally invited to a *Kiddush Luncheon*.

FAMILY PARTICIPATION DURING THE BAR/BAT MITZVAH WEEKEND

There are numerous ways for your extended family and friends to participate in *Shabbat* morning services during your *simḥa*. While your *simḥa* is a highlight of the *Shabbat* service, we also have congregants who are celebrating milestone anniversaries, upcoming weddings, or trips to Israel. We also comfort those dealing with illness, recovering from bereavement or observing *yahrzeits*. Fortunately, there is room for everyone to participate when the honors are shared among us all.

Friday Evening

During the *Shabbat* evening service, family members may join the *Bar/Bat Mitzvah* in reciting the blessing over the *Shabbat* candles and the *Kiddush* over the wine. There are English readings which may be assigned to honor family or guests.

Shabbat Morning

Before the *Torah* Service, *Bar/Bat Mitzvah* parents are called upon to present a *Tallit* to their child. Before the presentation, parents may choose to speak briefly. We ask that the parents speak no more than 5 minutes **combined**. After making the presentation, the child recites the blessing over the *Tallit*. The parents then recite the *Sheheḥyanu* in Hebrew thanking God for enabling them to witness this joyous moment.

There are various honors available to the family primarily during the *Torah* service. These honors include:

- Three *aliyot* to the *Torah* to recite the blessings in Hebrew
- Reading of the *Torah*, if desired
- Two opportunities to open and close the Ark
- Lifting and Dressing the *Torah*
- Holding the *Torah*
- Leading the congregation in English readings.

We will gladly provide, upon request, Hebrew texts and transliterations of all prayers that are recited by the family.

THE *BAR/BAT MITZVAH* EDUCATIONAL PROCESS

Main Contacts

Sue Shrell Leon
Director of Youth Engagement
952-215-3910
suel@adath.net

Risa Kessler
Bar/Bat Mitzvah Coordinator
952-215-3925
risak@adath.net

The *Bar/Bat Mitzvah* Educational Process

THE *SHABBAT* MORNING PROGRAM (SMP)

The *Shabbat* Morning Program (SMP) is the cornerstone of the education program for our young congregants and is where many of the skills needed for the *Bar/Bat Mitzvah* are learned and practiced.

SMP also provides a much needed peer group, and hopefully, long-lasting friends within the synagogue. It can be a time to share pressures they may be feeling with friends, to compare and contrast individual experiences of having a *Bar/Bat Mitzvah*, and to receive educational support.

SMP attendance and classes officially begin when your child is in Grade 5.

The SMP educational program runs from 10:00am - 12:15pm approximately three *Shabbatot* a month, September through May. Please refer to the SMP Curriculum Overview at the end of this manual for more specific information. You will receive an SMP calendar prior to the start of each new school year.

When SMP is not in session, please take this opportunity to attend the main service so that you and your family can experience and witness the skills learned at SMP put into practice with the rest of the community.

TRAINING - What is learned

Adath provides training for chanting the prayers and reading from the *Torah* during *Shabbat* Morning Program (SMP) beginning in Grade 5. The ability to read Hebrew is needed in order to begin training. If your child's learning style changes throughout the *Bar/Bat Mitzvah* process, please let us know. This will help as we train your child for his/her *Bar/Bat Mitzvah*.

Bar/Bat Mitzvah preparation must be completed 6 weeks before the date. This leaves the remaining weeks to polish all of the material for the event. Any concerns or questions about the training process should be addressed to the *Hazzan*.

The following are the prayers/elements of the service that are open for *Bar/Bat Mitzvah* to do:

Friday Night

- *Kabbalat Shabbat* and/or *Ma'ariv*
- *Kiddush* for Friday Night
- Candle Blessing

Shabbat Morning

- *P'sukei D'zimra* (preliminary prayers)
- *Tallit* Blessing
- Ceremony for taking out the *Torah* (*Shema, Ehad, Gadlu*)
- First three *Aliyot* of the *Torah* portion
- *Maftir* and *Torah* Blessings
- *Haftarah* and Blessings
- *Ashrei*
- Ceremony for Returning the *Torah* (*Y'hallelu, Mizmor L'David*)
- *Kiddush* for *Shabbat* Morning, *HaMotzi*

Additional learned items:

- *Havdalah*
- *Birkat Hamazon* (Grace After Meals)

The clergy and professional staff will determine the level of participation for each *Bar/Bat Mitzvah*. If the above is completed, students may learn additional material in consultation with the *Hazzan*.

Haftarah

Students receive training for chanting the *Haftarah*, the selection from the Prophets. They attend 10 classes taught by Adath personnel held at the Talmud Torah of Minneapolis or Adath on Sunday mornings. During these classes students learn to chant the *Haftarah* Trope (the notes for singing), and the blessings before and after chanting the *Haftarah*. After completing the classes, each student will be assigned a tutor for twenty-six (26) short (15 minute) individual sessions. These sessions are often done over the phone but can also be combined for longer sessions in person. It is up to the individual tutor to design the sessions. If more sessions are needed, parents are charged. In most cases this training begins about 18 months prior to the *Bar/Bat Mitzvah* date.

D'var Torah

The Rabbis and Rabbis' Associate meet with *Bar/Bat Mitzvah* students and parents to help prepare the *D'var Torah*, a short speech about your child's *Torah* portion. It can also be a chance for parents to discuss any personal concerns. This may or may not include assistance with parent's personal comments to their child. Families are contacted by Darlene Davis, Rabbi's Assistant to schedule the meetings with the Rabbis about 2 - 3 months prior to the *simha* date.

Additional Training Support

Hazzan Buckner holds one interactive Family Education class on a Sunday morning dealing with Jewish ritual observance including Tallit and Tefillin and their meaning. There are also

opportunities for those who are behind in their preparations and/or need extra help to schedule special tutoring sessions. We will contact you if we feel your child needs this extra tutoring help. You will receive a letter from the *Hazzan* with the details of the Sunday class and tutoring.

We encourage parents to attend services regularly in order to become familiar and comfortable with Shabbat services. It is also helpful for *Bar/Bat Mitzvah* students to attend the service in the main sanctuary with the parents on Saturdays when there is no SMP in order to learn the rhythm of the sanctuary service and to quietly practice what they have learned.

ADULT LEARNING AND PARENTS' GROUPS

Parents are urged to see the period surrounding their child's *Bar/Bat Mitzvah* preparation as an opportunity to bond with other parents and to enrich their own knowledge of Judaism. The synagogue offers many adult education programs, including:

Hebrew and Prayer Skills

For those who want to grow spiritually and fill in basic gaps in their Jewish learning and synagogue skills, beginning phonetic Hebrew reading is offered, as well as an Introduction to Judaism class and other learning opportunities, both ongoing and one-time.

An adult Bat/Bar Torah class may also be offered with sufficient interest.

Adult Torah Reading: During *Shabbat* mornings in the winter, we offer this class. It usually meets in the Adult Lounge. There are some tutors also available. There is also an intermediate Torah reading class for those who would like to review and improve their skills.

Tuesday Torah Study Group: This lively group discusses aspects of the weekly *Torah* portion every Tuesday at noon, with our Rabbis and other teachers.

For further information on these and other adult programs, consult the Adath website under 'Adult Learning', or speak with Nina Samuels, Adult Learning Director, at 952-215-3904 or ninas@adath.net.

CELEBRATING THIS MILESTONE

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Reaching this milestone definitely calls for celebration. How you choose to acknowledge this occasion, whether it's a small gathering or a grand affair, is of personal preference. Starting early with your planning is highly recommended.

Holding your event at Adath

Contacts: Bernie Goldblatt, Executive Director, 952-545-2424, bernieg@adath.net
Beth Mayerich, Catering Director, 952-215-3913, bethm@adath.net

Adath offers a convenient venue to hold your Friday night *Shabbat* dinner, *Shabbat Kiddush* Luncheon, and Saturday night party with no additional room charge to you other than synagogue fees to cover the cost of set up, etc. The synagogue's Catering Department will work with you to create wonderful meals that match your budget. There are set menus to choose from or you may create your own.

Nine months before your *simha*, please contact the Office Manager, Chris Yarger, to inform her of your plans regarding use of the synagogue. You are given first rights to the Appelbaum Social Hall on your *Bar/Bat Mitzvah* weekend, including Friday night, Saturday lunch and Saturday night. Adath will not schedule another function in the Appelbaum Social Hall without checking with you first, but reserving the space is required so Adath has the ability to schedule other programs.

Friday Night *Shabbat* Dinner

Many families choose to begin their celebration with a Friday Night *Shabbat* dinner following services (which begin at 6:00pm). *Shabbat* dinner at Adath is a warm, welcoming and spiritual way to begin your *simha* weekend. It's a wonderful opportunity to come together as a family and welcome out of town guests.

Congregational *Shabbat Kiddush* and *Kiddush* Lunch

It is customary at Adath for *Bar/Bat Mitzvah* families to sponsor the *Kiddush* following *Shabbat* morning services. This includes wine*, grape juice, rugelach, herring and *challah*.

**Bar/Bat Mitzvah* families are responsible for purchasing kosher wine for the *Kiddush*, either white or blush. Please check with the Catering Director for guidance on what wine is acceptable. Three gallons of wine must be at the synagogue by 3:00pm Friday afternoon of the *Bar/Bat Mitzvah*.

It has been a long-time tradition for the family to also offer a congregational lunch, making it a true community celebration. The Executive Director or Catering Director will help you determine the number of congregants to anticipate on the morning of your *simha*.

Private Luncheon

While we would prefer that you sponsor lunch for the congregation, families do have the option of holding a private luncheon following the congregational *Kiddush*. In such cases, the Appelbaum Social Hall is shared and the dividing wall is used. There may be other restrictions so please be sure to contact the Catering Director before making your plans.

Saturday Night Party

If you choose to continue your celebration into the evening, Adath offers a great space for a Saturday night party at an even greater price. No room charge, other than a few fees to cover maintenance costs will be incurred for the use of the Appelbaum Social Hall. Adath staff will be happy to discuss details of your party with you to ensure it is the incredible experience you envision.

Please note that during the spring/summer months, parties cannot begin until after sundown, which can get a little late.

Baked Goods

Nothing makes a *simḥa* 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:

- All home baked good must be made in new or disposable pans or in pans used only for kosher baking. All ingredients must be kosher and have a certification indicating Rabbinic approval.
- No baked goods including marshmallows and/or gelatin are allowed. Although these ingredients are available as kosher, it is often difficult to find and has caused speculation when used.
- No home baked goods may be brought in and served with a meat meal.

Outside Caterers

If you are interested in holding your affair at Adath but would like to secure the services of an outside caterer, you are more than welcome to do so. Please check with the Catering Director for a list of approved kosher caterers and to discuss the fees associated with an outside caterer utilizing the Adath kitchen.

STANDARDS AND NORMS AT ADATH JESHURUN

Dress Code

At synagogue on *Shabbat* we require a respectful dress code, to maintain the spirit of *Shabbat* and in accordance with principles of *Tzni'ut* – modesty for *Shabbat* (i.e., no shorts, jeans, tennis shoes or other overly casual clothing). Most girls/women wear dresses, skirts or nice slacks. Most boys/men wear suits or slacks, shirts and nice sweaters.

Kashrut and Shabbat Policies

Kashrut, as interpreted by our Rabbis, is observed for all events. Only Adath Catering or a caterer from our list of approved Kosher Caterers may be engaged to prepare food for your *Bar/Bat Mitzvah* celebration that is held at the synagogue.

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

On *Shabbat* (sundown Friday to sundown Saturday), use of cell phones, cameras or other electronic devices is not permitted. Cell phones which 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.

A Saturday night party can only begin after *Shabbat* (which is 61 minutes after Friday's candle lighting time). This may present a problem to those whose *Bar/Bat Mitzvah* date is in the

summer when *Shabbat* may end as late as 9:45 p.m. People have come up with creative ways of dealing with this that are respectful of the tradition. Please contact the Rabbis, if this affects you, for suggestions.

Ritual Procedures

HaMotzi and Birkat Hamazon

If you are having a private dinner at the synagogue, *HaMotzi* should be recited before meals. The *Bar/Bat Mitzvah* is prepared to recite *HaMotzi* and to lead the *Birkat Hamazon* (Grace After Meals). The booklets for these prayers are provided by the synagogue.

Havdalah

We encourage families to have a *Havdalah* Service before beginning the Saturday night party. Ritual items needed for *Havdalah* are available from the Catering Director.

Miscellaneous

Hard Liquor is not permitted at *Bar/Bat Mitzvah* celebrations because of our concern for the many unsupervised children who will attend your celebration. No red wine is ever permitted in the Appelbaum Social Hall.

Confetti, silly string or other like items are not permitted. We ask that you not serve chewing gum as well.

Audiotape

If you wish to have the Service recorded, Adath provides an audio CD recording of the *Shabbat* Morning Service for a fee of \$10.00. A DVD is available for an equipment charge of \$50.00.

Dance Floor, Staging/Risers, and Piano

Adath charges a fee for use of the 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 through the Catering Director. **Tuning is arranged and paid for by the user.*

Flowers

You may choose to provide flowers for the *Bimah* 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 *Bar/Bat Mitzvah* families prepare a welcome letter giving 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 by Monday morning before your *simha*. The office staff needs adequate time to collate the *Shabbat* material with your handout.

If you would like to see examples of previous programs, please contact the Adath Education Office. Additionally, Adath has prepared a “*Shabbat Morning Guide*” to welcome visitors which is available from the ushers on *Shabbat* morning. If you have any problems getting your program to the synagogue by the deadline, please call the Rabbis’ Assistant, Darlene Davis.

American Jewish World Announcement

The American Jewish World (AJW) newspaper welcomes notices for all lifecycle events:

- Include date and synagogue of *Bar/Bat Mitzvah* in the announcement (dates are not printed, but announcements will be run in the issue closest to the event).
- Quality photos can be submitted in any size, black and white or color (if you want photo returned, include a self-addressed stamped envelope).
- Digital photos can be attached to an e-mail as either a .jpg or a .tif file with a resolution of at least 300 ppi.
- There is a \$45.00 fee for submitting a *Bar/Bat Mitzvah* announcement with a photo. If there is no photo included, there is no charge (although most *Bar/Bat Mitzvah* announcements are printed with photos).
- To submit information or for further details, contact:

Erin Elliott Bryan, Community News Editor
4509 Minnetonka Blvd.
Minneapolis, MN 55416
952-259-5239 / 952-920-6205 fax community@ajwnews.com

INFORMATION TO CONVEY TO YOUR GUESTS

On *Shabbat*, use of cell phones, cameras or other electronic devices is not permitted. Cell phones which are carried are to be either turned off, or silenced so as not to disturb the service. If an emergency arises during services, please find an usher who can direct as needed.

Non-Jewish guests appreciate receiving an informal letter describing the *Shabbat* service and decorum for the synagogue. Sample letters are available from Risa Kessler, the Bar/Bat Mitzvah Coordinator.

Infants and Young Children

- There is a privacy room (with a few toys) adjacent to the sanctuary where families can sit together and still see and hear services without being heard in the sanctuary.
- Babysitting is always available on *Shabbat Morning* for children from ages two to PreK.
- Children in Kindergarten through Grade 4 are welcome to attend the Junior Congregation from 10:00am to 11:00am in the Chapel and once a month Havaya 10:00am to 12:00Noon in the Gan classroom on the lower level.

Young Guests

- Please help children understand the need to be respectful of people, of property and of the service when they visit the Adath.
- Convey to your child's guests an understanding of what is respectful behavior (no running in and out the Service, no loud talking in the service or in the foyer/lobby, no gum chewing, no disturbing SMP classes that are in session).

Synagogue Honors

- Check to make sure that your family and guests receiving honors understand their obligations and are capable of carrying them out. For example, one needs to be familiar with the Torah blessings to receive an *Aliyah*.
- Men and women are expected to have their head covered when they go up on the Bimah. Men are required and women are encouraged to wear a *Tallit*.
- Keep in mind that the Torah scroll is heavy when you designate a person to lift it.

TZEDAKAH

It is a core value within Judaism to do *tzedakah*. It is certainly an appropriate way to mark the milestone of a *Bar/Bat Mitzvah*. Many *Bar/Bat Mitzvah* students choose to engage in a *tzedakah* project to fulfill this value during their *simḥa* year and beyond.

Families may use their 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 affair this food is contributed to STEP, the St. Louis Park Emergency Shelter (952-925-4899). STEP has long worked closely with the Jewish community to provide Jews and non-Jews with food and clothing when needed.
- Use purchased books which are then donated to needy libraries or institutions.
- Make available information about various charities important to their family.

MAZON: A Jewish Response to Hunger

The American Jewish Community is especially aware of the need to address the crisis of hunger. Adath is a partner with MAZON: A Jewish Response to Hunger. This nationally acclaimed organization is the American Jewish Community's response to this problem. We encourage our members celebrating life cycle events to donate three percent of the cost of the celebration to MAZON. These funds are used to provide grants to Jewish and non-Jewish agencies, here and abroad, that have proven successful in combating hunger.

To learn more about MAZON and the various ways to include MAZON in your celebration, visit www.mazon.org

Genesis Mitzvah Fund

If you think you need to be an adult to be a philanthropist--think again! Jewish teens are making a difference here in Minneapolis and around the world through the Genesis Mitzvah Fund Program.

Genesis Mitzvah Funds are typically established through contributions made in honor of a young person becoming a *Bar/Bat Mitzvah*. However, funds may be established at any time. Once the fund balance reaches \$1,000.00, it will begin to accrue interest. Then the fund holder can begin to make annual distributions from the investment income to charitable organizations that are important to him or her.

For more information, contact Mort Naiman, Jewish Community Foundation Director, at 952-417-2322 or mnaiman@mplsfed.org.

JEWISH LIFE AFTER BAR/BAT MITZVAH

The *Bar/Bat Mitzvah* celebration is an intense experience for the entire family in both a religious and social context. All too quickly, though, it is over. Many families wait until the last of the presents are opened and thank you notes sent before thinking about their child's continuing Jewish education. Many parents believe that their child has gained enough knowledge to lead a satisfactory Jewish life.

Although your child will learn many skills through this process and will become a "Jewish adult", there is much still to learn in terms of ethics, history, tradition, and knowledge that will help your child live as a Jewish adult in a secular society. By furthering his/her education, your child will continue to explore all that Judaism offers as they develop and mature.

By remaining active in Jewish social groups, your child will develop life-long friendships with peers who share a common perspective and background. Remaining involved in Jewish education and Jewish social groups will help your child develop a strong Jewish identity that will provide a framework when making choices as adults.

Educational Opportunities

The **Yachad Program** is for teens in Grades 9 – 12. There are many options to explore, please visit the Yachad website at www.yachadmn.org.

The **Confirmation Class** for 10th grade students discusses how Jewish values and thought speak to the issues they face as teenagers in America.

Adath **High School** students share their skills by serving as tutors and teachers in the Shabbat Morning Program and are eligible for scholarships for summer programs based on their involvement.

Social Experiences

Adath Jeshurun's **USY** (United Synagogue Youth) offers numerous opportunities for teens to be active in social activities, *tzedakah*, and an annual play. May Adath teenagers develop life-long friends with other Jewish teens from all over the country because of their affiliation in USY.

There are numerous Jewish summer camps in the region including **Camp Ramah, Herzl Camp,** and the **JCC of Chicago's Camp Chi.**

A trip to Israel between 10th and 12th grade has been shown to have a major impact on a teen's identity and connection to our homeland.

SCHOLARSHIPS

Louis Herman Israel Experience Scholarship (LHIEF)

All of our *Bar/Bat Mitzvah* students are presented with a certificate of eligibility for a Louis Herman Israel Experience Scholarship which provides grants to Minneapolis teenagers for travel to Israel. Minneapolis residents between the ages of 15 and 18 who are registered for a qualifying Israel Experience are eligible for a LHIEF grant of up to \$1000.00.

This is not a needs based grant. There are numerous programs to Israel to choose from anywhere from 1 week and up to 4 months in length. The LHIEF provides a base grant calculated according to the duration of the program of your choice.

Teens who receive grants will be asked to volunteer in the Jewish community upon their return, as a way to "give back" and share their experience with others.

Adath Jeshurun Scholarship

Post *Bar/Bat Mitzvah* students are invited to apply to the Adath Scholarship Committee for scholarships based on service to the synagogue and on financial need.

BAR/BAT MITZVAH TIMELINE AND CHECKLIST

We highly recommend making an individual calendar for the year prior to your *simḥa*, using the following information.

3 YEARS BEFORE THE 13TH BIRTHDAY:

- The *Bar/Bat Mitzvah* Chairperson in consultation with the Rabbi Kravitz assigns a date for your child's *Bar* or *Bat Mitzvah*. Make sure that your child is enrolled for Jewish education in one of our partner schools in the community.
- Start to think about and set up a preliminary budget for your event.

3 YEARS BEFORE THE BAR/BAT MITZVAH (The start of the school year):

- Register your child for participation in *Shabbat* Morning Program.
- If you're interested, now is a good time to take advantage of the Hebrew classes, liturgy classes and/or *Torah* Reading classes offered by the Adath so you can fully participate in your child's *Bar/Bat Mitzvah* service.

18 MONTHS BEFORE:

- All students will receive training for chanting the *Haftarah*.
- Contact entertainment, caterers, and/or venues for your weekend needs.

THE BAR/BAT MITZVAH YEAR

The *Bar/Bat Mitzvah* year officially commences at the *Yom Kippur Neilah* Service. *Havdalah* is recited by all those who will celebrate their *Bar/Bat Mitzvah* during the New Year.

On two Sunday mornings prior to the High Holy Days, children who's *Bar/Bat Mitzvah* will fall between the upcoming *Rosh Hashanah* and next *Rosh Hashanah* attend the *Hazzan's Havdalah* class. At this time they are introduced to religious practices by the *Hazzan* and prepare to lead *Havdalah* on *Yom Kippur* during the *Neilah* service.

Depending on your date, your child may attend these classes closer to or further from the actual *Bar/Bat Mitzvah*.

1 YEAR BEFORE:

- Start thinking about all the social arrangements you may want. Contact the Adath Catering Director and the Executive Director to let them know what functions you plan to have at the synagogue.
- Begin making a preliminary guest list.
- Contact hotels for out-of-town guests and begin looking for invitations.
- Book any rooms, entertainment, or caterers if not already done.

7 TO 10 MONTHS BEFORE:

- Risa Kessler, the *Bar/Bat Mitzvah* Coordinator will contact each student for a check in. At this point each student will review their *Haftarah*, *Maftir*, *Aliyot* and other mastered items. Risa will make sure that your child's progress is shared with the Rabbis and the *Hazzan*.
- Continue to finalize details.

4 TO 6 MONTHS BEFORE:

- Risa Kessler will contact each student for another check in and report progress to the Rabbis and the *Hazzan*.
- Start to organize your guest list.
- Your child should be getting a notice from the *Hazzan* to start the Sunday Morning Class.
- This is the appropriate time to buy your child a *Tallit* and a pair of *Tefillin* since they will be learning how to use them on Sunday Morning with the *Hazzan*.
- Order *Birkat Hamazon* booklets imprinted with your child's name, or imprinted *kippot* for your guests if desired.
- Begin to make specific arrangements for out of town guests. Make arrangements for *Shomer Shabbat* guests.
- Finalize any details you can.

3 MONTHS BEFORE:

- E-mail a recent high-quality picture of your child to Tobi Cooper (tobic@adath.net) for the Clarion.
- If you wish to have family members read *Torah*, please contact Risa Kessler, our *Torah* Reading Coordinator at 763-541-9663 or 952-215-3925. Risa must be contacted at least 8 weeks before the event. All those who ask to read *Torah* must be experienced and capable of preparing a reading. Adult *Torah* reading classes are offered yearly in the winter, on *Shabbat* Mornings, through the Adult Learning Department. The Adult Learning Director can also refer family members to qualified congregants for assistance in the preparation of *Torah* readings. There may be a charge for tutoring, depending upon the individual tutor and the extent of the assistance provided.
- Meetings with the *Hazzan* to review prayers and *Torah* Readings, review *Haftarah*. Please bring *Tikkun* and *Siddur* to all meetings with the *Hazzan*. These meetings are scheduled with the Cantor's Assistant, Tobi Cooper.

8 WEEKS BEFORE:

- The invitations for out of town guests should go out this week.
- Parents meet with Rabbi Weininger to discuss their presentation/speech to their child.
- Meet with the Rabbis and the Rabbis' Associate, Jim Sherman to review progress, begin working on the *D'var Torah*, and to discuss future Jewish education. These meetings are scheduled by the Rabbi's Assistant, Darlene Davis.
- Get the Honors Sheet from the Rabbis' Assistant, Darlene Davis and begin to decide how you will divide the honors. Each family is permitted three *aliyot* in addition to the *Maftir*

Aliyah that is recited by the *Bar/Bat Mitzvah*, lifting and dressing the *Torah*, opening the Ark, and English readings.

- If you have non-Jewish family members or friends you would like to honor, please contact one of the Rabbis to discuss appropriate ways that they can participate in the Service.

6 WEEKS BEFORE:

- In town invitations should go out this week.

5 WEEKS BEFORE:

- If you want to prepare a letter to your non-Jewish guests, please contact Risa Kessler for some sample letters.
- Parents can meet with the Rabbis' Associate for help on their parent talk if they wish.

4 WEEKS BEFORE:

- Phone all those who have not returned a RSVP, firm up all the decisions, make arrangements for transportation for the out-of-towners, including a map to synagogue or hotel if needed etc.

3 WEEKS BEFORE:

- Set up rehearsal time with the *Hazzan* through Tobi Cooper in the office.
- Contact the Rabbis' Assistant, Darlene Davis to see if there are factors that could affect attendance (baby naming, anniversary blessing, etc.).
- Completed Honor forms should be given to Darlene Davis.
- If you wish, send an announcement and a clear picture of your child to the American Jewish World. It must arrive at least 10 days before the issue.
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2 WEEKS BEFORE:

- Practice delivery of *D'var Torah* on the *Bimah* with Jim Sherman, Rabbis' Associate.
- Parents are asked to submit their brief remarks to their child to Darlene Davis for clergy comment or suggestion.
- Order the Kosher wine that you need and arrange to bring it to the Adath on the Friday of your *simha* before 3:00pm (It should be marked with your name).

THE SHABBAT PRECEDING YOUR SIMHA:

Your family participates in the *Minha* (afternoon) Service. Your child:

- reads *Torah*,
- leads *HaMotzi* and *Birkat Hamazon*,
- leads *Havdalah* (if *Shabbat* ends early). Your family is asked to sponsor the light meal known as *Seudah Shelisheet* which follows the service. The cost of the *Seudah* is (\$20.00) which is included on your bill from the Adath Catering Director. Adath Catering provides all the food.

THE WEEK OF THE SIMHA!!

- Your child is asked to read *Torah* at morning *minyán* on Monday and Thursday mornings at 7:20am until approximately 8:00am (9:30am on Legal Holidays) in the Grossman Chapel. Please bring *Tallit* and *Tefillin*.
- A full rehearsal is held with the family members, usually on Tuesday. Make an appointment with the *Hazzan* through Tobi Cooper in the office.
- Review final details for Shabbat with one of the clergy and submit parent's talk to Darlene Davis.
- Bring your program to the Synagogue office by Monday morning.

THE FRIDAY OF:

- Deliver baked goods, kippot, etc. to the synagogue before 3:00pm.

Friday Night:

- Please arrive at synagogue by 5:45pm to be ready for services to begin at 6:00pm.
- Some families choose to have a *Shabbat* Dinner after services in the Appelbaum Social Hall.
- Enjoy the *simha*!

Shabbat Morning:

- Arrive at the synagogue by 9:15am to be ready for services to begin at 9:30am.
- Remember to bring your child's *Tallit* and *Kippah*, *Siddur* and *Tikkun*, copies of the *D'var Torah* and *Haftarah*.
- Enjoy the *simha*!

Mazal Tov!

Shabbat Morning Program Curriculum Overview

5th Grade (Adat Giborim - Powerful Ones): Focuses on learning prayers (*T'filah*) of the Shabbat morning liturgy and beginning *Torah* reading, understanding what the prayers mean and learning Torah notes.

6th Grade (Adat Dorshim - Wisdom Seekers): Focuses on *T'filah*, perfecting *Torah* reading skills and discussing Jewish ethics. By the end of the year, each child is assigned a short *Torah* portion to chant at the SMP service. Parents are welcome to attend this significant milestone in their child's education. Approximately nine months before their *Bar/Bat Mitzvah*, they begin preparing their own *Bar/Bat Mitzvah Torah* portion, starting with the *Maftir*.

7th Grade (Adat Hadurim - Wonderful Ones): Students are given intensive individualized training in prayers and *Torah* reading in anticipation of their *Bar/Bat Mitzvah*.

8th Grade (Adat Mitkadmim - Those Who Excel): This program starts students on the road to becoming staff in SMP. The curriculum includes Ethics - emphasizing the Ethics of Speech "*Shmirat Lashon*", leadership skills and *tzedakah*. These are critical areas as they interact with young students when they become staff.

KALLAH IN PROGRAM

One of the highlights of the school year and a crucial component of the success of SMP is the *Kallah In Program*. Students in Grades 5 and 6 enjoy a Shabbat morning through Havdalah evening, as individual grade level groups and together. In 8th Grade, students attend a Day Kallah held on Sunday during the year.

These programs provide a fantastic bonding experience for each group. Students experience theme-based programs, participate in services, meals, singing and after *Shabbat* evening activity. For 8th Graders, the Day Kallah also provides an excellent bonding experience with fun activities designed to promote leadership training and advanced Jewish learning.

FAMILY PROGRAMMING

Throughout the school-year there are programs for SMP families. SMP-sponsored Shabbat Dinners, Movie Nights, Challah Making etc., provide families opportunities to get to know the other families in their child's grade as well as the Clergy and staff in a social realm.