

B'NAI MITZVAH INFORMATION BOOKLET

2019

Temple Israel



Jewish Life Happens Here

Temple Israel
1301 Prince of Wales Drive
Ottawa, Ontario
K2C 1N2

Celebrating Your Bar/Bat Mitzvah with your Temple Israel Family

We read in the Torah that Abraham and Sarah were inspired by God to “Lech Lecha – Go Forth!” They were tasked to go on a sacred journey. The exact destination was unknown, but they were confident that the destination was one of blessing and promise. The journey itself was one of growth and along their way they learned that they never need feel alone – they could look to God, their community and the strength within.

As Jewish families we follow in the footsteps of Abraham and Sarah as we journey forward. There are many milestones along the way, meaningful touchpoints that allow us the opportunity to prepare and reach high. As the young people of our community turn 13, we eagerly celebrate their transition to adulthood by calling them to Torah in honour of their Bar or Bat Mitzvah. As a Temple Israel family, we mark this occasion with various traditions meant to build the celebrant up and prepare them for opportunities and challenges ahead.

A Bar/Bat Mitzvah is one key step in a Jewish journey with many milestones along the way. The hope is to use the experience to open one’s eyes to the importance of mitzvot, as in our responsibilities to serve our Jewish community and make our world a better place. It is our hope that our students actively continue partaking in Temple Israel programming after celebrating their Bar/Bat Mitzvah. This includes TIRS through Grade 10 Confirmation as well as junior (JYG gr. 6-8) and senior (FROSTY gr. 9-12) youth groups.

Let’s “Lech Lecha – Go Forth” together!

--- Rabbi Daniel Mikelberg

Components of a Bar/Bat Mitzvah at Temple Israel

As we anticipate celebrating a Bar/Bat Mitzvah as parents and as children we often experience anxiety. How will I possibly find the time to prepare? Standing in front of so many people is scary! Do I have to read in Hebrew? These feelings are natural. As the big day arrives, both parents and children are inevitably awed by a sense of accomplishment and great meaning. Our goal is to build our young people up, reminding them that their voices are essential to our community and we cherish their abilities to serve as our teachers. We have an assortment of expectations for Bar/Bat Mitzvahs at Temple Israel. We temper these with the recognition that every child is unique and the larger goal is for each one to feel good about themselves and their journey with Torah.

Our Bar/Bat Mitzvah services typically fall on a Shabbat morning. Students have the chance to assume a leadership role with various elements of the service including:

- Leading parts of the prayer service including the Shema/V'Ahavta
- Chanting or reading an average of 18 verses of the weekly Torah portion including the before/after blessings
- Chanting or reading a portion of the Haftarah (Prophets) including the before/after blessing
- Preparing a D'var Torah speech teaching the community about the Torah portion and the meaning of celebrating a Bar/Bat Mitzvah. (This is a good place to put "thank yous")

Family members are essential to celebrating the Bar/Bat Mitzvah of our young people. There are various opportunities for family members to have special roles in the service including:

- Parents and grandparents may participate in the "Passing of the Torah" ceremony on the bima prior to the hakafah (Torah processional). They may also march with the Torah during the hakafah.
- Parents as well as loved ones have the opportunity to offer aliyah blessings before the Torah. Additional Torah responsibilities include lifting the Torah (hagbah), dressing the Torah (glilah) and opening the ark. Leading up to the Bar/Bat Mitzvah, parents will be asked to complete an honour sheet listing the participants. All Jewish members who come up to the bima are encouraged to wear tallit and kippa. The first aliyah is reserved for members of the congregation.
- Parents may choose to sit on the bima with their child following the hakafah.
- Parents may briefly (2-3 minutes) address their child concerning the significance of the day. In addition, they may offer a prayer (see below).
- Prior to the service, parents, grandparents and siblings are invited to the Rabbi's office for a short ceremony leading into the Bar/Bat Mitzvah.

Our families are each unique and we celebrate this diversity. We pride ourselves on our inclusion at Temple Israel. We welcome the participation of non-Jewish loved ones in an assortment of ways. For a parent, this includes standing alongside for the Torah blessings. Non-Jewish participants can also open the ark. Grandparents are welcome to be up on the bima for the "passage of Torah".

We encourage students to attend at least 10 Shabbat morning services prior to the Bar/Bat Mitzvah. This helps makes everyone feel more comfortable, knowing exactly what to expect. Attendance can also address anxieties of the family. Prior to their Bar/Bat Mitzvah, each student will be offered the honour of opening the ark before the Aleinu at the conclusion of the service.

A focus of the Bar/Bat Mitzvah is giving back. Students are asked to reflect on how they can lend a helping hand towards tzedakah (charity). This can be a Jewish charitable organization or

something more general. It can take the form of funds or volunteer hours. The hope is that our young people recognize that one of the responsibilities of adulthood includes tackling the various struggles in our world in the pursuit of shalom (peace).

D'Var Torah (Speech in English)

A *D'var Torah* literally means “a word of Torah.” It is a speech about your assigned *parasha* (Torah portion). Use your *parasha* booklet and any other sources you want (yes, parents included!). Here are some suggestions of how to prepare your D'Var Torah:

1. Read through your *parasha* and other notes in your booklet.
2. Select a theme, sentence, or word in the *parasha* that you can relate to and tell us about it.
3. Develop 2 or 3 paragraphs explaining why and how you made your choice and what it means to you. Tell us what it means to become a Bar/Bat Mitzvah or about your journey to your big day. This is your chance to teach the adults a lesson now that you are an expert!
4. Many students add “thank yous” (ie to parents, rabbi, tutor) at the end of the D'var Torah.

Bar/Bat Mitzvah Preparation

What	With Whom
Torah reading and Haftarah	Tutor
Siddur Prayers	Tutor & Gr. 7 Teacher; attend services ☺
Speech	Rabbi

Temple Israel Approved Tutors:

Tutor	Email	Phone
Jenny Burns	jltburns@hotmail.com	613-400-3430
Marian Leimovici-Morrill	leimor@rogers.com	613-220-1253
Sue Potechin	suepotechin@rogers.com	613-864-8156
Larry Tarof	pianoman@dr-l-music.com	613-592-8968
Hillel Taub	hilleltaub@yahoo.ca	613-745-4705

Schedule of Appointments with the Rabbi:

Please call the Temple office three months before the bar/bat mitzvah to book these appointments.

When	Participants	Appointment Date
6-8 weeks before the Bar/Bat Mitzvah	Rabbi, student & parent(s)	
2-3 weeks before the Bar/Bat Mitzvah	Rabbi, student	
1-2 weeks before the Bar/Bat Mitzvah	Rabbi, student	
The week of the Bar/Bat Mitzvah	Rabbi, student and parent(s)	

FOR PARENTS

Tzedakah and Community Donations Honouring the B'nai Mitzvah

You may like to participate in one or more of the following forms of tzedakah:

1. **Inscribing your child's name in the Sefer Bar Mitzvah of the Jewish National Fund** for which a certificate will be presented to your child in front of the congregation. A volunteer from JNF will contact you or you may contact the JNF office at 613-798-2411. Please advise JNF that your donation should be credited to the Temple Israel Playground Project.

2. **Making a donation in appreciation of the Temple and/or Rabbi.** A charitable contribution to one of the Temple Israel funds (such as the Joseph Ginsburg Educational Fund) would be very much appreciated. Please visit the Temple Israel website to make your donation and have a card sent at <http://templeisraelottawa.ca/donate-to-our-funds/>.
3. **The Temple Israel (Ottawa) Foundation** offers the families and students the opportunity to fund a Class Endowment, a Family Endowment, or an endowment in their child's name. For information contact the Temple Israel office or go to <http://templeisraelottawa.ca/donate-to-our-funds/temple-israel-foundation/>

Organizing Your Bar/Bat Mitzvah

B'nai Mitzvah Fee (\$500): Your child will receive study materials, and further materials during the course of the year. If you are enrolled in the Temple school, a school gift will be presented to you in addition to the Temple gift. A tax receipt will be issued for this fee.

Booking Temple Israel for your luncheon and evening party: Please call Executive Director, Heather Cohen, at the Temple office (613-224-1802 extension 4). More Information about caterers, florists, and photographers is available.

Child's Hebrew Name: Please print clearly in English and in Hebrew transliteration to enable us to prepare a B'nai Mitzvah certificate. Please return the form at the meeting or to the Temple office no later than four months before the Bar/Bat Mitzvah.

Temple Bulletin: Please provide a small picture of your child or send a jpg as well as the name of the *tzedakah* project to which your child will donate. Please give the Temple office this information **four months before the date of the Bar/Bat Mitzvah.**

Honours Sheets (in this folder): Please complete the form, including Hebrew names where requested. Please write the Hebrew names in transliteration (for example "Yaacov Daniel ben Yitzhak v'Devora"). **Please complete and return it to the Temple office by the week before the rehearsal.** If you need help in filling out the form, please consult your tutor or the Rabbi.

Gifts: Various certificates and/or books will be presented by a member of the Temple Israel Board of Directors (usually the President). **Your child will receive a gift from his/her class. Since we ask parents to invite the whole class, parents should not feel obligated to provide an additional gift for each classmate.** If your child attends another Jewish school in the city, please ask them to send their book or other gift directly to Temple Israel for presentation at the event.

Invitations: In the spirit of Temple Israel's commitment to community, each student in your child's TIRS class should be invited to all of the Bar/Bat Mitzvahs of his/her classmates. Invitations may be given out in class or emailed. It is suggested to also invite the Rabbi and Cantorial Soloist.

Kiddush: Parents of the Bar/Bat Mitzvah are asked to sponsor the Shabbat Kiddush to which the congregation is invited following services. In order for you to be eligible for a tax receipt, the entire congregation must be invited to a function. For additional information regarding tax receipts, please contact Heather Cohen as above or the Temple Israel office.

Service Explanation Sheet: A service explanation sheet is available in the lobby of Temple Israel.

Guidelines for Ushers: We usually need 3-4 ushers for a Bar/Bat Mitzvah. Temple Israel will provide 2 ushers; please select 1-2 more from your friends and family. Please contact Bernie Gold, head usher, at 613-829-0304. Ushers are asked to:

1. Arrive at the Temple by 10:00 am and identify themselves to the Temple Israel usher.
2. As people arrive, greet them and hand them the siddur (prayer book) with the weekly Shabbat flyer already inserted. We have several spiral bound copies of the siddur with transliteration for guests who cannot read Hebrew.
3. Kippot and tallitot are available in the lobby for use at Temple Israel.
4. People who seem new to Temple Israel might appreciate a service explanation sheet available in the lobby.
5. Once the service begins at 10:15 am, direct latecomers to empty seats in the congregation.
6. If you see someone attempting to take pictures, please advise them that no pictures may be taken during the service.
7. Childcare for infants and children up to eight years old is available downstairs from 10:15 to the end of the service.

Other Helpful Information:

Invitations: Order 4 months in advance. Samples of styles and formats are available to you at stationery stores and online. Hint: Require an RSVP at least four weeks prior to the date.

Caterers: It is not too early to talk to caterers one year in advance. The caterer is responsible for the total cleanup. Some caterers include rentals (linens, tables, chairs, dishes) that Temple Israel doesn't have. Please discuss with your caterer what will be done with any leftovers. Food is always appreciated at The Mission.

Photographers: You might want to contact a professional photographer. Videotaping is allowed using a tripod. Check with the Temple Israel office for details.

Musicians: Musicians may play during the luncheon or evening party. Please check with Heather Cohen or the facilities booklet for more information.

If you have any questions, please speak to the Rabbi, Heather Cohen or Sue Potechin.

For more information on Bar and Bat Mitzvah, please check out the following:

<https://reformjudaism.org/bar-and-bat-mitzvah>

<https://reformjudaism.org/origins-barbat-mitzvah>

<https://reformjudaism.org/history-barbat-mitzvah>

<https://www.nytimes.com/2019/03/27/style/gender-fluid-bar-bat-mitzvah.html>

<https://urj.org/what-we-believe/resolutions/barbat-mitzvah>

<https://urj.org/blog/2016/10/26/how-create-meaningful-mitzvot-opportunities-bnai-mitzvah>

Function and Hall Charges

For complete information regarding function charges and hall rentals please read the Facilities Rental Policy Booklet included in your package. Please contact **Heather Cohen, Executive Director at 613-224-1802 extension 4 for any questions about facilities or rental charges.**

Suggested Prayers read by Parents

Bar/Bat Mitzvah Prayer # 1

Into our hands, Oh God You have placed Your Torah, to be held high by parents and children, and taught by one generation to the next: Whatever has befallen us, our people have remained steadfast loyalty to the Torah. It was carried into exile in the arms of parents that their children might not be deprived of their birthright.

And now I pray that you, _____ may always be worthy of this inheritance. Take its teaching into your heart, and in turn pass it on to your children and those who come after you. May you be a faithful Jew, searching for wisdom and truth, working for justice and peace. Thus will you be among those who labor to bring nearer the day when God shall be One, and God's children shall be one.

Bar and Bat Mitzvah Prayer # 2

May the God of our people, the God of all humankind, bless and keep you. May the One who has always been our guide inspire you to bring honor to our family and to the House of Israel.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ
וְהִגִּיעָנוּ לַזְמַן הַזֶּה.

Ba-ruch a-ta Adonai, Eh-lo-hei-nu mel-lech ha--o-lam, sheh-heh-cheh-ya-nu, v'ki y'ma-nu, v'hi-gi-a-nu, la-z'man ha-zeh.

We praise You, Eternal God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.
