

THE MITZVAH EXPERIENCE

Everything You Always Wanted to Know About
Bar/Bat Mitzvah but Were Afraid to Ask



Mazal Tov on your child becoming Bar or Bat Mitzvah. We know that this is an exciting and inspiring moment in the life of your family. You may also be feeling a bit of anxiety or concern - that's what this handbook is for!

Of course you can always contact your rabbis, cantor and temple staff with questions or concerns. In this guide, you'll find a lot of information to help get you started and answer many questions. Joan Neer, our B'nai Mitzvah Coordinator, is your guide through this process and your main contact. She can be reached at Temple Chai 602-971-1234 or jneer@templechai.com.

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Club 78

B'nai Mitzvah Club

BBM CLUB

TCJH

Mitzvah Project

e h u i
m a n g
p i i h
l e o r

Madrichim

Shabbat Sessions

The opportunities are endless for 7th & 8th Graders at Temple Chai! During the B'nai Mitzvah experience and beyond, we invite you and your family to join us in making our Temple community the place to be for junior high students!

TCJH (Temple Chai Junior High) & Religious School: Bar/Bat Mitzvah (BBM) students are well prepared as they enter the B'nai Mitzvah program (BBM Club) because of three years of Hebrew school and multiple years of Religious school here at Temple Chai. When families join our community from elsewhere, we look forward to working with them to ensure their successful integration into the BBM Club. This is accomplished by evaluating Hebrew levels and working together to keep becoming BBM experience meaningful. It is our expectation that all of our BBM students are continuing their Jewish education either in Religious School, TCJH (Temple Chai Junior High), or a Jewish Day School. TCJH is our 7th & 8th grade program on Tuesday evenings. Junior high students socialize over dinner, enjoy creative elective Jewish studies courses and study in the BBM Club. Becoming BBM is one high point on our Jewish journey and after TCJH, we expect our students to continue at the BJE's Phoenix High School of Jewish Studies (Hebrew High). We also look forward to our students continuing through the 10th grade Confirmation experience, which is part of Hebrew High.

Shacharit Minyan & Shabbat Experience: Three months of Shabbat experiences are opportunities for the BBM Club to attend services together as a community. The BBM Club is a group of BBM students celebrating their BBM within two-three months of one another. They attend Tuesday B'nai Mitzvah classes and Shabbat Sessions together. The BBM Club does not meet every single Shabbat morning during these three months. A schedule will be created in advance for every family. The BBM Club will also meet at other times for a variety of activities (i.e. a Mitzvah project, dinner together, etc.). The BBM teacher and BBM Club will meet to attend services, review prayers after services, share *Kiddush* brunch/lunches following services, study the prayers (and their meanings) and explore the work of what it means to become a BBM. There will be approximately 9 Shabbat gatherings for each BBM Club.

We also look forward to those who have become BBM continuing to be present and leading us in worship as they continue their Jewish journey. We invite parents of our Bar/Bat Mitzvah

students join us for Shabbat. This is an amazing opportunity for our Temple Chai clergy and staff to partner with the parents in our community to model a commitment to Jewish community and life. Parents' attendance provides a level of comfort with the choreography and the service as a whole.

Mitzvah Project: As becoming BBM means accepting the commandments and a commitment to Jewish life, it is our expectation that BBM students complete a Mitzvah project. This is the opportunity to perform a special mitzvah, an act of Tzedakah or Gemilut Chasidim (deeds of loving kindness) in our community. There are countless ways you can have an impact in our community and we have a packet of suggestions for you to choose from. This is a great topic to discuss with the rabbi when you meet about 6-8 months before your celebration. You should let the cantor know what you will be doing by completing the enclosed "Mitzvah Project" Form and giving it to him about 1 or 2 months before the BBM.

B'nai Mitzvah Program (BBM Club): While you are busy making arrangements for your celebration, our BBM students are working hard on Tuesday evenings. Six months before the BBM date, students begin the BBM Club. This class is held year round and is essential to successfully becoming BBM. Four months before the BBM date students will begin having weekly private sessions with a BBM tutor.

Tuesday Evenings:

4:15-5:15pm

BBM Students spend the first 10 minutes reviewing the previous week. The next 15 minutes are spent on various subjects such as learning the meaning of a specific prayer, learning trope, practicing holding, dressing and undressing the Torah, Mitzvah projects, the meaning of becoming a BBM and much more. The rest of the time is spent on new prayers and a specific class topic.

5:20-6:05pm - part of TCJH:

During the 1st hour of TCJH, B'nai Mitzvah students take the following classes:

- Bimah Leadership
- Social Justice
 - Torah
 - Prayers

The Journey Beyond Bar/Bat Mitzvah

Madrichim

We hope our 8th graders become Madrichim – teaching assistants in our Religious School (contact the Religious School for more information).

CLUB 78

Even during your year of preparation, we hope you'll join us for fun filled social events with Club 78 - our 7th & 8th grade youth group.

Preparation at a Glance

Months Prior

- | | |
|----|--|
| 12 | Attend a Shabbat Shacharit Service with bimah honor |
| 6 | Begin BBM Club classes or Shabbatot sessions with the BBM Club

Family Meeting with the rabbi
Begin Mitzvah Project preparation

B'nai Mitzvah fees are due |
| 5 | Study |
| 4 | Study
Begin weekly private meetings with a BBM Tutor |
| 3 | Switch to Tuesday classes or Shabbatot sessions with the BBM Club

Progress check with the cantor |
| 2 | Torah Study appointment with rabbi and begin first draft of D'var Torah

Send in picture and information for Chai Lights. Contact Sheana Abrams, sabrams@templechai.com , for information. |
| 1 | Bimah appointment with cantor

Review speech with rabbi
Final rehearsal with cantor |

What will Happen Throughout the Weekend of my Child's BBM Celebration?

FINAL REHEARSAL

There will be a final rehearsal sometime during the week before the BBM, usually with Cantor Peter or with the officiating rabbi. The parents and BBM are asked to attend. You will receive a letter confirming the day and time approximately 2-3 months prior.

KABBALAT SHABBAT NOSH / SHABBAT MORNING KIDDUSH

1. At 5:30 pm before the Kabbalat Shabbat Service on Friday night, we have our community nosh. Part of the B'nai mitzvah fee includes hosting this nosh in honor of your family's simcha. The BBM and parents will be called up to light the Shabbat candles at the end of the nosh. The Kabbalat Shabbat Service is from 6:15 to approximately 7:30. The BBM will lead the congregation in the Kiddush during this service.

2. The 8:45 Saturday shacharit service ends approximately 10:15 and the 10:30 service ends approximately 12:00. Each Shabbat service will conclude with blessing the challah and wine. Weather permitting, the congregation will enjoy the challah and wine in the Jerusalem Courtyard. Many families continue to celebrate by providing an extended Kiddush for family and friends. Please contact Sheana Abrams, 602-971-1234 or sabrams@templechai.com, to discuss the arrangements and fees for these different options. Families sharing a B'nai Mitzvah will need to meet to determine the nature of the community Kiddush and if you would like to host it together.

What Else Should we be Thinking About?

FEES

The fees for the B'nai mitzvah are \$1000.00. \$650 covers the B'nai mitzvah classes on Tuesday nights, the Shabbat Sessions and 4 months of tutoring and \$250 is for the Shabbat fund which includes the nosh before the Kabbalat Shabbat service on Friday night, the Kiddush (challah, wine and grape juice) on Saturday morning, and \$25 to be donated to the Youth Group Fund. We ask for these fees to be paid by the time your child begins B'nai mitzvah classes or arrangements to be made. Please contact Wendy Twiggs, wtwiggs@templechai.com, in the accounting office to discuss your options for paying these fees.

FOOD BANK MITZVAH

You will be asked to donate two bags of non-perishable food, toiletries, baby or pet supplies to the Paradise Valley Food Bank. These can be dropped off in the bins in the hall outside the social hall.

PHOTOGRAPHY

We encourage you to take pictures before or after the Final Rehearsal, or on the Friday before the BBM celebration. If you are sharing your service, a photographer's schedule will have to be arranged. Please contact our B'nai mitzvah coordinator, Joan Neer, 602-971-1234 jneer@templechai.com, to schedule this. Please **do not** schedule pictures to be taken in the sanctuary while the service is in progress. Pictures may be taken from a stationary position if the

tripod is located outside of the sanctuary. Please do not use a flash. Temple Chai does not have an exclusive photographer and you may contract with anyone you wish.

VIDEO

Video filming is permitted during the ceremony from a stationary position in the back of the sanctuary on the right or left side. For a shared service we encourage people to share a videographer so there are fewer cameras, and of course, less expense.

TREE OF LIFE

Family or friends are encouraged to purchase a leaf on our Tree of Life in honor of the Bar/Bat Mitzvah. Some families choose to privately (before or after the service), or publicly, at your Friday night dinner or at the reception, present the leaf to the Bar/Bat Mitzvah as it sets up a permanent reminder of this special day. Years later the Bar/Bat Mitzvah can return and look at his/her leaf. To order your leaf in honor of this simcha or *any* simcha in your family, call the Temple at least one month prior to your date or you may download the form from our website at www.templechai.com.

SACRED SPACE

Our Sanctuaries are sacred space because of the community we create together. This means our attire and our actions while attending services are important. If you dress good, you feel good, if you feel good, you pray good! Girls/women are asked to not wear sleeveless dresses or blouses and boys/men are asked to wear nice slacks and shirts. Please come to services with appropriate dress and good behavior.

BOOKLETS

Some families choose to prepare a program of the service, including honors and a note from the bar or bat mitzvah to hand out to the congregation. This is optional. We have many samples in the office for you to see. Contact Joan Neer, 602-971-1234 (jneer@templechai.com), to make arrangements to browse them.

FACILITY USAGE

Should you desire to use any part of our facility, in either the social hall, the small sanctuary or the Jerusalem Courtyard for any other social part of your Bar/Bat Mitzvah, please contact Sheana Abrams at 602-971-1234 or sabrams@templechai.com, to schedule these reservations. This may include a Friday night dinner, the Kiddush, a luncheon or a party. We suggest you reserve the facility well in advance. All reservations are on a first come, first served basis. Once the reservation has been made, please call the temple to schedule an appointment within 30 days prior to your event to finalize all of the arrangements.

INVITATIONS/KIPPOT/TALLITOT

Temple Chai offers personalized service to order custom invitations (at a 28% reduction). We can also special order kippot for your guests, inscribed as you choose. The Judaica shop has a large assortment of gifts, yadayim (Torah pointers), tzedakah boxes, havdalah sets, tallit sets and more. About eight to six months before your simcha contact Joan Neer to set up an appointment to begin the invitation process or for more information.

How can I make the experience even more meaningful?

Throughout the year there will be many opportunities for you and your family to deepen the meaning of the BBM experience. Here are some ways to ensure a sense of Jewish identity, and that will also add healing to the world:

1. Experience services together. Bring the whole family and celebrate Shabbat with each other. Create a sacred time with family meals and meaningful conversation. Make it a social time by joining other families who are also a part of the mitzvah experience.
2. Contribute 3% of the cost of your celebration to MAZON, the Jewish Hunger Fighting Organization. Send your check to: MAZON, Inc. - 2288 Westwood Blvd., Los Angeles, CA 90064. Cards are available to place on your tables or use as place cards. Contact them at www.mazon.org.
3. If you have centerpieces at the dining tables, make them "real" objects which can afterwards be donated to orphanages, "Toys for Tots," Children's Hospital, etc. An example is to have baseball bat centerpieces.
4. Set an extra place for Elijah at your party and use the money that would have gone for Elijah's meal for your favorite Tzedakah cause.
5. Take any flowers you use to a hospital or home for the elderly after the BBM.
6. Include in your invitations a request that in place of gifts, money should be sent to your favorite charities. Or, set aside 10% of all the gift money for Tzedakah.
7. Let your Jewish life continue. Encourage your child to chant Kiddush every Friday, to wear his or her tallit on Shabbat and holiday mornings and to continue to participate in services.

How can I honor and include family and friends in the service?

Your child's service is a beautiful time to honor those who have been a part of his or her life as they begin their journey towards adulthood. On the next few pages you'll find the honors that are usually included during a BBM service. If you have particular circumstances that you would like to discuss, please make an appointment with the rabbi.

Mitzvah Project Form

Name _____

Date of BBM _____

Please describe your Mitzvah Project:

How many hours do you think you will be putting into this project? _____

When do you expect to complete it? _____

BBM signature _____

Parent signature _____

Clergy signature _____

Please give this form to Cantor Peter about 1 or 2 months before your BBM

B'NAI MITZVAH HONORS SHEET FOR SINGLE SERVICE

(Please send this to Joan Neer 1 week before the simcha)

Name _____ Ceremony Date _____
Service Time _____ Names of Parents _____
Officiating Rabbi _____

Friday Evening

Candle lighting

We invite the immediate family and grandparents to stand with us as we light the Shabbat candles. Please honor ONE member of your family to do the actual lighting. The rabbi or cantor will lead the chanting of the blessing.

Shabbat Morning

Opening (optional) Reading _____

Tallit Presentation

This honor is often given to a parent, grandparent or someone representing an older generation.

First Ark opening and closing (Before the Torah service)

Passing the Torah from generation to generation

(Usually includes parents, grandparents and when blessed, great grand parents)

Aliyot – Torah blessings before and after the Torah reading

Please list both their English and Hebrew names. For Hebrew names, please include the person's father's and/or mother's name. (Example: Yaacov ben Shmuel v'Shoshana).

	English Names	Hebrew Names (including parents' names)
1.	_____	_____
	_____	_____
	_____	_____
	_____	_____
2:	_____	_____
	_____	_____
	_____	_____
	_____	_____
3. Parents	_____	_____
	_____	_____
4. Bar/Bat Mitzvah (Maftir)	_____	_____

The honor of dressing the Torah (Golel)

Parents Blessing

Parents are invited, one or both, to bless their child, to express wishes for their Jewish lives. (Approximately 2 minutes.) See examples at the end of this packet.

Second Ark opening and closing (When we return the Torah to the Ark)

B'NAI MITZVAH HONORS SHEET FOR SHARED SERVICE

(Please send this to Joan Neer 1 week before the simcha)

Name _____ Ceremony Date _____
Service Time _____ Names of Parents _____
Officiating Rabbi _____

Friday Evening

Candle lighting

We invite the immediate family and grandparents to stand with us as we light the Shabbat candles. Please honor ONE member of your family to do the actual lighting. The Rabbi or cantor will lead the chanting of the blessing. _____

Shabbat Morning

Opening (optional) Reading _____

Tallit Presentation

This honor is often given to a parent, grandparent or someone representing an older generation.

***First Ark opening and closing** (Before the Torah service)

Passing the Torah from generation to generation

(Usually includes parents, grandparents and when blessed, great grand parents)

*The first and second Ark opening and closing are shared by both families

Aliyot – Torah blessings before and after the Torah reading

Please list both their English and Hebrew names. For Hebrew names, please include the person's father's and/or mother's name. (Example: Yaacov ben Shmuel v'Shoshana).

	English Names	Hebrew Names (including parent's names)
1.	_____	_____
	_____	_____
	_____	_____
	_____	_____
2:	_____	_____
	_____	_____
	_____	_____
	_____	_____
3. Parents	_____	_____
	_____	_____
4. Bar/Bat Mitzvah (Maftir)	_____	_____

The honor of dressing the Torah (Golel) is shared by both families

Parents Blessing

Parents are invited, one or both, to bless their child, to express wishes for their Jewish lives. (Approximately 2 minutes.) See examples at the end of this packet.

Second Ark opening and closing (When we return the Torah to the Ark)

*The first and second Ark opening and closing are shared by both families. Ex: For the 1st opening/closing at the beginning of the Torah service, one family can do the opening as the Torah is removed and the other family can close it. This can be repeated for the 2nd Ark opening/closing at the end of the Torah service. Or, one family can do the 1st one and the other family can do the 2nd one.

Candle Blessing

What do we do for Candle Lighting on Friday Night?

The rabbi or cantor will announce when it is time to light the Shabbat candles. Each family will have one set of candles to light. Invite immediate family and grandparents to join you and please ask those who have this honor gather around the table at approximately 6:05. Please honor ONE person from your family to do the actual honor of lighting the candles. The rabbi or cantor will guide you through lighting the candles and then lead the chanting of the blessing.

If it is your custom to encircle the candles before saying the blessing, please do so. The blessings will then be sung together with the clergy and congregation. Traditionally, the mother and BBM light the candles and will sometimes invite grandmothers to join them. But whatever is tradition for your family would be wonderful to share with our community.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Ba-ruch a-ta Adonai, Eh-lo-hei-nu meh-lech ha-o-lam,
a-sheer ki-d'sha-nu b'mitz-vo-tav v'tzi-va-nu
l'had-lik ner shel Shabbat.

(Blessed is the Eternal, our God, Ruler of the universe, who makes us holy with Mitzvot, and commands us to kindle the lights of Shabbat.

Please join the congregation in singing “Shalom Aleychem”.

How can I Prepare Those who have the Honor of Blessing the Torah (An Aliyah)?

Below you will find instructions that you may hand out to those who have an Aliyah. You will also find 3 copies of the blessing in Hebrew & in English transliteration. If any of your friends or family members need some help, this is a wonderful opportunity for your child to teach or re-teach the blessings.

Aliyah

The honor of being called to the Torah

Mazal Tov on this very special honor.

1. When it is your turn for an Aliyah, the Rabbi will call your name in Hebrew.
2. When you come up to the Bimah (stage) for your Aliyah, please stand to the right of the person reading the Torah.
3. If you are wearing a tallit, please gather the tzitzit (fringes), wrap them around your finger, touch your tallit to the place on the Torah that the Torah reader or rabbi points to, and then kiss the tzitzit.

If you are not wearing a tallit, you may use someone else's tzitzit, or you may use the binding of a prayer book (touch and kiss).

4. Please chant or read the first line in Hebrew. The congregation will chant the second line in response. Repeat the second line and then continue with the rest of the paragraph.
5. The Torah reader will chant a section of the Torah. As a witness, please follow as the reader chants.
6. After the section is chanted you will repeat the same gathering on the tzitzit, touch the Torah where the reader is pointing to, kiss the tzitzit (or use a prayer book) and chant or read the blessing after the Torah reading.

You will then be asked to stand on the other side of the Torah reader as the next person(s) is called up. Please remain up on the Bimah until that person has completed both blessings.

***Please make sure modest attire is worn, i.e., no spaghetti straps or uncovered shoulders.

Reading of the Torah

Before the reading

בְּרַכּוּ אֶת-יְיָ הַמְּבַרְךְ!	Reader
בְּרוּךְ יְיָ הַמְּבַרְךְ לְעוֹלָם וָעֶד!	Congregation, then Reader repeats
בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Reader
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים וְנָתַן-לָנוּ אֶת-תּוֹרָתוֹ.	
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.	

Bar-chu et Adonai ham-vorach! (reader)

Baruch Adonai ham-vorach l'olam va-ed! (Congregation, then reader repeats)

Baruch ata Adonai, eloheinu melech ha-olam (reader chants the rest)

Asher ba-char ba-nu mi-kol ha-a-mim v'na-tan la-nu et to-ra-to.

Baruch ata Adonai, no-tain ha-Torah.

(Praise the One to whom praise is due! Praised be the One to whom praise is due now and forever! Praised be our Eternal God, Sovereign of the universe, who has chosen us from all peoples by giving us the Torah. We praise You, Eternal One, Giver of Torah.)

After the Reading

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Reader
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.	
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.	

Baruch ata Adonai, elo-heinu melech ha-olam,

asher natan la-nu to-rat em-et v'cha-yei olam na-ta b'to-chay-nu.

Baruch ata Adonai, no-tain ha-Torah.

We praise You, Eternal God, Sovereign of the universe:

You have given us a Torah of truth, implanting us eternal life.

We praise You, O God, Giver of the Torah.

Reading of the Torah

Before the reading

בְּרַכּוּ אֶת-יְיָ הַמְּבַרְךְ!	Reader
בְּרוּךְ יְיָ הַמְּבַרְךְ לְעוֹלָם וָעֶד!	Congregation, then Reader repeats
בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Reader
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים וְנָתַן-לָנוּ אֶת-תּוֹרָתוֹ.	
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.	

Bar-chu et Adonai ham-vorach! (Reader)

Baruch Adonai ham-vorach l'olam va-ed! (Congregation, then reader repeats)

Baruch ata Adonai, eloheinu melech ha-olam (reader chants the rest)

Asher ba-char ba-nu mi-kol ha-a-mim v'na-tan la-nu et to-ra-to.

Baruch ata Adonai, no-tain ha-Torah.

(Praise the One to whom praise is due! Praised be the One to whom praise is due now and forever! Praised be our Eternal God, Sovereign of the universe, who has chosen us from all peoples by giving us the Torah. We praise You, Eternal One, Giver of Torah.)

After the Reading

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Reader
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.	
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.	

Baruch ata Adonai, elo-heinu melech ha-olam,

asher natan la-nu to-rat em-et v'cha-yei olam na-ta b'to-chay-nu.

Baruch ata Adonai, no-tain ha-Torah.

We praise You, Eternal God, Sovereign of the universe:

You have given us a Torah of truth, implanting us eternal life.

We praise You, O God, Giver of the Torah.

Reading of the Torah

Before the reading

בְּרַכּוּ אֶת-יְיָ הַמְּבַרְךְ!	Reader
בְּרוּךְ יְיָ הַמְּבַרְךְ לְעוֹלָם וָעֶד!	Congregation, then Reader repeats
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אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים וְנָתַן-לָנוּ אֶת-תּוֹרָתוֹ.	
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.	

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Asher ba-char ba-nu mi-kol ha-a-mim v'na-tan la-nu et to-ra-to.

Baruch ata Adonai, no-tain ha-Torah.

(Praise the One to whom praise is due! Praised be the One to whom praise is due now and forever! Praised be our Eternal God, Sovereign of the universe, who has chosen us from all peoples by giving us the Torah. We praise You, Eternal One, Giver of Torah.)

After the Reading

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Reader
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.	
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.	

Baruch ata Adonai, elo-heinu melech ha-olam,

asher natan la-nu to-rat em-et v'cha-yei olam na-ta b'to-chay-nu.

Baruch ata Adonai, no-tain ha-Torah.

We praise You, Eternal God, Sovereign of the universe:

You have given us a Torah of truth, implanting us eternal life.

We praise You, O God, Giver of the Torah.

Here are some Hebrew words that You can be Familiar With

Bar Mitzvah	בֶּר מִצְוָה	Son of the commandment
Bat Mitzvah	בַּת מִצְוָה	Daughter of the commandment
B'nai Mitzvah	בְּנֵי מִצְוָה	Children of the commandment – plural of bar mitzvah or a combination a bar and bat mitzvah
B'not Mitzvah	בָּנוֹת מִצְוָה	Daughters of the commandment – plural of bat mitzvah
Mitzvah	מִצְוָה	Commandment/sacred obligation
Torah	תּוֹרָה	Law or teaching. Also the 5 book of Moses
Sefer Torah	סֵפֶר תּוֹרָה	Torah Scroll
Chumash	חֲמֵשׁ	Five books of Moses (Torah in book form)
Shabbat	שַׁבָּת	Day of rest
Parasha	פָּרָשָׁה	Torah portion
Parashat Hashavua	פָּרָשַׁת הַשְּׁבוּעַ	Portion of the week
Haftarah	הַפְּטָרָה	A reading from the Prophets or Writings
Aliyah	עֲלִיָּה	The honor of being called up to the Torah
Aliyot	עֲלִיּוֹת	Plural of Aliyah
Maftir	מַפְטִיר	Closing section of the Torah portion
Beresheet	בְּרֵאשִׁית	Genesis
Shemot	שְׁמוֹת	Exodus
Vayikra	וַיִּקְרָא	Leviticus
Bamidbar	בְּמִדְבָּר	Numbers
Devarim	דְּבָרִים	Deuteronomy
Trope	טַעֲמִים	Chant used for Torah and Haftarah

Will I Have an Opportunity to Speak During the Service?

Toward the end of the service you will be asked to bless your child. When you study the Torah portion at your Family's Torah meeting with the rabbi, you might find ways to tie your blessing to the themes of the Torah portion. In any case, we ask that your blessing relate to values, ethics and your child's adult Jewish life. We have included a few samples of parent blessings. To obtain readings that you may want to give out as an honor contact Joan Neer at jneer@templechai.com.

1.

You were born to a legacy of Torah, brighter than gold
Let it illuminate your heart and your mind and nourish your soul.
Torah's wisdom waits for you;
Dig for meaning, seek the truth,
Learn to expand your reach,
Learn our history, handed down, so that you may pass it along.

May you be blessed in your coming and your going, daytime and night.
Seek to know the way of God by doing what is right;
Welcome guests with open door,
Comfort sorrow, feed the poor,
Keep your tongue from hurtful speech,
Stand for justice, work for peace;

May your deeds, both great and small, help to heal us all.

You're a link in the chain of generations, a gift from above.
Seed of our future, fruit of our past, and surrounded by love.
May you some day make a home
Joined with one you love alone;
Sharing struggle, laughter, tears,
Strengthening through the years,
And if children come to you, bless them as we bless you:

2.

We want to let you know how proud of you we are. You have worked so hard and your hard work and dedication has paid off. You look so beautiful standing on the bimah and reading from the Torah.

Your Torah portion has many themes running throughout and you touched upon some important challenges Moses, Miriam and Aaron were faced with. You learned that God is not always perfect and while you expect a lot out of yourself and always strive for perfection, it is OK to make mistakes. The lesson is to learn from those mistakes and grow as a person and as a Jew.

In addition, the Torah portion discusses how Moses feels overwhelmed and responsible to everything and everyone. God sees how it is affecting him and provides help with members of the community. We see a correlation in your life. Often, you are the organized, the "go to" person. We see this in many facets of your life; whether it is a school assignment, your mitzvah project or making people feel special on their birthdays or my case, Mother's Day when you put together a full scavenger hunt for me. This is one of your strongest traits are we are so proud of how you have handled all of life's challenges.

3.

Our wish for you is that you continue to build upon your strengths throughout your life. You have a great ability to see things from many perspectives and respect those who are different from you. You speak up on others' behalf and try to ensure everyone is included. We hope you continue to ask questions, learn something new everyday and cherish the Jewish values you have been taught throughout your life.

You are such a blessing to our family. Watching your relationships with your sisters develop into friendships has been a pleasure (well...most of the time). You are a very caring sister and I think your bonds with Kimmy and Carly will grow even stronger as you get older. We have enjoyed watching you make new friends here in Arizona, while keeping in touch with your friends from Chicago. It also mad us so very proud that you planned, organized and completed your mitzvah project with very little assistance from us.

As you grow into adulthood, please remember the lessons from your Torah portion. Don't be afraid to take some risks and make some mistakes as you move into adulthood. With your talents and your loving heart, we have a feeling you are going to do some amazing things in your life. We love you very much and are very proud of you.