

# THE MITZVAH EXPERIENCE

Everything You Always Wanted to Know About  
Bar/Bat Mitzvah (BBM) 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. This handbook is designed to help your family make the most out of this experience! Please know you can always contact your clergy 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](mailto:jneer@templechai.com). Feel free to also contact Cantor Ross Wolman at [Cantorwolman@templechai.com](mailto:Cantorwolman@templechai.com).

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# OPPORTUNITIES FOR JUNIOR HIGH STUDENTS

**The opportunities are endless for junior high students at Temple Chai! During the B'nai Mitzvah experience and beyond, we invite you and your family to make Temple Chai a part of your lives - an exciting place to be!**

**Wednesday Night at Chai (Temple Chai Junior High – The Jewish Journey)** is our 7<sup>th</sup> grade program on Wednesdays from 4:15 – 6:00 pm. Junior high students socialize and enjoy creative elective Jewish studies courses. Becoming Bar/Bat Mitzvah (BBM) is a highlight on a Jewish journey. We expect our 7<sup>th</sup> and 8<sup>th</sup> grade students to complete the year of TCJH.

**B'nai Mitzvah Program (BBM Club):** Approximately eight-ten months before the BBM date, students begin the BBM Club. This also takes place on Wednesdays from 6:00 – 7:15 **right after religious school** (a light meal will be provided). This class is required and is essential to successfully becoming BBM. Students will learn about the meanings behind the prayers they will lead at their BBM. They will also have opportunities to practice their prayers as a group. This portion of the BBM program lasts about 12 weeks.

**Shabbat Experience:** Part of the BBM Club experience is participating in required weekly Shabbat services. As the Wednesday component finishes, the BBM Club will begin attending Shabbat services – Friday night or Saturday morning depending on the week. Together as a club, the students will become familiar with the structure and meanings of the service. 2 or 3 Torah study sessions will take place and a couple may include parents. There will be approximately 12 Shabbat gatherings.

We invite and encourage 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:** Becoming a BBM means accepting the commandments and committing to Jewish life. In helping our students integrate mitzvot into their lives, we require BBM students to complete a Mitzvah project. There are countless ways you can have an impact in our community and we are here to help you think through all of the possibilities. This is a great topic to discuss with the rabbi when you meet about 6 months before your celebration. You should let your rabbi know what you will be doing by completing the enclosed "Mitzvah Project" Form and giving it to him/her at the time of the Torah Study appointment. BBM students are asked to contribute 13 hours of service towards their project.

# Preparation for B'nai Mitzvah at a Glance

## Months Prior

- 7-8      BBM Family/Club Orientation meeting.  
Start reading Torah portion in English/you may choose verses to read at service.
- 6      Hebrew/Prayer check-in will be scheduled.  
Begin Tuesday BBM Club classes. Begin learning prayers by reading the prayer packet and listening to prayer CD.  
Family meeting with the rabbi.  
Family meeting with the cantor.  
Begin Mitzvah Project preparation.  
B'nai Mitzvah fees are due.  
BBM tutor will contact you to begin weekly private tutoring sessions.
- Begin Shabbat portion of BBM Club experience.
- 3      Student walk and talk with the rabbi.
- 6 Weeks      Family meets with the rabbi to study the student's Torah portion.  
Weekly tutoring is now with Cantor Wolman.  
Send in picture and information to Temple Chai & The Jewish News.
- 3 Weeks      Student meets with the rabbi to work on d'var Torah.
- 2 Weeks      Practice session on the bimah.  
Send completed honors sheet to Joan Neer.
- 1 Week      Final rehearsal for student and family with clergy.

## Special Prep Time with the Rabbis and Cantor

1. Your first visit with the Rabbi (approximately 9-12 months before) will be a “Family” appointment. This is an opportunity to ask any questions you may have about the Bar/Bat Mitzvah journey. The Rabbi will get to know you and your family in a casual office visit, and you will get to know her!
2. Family appointment with the Cantor (approximately 6-8 months before) – is a chance for the student and parents to meet with the cantor to check on your child’s progress with prayers and to spend a little time getting to know one another.
3. The “Walk”- This is a very special one-on- one time for the Rabbi and the student to visit with each other. The Rabbi and the Bar/Bat Mitzvah will meet at Temple Chai and then spend about 45-60 minutes taking a walk to a local destination. Through this process, they will continue to learn more about each other and strengthen their relationship
4. Torah Study- Your family is invited to meet in the Rabbi’s office to explore the themes of the weekly Torah portion your child will be reading. On the day of the Bar/Bat Mitzvah celebration, the student will teach their parsha to the community. At this appointment, the Rabbi will share some thoughts and ideas that will assist your child in preparing this Dvar Torah (Word of Torah- i.e. the “speech.”) You may also discover thoughts that you wish to emphasize in your blessing of your child on that special day. It may be helpful to have read the portion together in anticipation of this appointment, but no other preparation is necessary.
5. D’var Torah- Your student will meet with the Rabbi to review and refine this draft of the D’var Torah. BBM students are asked to send a copy of their 1<sup>st</sup> draft to the Rabbi a few days before the appointment. They may exchange drafts by email prior to this appointment so that by the time of the meeting the talk is in a close to final form.
6. Meetings with the Cantor – The cantor will meet with each student for ½ hour a week for about 6 weeks leading up to the BBM. These sessions will be in lieu of meeting with the tutor.
7. Final Rehearsal- Most often, you and the Cantor will meet in the sanctuary in the days prior to the actual Bar/Bat Mitzvah to practice the service from the bima and to review the “choreography” of the service. Many families choose to use this time for formal photographs.

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

### **FINAL REHEARSAL**

There will be a final rehearsal during the week before the BBM, usually with the cantor. This involves the parents as well as the BBM. You will receive a letter confirming the day and time approximately 2-3 months prior. (Please make sure you put this and all appointments on your calendar). This is approximately a 1 ½ hour rehearsal.

### **KABBALAT SHABBAT/ NOSH / SHABBAT MORNING KIDDUSH**

1. 10 minutes of Kavanah - At 5:30pm before the Kabbalat Shabbat Service on Friday night, the BBM family is invited to join the clergy on the bimah to spend a few minutes reflecting on this wonderful milestone. Part of the B'nai Mitzvah fee includes hosting a community nosh, which begins at 5:30pm, in honor of your family's simcha. The Kabbalat Shabbat Service is from 6:15 to approximately 7:30. The BBM and parents will be called up to light the Shabbat candles at the beginning of the service. Please designate one person to light the candles. The BBM will lead the congregation in the Kiddush during this service.

2. If you have an 8:45am service, it will end approximately at 10:15 am. If you have a 10:30 am service it will end approximately at 12:00pm. Each Shabbat service will conclude with challah and juice/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](mailto:sabrams@templechai.com), to discuss the arrangements and fees for these different options. Families sharing a B'nai Mitzvah should 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 Wednesday nights, the Shabbat Sessions and 5 months of tutoring and \$250 is delineated 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 Scholarship 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 Debbie Delfiner at [ddelfiner@templechai.com](mailto:ddelfiner@templechai.com), in the accounting office to discuss your options for paying these fees. (Please note, these fees may change as of July, 2015).

### **PHOTOGRAPHY**

We encourage you to take pictures before or after the Final Rehearsal, or on the Friday before the BBM celebration. Please contact our B'nai Mitzvah coordinator, Joan Neer, 602-971-1234 EXT 291 [jneer@templechai.com](mailto:jneer@templechai.com), to schedule your photography. 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. No flash photography is permitted.

## **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.

## **SACRED SPACE**

Our sanctuaries are sacred spaces. This means our attire and our actions while attending services are important. Girls/women are asked to have covered shoulders and hem lines of appropriate length. Boys/men are asked to wear nice slacks and shirts.

## **HANDOUTS**

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 handout is optional. Contact Joan Neer, 602-971-1234 ([jneer@templechai.com](mailto:jneer@templechai.com)) to request some samples.

## **FACILITY USAGE**

Should you desire to use any part of our facility, in the social hall, the small sanctuary or the Jerusalem Courtyard for any part of your Bar/Bat Mitzvah, please contact Sheana Abrams at 602-971-1234 or [sabrams@templechai.com](mailto:sabrams@templechai.com), to reserve your space. This may include a Friday night dinner, the Kiddush, a luncheon or a party. We suggest you reserve the facility well in advance. Please note that 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.

## **KIPPOT/TALLITOT**

Temple Chai Judaica Shop offers personalized service to 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. Contact Joan Neer to set up an appointment.

## 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 ideas:

1. Experience services together. Bring the whole family and celebrate Shabbat with each other.
2. 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.
3. Study Torah together and learn from each other.
4. Make Jewish ritual a part of your life. Find a few mitzvot that your family would like to try out and take on!
5. If you have centerpieces at the dining tables, make them "real" objects which can afterwards be donated charities and organizations throughout the Phoenix area.
6. 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.
7. Take any flowers you use to a hospital or home for the elderly after the BBM.
8. Include in your invitations a request that in lieu of gifts, money may be sent to your favorite charity. Or, set aside 10% of all the gift money for Tzedakah.
9. Encourage your child to chant Kiddush every Friday.
10. Contribute 3% of the cost of your celebration to MAZON, the Jewish Hunger Fighting Organization. Cards are available to place on your tables or use as place cards. Contact them at [www.mazon.org](http://www.mazon.org)

Help our list grow – tell us what has been meaningful for your family!



# Mitzvah Project Form

Name \_\_\_\_\_

Date of BBM \_\_\_\_\_

Please describe your Mitzvah Project:

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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 your officiating rabbi at the Torah study appointment or to Joan Neer at least 1 month before your BBM. You are asked to contribute 13 hours of service towards this project.

# B'NAI MITZVAH HONORS SHEET FOR SINGLE SERVICE

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

Name \_\_\_\_\_ Ceremony Date \_\_\_\_\_  
Service Time \_\_\_\_\_ Name(s) of Parent(s) \_\_\_\_\_  
Officiating Rabbi \_\_\_\_\_

## Friday Evening

### **Candle lighting**

We invite the immediate family and grandparents to light the Shabbat candles. Please choose one person to light the candles.

## Shabbat Morning

**Optional Opening 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. We will be happy to help you if you have any questions concerning Hebrew names. (Example: Yaacov ben Shmuel v'Shoshana).

English Names

Hebrew Names (including parents' names)

1. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

3. Parents \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

4. Bar/Bat Mitzvah \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

**The honor of lifting the Torah (Hagbah)** \_\_\_\_\_

**The honor of dressing the Torah (Gelila)**  
 \_\_\_\_\_

(Please see the hagbah/gelila instruction sheet in this packet – page 14)

**Parents' Blessing**

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

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

\_\_\_\_\_

\*We ask that all those saying the Torah blessings during an aliyah, or who are lifting or dressing the Torah be Jewish. If you have special concerns, please let us know.

# B'NAI MITZVAH HONORS SHEET FOR SHARED SERVICE

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

Name \_\_\_\_\_ Ceremony Date \_\_\_\_\_  
Service Time \_\_\_\_\_ Name(s) of Parent(s) \_\_\_\_\_  
Officiating Rabbi \_\_\_\_\_

## Friday Evening

### **Candle lighting**

We invite the immediate family and grandparents to light the Shabbat candles. Please choose one person to light the candles.

## 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)

\_\_\_\_\_

\_\_\_\_\_

\*The first and second Ark opening and closings are shared by both families.

### **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 parent's names)
1. _____ _____ _____ _____	_____ _____ _____ _____
2: _____ _____ _____ _____	_____ _____ _____ _____
3. Parents _____ _____	_____ _____
4. Bar/Bat Mitzvah (Maftir) _____	_____

**The honor of lifting the Torah (Hagbah) is shared by both families**

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

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(Please see the hagbah/gelila instruction sheet in this packet-page 14)

### 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)

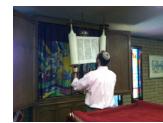
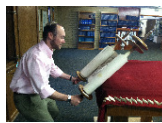
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\*The first and second Ark opening and closing are shared by both families. Ex: For the 1<sup>st</sup> opening/closing at the beginning of the Torah service, one family can do the opening as the Torah is removed and the other family can close it. This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

## Instructions for Lifting and Tying the Torah – Hagbah and G'lilah

### **Hagbah:**

1. The rabbi or cantor will call you up.
2. Unroll the Torah scroll to a width of three columns.
3. Slide the Torah scroll down the reading table so that the bottom rollers are off the table.
4. Hold the rollers tightly. Using the table for leverage, bend your knees and push down on the bottom ends of the rollers.
5. Lift the scroll high above your head. Be careful.
6. Turn around so that the inside of the scroll – the writing – can be seen by the congregation.
7. After the congregation has chanted "v'zot ha-Torah", sit down in the chair provided for you. Here, the one doing g'lilah takes over. Just help.



### **G'lilah:**

1. The rabbi or cantor will call you up at the same time as the person lifting the Torah.
2. Hold the top of the Torah rollers and roll the scroll together (with the steady help of the person who did hagbah)
3. Take the sash or fastener, and fasten it around the front of the Torah (the part with the writing)
4. Cover the Torah with its mantle/cover, making sure the decoration faces front and the top rollers go into the correct holes.
5. Then put the breastplate and pointer back on.
6. You may now return to your seat in the congregation.

The person who did hagbah remains on the bimah, and holds the Torah in her/his lap until the service has reached the point when it is time to return it to the ark.

Candle Blessing  
What do we do for Candle Lighting on Friday Night?

Shabbat Candles will be lit right before the start of the service. Each family will have one set of candles to light. The rabbi or cantor will invite you up to the bimah for the candle lighting. You may invite immediate family and grandparents to join you. 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.

The blessings will then be sung together with the clergy and congregation.

בְּרוּךְ אַתָּה יי 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 Help to Prepare People 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 נִטַּע 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

בְּרַחוּ אֶת-יְיָ הַמְּבַרְךָ!

Reader

בְּרוּךְ יְיָ הַמְּבַרְךָ 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 נִטַּע 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

בְּרַחוּ אֶת-יְיָ הַמְּבַרֵּךְ!  
בְּרוּךְ יְיָ הַמְּבַרֵּךְ לְעוֹלָם וָעֶד!

Reader

Congregation,  
then Reader repeats

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים וְנָתַן-לָנוּ אֶת-תּוֹרָתוֹ.  
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Reader

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

Reader

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 helpful Hebrew words**

Bar Mitzvah	בַּר 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	בְּנוֹת 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	חֲמִשׁ	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	טְעָמִים	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](mailto: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.