

# Family Bar/Bat Mitzvah Guide

Temple Beth-El  
Birmingham, Alabama

*Mazal tov on your upcoming simcha!!*



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Comfortable Tradition, A Contemporary Approach

Rabbi Michelle Goldsmith  
*Rabbi*

Cantor Daniel Gale  
*Cantor*

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*Director of Education*

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*President*

***Educate a child according to his/her own path,  
S/he will not swerve from it even in old age  
Prov. 22:6***

### **A Message from our Clergy...**

Celebrating a Bar/Bat Mitzvah is a family journey. We at Temple Beth-El are honored to share this journey with you and your child. Together we will link the sacred act of “going up” to the Torah with the spiritual process of “growing” in faithfulness to God and community.

Bar/Bat Mitzvah celebrates the sanctity of family and acknowledges that a child has now ascended to religious adulthood within our tradition. A Bar/Bat Mitzvah binds the past and future generations, affirming faith in our tradition and in God. Our goal at Temple Beth-El is to create a Bar/Bat Mitzvah program that is a spiritual and religious experience, connecting child and family to God, the Jewish people and to each other.

## **Core Values of our Bar/Bat Mitzvah Program**

### ***A Nurturing Environment***

We want our Bar/Bat Mitzvah program to be nurturing and caring. We strive to always be gentle, kind, considerate, patient and sensitive to our students and parents. We want to create an environment that enhances the spiritual and religious experience of Bar/Bat Mitzvah.

### ***Parental Involvement***

Parental involvement is key to the success of our program and the entire Bar/Bat Mitzvah experience. We encourage and nurture the involvement of parents with the students.

### ***Relationship Development***

The continuous involvement of our clergy and professional staff with student and parents affords the opportunity for developing relationship. Lasting bonds are created between student, parent, rabbi, cantor and educator during the course of each student’s progress through our program.

### ***Excellence in Preparedness***

We want our children to achieve a very high level of excellence. We want them to do the very best they can, and encourage each child to participate to the full extent of his/her ability. The better prepared our B’nai Mitzvah – the more positive the experience.

### ***Putting God on the Guest List***

We emphasize the religious and spiritual significance of Bar/Bat Mitzvah. We want to connect the child to Judaism, family, Israel and the Jewish people.

### **Purpose of this Guide**

A Bar or Bat Mitzvah is a meaningful lifecycle event for your family and for our congregation. The purpose of this information guide is to help families prepare for their Bar/Bat Mitzvah at Temple Beth-El.

### **Contact Information**

Our professional staff is eager to assist you throughout the planning stages of your simcha. If you would like to speak to one of us, please call the TBE Office at 933-2740. If you would like to contact us via email, our email addresses are as follows:

Rabbi Goldsmith	RabbiGoldsmith@templebeth-el.net
Cantor Gale	CantorGale@templebeth-el.net
Rabbi Flax	lflax@templebeth-el.net
Bob Greenberg	Bgreenberg@templebeth-el.net

### **On the Web**

This handbook and other additional information will be available by visiting the Temple Beth-El website ([www.templebeth-el.net](http://www.templebeth-el.net)). You can access forms, blessings, and other useful material.

### **Eligibility for B'nei Mitzvah at Temple Beth-El**

Temple Beth-El is rich in tradition and is strongly committed to the principle that children who have a Shabbat morning Bar or Bat Mitzvah in our synagogue must be properly prepared. Preparation includes instruction in the mechanics of reading Hebrew, leading services, and chanting Torah and Haftarah, using melodies that are familiar to our congregation. This preparation also instructs the student in the core values of the Conservative Movement.

Successful completion of five years of instruction in our Religious School, including one-on-one instruction during the final year prior to the Bar or Bat Mitzvah, will satisfy the requirements for having a Shabbat morning Bar or Bat Mitzvah at our synagogue. Meeting these requirements will also show the family's ongoing commitment to supporting Temple Beth-El. Member families whose children attend NEMJDS, meet Jr. Congregation requirements, and complete their Bar/Bat Mitzvah preparation will also meet the requirements for a Shabbat morning Bar/Bat Mitzvah at our synagogue

Cases of children who have not received equivalent Conservative Judaic instruction, whether because their families have moved to our community short of the above five year time frame or because their Jewish education has been acquired elsewhere locally, will be reviewed by an ad-hoc committee that shall include the Rabbi. In determining whether the child may have a Shabbat morning Bar or Bat Mitzvah, this committee will consider many factors, including the child's level of Conservative Jewish education and the family's level of commitment to our synagogue.

Should the family wish to consider options other than a Shabbat morning Bar or Bat Mitzvah, such options include a Shabbat Mincha (afternoon service) celebration, or any morning on which the Torah is read, such as Monday and Thursday mornings or Rosh Chodesh.

**Project Mishpacha**

Participation in Project Mishpacha is required for all children and parents whose children are having their Bar/Bat Mitzvah at Temple Beth-El. Sessions are held about once a month at Temple Beth-El on Sunday mornings beginning at 9:15am. Rabbi Goldsmith will be in touch with you regarding dates for the coming year. You may also refer to the Temple Beth-El bulletin for Project Mishpacha dates.

If you are unable to attend any of the meetings please contact the Rabbi in advance.

**The Mitzvah**

One way to help put the "mitzvah" back into the Bar/Bat mitzvah is to practice Judaism in the home. Rabbi Goldsmith will be pleased to discuss ways in which you can make your Jewish home life richer and more meaningful. These and other topics will be discussed throughout the Project Mishpacha series.

Families can develop a deeper sense of meaning by using the Bar/Bat Mitzvah as an opportunity to observe the mitzvah of tzedakah (caring for those in need). Children are encouraged to set aside a portion of their gift money for tzedakah, and spend some time as a family discussing where that money should go. Other possibilities include donating a percentage of the money that you are spending on the Bar/Bat Mitzvah celebration to Mazon, a Jewish fund for hunger. Literature on Mazon is available in the Temple Beth-El Office.

As part of the Bar/Bat Mitzvah program children will be participating in various mitzvah projects. Rabbi Goldsmith will discuss this in detail at the orientation meeting. Families should begin thinking about ways they can fulfill the mitzvah of "tikun olam", building a better world.

**Orientation Meeting**

Each fall, a meeting is scheduled with all parents of children who will become Bar/Bat Mitzvah in the next year. This is an opportunity for our professional staff to explain the program to you, as well as answer questions on all aspects of the Bar/Bat Mitzvah program.

**Meeting with the Executive Director**

Four months or more prior to the Bar/Bat Mitzvah, you will meet with our Executive Director to secure plans for your simcha. In this meeting, you will cover general information as well as the specifics of catering, signing a contract for use of the facility, videography and other similar topics. For your convenience, much of this information will be provided to you in writing prior to or during the orientation meeting.

Please email the Executive Director with any questions you may have during the planning process at [bgreenberg@templebeth-el.net](mailto:bgreenberg@templebeth-el.net).

## **Bar/Bat Mitzvah Preparation**

### **Jr. Congregation – Saturday, 10:30am**

**Jr. Congregation is for all students, whether they are enrolled in Temple Beth-El's Religious School and/or the N.E. Miles Jewish Day School.** It is an important part of our children's Jewish education. It is considered an essential element of our program. The services provide our children with an opportunity for participation in Jewish worship, putting into practice that which they have learned in the formal education program.

By the time our children begin their private weekly Bar/Bat Mitzvah lessons with Cantor Gale, it is expected that they will have acquired the necessary skills to lead components of the Shabbat morning service. In order to learn these skills, it is suggested that children attend at least the minimum number of sessions as required for each grade. **Children who meet the recommended minimum attendance will be given the privilege of leading additional parts of the Shabbat evening and morning service at their Bar/Bat Mitzvah.**

#### Recommended Shabbat attendance:

Aleph (Grade 3): 9 Sessions  
Bet (Grade 4): 12 Sessions  
Gimel (Grade 5): 15 Sessions  
Dalet: (Grade 6): 15 Sessions (at least 4 of which must be Friday evening services)

Alternatively, students may attend regular Friday evening or Shabbat morning congregational services with their parents in the Main Sanctuary at Temple Beth-El as long as they arrive prior to 10:00am.

### **Mechina – Saturday, 10:30am**

For children in Kindergarten through Second Grade, a special Jr. Congregation preparation program is offered on Saturday mornings. Mechina is an exciting and fun weekly program which will help prepare our children for Jr. Congregation.

### **Studies with Cantor Gale**

Cantor Gale begins private lessons with our Bar/Bat Mitzvah students eight to ten months before the Bar/Bat Mitzvah date. As part of our Religious School Fifth and Sixth Grade curriculum, each student will already have acquired skills such as Torah Blessings, Haftarah Blessings, and Torah / Haftarah trop (cantillation). Through attendance at Jr. Congregation from Grades Three through Six, students will already have learned the entire Shabbat service.

### **Private lessons with Cantor Gale**

Approximately one year before the Bar/Bat Mitzvah date, the student and his/her parents meet with Cantor Gale to discuss their needs and expectations. The starting date for private lessons is based on specific needs

### **Study time**

Students are expected to study at least five days a week for thirty minutes. Additional home study time is required as the event draws closer.

**Private outside tutoring**

Cantor Gale is responsible for training all of our Bar/Bat Mitzvah students. If a student should require additional assistance in the skill of Hebrew reading, a qualified and approved tutor will be selected by Cantor Gale. The tutor will be hired at the parents' expense.

**Preparation of Speech**

Six weeks before the Bar/Bat Mitzvah, Rabbi Goldsmith meets with the student to help prepare the speech. **Please contact Rabbi Goldsmith two months before the event to arrange your first appointment.** Speech preparation is discussed at one of the Project Mishpacha sessions and materials are distributed to help with the process. This brief speech is presented during the service. The number of meetings depends on the needs of the student. Some of this work may be done via email. Please make arrangements for these meetings by contacting Rabbi Goldsmith directly at [rabbi@templebeth-el.net](mailto:rabbi@templebeth-el.net).

**Thursday Morning Minyan**

It is a tradition that the Bar/Bat Mitzvah student and family attend morning minyan on the Thursday morning prior to the Bar/Bat Mitzvah. This service allows your child the opportunity to put on tefillin for the first time as part of the daily minyan community at Temple Beth-El. The service is casual and begins at 7:00am. Photography is permitted during the service.

**Final Rehearsal**

During the week prior to the Bar/Bat Mitzvah, Cantor Gale will conduct a final rehearsal with the Bar/Bat mitzvah student and family. Depending on the calendar, it might be necessary to schedule the final rehearsal two weeks in advance of the Bar/Bat Mitzvah. The rehearsal is scheduled directly with Cantor Gale.

**Photographs**

For those who would like a photography session, our clergy is available to join you on Friday morning at 10:00 am prior to your Bar/Bat Mitzvah Shabbat. Please confirm this by contacting those professionals directly whom you wish to include in the pictures. Photography is not permitted on Shabbat in the Temple. Please contact the Temple Office for a list of photographers who are familiar with Bar/Bat Mitzvah photography.

## **Friday Evening and Shabbat Morning Services**

### **Friday Evening**

The Friday evening service is casual and begins at 5:45pm. The Bar/Bat Mitzvah family is encouraged to attend. It is a wonderful and appropriate way to begin the weekend. The Bar/Bat Mitzvah participates by chanting selected sections of the service.

### **Basket of Blessings / Bimah Flowers**

The Collat Jewish Family Services of Birmingham will provide a "basket of blessings" as a bimah decoration in return for a donation to their agency. You can use the "basket of blessings" to bring the mitzvah of tzedakah into your celebration. We suggest that you consider this meaningful alternative to bimah flowers.

Some families choose to provide flowers for the bimah during the Bar/Bat Mitzvah Shabbat service. An arrangement may be placed in front of the Reading Table and/or in front of the Rabbi's lectern. Flowers may also be placed in stands at the far ends of the bema, outside of the Torah holders. Temple Beth-El can provide names of florists who are familiar with this procedure. Flowers must be in place by 12:00pm on Friday of the B/Mitzvah Shabbat.

### **DVD Recording of Shabbat morning service**

A DVD of the Bar/Bat Mitzvah service is available. A permanent camera is installed in the sanctuary for this purpose. There is a small fee for video taping. If you would like a video, please contact The Executive Director at least one week prior to the Bar/Bat Mitzvah.

### **Honors and Aliyot**

Family and friends may be included in the service by offering them an aliyah or other honor. The distribution of aliyot and honors will be discussed in detail during Project Mishpacha. A form to assist in the assigning of honors is included in this booklet and is also available for download at the Temple Beth-El website. Completed forms must be submitted to Rabbi Goldsmith by Monday prior to your Bar/Bat Mitzvah weekend.

### **The Kiddush Lunch**

**The policy of Temple Beth-El is that the Bar/Bat mitzvah is a community event and therefore the family is expected to provide a kiddush/lunch for all those attending the Shabbat morning service.** Several kosher caterers are approved for cooking in our kitchen and our Executive Director will provide you their contact information. A full list of Temple Beth-El kitchen procedures and fees is available in the Temple Office. Please note that cooking is not permitted on Shabbat. In addition, food and/or flower deliveries and pick-up are not permitted on Shabbat.

All plans must be coordinated through the Executive Director three months or more in advance of the Bar/Bat Mitzvah weekend.

Since a Bar/Bat mitzvah is a congregational event, an integral part of our Shabbat worship, and since all kiddush/lunches are open to the community as a whole, it is not necessary to send private invitations to the kiddush/lunch to members of the congregation. A formal announcement of the event will be printed in the bulletin during the month of the Bar/Bat Mitzvah.

The following Torah Service honors are available to honor family and friends with during the service:

<b>Peticha</b>	Opening the Ark	1 or 2 People
<b>Aliyot</b>	Torah Blessings	Max. 4 per aliyah
<b>Each family may distribute up to five Aliyot/Torah honors to family or friends (including parents). A maximum of four individuals may share one aliyah.</b>		
<b>Hagbah</b>	Lifting the open Torah after the reading	1 Person See below (*)
<b>Gelilah</b>	Dressing the Torah	1 Person
<b>English Reading</b>	Prayer for Our Country	1 or 2 People
<b>English Reading</b>	Prayer for Israel	1 or 2 People
<b>Peticha</b>	Opening the Ark	1 or 2 People

(\*) Please note: **The honor of Hagbah (lifting the Torah scroll) is reserved for the congregation.** If the family wishes to give this honor to a friend or relative who is a member of Temple Beth-El, that is acceptable. If that person has not performed **Hagbah** before, s/he must meet with the Cantor ahead of time to learn and practice the proper technique.

Please see the section below, **Interfaith/Non-Jewish Participation in the Service**, regarding participation by non-Jewish family and friends in the service. If you have any questions about which honors are appropriate, please contact Rabbi Goldsmith or Cantor Gale.

#### **Interfaith/Non-Jewish Participation in the Service**

Joyous celebration knows no religious boundaries. At Temple Beth-El, we welcome non-Jews to participate in our services in appropriate ways from the bimah, when they are celebrating a simcha.

In the case of a Bat or Bar Mitzvah, Temple Beth-El recognizes that raising a Jewish child requires the dedication and commitment of both parents -- Jewish and non-Jewish alike in the case of Inter-faith marriages.

Recognizing the important role of both spouses in raising a child to the age of Bar/Bat Mitzvah, we therefore welcome the participation of interfaith parents in the service as follows:

- Presentation of *tallit* to Bar/Bat Mitzvah
- The Parents' Prayer/Blessing before the Bar/Bat Mitzvah's maftir aliyah.

**Please note: When the Jewish parent is formally called to the Torah to recite the blessing for the Torah, the non-Jewish spouse is invited to accompany him/her, and to stand at his/her side during the blessing.**

We also welcome the participation of other non-Jewish invited guests in the following ways:

- A Prayer for Our Country
- A Prayer for Israel
- A Prayer for Peace

If you would like further information, please contact Rabbi Goldsmith or Cantor Gale

To maintain the sanctity and dignity of our Shabbat services, we require that every person who is called to the Torah for an Aliyah (Torah honor) be able to recite the blessings accurately. The text in Hebrew with English transliteration is available for download at our website. If asked, Cantor Gale will gladly provide a recording of the Torah blessings.

Parents, older siblings, relatives and friends are welcome to chant from the Torah. We ask that those assigned this honor be prepared to perform this ritual competently. Therefore, s/he may be asked to chant for Cantor Gale prior to the service date to ascertain the reader's ability, and to work with the Cantor, if necessary. If you wish to honor someone with chanting from the Torah, please consult with Cantor Gale for a list of available aliyot to be read during your child's Bar/Bat Mitzvah.

#### **Bimah Honors**

It is the custom at Temple Beth-El that one current Temple Officer and one Temple Board member sit on the bimah during every Shabbat morning service. **Families may designate a board member to sit on the bimah for the service.** The rotation of Officers is automatic and the Officer who sits on the bimah will make the congregational presentation to the Bar/Bat Mitzvah child.

#### **Ushers**

It is customary at Temple Beth-El to designate friends or relatives as ushers. Ushers are asked to greet and welcome people as they arrive for services on Shabbat morning. In addition, the ushers do not allow people to enter the sanctuary while the red light is on. All ushers must be above the age of Bar/Bat Mitzvah and members of Temple Beth-El. If you need assistance with finding ushers for your simcha, please contact the Office in advance so that we may help you.

#### **Parental Blessing**

Following the Maftir aliyah, the parents recite a blessing in honor of this significant event. A text of this blessing will be distributed during Project Mishapacha and available for download at our website. Alternatively, parents may write or adapt their own blessing for this special occasion. The text of this blessing must be approved by the Rabbi in advance of the service.

#### **Presentations**

During the service, a representative of Temple Beth-El presents the Bar/Bat Mitzvah with a gift from each Temple Beth-El auxiliary organization. The Officer on the Bimah makes this presentation.

**Temple Beth-El  
Bar/Bat Mitzvah Celebration  
Shabbat Morning Honors**

**Ark Opening for taking out the Torah (1 or 2 people)**

Name(s): \_\_\_\_\_

Relation: \_\_\_\_\_ From: \_\_\_\_\_

**Torah Aliyot: *A maximum of 4 people may receive each aliyah.***

Name(s): \_\_\_\_\_ Relation: \_\_\_\_\_

Hebrew Name(s): \_\_\_\_\_ From: \_\_\_\_\_

Name(s): \_\_\_\_\_ Relation: \_\_\_\_\_

Hebrew Name(s): \_\_\_\_\_ From: \_\_\_\_\_

Name(s): \_\_\_\_\_ Relation: \_\_\_\_\_

Hebrew Name(s): \_\_\_\_\_ From: \_\_\_\_\_

Name(s): \_\_\_\_\_ Relation: \_\_\_\_\_

Hebrew Name(s): \_\_\_\_\_ From: \_\_\_\_\_

Name(s): \_\_\_\_\_ Relation: \_\_\_\_\_

Hebrew Name(s): \_\_\_\_\_ From: \_\_\_\_\_

**Parents' Blessing:**

Names: \_\_\_\_\_

Hebrew Names: \_\_\_\_\_

**Maftir Aliyah (Bar/Bat Mitzvah)**

Bar/Bat Mitzvah's Name: \_\_\_\_\_

Hebrew Name: \_\_\_\_\_

**Hagba: Lifting the Torah (Reserved for TBE member - may be family/friend)**

Name: \_\_\_\_\_

Relation: \_\_\_\_\_ From: \_\_\_\_\_

(\* Please note: **The honor of Hagbah (lifting the Torah scroll) is reserved for the congregation.** If the family wishes to give this honor to a friend or relative who is a member of Temple Beth-El, that is acceptable. If that person has not performed **Hagbah** before, s/he must meet with the Cantor ahead of time to learn and practice the proper technique.

**Gelilah: Dressing the Torah**

Name: \_\_\_\_\_

Relation: \_\_\_\_\_ From: \_\_\_\_\_

**Responsive English Reading: Prayer for our Country (pg. 148) - 1 or 2 people:**

Name(s): \_\_\_\_\_

Relation: \_\_\_\_\_ From: \_\_\_\_\_

**English Reading: Prayer for the State of Israel (pg.149) - 1 or 2 people:**

Name(s): \_\_\_\_\_

Relation: \_\_\_\_\_ From: \_\_\_\_\_

**Ark Opening for the return of the Torah (1 or 2 people)**

Name(s): \_\_\_\_\_

Relation: \_\_\_\_\_ From: \_\_\_\_\_

**Bima Honors:** \_\_\_\_\_

**Ushers:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please refer to page 7 in the Temple Beth-El Family Bar/Bat Mitzvah Guide  
for guidelines regarding participation of  
non-Jewish family and friends in the service.**

This form may be downloaded from Temple Beth-El's website, [www.templebeth-el.net](http://www.templebeth-el.net).



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Comfortable Tradition, A Contemporary Approach

## The Ultimate Parent's Bar/Bat Mitzvah Checklist

### 12 Months

- Family meets with Rabbi and Cantor for Bar/Bat Mitzvah Orientation.
- Student must attend Temple Beth-El's Religious School or NEMJDS through year of Bar/Bat Mitzvah.
- Payment of Bar/Bat Mitzvah Fee, confirm Synagogue Account is current.
- Begin or continue to Light candles and say Kiddush on Friday Night with family.

### 11 Months

- Students begin studying prayers and trope on our Temple Beth-El website, ([www.templebeth-el.net](http://www.templebeth-el.net)).
- Create Jewish book list for family reading and Friday night discussion.
- Meet with caterer to arrange S'udat Mitzvah/Reception.
- Confirm the Hebrew name and Spelling of English name for preparation of Bar/Bat Mitzvah certificate.

### 10 Months

- Attend Shabbat Morning and Friday Night Service.
- Discuss with family ways to incorporate theme of "Judaism" into your simcha and S'udat Mitzvah (reception).

### **6-7 Months**

- Submit list of Aliyot and honors to B'nai Mitzvah Coordinator (Aliyot Forms in Addendum and on TBE website).
- Bar/Bat Mitzvah begins private lessons with Cantor.
- Bar/Bat Mitzvah begins daily study at home for fifteen to twenty minutes.
- E-mail picture of Bar/Bat Mitzvah for TBE Bulletin announcement.
- Begin Attending Project Mishpacha– Parents and B'nai Mitzvah Program.

### **4 Months**

- Parents and siblings begin learning Torah Reading(s).
- Select and purchase Tallit, and kippot (head coverings).

*Tefillin are donated to each Bar/Bat Mitzvah by Temple Beth-El's Men's Club.*

### **3 Months**

- Meet with Rabbi to prepare writing of D'var Torah and "Thank you, God" speech.
- Bar/Bat Mitzvah writes one minute D'var Torah, (not more than 350 words).

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### **2 Months**

- Meet with officiating Rabbi.
- ATTEND SERVICES WEEKLY ON SHABBAT.

### **2 Weeks**

- Contribute to Tzedakah in honor of your simcha.
- Schedule appointment for photo session in Sanctuary.

### **The Final Week**

- Final rehearsal with Cantor Gale. Parents are encouraged to attend.

## The “Big Weekend” – *Mazal Tov!*

### **Thursday Morning Minyan**

- Kimerling Chapel 7:00 am
- B’nai Mitzvah are called to the Torah at our 7:00am morning minyan in KimerlingChapel. They recite the B’rachot HaTorah and put on Tallit and Tefillin. The cantor blesses the B’nai Mitzvah. B’nai Mitzvah may choose to chant from Torah and/or lead the morning minyan, depending upon level of preparation.

### **Erev Shabbat/ Friday Evening Service**

- The service is held in the Kimerling Chapel and begins at 5:45 pm. Our “family friendly” Friday Evening service is approximately an hour in length. B’nai Mitzvah will participate in the service. Family and friends are encouraged to attend. Dress is smart casual.

### **Shabbat Morning**

- The service begins at 9:30am in the main sanctuary. Please arrive no later than 9:15am and take your seats (along with your son/daughter) in the first row, center section which is reserved for your family.
- The Bar/Bat Mitzvah and parents are called to the bimah byt the Rabbi at the beginning of the service to present the Talit. After reciting the b’racha and putting on the tallit, parents return to their seats.
- The Bar/Bat Mitzvah sits on the bima next to the Cantor.
- The Bar/Bat Mitzvah participates throughout the service.
- The parents are called to the Torah for an Aliyah/Blessing for the Seventh Aliyah.
- After reciting the blessings before and after the reading of the Torah, the parents deliver a short blessing and remarks.
- The Bar/Bat Mitvah is formally called to the Torah for the Maftir aliyah, recites the blessings and the Maftir portion.
- The Bar/Bat Mitzvah delivers a short D’var Torah, recites the haftarah and haftarah blessings, receives a charge from the Rabbi, blessing from Rabbi and Cantor,
- Bar/Bat Mitzvah leads the congregation in the chanting of the Aleinu and concluding hymns at the end of the service.

**The day after...**

- Choose ways to continue to celebrate the spiritual meaning and significance of Bar/Bat Mitzvah by participating in the performance of Mitzvot. Here are some ways to extend the true meaning of Bar/Bat Mitzvah and Judaism into your life:
  - Celebrate Shabbat by lighting candles and saying Kiddush.
  - Attend Shabbat Services together with your family.
  - Attend morning or evening minyan.
  - Participate in shiva minyan.
  - Participate in Tikum Olam projects as family.
  - Put on Tallit and Tefillin regularly.
  - Read books with Jewish content.
  - Continue your Jewish education.
  - Schedule date to read from the Torah, or lead parts of the service.
  - Attend a lecture or concert with Jewish content.
  - Contribute to Tzedakah.
  - Plan a trip to Israel.

## Recommended books about Bar/Bat Mitzvah:

### A Spiritual Journey: The Bar Mitzvah and Bat Mitzvah Handbook

By Seymour Rossell, published by Behrman House, 1993. (This book is distributed as part of our Bar/Bat Mitzvah class curriculum.)

### Putting God on the Guest List: How to reclaim the Spiritual Meaning of your Child's Bar or Bat Mitzvah

By Rabbi Jeffrey Salkin, published by Jewish Lights Publishing. Woodstock, Vermont.

The Bar Mitzvah Book edited by Moira Paterson, Praeger Publishers. New York, 1975.

Bar Mitzvah, Bat Mitzvah: How Jewish Boys and Girls Come of Age by Bert Metter, published by Ticknor and Fields, New York, 1984.

Coming Of Age: Your Bar/Bat Mitzvah by Benjamin Efron and Alvan Rubin, Published by UAHC in New York, 1978.

The Bar Mitzvah Treasury edited by Azriel Eisenberg, published by Behrman House, New York, 1952.

The Bar/Bat Mitzvah Planbook by Jane Lewit and Ellen Epstein, Scarborough House Publishers, Chelsea, MI, 1991.

The Bar Mitzvah and Bat Mitzvah Easy Planner By Linda Seifer Sage, published by Danscott Publishing, Armonk, New York, 1991.

