

Student B'nei Mitzvah Handbook

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Mazel tov on beginning your journey to becoming B'nei Mitzvah!

We are excited and grateful for the opportunity to learn with you and from you, and support you during the months ahead.

There is a Jewish custom for students to receive a taste of honey at the beginning of their study of Judaism, symbolizing the hope that your learning experience will be full of sweetness and joy, so please enjoy these **honey sticks** as you begin your official study for B'nei Mitzvah.

And every new beginning is cause for celebration, so we offer you this blessing of gratitude for new beginnings, the *Shehecheyanu*:

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם
שְׁהַחַיְנוּ וְקִיַּמְנוּ וְהִגִּיעַנוּ לַזְּמַן הַזֶּה

*Baruch atah, Adonai Eloheinu, Melech haolam,
shehecheyanu, v'kiy'manu v'higianu laz'man hazeh.*

Blessed are You, Source of All Life, who has given us life,
sustained us and enabled us to reach this day.

May you learn and grow within the sweet and supportive embrace
of the Jewish community, during your B'nei Mitzvah preparation,
and throughout your life.

Rabbi Berkman and Rabbi Queen



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OUR VISION AND VALUES

BECOMING A JEWISH ADULT AT TEMPLE OHABEI SHALOM

At age 13, Jewish children become B'nei Mitzvah, adults in the eyes of the Jewish community, who can...

- think and act independently,
- take on new responsibilities within their Jewish community
- and develop a new relationship with their Jewish identity.

Choosing to become B'nei Mitzvah and be called to the Torah is a powerful opportunity to mark a new chapter in your Jewish story, a new way of connecting to your Jewish heritage and relationship to the Jewish people and making intentional commitments to Judaism *on your own terms*.

INCLUSION AND ACCESSIBILITY

Recognizing that every person is created *b'tzelem Elohim*, in the image of God, each with their own unique identity, gifts and challenges, Temple Ohabei Shalom is committed to helping you meaningfully mark this important moment through a supportive *B'nei Mitzvah* experience that meets you where you are.

The Hebrew word *mitzvah*, is usually translated as "commandment," but is also understood as a sacred obligation or commitment, and the word *B'nei* means "children of." To become *B'nei Mitzvah* means becoming "a child of the commandment," or in other words, one who takes it upon oneself the obligation to fulfill a commandment.

Traditionally, those who are male-identified become *Bar Mitzvah*, and those who are female-identified become *Bat Mitzvah*. At Temple Ohabei Shalom, we use "*B'nei Mitzvah*" for everyone as a non-binary way to encompass all genders, and you are welcome to use the terminology that feels most meaningful to you and your family.

FRAMING YOUR EXPERIENCE

Close your eyes and imagine YOUR B'nei Mitzvah service *and* celebration... Based on what you have seen at others' services and/or celebrations, or in your imagination:

What will make your B'nei Mitzvah...

Meaningful to you?

- A day that honors and showcases your interests, passions, and talents like:

- Accommodating of your individual learning style, needs or preferences:

- THINK SPECIFICS: What is included (and what's not included)?

Meaningful to your family?

- Helping to connect to your family's unique structure and history

- THINK SPECIFICS: What is included (and what's not included)?

Representative of your various communities?

- The TOS community
- The Jewish community, locally or globally
- Your community of friends and family
- The greater Boston community

List any ideas that come to mind: _____

Feel connected to your Jewish learning and practice?

- Now? Throughout your life?

List any ideas that come to mind: _____

WHAT IT'S ALL ABOUT: *GUIDING PRINCIPLES FOR YOUR B'NEI MITZVAH JOURNEY*

Jewish tradition teaches, "The world stands on 3 things: Torah (Learning), Avodah (Worship and spiritual practice) and Gimilut Chasadim ("acts of compassion" that help us repair the world!). From here, we learn that B'nei Mitzvah students must put their **whole selves** into living Jewish lives: their head, heart, and hands.

TORAH: LEARNING



B'nei Mitzvah students **read from the Torah scroll** (and Haftarah, usually a section from the biblical books of Prophets), and then, reflect on your Torah portion's themes and meaning, and **prepare a d'var Torah**, "a word of Torah". Often called "the speech," the d'var Torah is a short teaching during the service; this is your chance to bring YOUR values, experiences, passions, and perspective, and literally add YOUR voice to the ongoing conversation of Jewish tradition.

AVODAH: PRAYER + SPIRITUAL PRACTICE



When a worship service works, it touches the heart, and in Hebrew, "prayer" is known as *avodat halev*, a "service" or "offering of the heart." You will bring your whole heart to leading the community in prayer and reading and chanting in Hebrew from the siddur (prayer book) and the Torah scroll.

Your comfort in the synagogue and with Hebrew will help you feel ready for your Big Day, and the prayer experiences you have now will help you feel *comfortable in any synagogue or Jewish community in the world*.

Starting now, it's important to attend Shabbat services both on Friday nights and Saturday mornings as much as possible, to familiarize yourself with each service and connect with the TOS community. In the year before your *B'nei Mitzvah* you're required to attend **at least six Shabbat morning services at Ohabei Shalom** and **three Shabbat morning services at another congregation**. *Please use the log in the Resources section to keep track of your progress and share it with Rabbi Queen by your first rehearsal.*

GIMILUT CHASADIM, AKA TIKKUN OLAM (REPAIRING THE WORLD)



One can't live as a Jew without "doing" Jewish, and so *B'nei Mitzvah* students complete a Mitzvah Project, during which you use your hands, your heart and your time to assist others and contribute to the goal of *tikkun olam*, repairing the world.

The Mitzvah Project should represent a **substantial commitment of time and energy** to a project of your choice. More information and Mitzvah Project inspiration can be found in the Resources section.

KEHILAH (COMMUNITY)



B'nei Mitzvah is not just an individual or family celebration, but one for the entire community to welcome YOU as a new Jewish adult into our midst. We mark this lifecycle moment by having the *B'nei Mitzvah* lead parts of our regularly scheduled communal Shabbat service, so that the people who have been with your family at *Shabbat B'yachad*, celebrated holidays and seen you grow up, learned with you at ARS, and worked side-by-side with you at Mitzvah Day, can celebrate together as you become B'nei Mitzvah.

Because B'nei Mitzvah is the beginning of what we hope will be a lifetime of Jewish learning and living, B'nei Mitzvah are expected to continue to be involved in Jewish learning and community through opportunities for Jewish learning and engagement at Temple Ohabei Shalom and in the broader community.

SPECIAL TEMPLE OHABEI SHALOM TRADITIONS

THE DOME

Part of celebrating the milestone of B'nei Mitzvah is becoming part of a long-standing tradition at Temple Ohabei Shalom: an escorted trip up to the Dome, where you sign your name on the wall of the Dome, and receive a letter written by your parents.

FURTHER OPPORTUNITIES FOR PARTICIPATION IN WORSHIP SERVICES

Students who have become B'nei Mitzvah have gained extremely valuable skills! Good Torah readers are always in high demand. Please speak with our clergy about opportunities to chant Torah on Shabbat or on the High Holidays, or lead part of Shabbat services at Temple Ohabei Shalom.

COHORT & FAMILY PROGRAMMING AND INDIVIDUAL PREPARATION TIMELINES

COHORT & FAMILY PROGRAMMING

When	What	Contact
4th Grade	Siyyum haSefer (<i>receiving your siddur/prayer book</i>)	Amy
5th Grade	Family Program: Date Assignments!	Amy
6th Grade		
Fall	Finding your place in Torah @ Simchat Torah services	Amy and Clergy
	6th grade Family Program: Mitzvah Projects 101	Amy and Clergy
Spring	Cohort meeting for students with B'nei Mitzvah next year	Rabbi Queen Scheduling: Daria
7 th grade/In the lead-up to B'nei Mitzvah...		
Winter	Cohort meeting for students with B'nei Mitzvah in the coming Fall	

DETAILED COHORT & FAMILY PROGRAMMING OUTLINE

GRADE FIVE YEAR

- In the fall of 5th grade, B'nei Mitzvah dates are distributed at a family program
- Attendance at B'nei Mitzvah Experience family meetings (~2 annually)
- Grade Five curriculum includes Hebrew finesse, prayer skills, and Biblical stories and history

GRADE SIX YEAR

- Attendance at all B'nei Mitzvah Experience family meetings (usually 4 annually)
- Grade Six curriculum includes Torah chanting skills (trope) and learning and reviewing all blessings and prayers that the B'nei Mitzvah will lead during the service.
- Digital audio files of all Hebrew learning will be made available

GRADE SEVEN YEAR

WEEKLY ARS ATTENDANCE

- Attendance at B'nei Mitzvah Experience family meetings
- Grade Seven curriculum includes reviewing all Hebrew skills, as well as an exploration of Jewish identity and adulthood through the Jewish life cycle and an examination of the Holocaust

COHORT MEETING

Approximately seven – nine months in advance of B'nei Mitzvah, our clergy host a group meeting for students and parents; this will give an initial overview of the B'nei Mitzvah preparation process. This cohort is based on the season of the year, and will encompass all of the B'nei Mitzvah students in the fall, winter, or spring. This meeting often occurs over Zoom. (For some students, this takes place in 6th grade.)

INDIVIDUAL PREPARATION TIMELINE

When	What	Contact
7 months prior	Family meeting	Rabbi Berkman Scheduling: Daria
6 months prior	Tutoring begins	Cantor Maayan
	Mitzvah Project Launch meeting	Rabbi Queen Scheduling: Daria
	Events Coordination Check-in (catering, décor, facilities etc.)	Stacey Boisvert
3 months prior	D'var Torah Prep begins (5-6 meetings)	Rabbi Queen Scheduling: Daria
1 month prior	Rehearsal #1	Rabbis Scheduling: Daria
~10 days prior	Rehearsal #2	Rabbis Scheduling: Daria
On the Tuesday prior	Chant portion at ARS tefilah	Amy Deutsch
<i>Post-B'nei Mitzvah</i>		
1-2 months after	Post-B'nei Mitzvah Check-in	Rabbis Scheduling: Daria
TBD, depending on availability	Dome Visits	Rabbi Queen & Amy

DETAILS ON INDIVIDUAL PREPARATION

INITIAL FAMILY MEETING

You and your parent(s)/guardian(s) meet with Rabbi Berkman about seven months before your B'nei Mitzvah date to reflect on how you are feeling about the process, address any concerns and answer any questions.

TUTORING & TORAH CHANTING PREPARATION

Individualized instruction begins about six months before your B'nei Mitzvah date with weekly 30-minute lessons, during which you will learn to chant your Torah portion and review all other Hebrew elements of the Shabbat morning service.

These sessions will be with B'nei Mitzvah Educator and Tutor, Cantor Maayan Harel, and are scheduled by parents with Cantor Maayan, who will reach out to your family individually to begin this process. Students traditionally receive 26 30-minute lessons over this time.

MITZVAH PROJECT AND SERVICE TO THE TEMPLE OHABEI SHALOM COMMUNITY

A mitzvah project is one of the first responsibilities we ask you to assume as you become an adult in our community. *Tikkun olam*, repairing the world, is central to who we are at Ohabei Shalom and completing a project such as this teaches that Torah “learning” and “doing” go hand in hand.

Service to the TOS Community:

Give back by donating three or more hours of your time to Ohabei Shalom. (e.g., babysitting, mailings, yard work or library work, Mitzvah Day volunteering, etc.)

More information about the Mitzvah Project can be found below. If you have any additional questions about your Mitzvah Project, please reach out to Rabbi Queen.

D’VAR TORAH PREPARATION

Students will prepare a *d’var Torah*, a teaching rooted in Torah, with guidance from the clergy. It will draw from traditional and modern interpretations of the Torah text as well as from their own life experience. The five 30-minute meetings with our clergy begin three or four months prior to the B’nei Mitzvah date. You can find the d’var Torah outline we will use in the Resources section.

REHEARSAL

You will have two (2) rehearsals at TOS with our clergy, where you will practice leading service prayers, reading from the Torah, and giving your d’var Torah (speech). See the Resources section for Rehearsal Checklists.

ARS PREPARATION

As an additional special moment, on the Tuesday before the student’s B’nei Mitzvah, they will have the chance to chant their Torah portion from the Torah at ARS tefilah. It’s both a chance for them to practice, as well as a chance for them to serve as an example to the rest of the community.

**** A ONE-PAGE OUTLINE COMBINING THE COHORT & INDIVIDUAL TIMELINES IS IN THE RESOURCES SECTION.**

MITZVAH PROJECT GUIDELINES

A mitzvah project is one of the first responsibilities we ask you to assume as you become an adult in our community. *Tikkun olam*, repairing the world, is central to who we are at Ohabei Shalom and completing a project like this allows us to live the value that Torah “learning” and “doing” go hand in hand.

- Your project should involve **at least 15 hours of community service**.
- Projects can be individual or completed in a small group
- Every project includes at least **three** of these key elements:
 - Hands-on work (time spent working) with an organization
 - Advocacy for the cause
 - Educating others about the issue
 - Collecting items or *Tzedakah* (money) for the cause
- Projects can be completed before the B’nei Mitzvah date, or can continue until the end of the school year. Please discuss your timeline with Rabbi Queen.

CHOOSING A MITZVAH PROJECT

There are SO MANY ways to get involved in the local community or with causes you care about. Be as creative as you like!! Below you’ll find a 5-step process to help you choose a Mitzvah project that is meaningful and manageable for you: ¹

STEP 1: WHAT’S YOUR PASSION?

In deciding on a Mitzvah project, first think about...

What issue or challenge in the world makes you angry or bothers you? Turn that into Tikkun Olam and make a difference! For example...

- Are you tired of hearing that there are untold numbers of kids who go to bed hungry every night?
- Do you feel uncomfortable when you visit a nursing home and see so many people just sitting and staring into space?

What’s meaningful to you? What do you care about or feel connected to? For example...

- Your friends, family, community, animals, the environment...

What do you really like to do? What activities give you the most pleasure? For example...

- On your own.... Reading for hours? Being a computer whiz? Baking cookies?
- With others... Giving big hugs? Playing soccer? Talking on the phone?

STEP 2: FIND AN ORGANIZATION

¹Mitzvah project steps are borrowed with permission from Areyvut

Now that you have identified your interest or passion, find an organization that works on what you care about. You can...

- Choose an organization that you or your family have worked with before,
- Not finding what you're looking for there? Google it!
- Ask Rabbi Queen for more ideas!

STEP 3: CHOOSING A PROJECT

Now it's time to think about how you can help! Most students choose to volunteer, fundraise/run a collection drive, or both!

- **Volunteering:** Spending your time and energy at or working on behalf of an organization, helping them do their work.
 - o Sorting food/donated materials at a food pantry
 - o Park cleanup
 - o Playing music at ChaiLife or Hebrew Senior Life

*** PLEASE keep in mind, many organizations may have volunteer age limits, so please be sure to ask about their requirements.

- **Fundraising/Collection/Drive:** Raising money or collecting specific goods for a particular cause or organization.
 - o Fundraising efforts of past B'nei Mitzvah students include:
 - Basketball shoot-a-thon for Alzheimer's research
 - o Collection drives past B'nei Mitzvah students have done include:
 - Non-perishable/canned food for the Brookline Food Pantry
 - Books for More than Words
 - Gently used clothing for a hospital ER free clothing closet
 - Items for Cradles to Crayons

YOU CAN HAVE IT ALL!

Don't know which to choose? Why not do both? Consider donating your time AND running a collection drive/fundraiser.

STRENGTH IN NUMBERS

Amplify your efforts by getting your family, friends, ARS class or school class to volunteer and/or fundraise with you!

STEP 4: SET YOUR GOALS

After you've selected a topic, area of interest or cause, and an organization that works to support that cause, you need to set some goals. To ensure you meet those goals, make an impact and feel successful, they must be SMART:

- Specific,
- Measurable,
- Achievable,
- Relevant
- and Time-bound

Let's start with a few questions in order to craft your goals:

- What does the organization you want to support need?
- How many hours do you plan to volunteer, and by what date?
- How many items or how much money do you want to collect?
- How many people will you recruit to get involved?

For example, let's say you care about food insecurity; you contact the local food pantry, and they tell you that they always need canned goods, so you decide to plan a canned goods drive! For this kind of project, a great SMART goal would be:

- "I plan to collect 200 cans, starting on March 1 and ending June 1, the week before my B'nei Mitzvah"
 - o This goal is...
 - Specific and Measurable – You give yourself a specific, measurable number of items you aim to collect - 200 cans
 - Achievable – 200 cans might sound like a lot, but if you ask each ARS student to bring in 2 cans, that's over 200 cans already!
 - Relevant – You're collecting cans (not fresh fruits and veggies, or sliced turkey or rubber duckies) because that's what the food pantry needs
 - Time-Bound – you also name a specific amount of time - 3 months, and are committing to finish your project before your B'nei Mitzvah.

STEP 5: SPREAD THE WORD

This is the final step – Letting people know about your project and asking for their help!

You can do this by...

- Including information in your B'nei Mitzvah invitation, asking your guests to bring donation items or contribute to your fundraiser
- Write a note to your community, and ask Rabbi Queen to include it in the Temple newsletter emails, or your teachers to include it in their communication with families
- Ask the clergy or your school principal to make an announcement about your project at the next service or assembly
- Ask your parents to post about your project on their social media

When you do this, be sure to include...

- A little background on your project: "I'm passionate about (cause) because (tell us a little about why) and wanted to do something to make a difference."
- A specific ask: "I'm raising money/collecting (items) for (Name of Organization) and I need your help! My goal is to raise/collect (\$ amount or # of items)
- A deadline
- A thank you

CREATING YOUR MITZVAH PROJECT

Below you will find some ideas for projects, according to areas of interest. These are just suggestions to help you brainstorm; this is not a comprehensive list, and you don't need to pick one from here! Feel free to mix and match anything below, or be creative!

Interest/Passion	Mitzvah Project Ideas
Animals	<ul style="list-style-type: none"> - Volunteer at a local animal shelter - Collect toys or pet supplies for a local animal shelter
Arts/Music/Theater	<ul style="list-style-type: none"> - Perform solo or with a group at a senior center or hospital - Plan a dance-a-thon to support a cause you love - Fundraise for a local arts/arts education organization
Children	<ul style="list-style-type: none"> - Plan and run a toy drive for kids in need - Decorate pillow cases for the children's hospital
Clothing	<ul style="list-style-type: none"> - Run a clothing drive! – Collect specific items to contribute to a particular organization, for example: <ul style="list-style-type: none"> o gently used winter outerwear, o new socks/underwear, o kids clothing, o professional attire
Education/Literacy	<ul style="list-style-type: none"> - Collect school supplies - Volunteer for an after school program, a literacy program or a program helping others learn English
Elderly	<ul style="list-style-type: none"> - Volunteer at a Senior center - Host a series of Bingo games/craft nights for a local senior center
Environment/Climate Justice	<ul style="list-style-type: none"> - Work on a community garden project or re-start the garden at the Temple! - Plan a park or river clean up event

	<ul style="list-style-type: none"> - Help improve the recycling or composting at your school
Health/Medicine	<ul style="list-style-type: none"> - Contact a local hospital and see what kinds of materials they need donated – toys for kids, gift bags for patients - Plan and host a blood drive at the Temple or at your school
Hunger/Food Insecurity	<ul style="list-style-type: none"> - Volunteer for and/or plan a donation drive for a local food bank - Organize a group of friends/classmates to contribute to a Community Fridge
Israel	<ul style="list-style-type: none"> - Raise money for an Israeli organization that works on a cause you care about
Disability Awareness/Inclusion	<ul style="list-style-type: none"> - Volunteer or fundraise for an organization that supports people with disabilities
Housing Insecurity/Homelessness	<ul style="list-style-type: none"> - Volunteer at a local shelter - Contact a local shelter to find out what they need most and run a collection drive (shelters often need travel size toiletries, new socks or underwear)
Sports	<ul style="list-style-type: none"> - Create a tournament that raises money for a cause you care about - Collect sports equipment to donate to a community center or organization

RESOURCES

SHABBAT SERVICE ATTENDANCE LOG

In the year before your *B'nei Mitzvah* you will attend **at least six Shabbat morning services at Ohabei Shalom** and **three Shabbat morning services at another congregation.**

Please use this log to keep track of your progress and share it with the clergy.

	<i>Date</i>	<i>Synagogue</i>	<i>Your experience ~ What surprised you? Other thoughts.</i>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

D'var Torah Outline

This outline is meant to provide you with some help and ideas to structure and write your d'var Torah. At each meeting with Rabbi Queen, you will work from this document to help you brainstorm content work through each section, with the goal of completing of your d'var Torah by your first rehearsal (~1 month before your big day!).

Part I: The Torah Section

It is your chance to talk about the important lesson you think your portion can teach us. Your d'var Torah will contain the following sections:

Section 1: What does the text say? - *Give a brief summary of and context for your portion*

- What is happening?
- Who are the characters and what are their relationships to each other, to God?
- What comes right before or right after your portion, so we know how your portion fits into the larger biblical narrative?
- Do any significant events happen, or are there special laws given?
 - o Example: "My parasha is _____, in the book of _____ and it describes..."

Section 2: What does the text mean? - *Name and begin to explore the "Big Idea"*

Look at the verses you selected to read and share what they teach, and why you chose to focus on them. In this part, you should write about the thing that caught your attention most... Example: "One interesting part of my portion is..."

Section 3: What does the text mean to me? - *Show relevancy: What is the lesson for us today?*

Put yourself into your portion, and describe ways we can relate to the information in a modern context. Ask yourself...

- Is there a true story from your life that reminds you of the lesson from your portion?
- How can any of our traditional Jewish values be applied to society now?
- What comparisons can you make between our lives today and what was happening during the time of the Torah?
 - o Example: "A current example of this problem/concept is...";

Section 4: Conclusion of Torah Section - Sum up your point, emphasizing the most important "take away" message.

Part II: Making It Personal

Becoming B'nei Mitzvah is about more than reading Torah and learning prayers, *because being Jewish is about more than that*. In this section, you have the opportunity to share about your Mitzvah Project and what you have learned - about Judaism and yourself - during your B'nei Mitzvah preparation process, and what becoming a Jewish adult means to you. For example, helping to make the world a better place, caring about Jewish communities around the world, offering gratitude for the blessings you experience, and thinking about the role Judaism will play in your life.

Section A: The Mitzvah Project

Write a paragraph or two on where you chose to volunteer or donate, what you did and why you wanted to support that organization/cause, and how it aligns with your Jewish values.

Section B: The Thank You's

This section is your opportunity to thank a few special people who have helped you reach this important occasion. Please include: The Temple community (Rabbis, ARS teachers, Josh Cohen, David Sparr), family (parents, siblings, grandparents), friends and/or God.

Section C: Conclusion – What being a B'nei Mitzvah means to me.

This is your BIG, FINAL conclusion where you describe what this experience means for you.

- How does Torah teach us about life?
- What experiences or lessons are important to give to future generations?
- What do you love and cherish about Judaism?
- What do you hope your B'nei Mitzvah will mean to you as you look back on it in the years to come?
- How do you plan to continue your Jewish learning and involvement?

Examples: "My B'nei Mitzvah experience has taught me..." or "When I look back on today..."

Final Steps... Editing + Sharing

Now that everything is written, it is time to go back and edit!

1. Check for grammar, punctuation, spelling and transitional phrases that help the narrative move from one section to the next. If you need help with this, please ask Rabbi Queen or your family for some help.
2. Speaking of your family... NOW is the time to ask them to proof-read your d'var! If they have not already been helping, please ask them to read and edit it once.
3. E-mail Rabbi Queen (jqueen@ohabei.org) with your **downloaded** final draft as an attachment, with your full name and B'nei Mitzvah date in the subject line.
4. Please bring a final copy to your first rehearsal!

TEMPLE OHABEI SHALOM B'NEI MITZVAH SERVICE SAMPLE OUTLINE

To give you a sense of a “typical” B’nei Mitzvah service at TOS, this sample service outline shows which parts of the service you can expect to lead (...and where to find them! The page numbers are from Mishkan Tefillah, our community’s siddur).

The Shabbat morning service is split into 4 parts:

1. Birchot HaShachar (Morning Blessings) + Pesukei d’zimrah (Songs of Praise), designed to warm up our hearts and souls.
2. The Shema and its blessings, and the Amidah
 - You should be familiar with MOST of these blessings from ARS tefillah.
3. The Torah Service
 - B’nei mitzvah students work with their tutor on much of this liturgy
4. Concluding blessings + Closing Song
 - Also includes Announcements and Kiddush/Motzi.
 - The closing song can be chosen by the student... Common options include Adon Olam, Ein Keloheinu, Oseh shalom, Od Yavo Shalom Aleinu...

You will be expected to lead highlighted items and may choose to help clergy lead or solo lead **bold items**. ***In addition to or instead of leading additional liturgy, students may choose to write *kavanot* (intentions to introduce prayer) or learn to chant Haftarah. Please let Cantor Maayan or Rabbi Queen know if you are interested in these options.

Pg	Prayer	Notes
<i>SECTION 1 – Birkot HaShachar + Nisim v'chol Yom</i>		
10	Hinei Ma Tov	Welcoming song
76	Asher Yatzar (English reading)	Blessing for the body/good health
78	Elohai Neshama	Gratitude for the soul
80	Nisim b'chol Yom	Blessings for Daily Miracles
100	Psalm 150 (Hallelujah)	Psalm praising God

106	Chatzi Kaddish	Transition out of <i>Psukei d'zimrah</i>
<i>SECTION 2 – Shema + Amidah</i>		
108	Barechu	Call to Worship
110	Yotzer Or (Optional)	Blessing over Morning Light
112	Ahava Rabah (Optional)	Blessing over God's Love
114	Shema	God is one
116	Ve'ahavta	Command to love and teach
122	Mi Chamocha	Song of Redemption
124	Adonai Sefatai	Opening of Amidah (Standing Prayer)
126	Avot v'Imahot	1st blessing of Amidah - Ancestors
128	Gevurot	2nd blessing of Amidah - God's might
130	Kedushah	3rd blessing of Amidah - Holiness
	Silent Prayer	
142	Oseh Shalom	Prayer for Peace
<i>SECTION 3 – Torah Service</i> <i>(Items in parenthesis indicates choreography)</i>		
244	Ein Kamocha	(Lead from podium)
244	Av HaRachamim	(At podium, walk up to ark, parents rise to stand at ark with student)
246	Ki Mitzion	(In front of open ark)
248	Baruch Shenatan	(Take out Torah)
248	Shema/Echad	(Sung responsively holding Torah)
248	Gadlu	(Bow facing the ark, close ark after)
248	L'cha Adonai + Processional	(Processional music sung by clergy while Torah is carried by student , joined by immediate family)

250	Aliyah Blessings ²	Blessings before and after Torah reading
	Torah reading	Weekly Torah portion
253	Mi Shebeirach	Prayer for Healing
252	Hagbah & Gelilah	Lift and Dress Torah
254	Haftarah Blessings	Blessings before or after Haftarah
	Haftarah ³	Selection from Bible, usually from Prophets, thematically connected to the Torah portion
	D'var Torah	Prepared by student
<i>The following prayers and blessings are led by the clergy, unless noted</i>		
299	Birkat Kohanim	Priestly Blessing
299	Shehecheyanu	Gratitude for having reaching this day
344	Siman tov u'mazal tov	Song of joy/congratulations (and of course, CANDY THROWING!)
256	Y'hallelu/Hodo/ Ki Lekach Tov/Etz Chayim	Returning the Torah
<i>SECTION 4 – Concluding Blessings + Closing Song</i>		
282	Aleinu	Hope for the future
287	V'ne'emar	Conclusion of Aleinu
294	Mourner's Kaddish	Remembering loved ones who have passed away
301	Kiddush/Motzi	Blessing over wine and challah
	Concluding Song	

² The Torah service at TOS generally includes three aliyot (an aliyah is a set of verses read from the Torah) and is interspersed with blessings - the MiShebeirach (a prayer for healing), for the parents by the rabbi(s), for the student to the parents, and of the student by the rabbi(s).

³ We hope students will focus on learning and leading additional prayers or chanting Haftarah

B'nei Mitzvah Rehearsal #1 Checklist

Date:

- Review Torah Service liturgy
- Practice Torah blessings
 - Student
 - Parents
- Read from Torah
 - Get a photo of the scroll, if needed
- Practice D'var Torah
- Honors sheet to Rabbis

Mark which blessings you will LEAD (L) or STAND + SING ALONG (S) with the Rabbis, and what you need to work on in the coming weeks:

Prayer/Blessing/Song	Lead/Sing Along (L/S)	Needs Work? (Y/N)
Hinei Mah Tov		
Asher Yatzar (choose English)		
Elohai Neshama		
Psalm 150		
Barechu		
Shema		
Ve'ahavta		
Oseh Shalom		

- Choose a closing song! _____

*At home: Using Post-it notes, mark all blessings/prayers/songs in the siddur that you will either **lead** or **stand** with the Rabbis.*

For Rehearsal #2, please bring your...

- Marked-up siddur
- Printed copy of d'var Torah (recommended: in a folder or hole punched and in your binder, 16 pt. Font, double spaced, printed single sided, pages numbered)

B'nei Mitzvah Rehearsal #2 Checklist

Date:

- Review Torah Service liturgy
- Practice Torah blessings
 - Student
 - Parents
- Read from Torah
- Practice d'var Torah
- FINAL Honors Sheet to Rabbis

Any changes from last time??

Prayer/Blessing/Song	Lead/Sing Along (L/S)	Needs Work? (Y/N)
Hinei Mah Tov		
Asher Yatzar (choose English)		
Elohai Neshama		
Psalm 150		
Barechu		
Shema		
Ve'ahavta		
Oseh Shalom		

- Choose a closing song! _____

On the morning-of, please...

- Bring your...
 - Yad, tallit, other family ritual items for the service
 - Binder and FINAL D'var Torah copy (14 pt. Font, printed single sided, pages numbered)
- COVID test prior to arrival, required for unmasking on the bima (*as of January 2023, protocols to be updated as needed*)