

# ***B'NEI MITZVAH HONORS PROGRAM***

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5778/5779 ~ 2018/2019

Updated – Elul 5778 – August 2018

Simon the Just taught,  
“The world is sustained by three things:  
**Torah** (study),  
**Avodah** (prayer),  
& **Gemilut Chasadim** (acts of loving kindness).”  
--Pirkei Avot 1:2



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## **B'nei Mitzvah Honors Program** **2018-2019/5778-5779**

Congregation Beth Israel | Haberkorn Religious School

Dear B'nei Mitzvah Student,

You are about to embark on a wonderful journey. As you begin the process of becoming a Bar or Bat Mitzvah, you will have the opportunity to think about your role at Congregation Beth Israel and as part of the greater Jewish community. I encourage you to participate in the B'nei Mitzvah Honors Program, which is designed to help you make the most of this special time, to deepen your commitment to Judaism and to give you a greater awareness and knowledge about your heritage and Jewish identity.

To participate in the Honors Program, fill out the back page of this packet and return to Stacy Rosenthal. All sections of the Honors Program must be completed no later than one month prior to your Bar/Bat Mitzvah. At the time of your Bar/Bat Mitzvah, you will receive special recognition and your name will be placed permanently on the Bar/Bat Mitzvah Honors plaque in the Hall of Memories at Congregation Beth Israel.

The B'nei Mitzvah Honors Program can help you to make the most of this sacred event. I hope you will choose to participate. Please contact me if you have any questions. I look forward to sharing this special time with you and your family.

L'Shalom,

*Stacy Rosenthal*

Religious School Director

## PART 1: TORAH STUDY *(Complete 4 of 7)*

1. Reflect on the reasons for studying to become a Bar or Bat Mitzvah. Write a one page essay in which you discuss the following questions:
  - Why am I having this ceremony?
  - What do I want to remember about my bar/bat mitzvah experience?
  - How do I think becoming a Bar/Bat Mitzvah will help me have a better understanding of my Judaism?
  - How do I think I'll be the same or different after becoming a Bar or Bat Mitzvah?
  - What do I want to learn during this process leading up to my Bar or Bat Mitzvah?
  
2. Research your Hebrew name.
  - What is it? Learn to write it in Hebrew Print and Script *(Rabbi Kahn or Rabbi Keller can help you)*
  - Who are you named after?
  - What is the origin and meaning of your Hebrew name?
  - What is the "Jewish" history of your family?
  
3. Write a one page summary about your Torah Portion.
  - What is the name of your Torah Portion? Write it in Hebrew and in English.
  - It is from what book of the Torah (in Hebrew and English)? Chapter? Verse?
  - What is it about?
  - What is its significance?
  - What is your favorite verse?
  
4. Interview a Jewish grandparent, older relative or friend who can tell you about what life was like for them to grow up Jewish. (Please submit your notes and responses).
  - Did they go to Hebrew School? How often?
  - Did they have a Bar or Bat Mitzvah?
  - If so, how were their preparations similar to yours? Different?
  - What words of advice do they have for you?
  - Do you think it was easier or more difficult to become a Bar or Bat Mitzvah long ago?
  
5. As a young Jewish adult, you undoubtedly will have many ethical and moral decisions over the next few years. Choose one or more Jewish principles and describe in writing (one page) how you expect draw on these when making your choices:
  - *Shabbat*: Honoring the Sabbath
  - *Gemilut Chasadim*: Acts of Loving-Kindness
  - *Talmud Torah*: Torah Study
  - *Kedushat Halashon*: The Holiness of Speech
  - *Hidur P'nei Zakein*: Honoring the Elderly
  - *Tikkun Olam*: Repairing the World
  
6. Attend 3 Torah Studies: (1 extra in addition to two required Torah studies)
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
  
7. Schedule an appointment with Stacy Rosenthal to visit the Mikveh prior to your Bar or Bat Mitzvah. We recommend visiting the Mikveh the week of your Bar or Bat Mitzvah, but scheduling your visit a month in

advance to complete Honors Program on time. Stacy would be thrilled to discuss this with you. This you do in total privacy—no one sees you naked and it's a really meaningful experience.

## **PART 2: AVODAH (Prayer) (Complete 4 of 6)**

1. Attend at least 5 Friday night Shabbat services. (*Get your sticker in the Service Requirement handbook*). This is one additional service beyond the 4 required Friday night services.
2. Attend at least 5 Saturday morning Shabbat services. (*Get your sticker in the Service Requirement handbook*). Same as for #1.
3. Attend Simchat Shabbat, the monthly Special Needs Shabbat (dates listed on CBI calendar and the Religious School calendar on the website). At this service, you will hand out prayer books and may get to read a poem in English.
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
4. Write a one page essay on your favorite prayer and why it's meaningful to you.
5. Light Shabbat candles and recite the blessing for six weeks
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
  - Date\_\_\_\_\_ Signature\_\_\_\_\_
6. Hand out Siddurim (prayer books) and greet congregants at Friday evening or Saturday morning Shabbat services. Arrange date with Linda at the front desk 480-951-0323.
  - Date\_\_\_\_\_ Signature\_\_\_\_\_

## **PART 3: GEMULIT CHASADIM (Acts of Loving-Kindness) (Choose 4 out of 6)**

1. Assist the Caring Committee by making 10 "Get Well" Cards to distribute to congregants who are ill or in the hospital.
2. Donate 2 additional hours of volunteer time to your Mitzvah Project.
3. Clean out your closets and drawers and donate the old clothing, games books, etc to Interfaith Cooperative Ministries. The bins are located in the Rotunda of Congregation Beth Israel.
4. Research a non-profit organization and present information to the Stacy Rosenthal for consideration as a recipient of Religious School tzedakah money.
5. Write a half page article for the Haberkorn Happenings describing your Mitzvah Project.  
*Submit to Stacy Rosenthal.*
6. Make a donation to the Religious School Scholarship Fund in honor of your Bar or Bat Mitzvah.
7. Write a note to a special teacher, rabbi, or person who has helped you to reach this point in your Jewish education.



# B'nei Mitzvah Honors Program

## 2015-2016/5775-5776

Congregation Beth Israel | Haberkorn Religious School

Name \_\_\_\_\_ (English)  
\_\_\_\_\_ (Hebrew)

Today's Date: \_\_\_\_\_ Bar/Bat Mitzvah Date: \_\_\_\_\_

Completion Date (*1 month prior to Bar/Bat Mitzvah*): \_\_\_\_\_

Why do you wish to participate in the B'nei Mitzvah Honors Program?

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*Please complete and return this form six months prior to your Bar/Bat Mitzvah*

Stacy Rosenthal | Director of Haberkorn Religious School  
Congregation Beth Israel  
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