



CONGREGATION BETH SHOLOM

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BETHSHOLOMSF.ORG

CONGREGATION BETH SHOLOM

B'nai Mitzvah Parent Handbook

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Dear Families,

We are delighted to welcome you to the beginning of your *B'nai Mitzvah* preparation journey! Our staff at Beth Sholom is honored to assist and support you with this important milestone in the life of your family. We aim to connect you with others in the community who are also on the *B'nai Mitzvah* path and with community members who can share wisdom and advice from having planned their own *B'nai Mitzvah* at Beth Sholom in the past. We are excited to say that on the day of your *simcha* (joyous event), the entire congregation will celebrate with you!

For each student, their *B'nai Mitzvah* marks a transition to a new role and relationship with the Jewish community. Becoming a Jewish adult brings new opportunities to participate in Jewish life. After becoming *B'nai Mitzvah*, a person counts in a *minyan* (quorum of 10 Jewish adults), can be called to the *Torah* for an *aliyah* (honor / chant blessings), and can serve as a *Shaliach Tzibbur*, a leader of prayer services. A Beth Sholom *B'nai Mitzvah*, also has the opportunity to work at Shabbat School as a member of the *Madrichim* program and to continue learning with their peers as a participant in Jews for Hot Cocoa.

For parents, this is an opportunity to engage more fully in Jewish life and learning. We look forward to you joining your children in our family education experiences. They are an integral part of the *B'nai Mitzvah* program. Parents studying *Torah* alongside their child sets a powerful example - this special part of the preparation process is valued by all involved. During the Thursday and Saturday *B'nai Mitzvah* program classes, your children will learn the traditional skills and requirements needed to confidently lead on their special day. And, time and space will also be made for an integrated curricular approach to take shape. One formed by the interests and passions of the students and the educators, potentially explored through food, music, movement, art, text study and service learning.

Each year, we will have a *B'nai Mitzvah* orientation to give an overview of the program, help you to understand who on staff is designated to support which components, and answer any questions that you might have about the process over all. We want this experience to be as smooth and as meaningful as possible. Please do not hesitate to reach out directly if you have any questions or concerns along the way. To that end, this handbook should answer many logistical questions that you may have. Please take the time to read through it. There is a very helpful Hebrew glossary in the back should you need any clarification on the meaning of any Hebrew words or customs of our congregation.

We look forward to accompanying you along this extraordinary journey. *Mazal tov!*

Rabbi Amanda Russell

Adam Lowy

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IMPORTANT CONTACTS

Rabbi Amanda Russell
rabbirussell@bethsholomfsf.org
For all ritual related questions

Adam Lowy
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alowy@bethsholomfsf.org
For all *B'nai Mitzvah* class and education questions

Alan Schnur
Acting Executive Director
aschnur@bethsholomfsf.org
For all questions about rentals, payments and CBS protocols

Adie Paz-Priel
Director of Membership
apaz-priel@bethsholomfsf.org
For all questions about membership and billing

Hilary Elfman
Director, Office of the Rabbi
helfman@bethsholomfsf.org
For scheduling with the Rabbi

See website for full staff list
www.bethsholomfsf.org/staff

THE PROCESS

Prerequisites:

- CBS membership when the student enters their *B'nai Mitzvah* cohort.
- Two years of participation in the *B'nai Mitzvah* program and demonstration of Hebrew and Judaic skills prior to the *B'nai Mitzvah* class. Hebrew proficiency will be informally assessed at the beginning of the process and we will let you know if we think your child needs additional tutoring.

Our primary goal is that every student feels fulfilled by their accomplishments as they reach their *B'nai Mitzvah*. To that end, we have compiled a list of what we believe is possible for every student to aspire to and we recognize that each person is unique. We are committed to help every individual reach their potential.

The *b'nai mitzvah* aspires to master the following:

- Chant the *brachot* (blessings) for an *Aliyah* to the *Torah*
- Chant the *Maftir* section of the weekly *Torah* reading
- Present a *d'var Torah*, an interpretation and teaching from the *Torah* portion
- Chant the blessings for the *haftarah* as well as (at least a selection of) their assigned *haftarah* portion
- Lead the *Torah* service
- Learn how to lay *tefillin* with the appropriate blessings

Upon successfully mastering the above, the *b'nai mitzvah* is encouraged to continue learning the following:

- Chant more *Torah*! Check in with your tutor and Rabbi Russell about which *aliyah* to learn next.
- Lead Shabbat *shacharit* and/or *musaf* in the morning service
- Lead Friday night *kiddush*

THE B'NAI MITZVAH EDUCATION PROGRAM

Over the course of two years, students will engage in conversations and learning experiences within the following three pillars:

Participation -

To ensure that every student has an opportunity to complete the education requirements before celebrating their *B'nai Mitzvah*, our two-year program prepares them for the day itself, as well as supports your child as they continue to learn and consider what it means to be Jewish today at CBS, in San Francisco and in our modern world. We also realize that there are real skills that each student needs to master prior to them standing before our community on their *B'nai Mitzvah* day. Through regular attendance, the students will be provided with the necessary tools to be an active participant in our Jewish community. This includes developing the ability to engage fully in our services, holiday and community events and social action projects.

Prayer -

Students will be provided with the skills necessary to be able to walk into any synagogue service and be able to “hold their own.” They will learn the ins and outs of a typical service, including but not limited to Shabbat morning *davening*, *Torah* blessings and an introduction to *Torah* trope (how to chant the *Torah*).

<i>Torah</i> Service - <i>Ein Kamokha</i> - <i>Bei Ana Rakhetz</i> - <i>Shema</i> - Returning <i>Torah</i> to the Ark Blessings for an <i>aliyah</i> <i>Kaddish Shalem</i> Intro to <i>Torah</i> trope Blessings for <i>Haftarah</i> (before)	Blessings for <i>Haftarah</i> (after) <i>Chatzi Kaddish</i> Mourner’s <i>Kaddish</i> <i>Ahavah Rabah</i> 3rd paragraph of <i>Shema</i> (<i>tzit-tzit</i>) <i>Musaf</i> (<i>Kedushah</i> , concluding prayers) Blessings for <i>Tefillin</i>
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Parashah -

Students will be provided with the skills necessary to communicate with our tradition, to ask big questions of our texts and to relate these texts to their own lives and the lives of others. They will learn the distinction between *p’shat* (exact reading) and *d’rash* (interpretive reading), become familiar with distinguishing characteristics of *Torah* commentators and begin to think about what it means to have their own voice regarding our *Torah*.

Family Learning Days

All students in the *B’nai Mitzvah* program and at least one adult from the family will participate in four Family Learning Days at Shabbat School on Saturday mornings. The students and their adult/s will also attend a *B’nai Mitzvah* Dinner on a Thursday evening in the Spring. We believe these learning experiences will be community building, enriching, and meaningful for children and parents alike.

See separate document for dates of Family Education sessions.

ADDITIONAL STUDIES

Study with the *B’nai Mitzvah* tutor

- We can assist your family in finding a tutor who is a good match for your student.
- Tutors typically begin working with students one year prior to the *B’nai Mitzvah*. Families contact their tutor directly to arrange lessons and pay fees**. Please contact Rabbi Russell for a list of updated and approved tutors.
- Students learn their requirements as they form a bond with their tutor. The tutor serves as a resource of Jewish wisdom and support during the *B’nai Mitzvah* process.

** Hourly tutoring rates range and are determined by the tutor. Please know that this is an additional cost and should be coordinated independently with your tutor.

Study with the Rabbi Russell

Families have multiple opportunities to meet with Rabbi Russell to discuss the *B'nai Mitzvah* process. Rabbi Russell will support and help each student as they prepare their *D'var Torah*, the teaching about the *Torah* portion traditionally given on Shabbat morning.

Parent(s) should plan to attend the first meeting, and meetings are as follows:

- 8-10 months out
- 4-6 months out
- 1-2 months out
- 1-2 weeks out

COSTS

- The *B'nai Mitzvah* fee of \$1000 should be paid in two installments: a \$500 non-refundable deposit at the time of securing a date on the calendar, and \$500 within 3 months prior to the *B'nai Mitzvah*.
- Tutoring costs (see above)

TALLIT AND TEFILLIN

- *B'nai Mitzvah* students will wear a *tallit* on their *B'nai Mitzvah* day. Many choose to use this as a celebratory moment and purchase a special one for the occasion. Some choose to wear a family heirloom. If purchasing a *tallit* causes financial hardship, please let the Rabbi know.
- Every student will be given a pair of *tefillin* to keep.

THE WEEK OF...

- ***Tefillin B'nai Mitzvah Service (Morning Minyan)***
 - Students attend morning *minyan* with their families on the Thursday prior. The student will put on *tefillin* for the first time and will have an *aliyah* to the *Torah*. If the student is reading from the first *aliyah*, they may also read *Torah* at morning *minyan*.
 - A pair of *tefillin* is given to each student upon the completion of the *B'nai Mitzvah* program to be worn for their *tefillin B'nai Mitzvah*. During multiple Thursday *B'nai Mitzvah* classes, there will be a *tefillin* workshop to teach the students about the *mitzvah* of putting on *tefillin*. Parents are encouraged to purchase a bag for the student to store the *tefillin* in. There are special bags made just for this purpose!
 - The morning *minyan* will gather for tea and coffee after *minyan*. You are welcome to supplement with breakfast or morning treats if you would like. Please let us

know ahead of time and please make sure all food is dairy (ie. not meat) and / or Kosher.

- **Rehearsal**

- During the rehearsal, Rabbi Russell (and great if your tutor can come too!) will walk through the service that the student will lead. They will chant from the *Torah*, chant the *Haftarah*, and have an intensive practice of the delivery of their *D'var Torah*. After the rehearsal, it is a great opportunity for the family to take photographs since they cannot be taken at CBS on Shabbat. Many families dress up for these photos (a true “dress rehearsal”) and invite family members to attend so they can be photographed as well. The Rabbi does not stay for the photos.
- Rehearsals can be scheduled at the following times:
 - Thursday directly following morning minyan
 - Tuesday between 4-6 p.m.

- **The *B'nai Mitzvah* Service – Timeline for the Day**

** Please note: all service times are approximate **

- 9:30 a.m. - Shabbat morning services begin (those who are receiving *Torah* honors or reading *Torah* **must** be in the Sanctuary by 9:30 am).
- 9:45 a.m. - The *Shacharit* service begins
- 10:15 a.m. - The *Torah* service begins:
 - Student reads from the *Torah*.
 - Student chants *Haftarah*.
 - Student delivers *D'var Torah*.
- After the *D'var Torah*:
 - The congregation sings “*Siman tov u'mazal tov*” and showers sweets on the *b'nai mitzvah*.
 - The parents offer a blessing to their child.
 - Rabbi Russell says a few personal words to the *b'nai mitzvah*.
- After CBS announcements, the *Torah* is returned to the ark. The *b'nai mitzvah* may carry the *Torah* in the procession around the Sanctuary as the *Torah* scroll is returned.
- 11:45 a.m. - The *Musaf* service begins.
- 12:00 p.m. - Service concludes and is followed by *Kiddush*.
- A communal blessing over wine and *challah* takes place and is followed by a *Kiddush* luncheon for the entire CBS community.

B'NAI MITZVAH TIMELINE AND CHECKLIST

Timing Prior to <i>B'nai Mitzvah</i>	Event
2+ years	<input type="checkbox"/> Secure B'nai Mitzvah date <input type="checkbox"/> Pay B'nai Mitzvah fee (full: \$1000 - can be paid in two installments; \$500 to secure a date on the calendar) <input type="checkbox"/> Enroll in B'nai Mitzvah program
>1 year	<input type="checkbox"/> B'nai Mitzvah Family Orientation <input type="checkbox"/> Family selects & make financial arrangements with B'nai Mitzvah tutor and notifies Rabbi Russell
1 year	<input type="checkbox"/> Student begins studies with B'nai Mitzvah tutor <input type="checkbox"/> Inquire about rental of Koret Hall for your party
8-10 months	<input type="checkbox"/> Schedule meeting 1 with Rabbi Russell to get to know each other (parents are invited and encouraged to attend).
6+ months	<input type="checkbox"/> Plan kiddush with CBS
6-8 months	<input type="checkbox"/> Schedule meeting 2 with Rabbi Russell to work on the D'var Torah.
3 months	<input type="checkbox"/> Submit B'nai Mitzvah certificate information <input type="checkbox"/> Pay remaining B'nai Mitzvah fee balance
2 months	<input type="checkbox"/> Assign honors and discuss with Rabbi Russell <input type="checkbox"/> Schedule meeting 3 with Rabbi Russell to work on the D'var Torah.
1 month	<input type="checkbox"/> Submit English and Hebrew names for honors <input type="checkbox"/> Designate two greeters for the Sanctuary <input type="checkbox"/> Furnish draft of Shabbat handout/program and photo <input type="checkbox"/> Arrange / order flowers for Bimah (if desired) <input type="checkbox"/> Pay 50% balance of kiddush
3 weeks	<input type="checkbox"/> Send article and photo directly to J-Weekly (if desired)
2 weeks	<input type="checkbox"/> Send bio and photo to CBS for Haluach and website <input type="checkbox"/> Schedule meeting 4 with Rabbi Russell to finish D'var Torah <input type="checkbox"/> If desired, plan to add to the Thursday morning minyan breakfast
Week of	<input type="checkbox"/> Attend morning minyan and put on tefillin
Week of	<input type="checkbox"/> Rehearsal in the Sanctuary (with photography, if desired)

HONORS

There are many opportunities to honor loved ones and friends - both Jews and non-Jews - during the Shabbat morning service. While certain honors are reserved for Jewish people, we want to create an environment where everyone feels welcome and a part of your celebration, and there are honors in which a person of any faith can participate.

Anyone who comes to the *bimah* to accept one of these honors must wear a head covering and anyone who has an *aliyah* or reads from the *Torah* is required to also wear a *tallit*.

ALİYOT (BLESSING THE TORAH READINGS)

In the course of a typical Shabbat service, there are the seven regular *aliyot* plus the *maftir aliyah* (usually designated to the *B'nai Mitzvah* student). Everyone who receives this honor chants the appropriate blessings before and after a section of the *Torah* is read. Such honorees will be recognized by their Hebrew name. You may also want to share with the people receiving *aliyot* that, after reciting the second blessing, they should remain standing by the Rabbi (who is serving as *gabbai*).

Up to five of the seven regular *aliyot* are allotted to the *b'nai mitzvah* family. The remaining two *aliyot* are reserved for the congregation to give out to congregants outside of the *b'nai mitzvah* party. The *maftir aliyah* is recited by the person who will be reading the *haftarah*, usually the *b'nai mitzvah*. *Aliyot* can be given to single individuals or small groups of family members or friends. **No more than two people may be invited to participate in each *aliyah*.**

You may like to provide to those you are honoring a copy of the Hebrew or transliteration of the blessings, which can be found in the addenda of this handbook ahead of the ceremony. An audio version of the blessings can be found on our website: bethsholomsf.org/tefilah

TORAH READERS

Many families will wish to have friends or relatives read from the *Torah*. These portions are reserved in advance for the family. A month in advance of the *b'nai mitzvah*, please confirm with us which *aliyot* your family will be reading so that we can release the reserve on the others and find readers.

GREETERS

Welcoming guests is a time-honored *mitzvah*. Every *Shabbat* at CBS, greeters welcome our guests at the door. They offer prayer books, a *tallit* (prayer shawl), and *kippot* or head covering. Greeters direct guests to the elevators and restrooms and answer questions. This is a great opportunity for family, friends, classmates and congregants to participate.

We ask *b'nai mitzvah* families to honor two friends with the opportunity to welcome their guests on the day of their celebration.

OPENING/CLOSING THE ARK (BEFORE AND AFTER THE TORAH READING)

As many as four individuals may be called to open and close the ark at the start and end of the *Torah* service.

HAGBAH

The person who lifts the *Torah* vertically from the *bimah*. Some times during the year the scroll is unevenly balanced. In the fall, the left-hand side of the *Torah* is heavier while in the summer, the right-hand side is heavier. Please let us know ahead of time if this person has never had this honor before.

GELILAH

The person who wraps and dresses the *Torah* after the *hagbah* has lifted it from the *bimah*.

PESUKEI D'ZIMRA

The opening part of the Shabbat morning service. A rough translation would be "Chapters of Song." It is a warm up for the larger service and includes many psalms. You may honor someone by giving them the opportunity to lead this section of the service.

SHACHARIT

The main part of the Shabbat morning service, including the *Barchu*, *Shema* and *Amidah*. It follows *Pesukei d'Zimra* and precedes the *Torah* service. You may honor someone by giving them the opportunity to lead this section of the service.

MUSAF

The special additional service on Shabbat morning after *Shacharit* that concludes morning services. At CBS, *Musaf* is typically led by the Rabbi, but you may honor someone by giving them the opportunity to lead this section of the service.

PRAYER FOR OUR COUNTRY

A short prayer for the United States. The person you honor with this prayer need not be Jewish.

PRAYER FOR ISRAEL

A short prayer for Israel, recited in Hebrew. The person you honor with this prayer needs to be comfortable with Hebrew.

PRAYER FOR PEACE

A short prayer for peace. The person you honor with this prayer need not be Jewish.

CONCLUDING PRAYERS

There are three prayers at the conclusion of the service that you may use to honor different people.

- ***Ashrei***
- ***Ein Keloheinu***
- ***Adon Olam***

CANDY

Candy will be provided by CBS to be thrown after the *b'nai mitzvah* concludes their *D'var Torah*. You may choose honored guests, usually children, to distribute the candy.

SHABBAT DECORUM

Rabbi Abraham Joshua Heschel calls Shabbat a “palace in time.” Please help us to preserve the sanctity of Shabbat by adhering to our Shabbat practices and help your guests to do so as well.

- Please refrain from using cell phones, tablets, and all other electronic devices on the CBS campus. Please also remind your guests ahead of time if you are able.
- Use of tape recorders, cameras, or video equipment is not permitted. Photographs and videos may be taken during the mid-week rehearsal and/or during the *Tefillin B'nai Mitzvah*.
- Recorded music is not permitted in the Sanctuary on Shabbat morning.
- In keeping with Shabbat and the sanctity of our shared prayer space, modest dress for all family members and guests is expected. For questions about this please ask Rabbi Russell.

SPECIAL ADDITIONS

THE BOOKLET/PROGRAM

The booklet or program is a handout created by the families that provides the guests with an explanation of the ceremony and also lists honors and thank yous from the *b'nai mitzvah* and their family. If you are interested, we can provide a template and examples. **Please send a draft to Rabbi Russell to proof-read before these go to print.**

KIPPOT AND HEAD COVERINGS

Some families choose to provide *kippot* to congregants and guests for the *B'nai Mitzvah*. If you do not provide these, our standard basket of *kippot* will be made available to anyone who desires a head covering. There are many companies from which you can order. Including:

- www.skullcap.com
- www.royalkippahs.com
- www.kippot4less.com
- www.kippah.com

SHABBAT MORNING CHILDCARE

CBS offers programming for children ages 0-5 years old. If Tot Shabbat is offered that morning, at 10:30 a.m., children will be brought from childcare to Tot Shabbat in the Chapel (by the building entrance). Parents are also invited! Children's programming space is on a first come first served basis. In order for us to be able to provide appropriate staffing, please contact [Dale Kleisley](mailto:dkleisley@bethsholomsf.org) (dkleisley@bethsholomsf.org) at least **two weeks** before your event. Please include how many children and their ages with Dale if you plan to take advantage of our childcare services. Please note: we may not be able to accommodate children who we have not planned for ahead of time.

HALUACH ANNOUNCEMENT

Please send our Communications Specialist, Lily Kravetz (lkravetz@bethsholomsf.org), a picture and biography of your child two weeks before the *B'nai Mitzvah* for inclusion in *Haluch* and the website.

THE JWEEKLY ANNOUNCEMENT

CBS Staff will supply the jweekly with a brief announcement about your child's *B'nai Mitzvah*. You may, if you choose, contact the jweekly directly to add a picture of your child and provide additional information or a short biography.

<https://www.jweekly.com/contact-j/announce-a-milestone/>

LOGISTICS

FINANCIAL OBLIGATIONS AND DONATIONS TO THE SYNAGOGUE

For all finance and billing questions, please contact our Director of Membership, Adie Paz-Priel (apaz-priel@bethsholomsf.org).

The family must be Congregation Beth Sholom members in good standing by the time the *b'nai mitzvah* student enters the *b'nai mitzvah* program.

If you feel that the Rabbi, educators or staff went above and beyond, please consider a contribution in their name to the Religious School Fund or to the Rabbi's Discretionary Fund.

ARRANGING THE KIDDUSH LUNCHEON

The word *kiddush* comes from the root for holiness. Shabbat is a holy time when we gather as a *kehillah kedoshah*, a sacred community, to break bread together. The Shabbat morning service is the regular time for the whole community to gather. We want everyone to feel welcome and have the opportunity to meet face-to-face.

Sponsoring a *kiddush* for your family on the day of your child's *b'nai mitzvah* is an honor. It has become a CBS tradition that the *b'nai mitzvah* family has the opportunity to take responsibility for sponsoring the *kiddush*. The *kiddush* does not have to be sponsored by the parents, however – grandparents, aunts, uncles, and family friends have all hosted *kiddush*. While synagogue members regularly sponsor a Shabbat *kiddush* for an anniversary or special event, the *b'nai mitzvah* family always takes precedence.

Please contact Adie Paz-Priel, Director of Membership (apaz-priel@bethsholomsf.org), **at least six months prior to the date** of your *simcha* to discuss your *Kiddush* luncheon. CBS can provide menu options from our Executive Chef Marlene Macmillan. Alternatively we can provide the list of CBS-approved kosher caterers, which is also included in this handbook addendum. You will need to plan for 150 congregants in addition to the number of family, friends, and other guests you are expecting.

Be sure to let CBS know the caterer you have chosen before signing a contract with them. Please note: If you choose a caterer who does not include staff to serve on Shabbat, for an additional fee, CBS can provide you with servers.

THE RECEPTION

We encourage families to have their parties or receptions at Congregation Beth Shalom. To discuss rental availability and fees for a reception, please contact Alan Schnur at aschnur@bethsholomsf.org. Please see the CBS website for Facility Usage Fees and our campus schematics.

If you are having your celebration on Saturday night, we recommend beginning with a *havdalah* ceremony, marking the end of Shabbat and the beginning of the week. Photography after *havdalah* at an evening reception is encouraged!

FLOWERS

Adorning the CBS Sanctuary with flowers is a beautiful way to create a festive atmosphere.

Recommended florists:

- Hoogasian Florist: <https://www.hoogasian.com>
- Ampersand SF: <https://www.ampersandsf.com>

We suggest:

- One arrangement per table
- One larger centerpiece/flower arrangement for the middle of the buffet
- One arrangement for each of the two sconces in the sanctuary

All flowers must be delivered by Friday at noon, prior to your *simcha*.

Addendum

All files in this addendum can be sent electronically for your convenience

***B'nai Mitzvah* Certificate Information**

<p>Child's English Name</p>	
<p>Child's Hebrew Name (In Hebrew if you are able, including parents' names) Ex. Child name <i>ben/bat/b</i> father's name + mother's name</p>	
<p>Child's Hebrew Name Transliterated (In English, including parents' names) Ex. <i>Rivka Batya bat Reuven v'Miriam</i></p>	
<p>Assigned <i>Parashah</i> (Your Torah Portion) Ex. <i>Vayigash</i></p>	
<p><i>B'nai Mitzvah</i> Date (English)</p>	
<p>Submitted by</p>	
<p>Date Submitted</p>	

***Aliyot* Information**

Please reserve 1 *aliyah* for CBS members with *yahrtzeit* or *simcha*.
Maximum of 2 people per *aliyah*

<i>Aliyah</i> #	English name(s)	Hebrew name(s)	Relationship
1 Cohen		Example <i>Rivka bat Reuven</i> <i>v'Miriam</i>	
2 Levi			
3			
4			
5			
6			
7			Often the Parents
<i>Maftir</i>			<i>B'nai Mitzvah</i> Child

***Torah* Reader Information**

<i>Aliyah</i> #	English name(s)	Relationship
1		
2		
3		
4		
5		
6		
7		

<i>Maftir</i>		<i>B'nai Mitzvah Child</i>
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Honors Information Form

Honor	Name of Participant(s)	Relationship
Greeters Hand out books, etc., direct guests to seating	1.	
	2.	
Ark Opening 1 when <i>Torah</i> is removed	1.	
	2.	
<i>Hagbah</i> Lifting the <i>Torah</i>		
<i>Gelilah</i> Dressing the <i>Torah</i>		
Ark Opening 2 when <i>Torah</i> is returned	1.	
	2.	
<i>Pesukei d'Zimra</i>		
<i>Shacharit</i>		
<i>Musaf</i>		
Prayer for Our Country Need not be Jewish		
Prayer for Israel Needs to be comfortable with Hebrew		
Prayer for Peace Need not be Jewish		
<i>Ashrei</i> (optional)		
<i>Ein Keloheinu</i> (optional)		

Aliyah Honors

To be shared with family/friends who will recite an *Aliyah*

Congratulations! You have been given the honor of being called up for an *aliyah*, in which you will chant the blessings before and after the reading of the *Torah*. Here is a brief guide to this honor:

- Please put on a *Tallit* (prayer shawl) and *Kippah* (head covering) before walking to the *bimah* (table where the *Torah* sits).
- When your name is announced, walk to the *bimah*.
- The *Torah* reader will point to the word on the scroll where they will begin reading. Take the *tzitzit* (fringes) from a corner of your *tallit* and touch them to the word; bring the *tzitzit* to your lips as an expression of honor for the *Torah*.
- Recite the “Blessing Before the Reading of the *Torah*.” The *Torah* reader will then chant the portion.
- At its conclusion, the *Torah* reader will point to the final word that was read. Again, touch it with the *tzitzit* as noted above.
- Recite the “Blessing After the Reading.”
- Remain on the *bimah* through the next *Aliyah*, then return to your seat. *Yasher koach!* (Colloquially: Great Job!)

Blessing Before Reading the Torah

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ:

Leader: *Ba-r'chu et Adonai ha-m'vo-rach!*

[Praise the One to whom our praise is due!]

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Congregation: *Ba-ruch Adonai ha-m'vo-rach l'o-lam va-ed!*

[Praised be the One to whom our praise is due, now and forever!]

(Leader repeats the above line and then continues:)

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

Leader: *Ba-ruch ah-tah, Adonai Eh-lo-hay-nu, me-lech ha-o-lam, ah-sheer ba-char ba-nu mi-kol ha-ah-mim, v'na-tan la-nu et to-ra-to. Ba-ruch ah-tah Adonai, no-tayn ha-to-rah.*

[We praise You, Eternal God, Sovereign of the universe: You have called us to Your service by giving us the Torah. We praise You, O God, Giver of the Torah.]

Blessing After Reading the Torah

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַתְּ לָנוּ תּוֹרַת אֱמֶת
וְחַיִּי עוֹלָם נִטְעַת בְּתוֹכֵנוּ. בָּרוּךְ אַתָּה יי, נוֹתֵן הַתּוֹרָה.

Leader: *Ba-ruch ah-tah, Adonai Eh-lo-hay-nu, me-lech ha-o-lam, ah-sheer na-tan la-nu to-rat
eh-met, ve-cha-yay o-lam na-ta b'to-chay-nu. Ba-ruch ah-tah Adonai, no-tayn ha-to-rah.*

[We praise You, Eternal God, Sovereign of the universe: You have given us a Torah of truth,
implanting within us eternal life. We praise You, O God, Giver of the Torah.]

A Prayer for Our Country

Ribono Shel Olam,

**Let America Be
America**

Let it be my Land

**Let it be your
Land**

**From the curvaceous hills of
California**

to the New York Islands

Let our tired, poor, huddled masses

**finally breathe
free**

**Let our leaders pursue justice, justice,
justice.**

**Let them be mindful that we are all created equal, *b'tzelem
elohim***

**Protect our leaders from the seductions of
power**

**Protect our right to protest, to insist we can do
better**

**Protect us all from those who would do us
harm**

**Let America be
America**

And let us say, Amen

c.Sarah Rose Horowitz 2007

A PRAYER FOR THE STATE OF ISRAEL

Aveenu Shebashamayim	אָכֵינוּ שְׁבַשְׁמַיִם
Tzur yisrael ve'goalu	צוּר יִשְׂרָאֵל וּגְוָאֵלוֹ
Baraich et medeenat Yisrael	בָּרַךְ אֶת-מְדִינַת יִשְׂרָאֵל
Raisheet tzmichat ge'oolatainu	רֵאשִׁית צְמִיחַת גְּאֻלָּתֵנוּ
Hagain alehah be'evrat chasdechah	הֲגֵן עֲלֶיהָ בְּאֶבְרַת חֲסֵדְךָ
Ufros alehah sukat she'lomechah	וּפְרֹשׂ עֲלֶיהָ סִכַּת שְׁלוֹמְךָ
Ushlach ore'chah va'ameetechah le'rashehah	וּשְׁלַח אֹרֶךְ וְאִמְתָּךְ לְרֵאשִׁיָּהּ
Sarehah ve'yoatzeah	שְׂרִיָּה וְיֹוֹעֲצִיָּהּ
Ve'takneim be'aitzah tovah mee'efanechah	וְתִקְנֵם בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ
Chazaik et ye'dai me'geenei erez kahdshainu	חֲזַק אֶת-יְדֵי מַגְנֵי אֶרֶץ קִדְשֵׁנוּ
Ve'hancheelim elohainu ye'shuah	וְהִנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה
Ve'ateret neetzachon te'at'tereim	וְעֹטְרַת נִצְחוֹן תַּעֲטֹרֵם
Ve'natatah shalom ba'aretz	וְנָתַתְּ שְׁלוֹם בְּאֶרֶץ
Ve'seemchat olam le'yoshevehah	וְשִׂמַּחַת עוֹלָם לְיוֹשְׁבֵיהָ
Ve'nomar amein.	וְנֹאמַר אָמֵן.

A Prayer for Peace

May we see the day when war and bloodshed
cease, When a great peace will embrace the whole
world.

*Then nation will not threaten nation,
And the human family will not again
know war.*

For all who live on earth shall realize We have not
come into being to hate or to destroy. We have
come into being To praise, to labor, and to love.

*Compassionate God, bless the leaders of all nations
With the power of compassion.*

Fulfill the promise conveyed in Scripture: I will bring
peace to the Land, And you shall lie down, and no
one shall terrify you.

*I will rid the Land of vicious beasts
And it shall not be ravaged by war.*

Let love and justice flow like a mighty stream.
Let peace fill the earth as the waters fill the sea.
And let us say: *Amen.*

Parent Blessing

The parent blessing is a very special moment between parent and child. Please remember, this is not a speech, nor a moment to do public thank-yous; rather, this is a personal moment of blessing and gratitude that you and your child have reached this momentous occasion!

Please take a look at the sample below that Rabbi Russell has provided to help guide you towards crafting a meaningful **3-4 minute bracha** (blessing). As a guide, assume 100 words/minute, maximum 400 words.

If you prefer not to write a personalized blessing, you can also choose to recite the traditional Priestly Blessing, which you will find at the end of this document.

Please send a copy of your *bracha* **2-weeks** before your child's *B'nai Mitzvah* to [Rabbi Russell](#).

Personalized *Bracha* -

INTRO:

3-5 introductory sentences about why today is special and how you hope your blessings as parents will guide your child in their future

Sample Intro:

Today you have reached adulthood in the eyes of the Jewish people, and with that comes great responsibility. Our role as your parents is not to tell you *what* to do or *how* to do it, rather to guide you on a path that allows you to learn, grow and become the person in the world that you are meant to become. We offer to you these blessings that we hope you will carry with you as you face some of life's biggest opportunities and challenges.

MIDDLE:

1-4 sentences of blessing

Sample middle:

1. May you always....
2. We bless you that you....
3. I/we hope that...

END:

1-2 wrap-up sentences

Sample End:

We love you and cannot wait to watch you continue to explore your passions and watch you grow into the person that you will become.

Priestly Blessing -

Y'varekhekha Adonai v'yishmarekha

בְּרַכְךָ יְהוָה וְיִשְׁמְרֶךָ:

Ya'er Adonai panav eilekha vikhuneka

יֵאֵר יְהוָה פְּנֵיו אֵלֶיךָ וַיְחַנְךָ:

*Yisa Adonai panav eilekha v'yasem l'kha
shalom*

יֵשָׂא יְהוָה פְּנֵיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹמִים:

May God bless you and keep you.

May God's presence shine upon you and be gracious to you.

May God's presence be with you and give you peace.

Biography for HaLuach

Questions to consider answering in your biography:

- Your name
- Who is in your family?
- Do you have any pets?
- What is your *parsha*? What is it about (briefly)? A teaser for your *D'var Torah*.
- What school do you attend?
- What hobbies do you enjoy?
- What do you do in your spare time?

Sample Bio:

Hi. My name is Rayna Novicoff and I am a 7th grader at A.P. Giannini middle school in San Francisco. I play soccer and like to surf, swim, rock climb and spend time at the beach. I also love to hang out with my friends, my brother, Arlo, and my parents.

I have basically grown up at Congregation Beth Sholom, from preschool to Shabbat School and now I'm days away from becoming a Bat Mitzvah. I'm excited! It has been an empowering experience and I couldn't have made it to this day without my teachers, tutors, family, and the CBS community.

Thank you to my tutor Marilyn Heiss for helping me learn everything in preparation for my Bat Mitzvah and to the Rabbis for working with me on my drash. Special thanks to Noa Bar for being a great teacher over the past few years and for stepping in to support me on my Bat Mitzvah day. (Marilyn, you will be missed!)

This week's torah portion, Parashat Bo, begins in the middle of the story of the ten plagues, when hail has covered the land. God has come to Egypt to do two things, first to free the Israelites from slavery and second to punish the Egyptians by gifting them 10 plagues to their people and to their land. Each plague gets harsher and harsher and they end with mass amounts of death and loss for each and every Egyptian family.

After the 10th and final plague, the deaths of the first born, Pharaoh finally gives in and begs Moses and Aaron to take everything and everyone and leave. With unleavened bread on their backs and stolen gold and silver from the Egyptians, the Israelites leave with their entire community, including their flock. It had been 430 years of slavery...and now they are free!

I look forward to seeing you on Shabbat and sharing more thoughts about Parashat Bo. Thank you for joining me and my family on this special day.

Approved Caterers

We recommend our in-house master Chef, Marlene MacMillan to cater your Kiddush, and the following caterers are approved by Beth Sholom.

<p>Dina's Catering dinaskoshercatering.com dina@dinaskoshercatering.com 650-827-1309 Contact: Arie Mann</p>	<p>Izzy's Brooklyn Bagels info@izzysbrooklynbagels.com izzysbb@gmail.com 650-329-0700</p>
<p>Epic Bites Catering www.epicbitescatering.com 646-853-4630 Contact: Heshey Fried</p>	<p>Anaviv info@anaviv.com 415- 376-1400</p>
<p>Grand Bakery challah@grandbakeryoakland.com 510-465-1110 Contact: Sam Tobis</p>	<p>Janice MacMillan Catering macmillanjanice@yahoo.com 510-387-6536 Contact: Janice MacMillan</p>
<p>Frena Bakery taboonsf@gmail.com 628-444-3660 Contact: Diana Arzate</p>	

Glossary of Important Words

Aliyah – The honor of reciting the blessing over the *Torah* is called an *aliyah* (plural, *aliyot*), which means “going up.” This refers both to the physical ascent of the person to the *bimah* where the *Torah* is read and to the spiritual uplifting associated with participation in this ritual.

Bimah – Platform in the synagogue on which stands the table from which the *Torah* is read. Occasionally, the Rabbi delivers their sermon from the *bimah*, and on *Rosh Hashanah*, the *shofar* is blown there. At CBS, our *bimah* is actually the lowest part in the room, emphasizing the role of the Rabbi and other service leaders as part of the community.

Bracha – Blessing. A *bracha* can be a blessing that is recited at specific times during services and rituals, or over daily activities like eating and drinking. A *bracha* can also be said when someone experiences something that makes them feel like uttering a blessing, such as seeing a beautiful mountain range or celebrating the birth of a child. Whatever the occasion, these blessings recognize the special relationship between God and humanity.

D’var Torah – A *D’var Torah* (a word of *Torah*) is a talk or essay based on the *parsha* (the weekly *Torah* portion).

Drash – Sermon, interpretation of a Biblical text.

Gabbai – Someone who assists with the reading of the *Torah*. Typically, when the *Torah* is taken out to be read before the community, one person reads the *Torah*, and that person is surrounded on either side with two *gabbaim* who ensure that the *Torah* is being read and treated respectfully and accurately.

Gelilah – The person who wraps the *Torah* after the *hagbah* has lifted it from the *bimah*.

Haftarah – The portion from the prophets read after the *Torah* has been put away, almost always by the *b’nai mitzvah*.

Hagbah – The person who lifts the *Torah* from the *bimah*.

Hashgachah – *Kashrut* supervision, provided in the kitchen facilities. *Hashgachah* is provided by a *mashgiach* approved by the Rabbi (or by the Rabbi, acting as a *mashgiach*).

Hechsher – A sign that the *kashrut* of a product has been deemed *kosher* by an appropriate supervising authority. This is required on packaged products brought into the synagogue.

Humash – The big red book that includes the *Torah* and *Haftarah* readings.

Kabbalat Shabbat – The first part of the Friday Night service. It is a special service for welcoming *Shabbat*. The other part of the service is *Ma’ariv* (evening service), with some modifications for *Shabbat*.

Kehillah Kedoshah – Holy community. Everything that CBS strives to be!

Kiddush – Means both 1) the meal that follows a prayer service and/or 2) the blessing made over the wine before the meal.

Kippah – At Beth Sholom, we strive to take the rich tradition of the Jewish people and make it relevant to our modern and changing world. As an inclusive, egalitarian community, we have respect for all who pray here in our holy prayer spaces. **It is a custom** of our congregation to cover one's head upon entering any prayer space at Beth Sholom. And, **we require** all people who are prayer leaders, have an honor to the *Torah* or who stand at the *amud* (center table) to wear a head covering.

Ma'ariv – Means “evening.” The third of the three daily prayers (after the first two recited in the morning and afternoon). Considering that the Jewish calendar date begins with the preceding nightfall, *ma'ariv* is actually seen as the first of the day's prayers.

Maftir – The short, final *aliyah*. The honor of this *aliyah* always goes to the person who will be reading the *haftarah*. On the day of a *b'nai mitzvah*, this is usually the *b'nai mitzvah*.

Minyan – The quorum of ten required for a full service. At Orthodox synagogues, only men are counted toward the quorum. CBS is a traditional and egalitarian community, so all genders are counted! *Minyan* is also sometimes used as a synonym for the community.

Musaf – The special additional service on *Shabbat* morning after the *Torah* service that concludes morning services. At CBS, *Musaf* follows the Rabbi's *drash*.

Pesukei d'Zimra – The opening part of the *Shabbat* morning service. A rough translation would be “Chapters of Song.” It is a warm up for the larger service and includes many psalms.

Shacharit – The main part of the *Shabbat* morning prayers. It follows *Pesukei d'Zimra* and precedes the *Torah* service.

Tallit – The prayer shawl, often white with blue accents, which has knotted fringes (*tzitzit*) at the corners can be worn by all. At CBS, everyone who is called to the *bimah* and everyone who carries a *Torah* is required to wear a *Tallit*.

Tefillah – Prayer. It is also the technical name of the long prayer, the Eighteen Benedictions (*Amidah*) included in every *Shacharit*, *Musaf*, *Mincha*, and *Ma'ariv* service.

Tefillin – The phylacteries (yes, this is an English word). In *Torah*, we are told to bind the words of the specific prayers to our arm. The *tefillin* are boxes that contain these prayers, hand-written on parchment that we wrap around our right arm and head with leather straps.

Trope – The system of cantillation (and the markings that appear in the *Humash*) for reading/chanting the *Torah* and the *Haftarah*.