

B'RUCHIM HABAIM:
WELCOME TO YOUR B'NAI MITZVAH JOURNEY!
2019 - 2020 B'nai Mitzvah Orientation
Congregation Rodef Sholom



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FREQUENTLY ASKED QUESTIONS ABOUT B'NAI MITZVAH

This section is devoted to helping you and your family plan for your celebration. We are obligated to celebrate when our sons and daughters reach this important milestone in their lives. You and your family can only determine the kind of celebration that is appropriate for your family together.

Here are some questions your family may ask during the Bar or Bat Mitzvah ceremony planning process:

1. What is a Bar or Bat Mitzvah?

A Bar Mitzvah, “son of the commandment,” or Bat Mitzvah, “daughter of the commandment,” is a Jewish rite of passage marking an important turning point in a young adolescent’s life. As early as 200 C.E. rabbinic authorities declared that a boy aged thirteen was considered legally binding. It was not until several hundred years later that the first Bar Mitzvah ceremony was celebrated. In the 19th century the first Bat Mitzvah ceremony was celebrated emphasizing the equality between a young man and young woman’s transitional state from child to adult.

2. When can my child become a Bar or Bat Mitzvah?

Traditionally, a boy is considered an adult when he is thirteen, while a girl is viewed as an adult at age twelve. At Rodef Sholom, in the spirit of equality, both girls and boys celebrate becoming Bar or Bat at age thirteen. The plural of Bar Mitzvah is B’nai Mitzvah while the plural of Bat Mitzvah is B’not Mitzvah. If it is a Bar and Bat Mitzvah together then it would be B’nai Mitzvah.

3. Why should my child become a Bar or Bat Mitzvah?

Becoming a Bar/Bat Mitzvah ceremony is a celebration of naturally occurring commitments that come at the age of thirteen. By becoming Bar/Bat Mitzvah, one demonstrates their ongoing commitment to remain connected to a generational chain as well as to both Jewish and universal values – values which include Jewish ritual practice, community prayer, both religious and secular education, tzedakah, and living a moral and ethical life, caring for one’s community and all who belong to it. A Bar/Bat Mitzvah ceremony demonstrates both to the young adult and to all those that are present at the ceremony that this young person is growing toward adulthood and toward responsibility and obligations to the broader community. Completing the B’nai Mitzvah process will leave your child with a sense of independence and accomplishment.

4. What is my role as a parent, and how may my family participate in this special ceremony?

a. Candle Lighting: Our tradition at Rodef Sholom is to have the family of the Bar or Bat Mitzvah light candles on the Friday night before the ceremony.

b. Passing Down the Torah: On the Saturday morning of the ceremony, grandparents and parents, regardless of religion, may participate in the tradition of passing down the Torah to the Bar or Bat Mitzvah.

c. Aliyah: Your family may decide to honor other family members with the blessings recited before and after the reading of the Torah, an aliyah. In addition, we encourage family members and young adults, post-Bar or Bat Mitzvah, to read sections of the Torah. You may have an aliyah at Rodef Sholom if you are Jewish or married to someone who is Jewish.

d. Parents' Blessing: The parents offer a brief blessing to their child after the Bar or Bat Mitzvah's recitation of the Torah. Your blessing should be spoken to your child in the presence of the Congregation (it is not a speech to the Congregation). This is a very powerful moment for your son or daughter. Please remember that at the celebrations surrounding the service, you will have ample opportunity to speak at length with and about your child. However, out of respect for the congregation and the integrity of the communal service, we ask that you keep your blessing to your child during the service brief (the size of a small index card) and from the heart.

5. Who can have an aliyah?

The aliyah is an opportunity for any Jewish friend or family member of B'nai Mitzvah age (13 yrs.) to be called to the Torah for an aliyah. Non-Jewish parents are invited to the bima during the aliyah and are welcome to offer a blessing.

6. What if I, or a member of my family is not Jewish? May we still participate in the Bar or Bat Mitzvah ceremony?

We recognize the uniqueness of each family's situation. We do not want anyone to compromise his/her beliefs or identity nor do we wish anyone to take on a role or speak words that are not in consonance with his/her religious identity. Some of our words of prayer are particularistic. Certain prayers, such as the blessings before and after reading from the Torah, refer to the obligations Jews owe to God. It is not considered fitting (as it is not their obligation) for them to lead the congregation in these blessings. At Rodef Sholom, we permit someone who is Jewish or married to someone Jewish to participate in reading the blessings before and after the Torah. Other honors for those that are not Jewish include: opening the Ark, dressing the Torah, and saying the blessing over the challah, bread. Please use these principles in assigning honors to your family. If you have any questions about your family's participation in services, please feel free to consult with the cantor or one of the rabbis.

7. What is a Kippah and Tallit? Does my child need to wear one for his or her ceremony?

A Kippah is a skullcap, also called a Yarmulke in Yiddish. Wearing a Kippah is not required. It is a sign of reverence, indicating our awareness that there is One who is above us. Some people also wear a Tallit, prayer shawl. The fringes (Tzitzit) of the prayer shawl remind us of the Mitzvot (commandments) in the Torah. Each family is asked to buy a tallit for your child.

8. What if my child has learning differences?

At Rodef Sholom we believe that every person deserves the opportunity to celebrate becoming a Bar or Bat Mitzvah. We know that not all students learn the same way, they do not have the same natural talents or abilities, and they come from very different life experiences. We are committed to working with every student, and to making this event a truly positive and

enriching experience for every family. A Bar or Bat Mitzvah can be a truly enriching and moving event, and we look forward to working towards this goal for your child's Bar or Bat Mitzvah ceremony. If you have any questions please contact Rabbi Lara Regev, 415.479.3441 or email to lara@rodefsholom.org.

9. What is the difference between a double and a single Bar/Bat Mitzvah?

B'nai mitzvah students do four major things on the day of their bar/bat mitzvah:

1. Lead parts of the service
2. Teach Torah (deliver a drash)
3. Chant Torah
4. Chant Haftarah

If it is a double bar/bat mitzvah, the main element that the students do together is leading parts of the service. The other elements (chanting from Torah, Haftarah and delivering a d'var Torah) are done individually. The order of students is determined by whose Torah portion is chanted first. In a double b'nai mitzvah the order of the Torah service is:

- Student A reads drash
- Student A chants from the Torah scroll (includes 4 aliyot)
- Mi she'berach
- Student B reads drash
- Student B chants from the Torah scroll (includes 4 aliyot)
- Torah is lifted and dressed by friend/family of b'nai mitzvah. Torah lifter sits on bima holding Torah scroll while:
 - B'nai mitzvah students A and B chant Haftarah blessing together
 - Student A chants Haftarah
 - Student B chants Haftarah
 - Torah is returned to the ark

At a single bar/bat mitzvah, your child would do everything that Student A does above.



PATHWAY TO B'NAI MITZVAH

At a Glance

Your B'nai Mitzvah date has been chosen, now what?

- Attend Orientation and receive fabulous booklet full of excellent information!
- Read it thoroughly! Make notes! Ask questions!
- Enroll in Religious School for the fall
- Attend B'nai Mitzvah Retreat in the fall

Your child will take the following steps in preparation for their B'nai Mitzvah:

- 1 year out:** Choose a Mitzvah Project and begin work (see **B'nai Mitzvah Project Suggestions** on page 15).
- 9 mos. out:** Receive siddur and binder of study materials (we contact you with an appointment date with one of the rabbis).
- 8 mos. out:** Become familiar with *Parsha* and begin thinking about *Drash* (see **Suggested Drash Outline** for helpful hints, page 21).
- 7 mos. out:** Choose Torah and Haftarah verses to chant (we contact you with an appointment date with the cantor).
- 6 mos. out:** Begin weekly lessons with one of our tutors at the synagogue to master Torah, Haftarah, prayers and blessings. We will reach out to you to set up a schedule (see list of **Prayers and Blessings** on page 29).
- 3 mos. out:** Continue studying with partner and Cantor David, weekly lessons.
- 2 mos. out:** Work with the rabbi to draft and fine tune the *Drash*.

(A more detailed timeline can be found on the following pages)

PATHWAY TOWARD B'NAI MITZVAH

Detailed Timeline

- **Fall 2018**

**B'nai Mitzvah &
Religious School**

B'nai Mitzvah and Religious School

There are two 6th and 7th grade options for religious school: Gesher Wednesday school classes and Saturday morning whole-family Gesher classes. The Saturday morning Gesher classes offer an opportunity for B'nai Mitzvah families to learn and connect with each other. The Gesher Wednesday class offers kids the chance to build community with one another from 3:45 – 5:45 pm on Wednesday afternoons. Note: If your child is in 6th grade during the year of their b'nai mitzvah, s/he should enroll in 6th grade. For more information, contact Rabbi Lara Regev at lara@rodefsholom.org.

- **October 14, 2018**

B'nai Mitzvah Orientation, Part Two

This meeting will focus on the event planning aspects of the B'nai Mitzvah experience. Join the Rabbi, and other veteran B'nai Mitzvah parents, for information on how to plan your celebration and keep the process as spiritual, meaningful, and stress-free as possible! You will come away with concrete suggestions on the timeline for planning your event, as well as suggestions for vendors, cost-saving measures, and much more!

- **November 9-11, 2018**

**B'nai Mitzvah
Retreat**

B'nai Mitzvah Retreat at Walker Creek

The 2019-2020 B'nai Mitzvah students will spend a weekend at beautiful Walker Creek in west Marin with their parents. As part of the programming for the weekend, they celebrate Shabbat together. Our worship services are filled with opportunities for parent and student participation, from reading/chanting from the parsha to lifting and dressing the Torah or having an aliyah (reciting the blessing before and after the torah reading.) We guarantee you and your son/daughter time to bond

and to focus on the momentous and monumental changes that are/will be happening in your lives in the coming months and years, not to mention a healthy dose of Shabbat rest from the hustle and bustle of your lives here in Marin.

- **9 Months before B'nai Mitzvah**

Family Meeting

Family meeting with the rabbi

To help you sanctify the path toward this holy day in your family's Jewish lifecycle, one of the rabbis will meet with your family 9 months before your child's bar/bat mitzvah. Parents and the bar/bat mitzvah student attend this meeting at which time we will review the Torah portion, discuss the spiritual and ritual preparation for the B'nai Mitzvah and discuss the social justice project. We will also have the opportunity to get to know your family better!

- **7 Months prior to B'nai Mitzvah**

Family Meeting

Family meeting with the cantor

At this meeting, Cantor David Margules will send you an mp3 file with all chanted prayers, and give your student a prayer book. He will also go over prayers and speech guidelines, Haftarah and Torah verses, and will go over the Torah portion and drash outline. Parents attend this meeting with their student. Sofie Goldstein will send you a letter 8 months before your child's bar/bat mitzvah to schedule this meeting.

- **6 Months – Bar/Bat Mitzvah Home Preparation**

Home Preparation

We encourage B'nai Mitzvah students to spend 20 minutes each day reviewing B'nai Mitzvah materials. We have found that frequent and regular contact with materials helps to deepen confidence and mastery of those materials.

- **6 Months – 3 months prior to B'nai Mitzvah**

Weekly meetings with your tutor

Weekly meetings with your tutor

Sofie Goldstein will set up the tutoring sessions at the same time she schedules the first meeting with the cantor. Students begin their once-a-week, 30-

minute sessions 6 months prior to the bar/bat mitzvah. Tutoring sessions are one-on-one with the tutor for the first three months. Please contact Sofie if the student will be out of town for a significant amount of time (such as for summer camp or vacation) so that tutoring can be scheduled to start earlier. To cancel a tutoring session contact Sofie, a make-up session will be scheduled if needed.

- **3 Months prior to B'nai Mitzvah**

Weekly meetings with the cantor

Weekly meetings with the Cantor (together with B'nai Mitzvah partner)

The second three months of tutoring is set up by Sofie Goldstein approximately four months prior to the bar/bat mitzvah. The once a week, 30 minute sessions are with the cantor and the bar/bat mitzvah student(s). If your child is sharing a B'nai Mitzvah date with another student, both children will attend these tutoring sessions with the cantor at the same time. If your child is not sharing a B'nai Mitzvah date, then these tutoring sessions will be only with the cantor. Tutoring sessions with the cantor are held in the cantor's office and can be scheduled on either Tuesday, Wednesday, or Thursday afternoon. Please contact Sofie to cancel a tutoring session, a make-up session will be scheduled if needed.

- **2 Months prior to B'nai Mitzvah**

2nd Family meeting with the rabbi

Family meeting with the rabbi

Parents and the bar/bat mitzvah student meet with the rabbi who will be officiating their bar/bat mitzvah. We will assist with the Drash preparation, outlining the final weeks of the journey, personalizing the service, family honors and involvement, and assisting with overall preparation.

- **6-3 Weeks before B'nai Mitzvah**

Drash prep with the rabbi

Drash preparation with the rabbi

This get together is just for the bar/bat mitzvah student (and partner). During these meetings, we will work toward a final draft of the drash. Please

be sure your student brings two hard copies of their drash to these meetings.

- **Week of B'nai Mitzvah**

Rehearsal

**B'nai Mitzvah Rehearsal –
Tuesday afternoon, with the cantor**

The rehearsal is held in the sanctuary from 4:00 until 5:15 pm. Parents and bar/bat mitzvah student need to attend, siblings and grandparents may come but their attendance is not necessary. The bar/bat mitzvah student must bring his/her drash and materials.

- **Friday Night**

Friday Night Services

B'nai Mitzvah families join the congregation at 5:45 pm for the pre-Oneg and 6:15 pm services. Please note that the third Friday of each month, the service begins at 7:30 pm and is followed by a sweet oneg. The B'nai Mitzvah child(ren) helps to lead Kiddush. The families are invited to light the Shabbat candles and lead the blessing.

- **Day of Bar/Bat Mitzvah**

Day of Bar/Bat Mitzvah

Tallit Blessing

The B'nai Mitzvah family gathers in the rabbi's study before services at 10:15 am to put the morning in perspective, focus their spiritual energy, and wrap ourselves in our tallitot. First will be the presentation of tallit and blessing, the shehecheyanu, and the rabbi's blessing. This is a private and sacred time just for your family and the clergy, no photographers please.

Service

The service begins at 10:30 am and usually ends between 12:15 - 12:30 pm.

Kiddush Luncheon

A communal kiddush luncheon follows the service and begins between 12:15 - 12:30 pm and can last until 2:00 pm.

B'NAI MITZVAH PROJECT SUGGESTIONS

Your b'nai mitzvah project should be something you find meaningful and something you can connect with. This mitzvah project should be student driven and parent supported. Your project could be at one or more of the projects listed below, or you may continue at a project you are already involved with. If there is something else that speaks to you, please discuss the project with one of the clergy. At the end of the year each student will give a 5-minute presentation that describes the project and lessons learned while doing it. While you are engaged in the project, document your experience in writing or visual form for the presentation, for example, keep a journal, take photographs, make a video, conduct an interview, or collect information from the organization to share with your class.

Feed the Hungry—Peah & Leket

Jewish Family and Children's Services

Participate in holiday outreach by delivering holiday gift packages to seniors and the disabled.

Contact: Betty Hirschfeld

Phone: 419-3661

Jewish Family and Children's Services

Shop, bag, deliver food and visit seniors who are homebound for JFCS's grocery delivery program.

Contact: Lorraine Harris

Phone: 419-3635

E-mail: LorraineH@jfcs.org

Rodef Sholom Winter Homeless Shelter

Rodef Sholom is proud to participate in the Marin REST program. Volunteer in this winter shelter program by helping with dinner, serving and hosting the homeless men who stay in our social hall overnight. Every Wednesday night between November 15 - April 15.

Contact: Moji Javid

Phone: 479-3441

E-mail: moji@rodefsholom.org

Meals for the Homeless Program

Cook part of a meal at home to be delivered to a shelter in Marin

Contact: Rachel Mercer at 479-8554 or Debra Thal at 389-1125

E-mail: rachel.mercer@alc.com or debrat26@gmail.com

Mazon's Bar/Bat Mitzvah Tzedakah Project

Educate, inspire and motivate others to take action to end the injustice of hunger. Set an example for other young people by participating in Mazon's Mitzvah Project options.

Contact: Reena Rexrode

E-mail: rrexrode@mazon.org.

Website: www.mazon.org (see project manual)

Marin Organics Glean Team

Harvest and deliver healthy, organic food. Over 130,000 pounds of local certified organic products have been gleaned and delivered to participating schools, camps, and underserved communities throughout Marin. Each week the program enables 10,000 children to eat organic foods grown in Marin soil. Join the Glean Team in this rewarding work!

Contact: Program Manager Kerry McGrath

E-mail: kerry@marinorganic.org

Website: http://marinorganic.org/organic_school_lunch.php#glean

Marin Food Bank Novato

Organize Food for distribution

Phone: 415-883-1302

Website: www.marinfoodbank.org

Extra Food

Volunteer to feed the hungry and reduce food waste. Extrafood.org is a nonprofit that is helping end hunger and reduce food waste in Marin County. Volunteers pick up extra prepared food from Marin organizations—companies with extra catering, bakeries, restaurants, conferences, and congregations and deliver it immediately to programs in Marin that are feeding the hungry. Join us! You can do pickups/deliveries when and where it's convenient for you. You can also help with pick ups at the Farmer's Market

Phone: 415-482-9579

E-mail: extrafood.org@gmail.com

Website: www.extrafood.org.

[Help A Child Learn—Talmud Torah](#)

Marin School Volunteers

Become a tutor in the After School Homework Program at Venetia Valley Elementary School or any public school in Marin County.

Call: 492-3150

Bridge The Gap

Tutor kids in after school program

Call: 415-810-3137 or 415-221-3592 E-mail: volunteers@btgtutoring.org

Special Olympics

Special Olympics provide year-round sports training and competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. Volunteers enable Special Olympics to offer sports training and competition to over 16,000 children and adults with intellectual disabilities in 11 different sports. Special Olympics could not possibly exist without the time, energy, dedication, and commitment of the more than 14,000 Special Olympics

Northern California volunteers. The Special Olympics athletes are *why* our program exists; the volunteers are *how* we exist.

E-mail contact: info@sonc.org - Website: <http://www.sonc.org>

[Honor Our Elders—Kibud Zekaynim](#)

Adopt a Senior:

Visit and share stories with elderly members of the Rodef Sholom community.

Contact: Moji Javid

Phone: 479-3441

E-mail: moji@rodefsholom.org

Jewish Family & Children's Services

Participate in the Friendly Visitor Program Or Shabbat Services at the Redwoods the Second Friday of the month. Bring a *challah*, enjoy services, and visit with Jewish elders.

Contact: Betty Hirschfeld

Phone: 419-3661

E-mail: bettyh@jfcs.org

[Caring for Animals—Tsa'ar Ba'alei Chayyim](#)

Canine Companions for Independence

Service dogs that help disabled children and adults. Students will learn to care for the animals and understand more about the process that goes into training seeing eye dogs. Help fundraise and raise awareness for this organization.

Phone: 1-866-CCI-DOGS (224-3647)

Website: <http://www.cci.org/site/c.cdKGIRNqEmG/b.4011175/>

Save A Bunny: Volunteer experience may include rabbit-care and health learning, rabbit grooming and cleaning, or fostering a rabbit. Beyond the obvious enjoyment you get from spending time with lovable creatures (humans included), you also gain satisfaction in realizing the direct impact you make on a rabbits life. Volunteers of all ages are welcomed, but youths under 13 years old need to be accompanied by an adult.

Phone: 415-388-2790

Website: <http://www.saveabunny.org/volunteer>

Bay Area Wildcare: Students ages 12 through 14 work as support to hospital staff and volunteers to help wildlife and the environment through helping the wildlife rehabilitation team. They provide much needed basic services such as laundry and dishes, services needed to operate a successful wildlife hospital. WildCare's Young Adult Community Service and Volunteer Program creates a unique bond between adults and young teens. Students will form relationships and learn about wildlife rehabilitation.

Phone: 415-453-1000 x21

E-mail: volunteer@wildcarebayarea.org = Website: wildcarebayarea.org

Raise Up the Fallen—Somech Noflim

In The Bin

Rodef Sholom collects different items each month to help serve communities in need.

Contact: Moji Javid

Phone: 479-3441

E-mail: moji@rodefsholom.org

BLOOM – formerly *Image for Success*

Collect men's and women's business clothes to help someone who needs a job dress properly for their interview.

Contact: Skipper Cummings

E-mail: skipper@imageforsuccess.org

Phone: 415-482-6077

Website: <http://www.imageforsuccess.org/volunteer/>

Levantate / Lift—located in San Rafael and Novato, Levantate promotes healthy lifestyles for a diverse cross-section of underserved populations in Marin County. Volunteers will help distribute healthy food and work with younger kids—playing with them and providing them with physical activity and exercise. Volunteers will come away from the experience knowing more about healthy lifestyles and self-care as well as experience working with kids.

Contact: Jasmine Martinez

Phone: 415-507-1564

Website: <http://lift-levantate.org/>

Project Night Night

Collect blankets, books and stuffed animals. Assemble tote bags for homeless children.

Contact: Jessica Silverman Bryan

E-mail: Jessica@projectnightnight.org

Website: <http://www.projectnightnight.org/>

The Ceres Community Project

Marin youth 14 and up go to a professional kitchen where they are taught to cook by a professional chef and adult volunteers. Gain cooking skills, an appreciation for whole, sustainable, local ingredients, practice teamwork, and give back. Prepare nourishing, healthy free meals delivered by volunteers to people in Marin who are struggling with cancer and other life-threatening illnesses. Enhance your life through healthful connections, and possibly open doors to future job training in the culinary arts.

Contact: Ann Wathen

Phone: 415-265-1235

E-mail: annw@marin.ceresproject.org

Website: www.marin.ceresproject.org

In Spirit

A nonprofit public charity founded in Marin County in 1987 by Aneice Taylor, who became a quadriplegic in 1982 when her house was destroyed by a mudslide. Upon discovering the difficulties faced by her and other quadriplegics to live independently in their own homes, she formed In Spirit to address the inadequacy of home care and other essential services. The organization focuses on the needs of quadriplegics and is successfully helping prevent the institutionalization of persons in Marin County with spinal cord injury, multiple sclerosis, ALS, polio, muscular dystrophy, and other neurological disorders. A plant sale is IN SPIRIT's major fundraiser and help donating plants and garden items in addition to selling arts and crafts is needed.

Contact: Executive Director Aneice Taylor

Phone: 415-488-0477

Beyond Differences

Beyond Differences empowers students to end social isolation in middle school through online and campus programs. They are a student-led organization. They believe that change can only be true and lasting if the agents of that change are youth themselves. Their innovative national programs have inspired a cultural and behavioral shift at middle schools and high schools across the country. Join their movement to end social isolation by bringing one or all of their programs to your school.

Phone: 415-256-9095

Website: <http://beyonddifferences.org>

Marin Youth Court

The YMCA Marin County Youth Court is an alternative to the traditional juvenile justice system. Based on the principals of restorative justice, Youth Court empowers teens to take an active role in addressing and supporting their peers when they have made a poor choice. Restorative practices focus on learning from mistakes rather than being punished. The goal is to repair the harm done and the relationships impacted, so the youth may return to the community as a more reflective and wiser person.

Contact: Don Carney, Director

Phone: 415-459-9622

Email Address: dcarney@ymcasf.org

Website: <http://marinyouthcourt.org>

Project Awareness and Special Sports

PAASS strives to help teach individuals with developmental delays or learning differences the athletic skills necessary to play sports. They utilize high school and middle school "buddies" that work one on one with players teaching them the mechanics of sports. More than this however, buddies socially engage players and develop long lasting bonds and relationships. Coaches oversee players and buddies, and help coordinate games. Since its inception, PAASS has worked to connect players, buddies, coaches, and parents together and build a community of support, awareness, and acceptance. PAASS is looking to expand current programs to include additional sport clinics and recreational programs.

Contact: Tyler Barbee, Founder, Executive Director
Email Address: tybarbee97@gmail.com
Website: <http://www.projectawarenessandspecialsports.org>

[Environmental Issues—Ahavat Vereishit](#)

Golden Gate National Parks Conservancy

Participate in local volunteer projects and support for the National Parks Conservancy.
Phone: 415-561-3044
Website: <http://www.parksconservancy.org/help/volunteer/for-individuals.html>

Marin County Parks and Open Space

Assist rangers with park maintenance work such as habitat restoration, weeding, and trash pick-up. Volunteer at events such as coastal cleanup days and learn more about how to care for our natural environment.

Contact: Park Ranger Kirk Schroeder
Phone: 415-763-2977
E-mail: kschroeder@marincounty.org

Conservation Corps North Bay

Join America's Great Outdoors movement and volunteer for environmental community projects at Conservation Corps North Bay's Summer Service Days.
Phone: 415-454-4554
Website: <http://www.conservationcorpsnorthbay.org/f/>

SUGGESTED D'RASH (Sermon) OUTLINE

- | | |
|--|----------------|
| I. Introductory Statement
Ex. Shabbat Shalom! | 1-2 Sentences |
| II. Summary of your Torah Portion
(Hint: Use summary at the beginning of your purple book for guidance) | 1 paragraph |
| III. Thesis Statement
(Ex. "While studying my Torah Portion I was particularly interested in what Judaism has to say about rebellion. I believe that...) | 1-2 sentences |
| IV. What well-known rabbis and Jewish texts have to say about your thesis statement/question | 2-3 paragraphs |
| V. Your own thoughts about your thesis statement and relevant examples from the 21st century | 2-3 paragraphs |
| VI. Conclusion | 1 paragraph |

Helpful Tips and Suggestions from your Rabbis and Cantors!

- Remember that you are our congregation's teacher for the morning! Choose a topic that you are passionate and excited to teach us about.
- We encourage you to be creative and use personal stories. As long as you include the basic elements that we've mentioned in the outline we want you to feel free to add your own unique flair!
- If your b'nai mitzvah project connects well to the themes you are discussing in the Torah portion, please feel free to include it as a personal example.
- You don't have to write your d'rash about the Torah verses you have chosen to chant. You can choose a topic that connects to any part of the Torah portion for the week of your Bar/Bat Mitzvah.
- Please refrain from "thank you's" in your d'rash. You will have plenty of opportunity to thank your friends and family. The d'rash is a moment to deliver your unique message and Jewish teaching to our congregation.

“Eat your bread *b’simcha* / joyously and drink up with a good heart” – Ecclesiastes 9:7

SHABBAT KIDDUSH LUNCH AT RODEF SHOLOM

OPTIONS for a sacred meal shared together with your family, friends and community.

The most important part of a Kiddush lunch is the opportunity to eat and celebrate together – it does not need to be fancy! People serve everything from tuna salad, bagels and cookies on paper plates to catered, sit-down lunches on fine china - there are many different options available to families to create the lunch that works best for them. If you have a partner family, it’s best to begin discussing all of your options early.

***Option 1:**

Some families, with friends or family who like to cook or bake, ask them to contribute. It makes for a very special atmosphere when everyone has a hand in contributing to the party.

***Option 2:**

Other families order cold food to be dropped off (or picked up by someone else) from a caterer such as those listed below or places like Comforts in San Anselmo, Mollie Stone’s, Safeway, House of Bagels, etc.

***For either of these options (Option 1 or 2), families are responsible for all of the set-up, including the paper goods, linens, or whatever else you choose to use, as well as the breakdown and clean-up (please see instructions following).**

Option 3:

Still other families choose to use a professional caterer, who will take care of the food, set-up, and clean-up. Here is a list of caterers frequently used at Rodef Sholom:

Avi-ously Delicious Catering

Phone: 415.892.7685

www.aviouslydelicious.com

Email: aviously@comcast.net

Delicious! Catering

Phone: 415.453.3710; Lara or Teresa

www.deliciouscatering.com

Email: info@deliciouscatering.com

Mangia Nosh

Robert Meyer's Mangia/Nosh Catering

Phone: 415.472.2894

www.mangianosh.com

Email: info@mangianosh.com

P’nosh Catering

Phone: 415.235-6518; Bobbi Baumgarten

www.pnoshcatering.com

Taste by Two

Phone: 415.454.9979; Susan Schatzberg

SATURDAY COMMUNAL KIDDUSH LUNCH INSTRUCTIONS

After every Shabbat morning service, there is always a Communal Kiddush Lunch in order to provide everyone an opportunity to celebrate with your family. It is Rodef Sholom's tradition that B'nai Mitzvah families provide a light kiddush lunch for all invited guests in addition to approximately 20 members of the community. We call this Hiddur Mitzvah: the beautifying of our Shabbat celebration. Together, we will join in celebrating your child's B'nai Mitzvah.

Please provide the following:

Food

1. Three challahs, one un-sliced (see set up instructions below).
2. Light lunch – such as bagels and schmears and a few salads, fruits, cheeses or something more elaborate depending on your preference.

Beverages

Please provide two bottles of grape juice. You may also provide water, juice, coffee, tea or whatever you wish to serve your guests. The temple does not provide any beverages or cups, other than Kiddush cups. Please have your designee pour the grape juice into Kiddush cups and have available on your buffet tables.

Set-up information

1. Please provide your own paper goods (including table covers, utensils, napkins and cups).
2. Leave one un-sliced challah in the bag on the kitchen counter. Our staff will be sure to have near the bimah at the end of the service.
3. Slice 2 additional challahs into small pieces, put back in plastic bags. Your designee may use any of our baskets and doilies in the kitchen and place sliced challah on your buffet tables.
4. Doilies, trays and plastic wrap are available in the kitchen.

Clean-up information

- Please do not use supplies that belong to Rodef Sholom, other than those listed on first page, i.e. paper goods, Ziploc Bags, tin foil, etc. Please supply your own.
- When using the oven, please clean oven after use. Wipe up any spills you might have. Please don't ever rest anything on the oven door when it's open.
- Please clean up the kitchen after use: kitchen floor, oven, stove- top, counters.
- Return any washed dishes and utensils to cabinets after use.
- Please clean up any spills you might have had in the fridge or freezer.

- All garbage needs to be properly packed, tied in plastic bags and deposited in the outdoor dumpster.
- Break down any empty cardboard boxes and place them in the appropriate recycling bins. IF THE CARDBOARD IS SOILED, PLEASE PUT IN REGULAR DUMPSTER.
- Deposit items that can be recycled outside in appropriate bins, i.e. wine bottles, plastic bottles, cans etc.
- Please pick up any trash from the courtyard, social hall etc.
- Social hall, kitchen and foyer need to be clean and swept.
- Rental linens, dishes, tables, chairs, etc. packed, stacked and ready for pickup as soon as possible.
- **Premises restored to condition that existed prior to the event.**
- **Please consider donating your leftovers to *Extra Food***; they can be reached at 415.997.9830 or through www.extrafood.org (you might even want to talk to them ahead of time.)

Thank you so much for your cooperation. We look forward to working with you.

If you have any questions regarding any of Rodef Sholom's policies, please contact our Executive Director, Michael Kamler. Questions concerning the set-up or clean-up details should be directed to Deanna at the synagogue office (479-3441) or deanna@rodefsholom.org. We look forward to celebrating together with you and our Rodef Sholom community.

ADDITIONAL OPTIONAL ITEMS for the B'nai Mitzvah Service at Rodef Sholom

Here is a list of some items that you may wish to consider to complement your family's b'nai mitzvah experience at Rodef Sholom. Please note that none of these items is required but we wanted to be sure you knew of the choices.

Bimah Arrangement – there are many options here:

- None
- Potted plants
- Glass vases filled with fruit, branches, whatever you can dream up!
- Items associated with your child's mitzvah project or Torah portion (snakes and apples, books, canned food, stuffed animals, etc. that can be donated afterward if you choose)
- Flower arrangements by a florist or a friend

If providing, please have set up in the sanctuary by Friday afternoon at 3:00 pm

Kippot – again, many options if you do an online search

- The synagogue has plenty of yarmulkes that are available for your guests and family
- Paper kippot embedded with seeds that can be planted
- Embroidered with bar/bat mitzvah child's name and date
- Hand woven, silk, suede, cotton

Program – you can be very simple here or get really creative depending on your preference

- None – programs are optional
- Create yourself utilizing software you already have (Word, Publisher, Photoshop, etc.)
- Print on regular or fancy paper at home
- Use a print shop for help with printing on various weights and colors (glossy or matte) of card stock

Photographer/Videographer

- None
- Ask a family member or friend (this could even be a young adult/teenager who is fond of photography)
- Professional photographer

Photographs may be taken inside the sanctuary prior to the service beginning.

Once the service has begun at 10:30 am, the photographer and/or videographer must not take pictures within the sanctuary. They may take pictures from the social hall looking into the sanctuary, and must be unobtrusive with their shutter clicks and cannot block the aisles.

If you would like contact information for vendors whom our congregants have utilized and recommend, please feel free to contact Sofie Goldstein, B'nai Mitzvah Coordinator. She would also welcome any recommendations you would like to pass along if there is someone you have worked with that you just loved. 415.479.3441 or sofie@rodefsholom.org.

KASHRUT POLICY

**Important notice and agreement regarding the use of the kitchen and common facilities
at Congregation Rodef Sholom**

- 1) **ABSOLUTELY NO PORK PRODUCTS, SHELLFISH OR FOOD WITH NUTS ARE TO BE SERVED ON THE TEMPLE PREMISES.**
- 2) **IF YOU WILL BE SERVING MEAT OR CHICKEN DISHES, THERE SHOULD BE NO DAIRY (dressings, cheese etc.) ON THE MENU. Please substitute non-dairy products in place of cream cheese or for coffee.**

In order to avoid any confusion, we ask that all families and/or organizations planning to use the synagogue facilities make this known to their caterers and anyone bringing food into the synagogue.

Please read and sign both copies of this agreement, retaining one for your file and returning the other to the synagogue office accompanied by the facilities rental form.

We, the undersigned, agree to serve NO pork products, shellfish, food with nuts, or mix milk products with meat on the menu while using the kitchen or common facilities of Congregation Rodef Sholom.

Date of use of facilities: _____

Date signed: _____

Member or organization representative

Date signed: _____

Caterer, or organizer of food

Caterer (Name): _____

Address: _____

Phone: _____

Date signed: _____

Please note that the caterer needs to provide proof of liability insurance to Congregation Rodef Sholom at least 2 weeks prior to the event.

SOCIAL HALL FACILITIES RENTAL FEE SCHEDULE

It is the expectation that each Bar/Bat Mitzvah Family sponsors a communal Kiddush Lunch after the Saturday Shabbat Services for family, friends and the community.

Communal Kiddush Lunch (finishing up no later than 2:00 pm)	No rental fee
<p>Each additional hour after 2:00 pm, will be charged \$40.00 per hour for custodial fees. Please arrange for food for your guests plus approximately 15 congregants. Please contact the Executive Director, Michael Kamler, if you have questions.</p>	
Extended afternoon party after the Communal Lunch Includes 3 hours of custodial help. Please check with temple for availability.	\$300.00*
Dinner – evening party Includes full use of kitchen facilities and 5 hours of custodial help, begins when Synagogue opens for set-up. Please check with the temple for availability.	\$500.00*
Custodial Charges Per hour, per custodian	\$40.00*

*Please note: all fees are subject to change. All rental fees must be paid in full by date of event.



B'nai Mitzvah Prayers and Blessings

Comprehensive list of all prayers and blessings that your child will learn in preparation for the b'nai mitzvah. In addition to these prayers and blessings, your child will learn 12 lines of Torah divided into 4 Aliyot, and 3-4 lines of Haftarah.

Friday Night Prayers

- Candle Lighting (family)
- Kiddush

Saturday Morning Prayers

- Tallit Blessing
- *Ashrei
- Bar'chu
- Yotseir Or
- Shema
- V'ahavta
- Adonai S'fatai
- Avot
- G'vurot
- Motzi

Saturday Torah Service Prayers

- Shema/Echad
- Gadlu

Saturday Torah Service Blessings

- Before Torah Reading
- After Torah Reading
- Before Haftarah Reading
- After Haftarah Reading

*Prayer with an asterisk may be omitted at the clergy's discretion.

Shabbat Sanctuary Service Explanation

There are five sections in both Friday night and Saturday morning Shabbat services. The order of the service is the same for both evening and morning services with only a few variances.

Section 1. Introductory Prayers: In the opening part of the service you will find warm-up songs such as: *Hinei Mah Tov, Mah Tov, Shabbat Shalom, and Oseh Shalom*. Psalms are also read and sung during this section of the service.

Section 2. Shema and its Blessings: This section of the service teaches us what Jews believe. We recognize and bless God as Creator, Revealer of Torah, and Redeemer.

- **Barchu:** The Call to Worship

The service officially begins with the chanting of *Barchu*. This is a “call and response” prayer. It is during this prayer that we may ask ourselves-What distracts me and keeps me from being completely present for prayer? How might I remove these distractions?

- **Ma’ariv Aravim:** The One who Brings on Evening

Ma’ariv Aravim is the Evening Prayer in which we thank God for bringing evening upon us each day.

- **Yotzer:** Creator

Yotzer is the Morning Prayer for creation of light and darkness. In saying this prayer we affirm that God creates and re-creates the world every day.

- **Shema Yisrael:** Hear O’ Israel

The *Shema* is an affirmation of Judaism and a declaration of faith in one God. The *Shema* is considered so important that we are obligated to recite this prayer twice daily.

- **V’ahavta:** You Shall Love

This prayer informs us that knowing there is only one God is not enough. We must show our love for God through our actions. We ask ourselves, what does it mean to love God “with all my heart?”

- **Ge’ulah:** Redemption

This prayer recalls the Israelites’ exodus from Egypt and thanks God for helping us survive other tough times in our personal life. *Ge’ulah* concludes with the *Mi Chamocha*.

- **Mi Chamocha:** “Who is like you, among the gods, Adonai?”

Moses and the Israelites sang this at the shores of the Red Sea. We sing this song today as we call to mind the Israelite slaves’ journey through the parted sea on their path toward freedom.

Section 3. Amidah: Standing Prayers

The *Amidah* is said standing, facing east, towards Jerusalem. It is a central section of our liturgy and evokes what we all need: to be linked to our ancestors, to feel part of God’s

holiness, to give thanks, and to find peace. On Shabbat we say seven blessings, while on the weekdays we recite nineteen.

- **Avot:** Ancestors

This prayer helps link us to our ancestors. We pray to God as we remember all the generations of Jewish people connected to God through the covenant we established on Mount Sinai.

- **Gevurot:** Might

We pray to God as the “One Who Gives Life to All.” In this prayer, we recognize that we have souls that endow us with eternal worth and everlasting hope.

- **Kedusha:** Sanctification

This prayer affirms that God is God of the entire Jewish people. We declare, “Holy, holy holy is the Lord of Hosts. The **whole** earth is full of God’s glory.”

- **Yismechu:** They Shall Rejoice

We sanctify the Sabbath day and rejoice in one another’s happiness through singing *Yishmechu*.

- **Avodah:** Worship

In this prayer we recall our ancient history in which we offered sacrifices in the ancient Temple of Jerusalem. We remember that although we no longer have a Temple, every Jewish home is a miniature sanctuary in which our every day life can be transformed into the sacred.

- **Hoda’ah:** Thanksgiving

In this prayer we remember to be thankful for what we have. We give thanks for all that we possess now, for all that we might have in the future, and for the ability to give thanks.

- **Birkat Shalom:** The Blessing of Peace

Through this prayer we call an end to violence, war, and bloodshed. We ask ourselves- what am I doing to bring *shalom* (peace, fulfillment, and completeness) into this world? We conclude the *Amidah* with a song for peace, *Shalom Rav* sung in the evening and *Sim Shalom* in the morning.

Section 4. The Torah Service: The centerpiece of the Shabbat morning is the reading of *Torah* and a text from the Prophets (*Haftarah*).

- **Torah:** The Five Books of Moses

The Torah is a link with Jewish history and with Jews throughout the world, who will read the same Torah portion on that day.

- **Passing Down the Torah**

Here at Rodef Sholom we participate in the tradition of handing down the Torah from one generation to the next. Those who are responsible for having transmitted the knowledge and love of Torah to the Bar or Bat Mitzvah are given this honor. The Torah scroll is physically passed from grandparents to parents to the Bar or Bat Mitzvah.

- **Aliyah:** Reciting Torah blessings

Being called up to the *Torah* for an *aliyah* is a significant honor during the Bar or Bat Mitzvah ceremony. The tradition at Rodef Sholom is to have three *aliyot* (the plural of *aliyah*) designated for family members and close friends, while the fourth *aliyah* is given to the Bar or Bat Mitzvah.

- **Haftarah:** Reading from the Prophets

The *Haftarah* reading is usually linked thematically to the Torah portion of the week. Following the Torah reading, the *Haftarah*, a selection from the prophets, will be chanted, along with the blessings that precede and follow the reading.

- **Drash:** Speech on the weekly Torah portion

The Bar or Bat Mitzvah will deliver a *Drash* which teaches about some element of Jewish history, value or practice, and applies the lesson to our lives today. This ability to study and teach *Torah* or *Haftarah* is a mark of maturity, and is an honor accorded those who have attained the age of religious responsibility in the Jewish community.

- **Misheberach:** Prayer for Healing

The *Misheberach* is a prayer in which we ask for healing and a speedy recovery to those that suffer from illness of body, mind, or spirit. We invite members of our community to say the names aloud of those that need healing in order for the entire community to pray for their well-being.

Section 5. Concluding Prayers:

- **Aleinu:** God is Upon Us

This prayer repeats the major themes of the entire service: the theme of creation, revelation, and redemption.

- **Kaddish:** Mourner's Prayer

We honor the memory of those who have died. The *Kaddish* does not mention death, but praises God and acknowledges the precious gift of life.

- **Kiddush and Motzi:** Blessings Over Wine and *Challah*

These two blessings we recite on the *bima* to express our joy for Shabbat and to thank God for creating the fruit of the vine and bringing forth bread from the earth.

SAMPLE of the Shabbat Morning Service

April 29, 2017 3 Iyar 5777

Child 1 and Child 2

Parents of Child 1; Parents of Child 2

Musicians

Rabbi and Cantor

10:32am *b'nai mitzvah enter sanctuary: (* both children together)

Welcome B'nai Mitzvah Families with a Niggun G teach tune

186 Modeh Ani Klepper G segue

192 Ma Tovu Maseng G/A

194 Asher Yatsar Read in English Rabbi Kavanah

196 Elohai N'shamah Gold d Rabbi Intro

198 Daily Miracles Chanted Rabbi

Call up Child 1 and Child 2

215 Ashrei B'nai Mitzvah B'nai Mitzvah

218 Hal'luyah (Psalm 150) Sufi e segue

226 "Please rise for the Bar'chu on page 226" (Face Ark) Child 1

226 Bar'chu Siegal a minor B'nai Mitzvah

228 "Please be Seated--- We continue chanting "Yotseir Or" on page 228. Child 2

228 Yotseir Or Chanted B'nai Mitzvah

231 Ahava Raba Chanted Rabbi

232 " we chant the "Shema" on page 232 followed immediately with the "V'ahavta" on page 234. Child 1

232 Shema Sulzer B'nai Mitzvah

234 V'ahavta Torah Trop B'nai Mitzvah

239 "Please join us praying responsively in English on page 239." Child 2

239	"The Eternal truth is that You alone are God..."			B'nai Mitzvah
240	Michamocho	Friedman		Rabbi
242	"Please rise on page 242 for the Tefillah"			Child 1
242	Adonai S'fatai	Taubman	a minor	B'nai Mitzvah
244	Avot	Katchko		B'nai Mitzvah
246	G'vurot	Katchko		B'nai Mitzvah
248	Kedusha	Shur	f	segue/Cantor
250	Yismechu	Chassidic	F	segue
256	Modim			
258	Sim Shalom	Chassidic		
SILENCE				
260	Oseh Shalom	Carlebach	D	Cantor

Rabbi introduces torah service:

362	Let us Soak it Up	Nichols	
	Av Harachamim	Trad.	D
364	Ki Mitzion & Baruch Shenatan	Trad.	d
366	Sh'ma & Echad & Gadlu	Trad.	
Hakafah Music: Shiru Ladonai Niggun G			
	<u>Rom'mu</u>		e
	<u>Am Yisrael Chai</u>		C
	<u>Torah Ora</u>		a

Child 1's Drash

Torah Reading:	Tazria	Leviticus 12:1 – 13:59	pg. 734
	M'tzora	Leviticus 14:1 – 15:33	pg. 750

Child 1 Chants Torah:

<u>Aliyah #1</u>	<u>Lev. 13: 1 - 3</u>	<u>pg. 736</u>
<u>Aliyah #2</u>	<u>Lev. 13: 4 - 6</u>	
<u>Aliyah #3</u>	<u>Lev. 13: 7 - 9</u>	
<u>Aliyah #4</u>	<u>Lev. 13: 10 - 13</u>	

Parents bless Child 1

371 Mishebeirach Friedman C ask for names

Child 2's Drash

Aliyah #5 Lev. 13: 14 – 16 pg. 737

Aliyah #6 Lev. 13: 17 - 19

Aliyah #7 Lev. 13: 20 - 22

Aliyah #8 Lev. 13: 23 - 26

Parents bless Child 2

370 V'zot Hatorah Lefkowitz f call up hagbah & g'lilah

Haftarah Reading: II Kings 7: 3 - 20 pg. 765

372 Blessing Before Haftarah

Child 1: II Kings 7: 3 - 7 pg. 765

Child 2: II Kings 7: 8 - 10

372 Blessing After Haftarah

Siman Tov U'mazel Tov

Board Presentation of Gifts: Board Member

374 Hodo al Eretz Naumberg F return scroll to ark

374 Eitz Chayim & Hashiveinu Trad. D

Leave Ark Open as Rabbi Blesses B'nai Mitzah L'dor Vador Nelson

586 Aleinu Trad. G

591 Veneemar & Bayom Hahu Trad. G

598 Mourner's Kaddish

Kiddush & Motzi

Closing Song: Wedding Niggun G

CONGREGATION RODEF SHOLOM

Dear 2019 - 2020 B'nai Mitzvah Families,

With your child's Bar/Bat Mitzvah quickly approaching, this coming year will be a pivotal one for your family. Please know that the entire education department, clergy and administrative staff of Congregation Rodef Sholom are here and available to guide and support you and your child as you approach this awesome day in your family's Jewish lifecycle.

The congregation requests a Bar/Bat Mitzvah fee to cover the cost of materials, tutoring and partial support of the B'nai Mitzvah Retreat. The fee for a 2019 - 2020 B'nai Mitzvah will be \$1180.00. The full payment for the B'nai Mitzvah is due six months prior to the date of your child's Bar/Bat Mitzvah.

Please return your payment or credit card authorization together with the bottom portion of this letter to the synagogue office.

Thank you for your cooperation.

L'shalom



Michael Kamler
Executive Director

PAYMENT METHOD FOR 2019 - 20 B'NAI MITZVAH FEE

Name: _____

Bar/Bat Mitzvah Date: _____

I choose one of the following methods of payment:

Check enclosed for full amount due.

Bill my credit card for **full amount due.**

Member Name: _____

Cardholder Name: _____

Credit Card #: _____

Master Card

VISA

CSV: _____

Cardholder Signature: _____ Exp. Date: _____