

# Bar/Bat Mitzvah Monthly Activity



## What's in a Name? Exploring Your Hebrew Name

In the first book of Samuel it says: **כִּי כִשְׁמוֹ כִּי-הוּא** “ki chish’mo kein-hu,” or, “like his name, so is he.” Our Hebrew names are extremely important to us as Jews throughout our lives. They connect us to our heritage by linking us to relatives who have passed away, attributing us with personality traits, and even describing our nature. They also accompany us throughout our lives like a loyal friend: from birth until death, your Hebrew name is a link to your Judaism.

In the Torah and other Jewish texts, names often describe the person. For instance, Moses is named Moses because his name has a similar root to the Hebrew word “masha,” or to draw out, because baby Moses was lifted out of the water and saved by the Pharaoh’s daughter. Another example is Jacob, which means “to usurp” in Hebrew. As you probably know, Jacob was always trying to usurp his older brother Esau’s birthright, starting in the womb!

Names have a myriad of meanings, and often reflect your relationship with your family and even your personality. If you already have a Hebrew name, your family probably spent some time thinking about why that name in particular. If you don’t have a Hebrew name yet, lucky you! This activity will help you choose that name.

In just ten short months, you will be called to the Torah by this name. It will be a special moment for you! Take time now to learn about your name (or to choose one) so it will be even more meaningful for you on your Bar or Bat Mitzvah.

If you have a Hebrew name, follow these steps:

1. Look up your name. You may find it on your Brit Milah certificate if you’re a boy, or on your baby naming certificate if you’re a girl.
2. Write your first and middle name (if you have one) (in Hebrew and transliteration) here:  
(Example: Avraham Yitzchak - אברהם יצחק)

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3. Spend time speaking about the name with your parents. Why did they choose this name for you? For whom are you named and why?

4. Now, look up the name’s meaning in Hebrew. You can do this by typing the name into google. Do just one name at a time, if you have two. Please write the translation here.

5. What does your name mean to you? What traits do you see in yourself that are reflected in your Hebrew name?

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*10 month activity continued...*

If you don't have a Hebrew name yet, follow these steps:

1. Sit with your parents and talk about how you want to choose a name. Here are some things to think about:

Is there someone who has passed away that you want to remember?

Is there a specific biblical character that you feel akin to?

Is your English name already a Hebrew name? (For instance, David is "Da-veed")

Or, is there a plant, animal, or personality trait that fits you? (For instance, the word for song, Shira, is a common name for girls or the word for tree, Eitan, is a common name for boys.)

Or, simply is there a Hebrew name that you like that begins with the same letter as your English name, or means the same thing as your English name?

2. If you already came up with your name based on a connection to relatives or Hebrew words you already know, great! Please write about how and why you chose it. If not, feel free to come to our TRS library and look through a dictionary of Hebrew names. Or, at your next appointment with the Cantor, bring up your Hebrew name and we will make time to pick one with you.

The Cantor will ask for your Hebrew name at your first meeting. Bring your name PLUS your parents' Hebrew names:

\_\_\_\_\_ ben/bat \_\_\_\_\_ v' \_\_\_\_\_  
Your Name    son/daughter of    Dad's First Hebrew Name    Mom's First Hebrew Name  
(If one parent is not Jewish, we use their English name)



# Monthly Service Attendance



## MACHBERET T’FILLAH: SERVICE JOURNAL 10 Months Before the Bar/Bat Mitzvah

Attend a Bar/Bat Mitzvah service at another congregation for Shabbat. Note below some of the differences between their service and ours. List the things that the Bar/Bat Mitzvah does at that congregation. What did you like? What did you not like? Did the Bar/Bat Mitzvah talk about a Mitzvah activity they were involved in? (*Suggestion: Look up the Congregation before you go. Find out what time the Service begins, and if there is a Bar/Bat Mitzvah.*)

### Other Congregations in Northern Virginia

<u>Congregation Name</u>	<u>Website</u>	<u>Type</u>
Agudas Achim Congregation	<a href="http://www.agudasachim-va.org">http://www.agudasachim-va.org</a>	Conservative
Congregation Adat Reyim	<a href="http://www.adatreyim.org/">http://www.adatreyim.org/</a>	Conservative
Congregation Beth Emeth	<a href="http://bethemeth.org/">http://bethemeth.org/</a>	Conservative
Congregation Etz Hayim	<a href="http://www.etzhayim.net">www.etzhayim.net</a>	Conservative
Congregation Olam Tikvah	<a href="http://www.olamtikvah.org/">http://www.olamtikvah.org/</a>	Conservative
Congregation Sha'are Shalom	<a href="http://www.shaareshalomleesburg.org">http://www.shaareshalomleesburg.org</a>	Conservative
Chabad at Tysons	<a href="http://www.chabadtysons.com/">http://www.chabadtysons.com/</a>	Orthodox
Chabad Lubavitch of Alexandria/Arlington	<a href="http://www.chabadalexandria.org/">http://www.chabadalexandria.org/</a>	Orthodox
Chabad of Northern Virginia	<a href="http://www.chabadva.org/">http://www.chabadva.org/</a>	Orthodox
Chabad Reston-Herndon	<a href="http://www.Chabadrh.org">www.Chabadrh.org</a>	Orthodox
Kol Ami: No. VA Reconstructionist Community	<a href="http://kolaminvrc.org/">http://kolaminvrc.org/</a>	Reconstructionist
Beth Chaverim Reform Congregation	<a href="http://www.bethchaverim.org/">http://www.bethchaverim.org/</a>	Reform
Beth El Hebrew Congregation	<a href="http://bethelhebrew.org">http://bethelhebrew.org</a>	Reform
Congregation Ner Shalom	<a href="http://www.nershalomva.org/">http://www.nershalomva.org/</a>	Reform
Northern Virginia Hebrew Congregation	<a href="http://www.nvhcreston.org/">http://www.nvhcreston.org/</a>	Reform
Temple Beth Torah*	<a href="http://bethtorah.net/">http://bethtorah.net/</a>	Reform
Temple B'nai Shalom	<a href="http://www.tbs-online.org/">http://www.tbs-online.org/</a>	Reform

Write about the service here: