

Bar/Bat Mitzvah Monthly Activity



Becoming Bar/Bat Mitzvah - What's It All About?

You are about to reach an important milestone in your life. In becoming Bar or Bat Mitzvah you are making a commitment to Jewish living and to affirming your Jewish identity. We know that with only one month to go, it's hard to think beyond your Bar/Bat Mitzvah ceremony and celebration. But this month, we want you to think about what changes AFTER you become a Bar/Bat Mitzvah. In this exercise, you and your parent(s) will explore what might change as a result of your new status.

1. Driver's License or Graduation?

Discuss with your parents:

- How is becoming Bar/Bat Mitzvah like getting a driver's license? (think "change of status")
- How is becoming Bar/Bat Mitzvah like a graduation? (think "completion, transition")
- How is it different than either of those?

2. Jewish Learning and Living

We are excited that you will be continue to be a part of our N'tivot teen program, and know that you will find it fun, engaging, and personally meaningful. Our expectation, and something your parent(s) understood, is that you will be a part of this special learning community at least through Confirmation in 10th grade. As a young adult, you will be able to integrate your Jewish learning with daily living in a way that you could not previously.

Exercise: You are the future of Judaism! What Jewish traditions or values would you want to hand down to future generations? (Choose as many as you'd like and put a check what you consider most important.) Share your thoughts with your parent(s).

- Celebrating Shabbat and Jewish holidays
- Living Jewish values
- Attending Shabbat and holiday services
- Celebrating Jewish life cycle events (birth, b'rit, bar/bat mitzvah, confirmation, wedding)
- Finding a sense of spirituality/connection to God
- Jewish learning
- Connecting to (and being supported by) Jewish community
- Doing mitzvot
- Involvement in social action/tikkun olam activities
- Add your own: _____

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2 month activity continued...

3. New Privileges? New Responsibilities?

So you'll soon be a "Jewish adult". Your presence will count in a minyan (the required number of Jews needed to make up a praying community) and you will be responsible to do and find meaning in mitzvot. But what else might change at this special moment in your life in terms of privileges and responsibilities, Jewish and non-Jewish? Discuss with your parent(s).

PART 2: Becoming a Bar/Bat Mitzvah: Changes I See

Exercise: Students and Parents: Each of you has your own questionnaire to complete (students: below; parents: on the next page). Answer the questions individually, then share and discuss your answers.

For the Student to Complete

1. How would you explain what it means to become Bar/Bat Mitzvah to a non-Jewish friend or relative?
2. What makes you proud about being Jewish?
3. What lesson will you always remember from your Torah portion?
4. What are two or three responsibilities that you might take on having become Bar/Bat Mitzvah (Jewish or non-Jewish)?
5. What are two or three privileges that you might take on having become Bar/Bat Mitzvah (Jewish or non-Jewish)?
6. What are two or three hopes and dreams that you have for yourself for the future?

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2 month activity continued...

For the Parent(s) to Complete

1. How would you explain what it means to become Bar/Bat Mitzvah to a non-Jewish friend or relative?

2. What makes you proud about your child being Jewish?

3. What would you like your child to gain from this experience?

4. What are two or three responsibilities that your child might take on having become Bar/Bat Mitzvah (Jewish or non-Jewish)?

5. What are two or three privileges that your child might take on having become Bar/Bat Mitzvah (Jewish or non-Jewish)?

6. What are two or three hopes and dreams that you have for your child for the future?



Monthly Service Attendance



MACHBERET T'FILLAH: SERVICE JOURNAL

2 Month Before the Bar/Bat Mitzvah

Attend any service at any congregation, including TRS. Follow along with the Hebrew. Do you feel ready to become a Bar/Bat Mitzvah and lead the service? Watch the people who lead. Are they entrusted with an awesome task in leading the service? Is that a responsibility that you feel you are now prepared for? What last-minute thoughts go through your mind when you watch a service and think about your service in just a short time?