

# Bar/Bat Mitzvah Monthly Activity



## Food, Glorious Food!

Judaism is not only a religion; it is a culture and ethnicity too. With that comes Jewish music, literature, art and of course food. Many of our families have favorite Jewish foods that have been passed down through the generations. Many of those recipes come from the countries of our ancestors. Babka from Poland, Borscht from the Ukraine, Blintzes from Russia, Falafel from Israel, Shavfka from Spain, Chicken soup and Challah from everywhere!

This month learn to cook a favorite family Jewish food or find a new recipe to introduce to your table. Serve your dish on a special Friday night. Many of these foods have stories that teach us about the Jewish culture of a country or the journey of our ancestors from one community to the next.



Look up a recipe in one of these cook books:

[From My Mother's Kitchen](#) by Mimi Sheraton

[The Book of Jewish Food](#) by Claudia Roden

[Jewish Home Cooking](#) by Arthur Schwartz

[The Foods of Israel Today](#) by Joan Nathan

[A Treasury of Jewish Holiday Baking](#) by Marcy Goldman

Or look up Jewish cooking online and you will find hundreds of websites that will help you get started!

*Tell us what you made:*



## Monthly Service Attendance



### **MACHBERET T'FILLAH: SERVICE JOURNAL**

#### *4 Months Before the Bar/Bat Mitzvah*

Attend Shabbat morning services at Temple Rodef Shalom. Listen carefully to the d'rash (speech). What was the theme of the talk? Did the Bar/Bat Mitzvah talk about the Torah portion, Haftarah portion or something else meaningful to that person? How did you feel after listening to it? Begin thinking about what you are going to be writing for your d'rash with Rabbi Saxe or Rabbi Bernstein.