

B'H

A Bat Mitzvah at Chabad of Cary

Dear Parent,

We are so happy you are considering Chabad of Cary for your daughter's Bat Mitzvah. We hope to be able to make this event meaningful, with inspiration that will last for years to come!

Bat Mitzvah marks a very important milestone, a fundamental shift in life: The transition from young girl to responsible young adult. So, a Bat Mitzvah shouldn't just be a party; it's too important. A Bat Mitzvah needs a soul. Such an experience deserves a pivotal place in life's rhythm and a powerful sense of meaning. The young celebrant should certainly feel a sense of relevance and connectedness to this auspicious threshold in her life.

We want your daughter to take pride in her Jewish identity. We want her to feel anticipation, eager to take her place as a full-fledged member of the Jewish nation. We want her to recognize her integral part in our beautiful traditions and rich heritage. We want to inspire a sense of responsibility to herself, to her fellow human beings, and, above all, to G-d.

It's truly a special time and our goal is to help your family realize the energy of this powerful moment.

In thinking about the way to commemorate a Bat Mitzvah, we should first take a step back. What are some of the spiritual concepts we are celebrating?

- A Bat Mitzvah Celebrates the first 11 years of a child's life, childhood is a formative stage and a foundation for life.
- A Bat Mitzvah Celebrates a time when the soul begins to blossom allowing the individual to find "moral maturity" with herself.
- A Bat Mitzvah Celebrates the Child's Commitment to living her life as a Jewish Adult.
- A Bat Mitzvah celebrates Our Torah, which gives us a world-view and guidance on how to lead a meaningful life.
- A Bat Mitzvah celebrates the idea that this girl is now taking his rightful place as part of the Jewish Community.
- A Bat Mitzvah celebrates the new link in the chain of Jewish continuity.

Which leads us to an important question: How can we infuse these concepts into the design of a Bat Mitzvah Celebration?

With this question in mind, we have set out to design a ceremony that emphasizes the "process" of maturation, responsibility, and Jewish identity. Rather than focus on a "Bat Mitzvah Project" or memorize a particular text for a one-time event we have chosen readings that articulate a developmentally

appropriate message for your child. **These 12 Passages are** taken from the Bible, Talmud, and Jewish Spirituality. They are not just religious texts for a specific day, rather, messages for life. It is our hope that these values will become "tools for a meaningful life" as your child matures into adult life.

The model that we have chosen is one that has been tremendously successful in communities around the country.

Your daughter's ceremony includes:

- Readings of the 12 Passages
- A Speech, with reflections on the meaning of this important milestone, his path in reaching it, etc. In particular, a theme of one of the readings will be elaborated upon.
- A representation of the Mitzvah Project that your daughter worked on over the course of the Bat Mitzvah preparation
- The Rabbi's explanation of the process, ceremony, and respective readings.
- As per your guidance, we call on family-members and friends for readings and/or personal reflections.
- A handout will be prepared for the all the guests containing the above readings and some additional prayers. The handout can also contain a personalized message from the family. If you like, you can also design your own cover.
- The parents (and grandparents if you choose) bless the Bat Mitzvah girl through our "fountain of blessings." They can also choose to convey the continuity of tradition with a "Judaic bestowal" (e.g. Shabbat Candlestick)
- Candle Lighting Ceremony (when done on Friday Night)

The Ceremony can take place in one of Two manners

Option 1 - Friday Night

WHEN:

Shabbat Evening

WHERE:

Chabad of Cary

WHAT:

The Ceremony revolves around the Lighting of the Shabbat Candles and prayers around it recited by the Bat Mizvah girl along with the recitation of the 12 Passages mentioned above. In addition, prayers will be recited, psalms read, and speeches shared (psalms and speeches may be recited in English) by family and friends you'd like to honor.

Following the Bat Mitzvah ceremony, we will break for a short Kabbalat Shabbat Service led by the Rabbi. Following services we will come together for Kiddush Celebration and Shabbat meal/Refreshments.

FOOD:

All Food and Liquer at the Ceremony must meet the Kosher Standards of Chabad. We suggest the food be prepared Freidi Posner at freidiposner@gmail.com or Atara's Kosher Catering at 713-505-9172 or ataradelicious@yahoo.com

FEE:

This Simcha Fee of a Bat Mitzvah with Chabad of Cary is \$500. This includes the use of the facility, ceremony, copies, kosher supervision of food, and a donation to the synagogue. The catering fee is separate from this fee.

NOTES:

- 1) Please bear in mind that videos and cameras can be used up until the point the Candles are lit.
- 2) Invited friends, family, and Hebrew School classmates will be the only ones in attendance as Chabad of Cary does not currently have Friday Night Services.

Option 2 - Sunday or Weekday

WHAT:

The Celebration is not a formal prayer service per se: It's a free-standing Judaic celebration of your daughter's Bat Mitzvah. We can schedule this ceremony at a time – and shape its schedule in a way – which will maximize the Bat Mitzvah meaning and celebration. The Ceremony revolves around the 12 Passages mentioned above. In addition, prayers will be recited, psalms read, and speeches shared (psalms and speeches may be recited in English) by family and friends you'd like to honor.

WHEN:

This Ceremony can take place on:

- A) Sunday Late Morning or afternoon (on days without Hebrew School)
- B) Work/school holidays (Presidents Day, etc.)

WHERE:

- 1) Chabad of Cary

2) Outside Location that allows you to bring in outside food (as the event will need to be kosher.) The Community Center at Bond Park in Cary is one excellent option. They are quite flexible and are only \$49/hour. As you will see from the link below, (search the bond park facility) there are a few available rooms.

<http://tinyurl.com/caryBarmitzvah>

FOOD:

All Food and Liquer at the Ceremony must meet the Kosher Standards of Chabad.

There are two options for food.

A) As of fall 2019, kosher catering for Bar and Bat Mitzvos at Chabad can be ordered through Freidi Posner at freidiposner@gmail.com. Another catering option is Atara's Kosher Catering. Atara can be reached at 713-505-9172 or ataradelicious@yahoo.com

B) Family purchases all food and takes care of setup and cleanup. The Rabbi will guide you with where food can be purchased locally. Certain other kosher items can be ordered through Chabad.

Paper goods and disposable serving utensils will be purchased by family. (Certain items like cutting boards, knives, can openers, etc can be borrowed from Chabad of Cary)

Suggested Menus Include 1) Bagels, Lox, and Cream cheese 2) Deli

NOTES:

Photography is permitted for a non-Shabbat Bat Mitzvah Ceremony

Fee:

This Simcha Fee of a Bat Mitzvah with Chabad of Cary is \$500. This includes the ceremony, copies, kosher supervision of food (whether Atara or by family), and a donation to the synagogue.

Preparation:

About six months prior to your daughter's Bat Mitzvah, you should contact the Rabbi to schedule a date for the Bat Mitzvah. At that meeting, we will discuss our goals for the Ceremony and Readings. We will also chart forward the path to prepare for those goals.

Weekly (or once per two weeks) tutoring with the Rabbi or Bat Mitzvah tutor will take place in the months before the Mitzvah. In these meetings we will practice the dictation of the Readings as well as their meaning, discuss what it means to be Bat Mitzvah, and, in 1-2 sessions with the Rebbetzin Chana, learn about Mitzvot unique to the Jewish Woman such as Shabbat Candles as well as the "Eshet Chayil" prayer (women of valor).

The number of these sessions will depend on the goals for the Bat Mitzvah, her prior knowledge of the 12 pesukim, as well as your child's knowledge of Hebrew, etc

FEE:

Tutoring will take place in 45 minute sessions. For students of the Hebrew School, it is \$30 a session, and for non-students, \$40

MITZVAH PROJECTS:

The Torah is a program for life, a 'user's manual' if you will. This isn't just theoretical; the Torah's ideas need to find expression in actual conduct. In light of that, we encourage the Bat-Mitzvah girl to adopt specific practices. For example:

- Designating a Tzedaka box in his bedroom and placing a coin there each day (except Shabbat)
- Saying the Shema Prayer each day
- Regular (even if not weekly) attendance at Shabbat Services before the Bat Mitzvah.
- Over the course of the preparation process, the Bat Mitzvah girl will choose a Mitzvah Project; this has two dimensions; one of a "social" consciousness nature and the other of a 'ritual' nature (Mezuza, etc) We will work with your daughter so that she can incorporate this into her Bat Mitzvah Ceremony.

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: Note: Regardless of when you schedule your ceremony and party, :
: the actual 'Bat Mitzvah Day' is your daughter's 12th birthday on the :
: Jewish Calendar. With your permission, the Rabbi or Rebbetzin will :
: **visit your daughter at home on that day** – perhaps for just a few :
: minutes – to celebrate the day's unique character. :
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