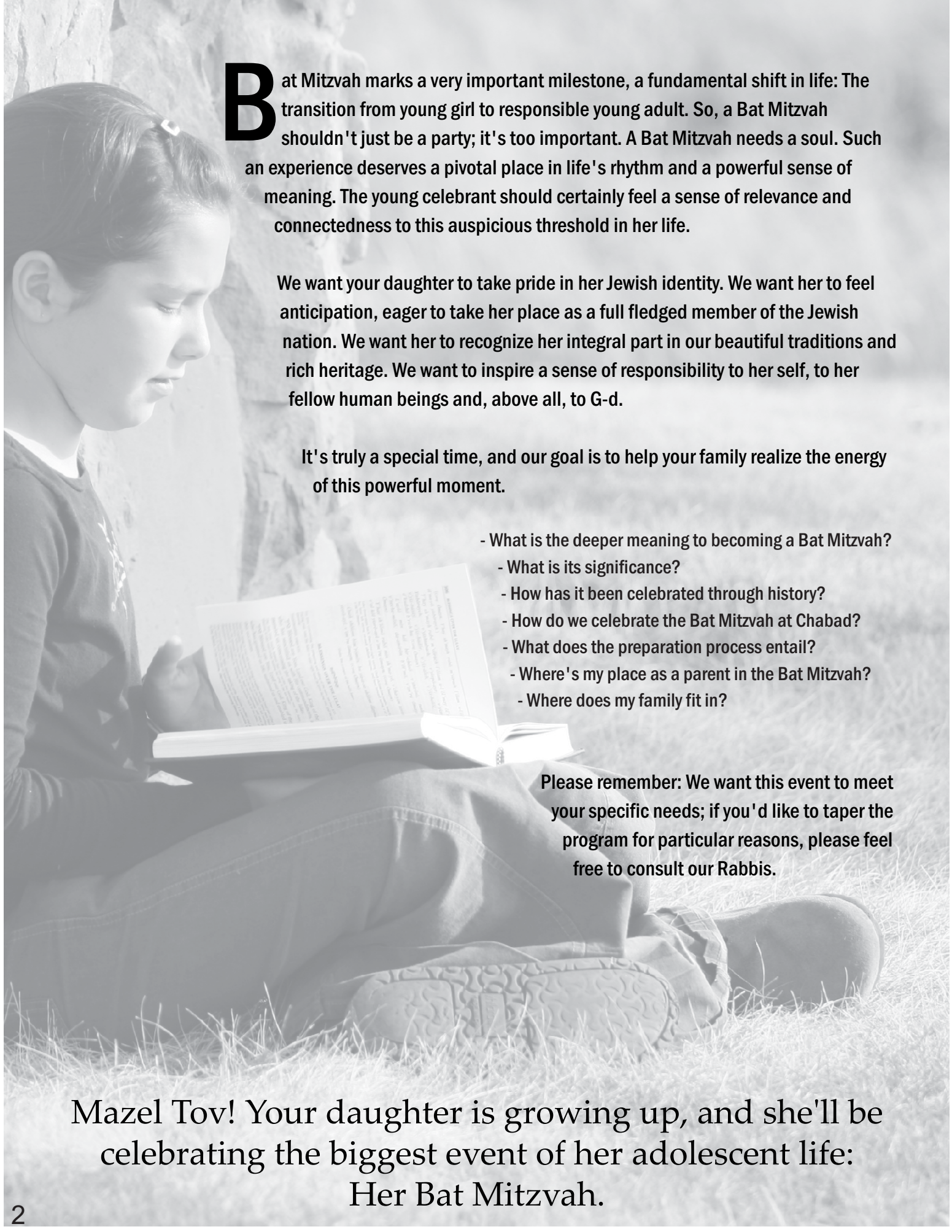


My Bat Mitzvah

Chabad of the Rivertowns



A black and white photograph of a young girl with dark hair, sitting on the grass and reading an open book. She is wearing a dark long-sleeved shirt and jeans. The background is a soft-focus landscape with a tree trunk visible on the left.

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 her self, 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.

- What is the deeper meaning to becoming a Bat Mitzvah?
- What is its significance?
- How has it been celebrated through history?
- How do we celebrate the Bat Mitzvah at Chabad?
- What does the preparation process entail?
- Where's my place as a parent in the Bat Mitzvah?
- Where does my family fit in?

Please remember: We want this event to meet your specific needs; if you'd like to taper the program for particular reasons, please feel free to consult our Rabbis.

Mazel Tov! Your daughter is growing up, and she'll be celebrating the biggest event of her adolescent life:
Her Bat Mitzvah.

1

What is a Bat Mitzvah.....

A Look at Bat Mitzvah Through the Lens of the DEVELOPMENTAL SPECTRUM



As you watch your child grow into an adult, you are observing the 'unfolding' of his persona. As time passes, developmental stages are reached and actualized, and a new level of identity blossoms. It's the natural flow of life. We can call it the developmental spectrum. At a certain point on this continuum, a child is ready to step beyond childhood. Still short of adulthood, the youth enters a 'post-childhood' phase. At this stage, she is ready to accept responsibility for her actions, and ready to 'step-up' as a reliable functionary in family and society.

In Jewish tradition, Bat Mitzvah is that stage; it's exiting childhood and crossing the threshold into 'post-childhood'. We want to make the most of this stage...

But, for thousands of years, we've seen it as more than the natural unfolding of the psyche. We see Bat Mitzvah as a time when the soul begins to 'blossom', allowing the individual to find 'moral maturity' within herself. It's seen as a point of time when we can begin to find a crystallization/awareness of our values which we know to be correct - and have that awareness guide our conduct.

In Judaism, SPIRITUAL CELEBRATIONS

find PHYSICAL EXPRESSIONS

In Jewish thought, 'celebrations of the spirit' also need to be 'celebrations of the body'. A Bat Mitzvah is a multi-dimensional event, celebrating a number of spiritual, psychological and emotional events in the child's and family's life. Therefore a Bat Mitzvah event needs to find TANGIBLE ways to express all these facets. In planning a meaningful Bat Mitzvah, we need to identify the psycho-spiritual facets of celebration and then bring them to tangible expression in our celebration.



What are some spiritual CONCEPTS we are celebrating?

A Bat Mitzvah celebrates the first 12 years of a child's life; childhood is a formative stage and is a foundation for life.

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 her rightful place as part of the Jewish community.

A Bat Mitzvah celebrates the new link in the chain of Jewish continuity.

To think about: How can we infuse these important concepts into the design of the Bat Mitzvah celebration?

2

How we celebrate at Chabad....

At Chabad, the Bat Mitzvah celebrations are faithful to the beauty and authenticity of Jewish tradition. We hope that the Bat Mitzvah "journey" brings your daughter to a deep recognition and appreciation of her special role as a part of the Jewish nation.

PERSONALIZED

We believe that no two children are the same and no two families are the same and we therefore strive to personalize this most meaningful life cycle event to make it most meaningful, enjoyable and inspiring for your family.

NOT JUST A CEREMONY

The Bat Mitzvah is much more than a ceremony, it is about who we are. Our focus is on experiencing the joy and depth of being Jewish. The ceremony is only one part of that. The training and preparation for the Bat Mitzvah reflects that as well. Your daughter is taught the meaning of what it means to be Jewish and is given time to ask and reflect on her becoming a Bat Mitzvah with the rabbi's and teachers she studies with.

ENJOY

It is not just about the destination but the journey should be meaningful and enjoyable as well

COMMUNITY

Through our own community involvement we show our children the importance of community. Making the Bat Mitzvah celebration a more communal event by inviting his Hebrew School classmates adds an important dimension to the experience.

PARENTS

Your child's Bat Mitzvah experience is greatly enhanced when you as a parent are involved and participate in the Bat Mitzvah preparation.

We at Chabad would like to create everlasting memories as your daughter celebrates her Bat Mitzvah. As per your guidance, we design the ceremony to include family and guests in any of the services.

The following are some things that can be incorporated into any one of the services.

- ◆ Parents' Speech
- ◆ D'var Torah, address by the Bat Mitzvah girl
- ◆ Rabbi's Comments
- ◆ Yivarechicha Blessing By Bat Mitzvah girls father
- ◆ Candy Throw
- ◆ Mazel Tov melody



3

Preparation Time Line.....



PRELIMINARY MEETING:

Approximately 18 months prior to your daughter Bat Mitzvah, we will have our first meeting . The primary objective of this first meeting is to become familiar with the Bat Mitzvah journey.

FOLLOW UP CALL

The Bat Mitzvah coordinator will call you to plan a Bat Mitzvah date

PERSONAL MEETING ONE

12 months prior to the Bat Mitzvah date the Rabbi and coordinator meet with you to schedule tutoring and to personalize the details your daughter's ceremony.

TUTORING

Tutoring begins 6-9 months prior to the Bat Mitzvah. All tutoring takes place at Chabad. Tutoring sessions last 30 minutes. Please ensure that your daughter reviews every night for 10- 15 minutes.

PHONE MEETING

4-5 months prior to the Bat Mitzvah the coordinator will contact you by phone to review progress, get feedback and discuss caterers and set up of the Synagogue.

PERSONAL MEETING TWO

1 week prior to the Bat Mitzvah. During this meeting we will cover final details such as family honors. This meeting will also serve as the rehearsal.

SCHEDULE OF SERVICES

The following is a description of a typical Bat Mitzvah service, which is approximately forty-five minutes to one hour.

- ✎ Welcome & introduction
- ✎ Select prayers in Hebrew & explanations
- ✎ Rabbi's comments
- ✎ Study Session: The Bat Mitzvah girl leads an in depth and participatory study session on a Jewish topic of her choice.
- ✎ Parents' Greeting
- ✎ Cup of blessings ceremony – (The Bat Mitzvah girl honors family members and friends by calling upon them to bless her over a cup of wine.)
- ✎ - Candy Throw and Congratulations from Everyone
- ✎ For other ceremony and service options please talk to the Rabbi.



CEREMONY OPTIONS

FRIDAY NIGHT CANDLE LIGHTING SERVICE



We launch the Shabbat on Friday evening with the women's/girls' traditional candle-lighting. The congregation then recites prayers to welcome the Shabbat. This service places great emphasis on the 'Shabbat Bride' (sometimes referred to as the Shabbat Queen), emphasizing the feminine dimension. Through the liturgy's sensitive eyes, we attempt to review the past week's events, struggles, successes and failures, to bring meaning to a hectic world. We then recite the Kiddush and partake in the traditional Shabbat Meal.

If you choose to celebrate the Bat Mitzvah this way:

The Bat Mitzvah ceremony (as detailed on page 4) is followed by the Friday night service for all guests to attend, conducted by Rabbi Silverman. There will be separate seating and a Mechitza during the actual Shabbat service. In a Friday evening service, the Bat Mitzvah girl leads the women and girls in the candle lighting and blessing. In the winter the candle lighting will be at the very beginning of the ceremony, and in the summer, the candle lighting will be after the Bat Mitzvah ceremony but before the Shabbat evening service. Please remember that videos and cameras are only allowed until the Candle lighting service. After the service, the Kiddush is recited by the Rabbi or father/grandfather of the Bat Mitzvah girl. The family of the Bat Mitzvah girl may then hosts either a dinner or dessert reception.

HAVDALAH SERVICE

Jewish tradition calls for a ceremony, known as Havdala, every Saturday evening. The Havdala serves as a transition between Shabbat and the weekdays, and incorporates blessings over wine, fragrances and candles, respectively. The ceremony typically lasts an hour.



The service can begin anytime after Shabbat ends. The Bat Mitzvah girl welcomes everyone and speaks about the Havdalah ceremony. She honors close family members by having them participate in parts of the service. Havdalah is recited by the Rabbi or the girl's father or grandfather, etc. and the Bat Mitzvah girls recite special Saturday night prayers. The ceremony continues as described on page four.. The family of the Bat Mitzvah girl may then hosts either a dinner or dessert reception.

SATURDAY AFTERNOON AND HAVDALAH

This Service begins with Mincha (afternoon prayer) one hour before the conclusion of Shabbat and includes a study session followed by the Havdalah service outlined above.

4 OTHER COMPONENTS...

BAT MITZVAH CLUB

The "Bat Mitzvah Club" serves as a forum for discussion and discovery, encouraging the Bat Mitzvah girl to learn more about this unique time in her life

RITUAL MITZVAH PROJECT

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 strongly encourage the BaT-Mitzvah girl to adopt specific practices. For example:

- ◆ Designating a Tzedaka box in her bedroom and placing a coin there every day (except for Shabbat).
- ◆ Regular (even if it's not weekly) attendance at Shabbat Services

SHABBAT CANDLES

The Bat Mitzvah girl will start lighting Shabbos candles every Friday night when she begins her training and will study the history and customs of this tradition.

CATERERS

Caterers and Kosher stores

RIKI MALKI CATERING

Phone: 917 806 8152

www.rikiskitchen.com

POMP N' PLATTERS

Phone: 973 539 4314

SUPERSOL OF WESTCHESTER

Phone: 914 472 2240

FOREMOST GLATT KOSHER CATERERS

INC Phone: 201 666 9942

For additional caterers please contact
the Rabbi

GUIDELINES

1. Girl should be after 12th birthday (according to Hebrew birthday) on day of her Bat Mitzvah
2. The Bat Mitzvah girl should be modestly dressed, with her shoulders covered and her skirt to her knees.
3. All Food and liquor served after the service must meet the kosher standards of the shul. Please see the list of appropriate caterers for your reception.
4. No photography or video unless the service is on a weekday or Saturday night after dark.

5

SPONSORS

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www.shemsdrums.com

**Dan Monselise - Challah, Roglach,
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**Riki Malki - Riki's Kitchen Kosher
Caterer @ Rikiskitchen.com or 917
806 8152**