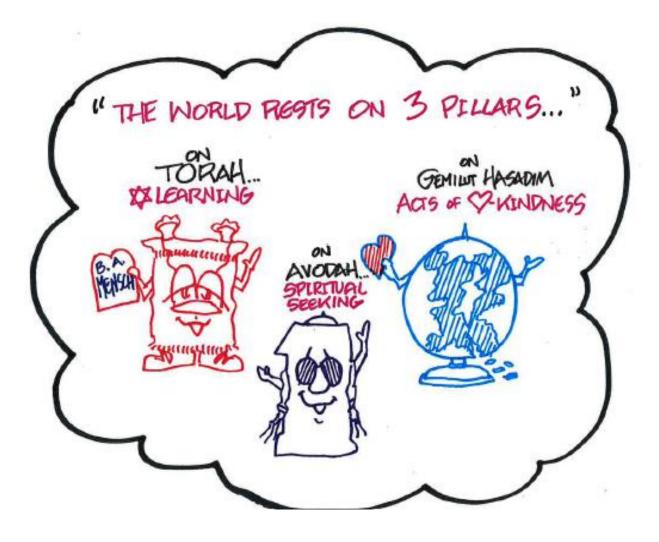
# BECOMING Bar-Bat Mitzvah

# The Journey-Book



# THE LT JOURNEY OF BECOMING

The Pathway to Larchmont Temple Bar-Bat Mitzvah, 5780—2019-2020

### GUIDING PURPOSE

The Journey of Becoming Bar/Bat Mitzvah unfolds over the course of years, beginning as the learner enters Jewish studies, and extending beyond the ritual moment on a given, designated Shabbat morning Service.

Enabling our B'nai Mitzvah and their families to explore core questions of Jewish meaning with the aim of strengthening Jewish connection, identity and commitment will make becoming Bar/Bat Mitzvah an affirmation of Jewish living that, hopefully, lasts a lifetime.

### BECOMING-in-PERSPECTIVE

Bar/Bat Mitzvah is not a one-shot deal—a singular moment of getting called to Torah, chanting your portion, doing your D'rash, finishing a mitzvah project and proclaiming: "I'm done!"

Bar/Bat Mitzvah is a journey—a process that plays out over the course of years; a pathway of growth and discovery that helps you become your best Jewish self; an adventure that starts when you begin Jewish learning and continues long after the day you stand on the Temple bimah.

Because every Bar/Bat Mitzvah is blessed with family, the Journey engages and enriches everyone in the extended family-circle.

Supporting your Bat-Bar Mitzvah along the way; sharing with him/her in the experiences of Jewish growth and Jewish learning, the "Becoming" inevitably nurtures everyone's connection to its lasting meaning.

The ritual moment reflects a relationship with Jewish learning & living which every family makes real in their own way.

Shimon HaTsadik taught:

''The world rests upon three pillars:

On Torah—Jewish Study/Learning

On Avodah—Jewish Spirituality/Celebration

On Gemilut Hasadim—Jewish Acts of Loving-Kindness.''

[P.Avot, 1:2]

Each of these three key pillars is a primary pathway to living out our Jewish lives.

**TORAH**...Searching out Torah and its commentaries; learning through the interpreters of the ages how the stories in that ancient scroll connect to our life-questions and challenges today.

**AVODAH**...Experiencing holy moments through Jewish holidays, sacred rituals, prayer & Jewish life-cycle events, to try and understand how they convey spiritual meaning for our lives.

**GEMILUT HASADIM**...Embracing deeds of loving-kindness which bring meaning to our lives and makes our corner of the world a more giving and connected place.

# The COVENANT of Becoming

Though every Bar/Bat Mitzvah will experience each of these three pillars on the Journey of Becoming, each will likewise have the opportunity to hone-in on the particular pathway that makes him/her feel most connected to the process.

# HOW?

Near the start of  $6^{th}$  grade, at our B/BM Family Shabbaton, you will explore the three primary pathways to Becoming, selecting one of them by the end of  $6^{th}$  grade as the primary pathway on your personal Journey of Becoming in  $7^{th}$  or early  $8^{th}$  grade.

### WHICH MEANS?

Your choice of a **primary pathway** will ask you to focus in on key experiences in that one area of exploration

[Torah, Avodah or Gemilut Hasadim]

The LT Journey of Becoming Guidebook will explain it all, detailing the different pathway options, to help you explore what most speaks to you.

Depending on the pathway you choose, you will have a Clergy Guide to help you along the way.

For TORAH—Rabbi Sirkman
For AVODAH—Cantor Scher
For GEMILUT HASADIM—Rabbi Frankel

To make sure you stay on track, our Journey Facilitator, Phil Aarons, will check in with you each month... helping you follow through, fostering family sharing, connecting you to your teachers, and making certain you have the support and tools you need.

As you travel the **Journey of Becoming**, our hope is that your Bar-Bat Mitzvah will mark the beginning of greater connection to Jewish living,
Jewish learning & Jewish doing, helping you find a pathway that paves the way to your Jewish future.

# The JOURNEY

### No matter which Pathway to Becoming you choose, everyone must:

- 1. Keep a JOURNAL [provided by LT] to record your experiences and discoveries.
- 2. Share questions & reflections with your PARENT(S) every week.
- 3. Check in with your Clergy-Guide and our Journey Facilitator each month, to make sure you are staying on track.
- 4. Ask?s of your teachers whenever you are unsure or in doubt.
- 5. Decide your next steps on the Journey for after your Bar-Bat Mitzvah.

# In keeping with the ritual of Larchmont Temple, On the Day of your Bar/Bat Mitzvah, EVERYONE will:

- 1. Chant Torah and the Blessings.
- 2. Teach Torah at the D'rash moment of the Service.
- 3. Chant the Haftarah Blessings and, using a Prophetic teaching of your choice, share your Mitzvah project as it relates to that text.



# THE JOURNEY OF BECOMING TIMELINE

Grade 4	Grade 5	Grade 6	Grade 7	Grade 7/8
[January]	Family Learning	[winter]	[Fall]	The DAY of Becoming
Receive your date for	[late Fall]	Family Shabbaton	Covenant of	Celebrating the
becoming Bar/Bat	HOW'S & WHY'S on	Families explore the	BECOMING Family	Journey of Becoming
Mitzvah	the Journey of	Pathways to	Workshop—	through each B/BM's
	Becoming	"Becoming" with the	Mapping Your	chosen Pathway
Grade 4	Introduction to the	aim of selecting the	Journey	TODALI
[mid-year]	Pathways of	key Path to Covenant	Learning w/key	TORAH
"V'Shinantam—And	COVENANT & Parent	each B/BM will	Clergy	Jewish Learning
You Shall Teach	Dialogue on	undertake on the	guiding/teaching on	celebrated by
Them"	WHAT'S & WHY	Journey.	the Pathways to	teaching Torah/Doing
Parent-Child			Covenant	a Drash
Community Ritual	Grade 5 & 6	NOTE: Key Clergy		AVODAH
Celebrating the start	First Friday	Guides on the B/BM	Creating YOUR	Sacred Spirit
of the Journey	Kabbalat Shabbat	Covenant Journey	PathB/BM chooses	celebrated by
	Services		key opportunities for	exploring/interpreting
Grade 4-5	Share in LT Worship	TORAH	Jewish Learning/	
[winter]	as families on the	Rabbi Sirkman	Doing using the	key prayer-spiritual moment
Retreat Program at	Journeyw/Shabbat		BECOMING B/BM	moment
Camp	Dinner get togethers	AVODAH	Guide-Book, each	GEMILUT HASADIM
Learning Community	following	Cantor Scher	B/BM maps out	Acts of
creatively exploring		GEMILUT HASADIM	his/her Pathway	Loving-Kindness
living Jewish Values		Rabbi Frankel		celebrated by sharing
over a Shabbat away		Rabbillanker	Grade 8	the What behind Key
·			B/BM Mentors	B/BM Mitzvah Project
			Grade 8 core-group	& WHY it meant so
			of "B/BM Mentors	much.
			paired with families	mach.
			to foster discovery	Grade 8Living
			,	COVENANT
				HOW are you
				continuing your
				Pathway to
				BECOMING?
				Where is your Journey
				leading?Modeling
				Mitzvah through the
				Covenant of
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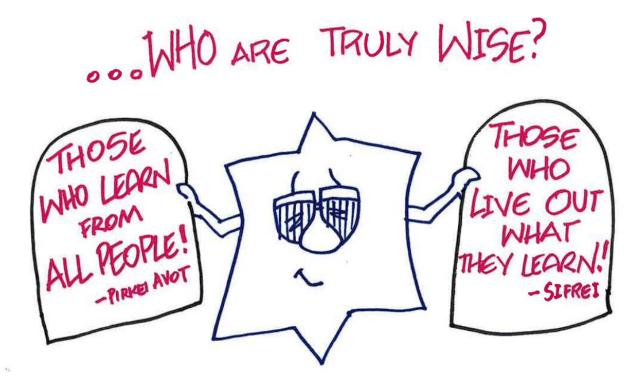
Becoming

### **BECOMING Bar-Bat Mitzvah**

# Journey-Book

"Let's get it right.

Bar or Bat Mitzvah is not an event or a ceremony...It is not a verb, as in, "The Rabbi bar mitzvahed me last year."...It is not something you have, as in "I'm having my Bat Mitzvah next week."...Becoming Bar or Bat Mitzvah is a rite of passage...Something you are doing, but not just for you....When parents and grandparents stand and witness their child or grandchild becoming Bat/Bar Mitzvah, something beautiful is happening...What is the secret reason your whole family looks forward to your special ceremony of Becoming?... Because at that moment, you represent all of Judaism: Jewish triumphs and tragedies, wisdom, virtues and hopes. You are now becoming a reminder of Jewish yesterdays that were fulfilled or frustrated, and Jewish tomorrows still to come."



# ...The SECRET of Becoming...

As you select a key Covenant-Pathway on the **Journey of Becoming**, realize that Rebbe Nachman of Bratzlav's truth applies.

Every person reaches in three directions:

UP—to connect to The Creator...

**OUT**—to connect with other people...

**IN**—to find her/his best self...

And the Miracle of Creation is this:

As we reach in any one direction, we connect with all three!

So, too, on the Journey of Becoming...

No matter which Pathway you choose,

By committing to the process with an open mind & heart...

you'll connect with all three!

That is the magic of the Journey of BECOMING Bar/Bat Mitzvah!



**TORAH**...Searching out Torah and its commentaries; learning how the stories in that ancient scroll connect to our life-questions and world-challenges today...Bringing TORAH to life thru the lives we live!

Consider the TORAH Pathways on the Journey of BECOMING as they help guide you.

# TORAH

On your Journey, select & complete at least 3 of these Torah Pathway Explorations:

### TORAH Exploration 1...

Interview a grandparent [or older family relative] about what it was like growing up when s/he was a kid? Ask about who became B/BM, and how it happened...

Record in your Journal of BecomingShare it with a parentand your clergy-guide.
<del></del>
<del></del>
HOW did hearing about it make you feel about YOUR Bar-Bat Mitzvah?
~ Julyanne

# TORAH Exploration 2...

Visit a Jewish Museum	ı or an exhibit with	your family t	that relates to	Jewish life.	Discuss
what you saw and hov	v you felt about it v	vith a parent.			

Record your questions and impressions below in your Journal of Becoming.
Did anything you saw connect to your Torah portion?HOW?
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# TORAH Exploration 3...

Discuss the day's news with a pare	ent/parents, considering:
HOW does it speak to us as Jews?	HOW, as Jews, should we respond?

Record your conversation & your questions in your Journal of Becoming.  SHARE it with a kesher educator
Did any of the news relate to your Torah portion?HOW?



# TORAH Exploration 4...

Rea	ad a	book	of your	choosing	and	relate	it to	a key	mome	ent or	quest	ion
in y	our	Toral	n portion	n								

Record your reflection in your Journal of BecomingShare it with a Rabbi or Cantor!					
HOW does the message of the book help you better understand the TORAH?					



# TORAH Exploration 5...

Watch a current movie with family or friendsTalk about what you thought. Write a Movie Review as it relates to a key character or question in your portion
Record your Review below in your Journal of BecomingShare it w/a parent or friend.



# TORAH Exploration 6...

Attend a Bar/Bat Mitzvah at another congregation
After being part of the Service at your friend's "Becoming,"
What did you learn about teaching Torah & Becoming Bat/Bar Mitzvah?

Record your Reflection in your Journal of BecomingShare it w/your family.
WHAT was most different?HOW did you feel in watching your friend? EXPLAIN!



# TORAH Exploration 7...

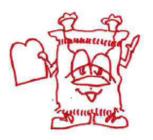
Consider the "Chain of Tradition" Torah Passing moment during the Service... IF you could select the 2 most amazing teachers/models of Torah of all time to stand next to, who would they be & why?...

ord your Chain choices in your journalSHARE with your parents!	



# TORAH Exploration 8...

Google ''What is TORAH?'' READ it & Consider: IF you could write a creative Twitter post defining Torah, WHAT would it be?	
Record your Torah Twitter in your Journal. SHARE with your teacher or clergy guide	



### Complete ONE of these TORAH Pathway Teachings for your Day of Becoming:

1. Explore the meaning of your Torah portion through Doin Drash... Selecting a Key Koshi, with the support of your Rabbis & teachers... Write a D'rash to be shared during your Service of Becoming.

OR

2. Selecting a Key Koshi, working with your Rabbis & teachers... Create a study-sheet or PowerPoint through which to interactively explore your portion with the congregation during your Service of Becoming.

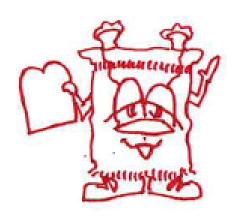
OR

3. Reflecting on what your portion teaches about the purpose of being part of the Jewish people, write a personal essay with the help of your parents/clergy on:

The Meaning of Being a Jew Today....OR....

The Secret of Jewish Survival for Tomorrow...OR...

...Share your Essay as the Teaching/Drash at your Service of Becoming...



AVODAH...Experiencing holy moments through sacred rituals, prayer, Jewish Holidays and Jewish life-cycle events, to try and understand how they bring a sense of spiritual meaning to life!

Consider the AVODAH Pathway on the Journey of BECOMING as it helps guide you.

# **AVODAH**

On your Journey, select & complete at least 3 of these Avodah Pathway Explorations:

### AVODAH Exploration 1...

Attend an LT Shabbat Service by making it a "Spiritual Expedition" Your goal: Find...GOD! After the Service, take 15 minutes to think about how it made you feel...

Record in your Journal of Becoming the moments Go Share your findings with one of the Clergy team	od felt close/present.	
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# AVODAH Exploration 2...

Attend an LT Shabbat Service on a "Design Discovery Mission"
Your goal: To Discover the Secrets of LT's Sanctuary Design
At Services, notice how the space works, and how the room is designedWHY?
After Services, ASK yourself: HOW does LT's Sanctuary Design help prayer work?
HOW is it a gateway to God?
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Reflect on what you discovered and record in your JournalSHARE with an educator



# AVODAH Exploration 3...

Attend a Shabbat Service at another congregation
When you are there, keep your eyes/heart open to the total prayer experience
After the Service, think about how it made you feel

Record your Prayer Reflection in your Journal of Becoming Share it with a rabbi or cantor!



# AVODAH Exploration 4...

After attending an LT Shabbat AM Service, be the Rabbi Create a "Message to the Bar/Bat Mitzvah" which you think s/he should hear
Record in your Journal of Becoming and share with your parent[s]
This moment of "Becoming" means that from now on, being Jewish is



# AVODAH Exploration 5...

For 1 week, as soon as you wake up every morning, recite Modeh/Modah Ani prayer. After you say the prayer, spend 2 full minutes looking out the window at the world... At the end of the week,

Record your insights/discoveries in your Journal of Becoming
The world looks different to me now because



# AVODAH Exploration 6...

For 1 day, take the *L'shon HaRah*—**NO Gossip Pledge**...
This personal vow, hard as it is to keep, must not be broken...
HOW was it hard to keep this pledge... WHY was it so important?

It the end of the day, record in your Journal of Becoming Thare your Reflections with a parent



# AVODAH Exploration 7...

Share Shabbat on a Friday night with your family at home Say the BlessingsShare a Meal. Suggest that everyone at the table take turns to share a Highlight of the Week: Something special that happened since last Shabbat	
HOW did it feel to share Shabbat as a family? Record your experience in your Journal of Becoming	



# AVODAH Exploration 8...

What does it mean to be HOLY?The Kedusha says GOD is Holy
How & When are WE Holy? [Check out Leviticus Ch 19 for a working definition!]
Consider a couple of people in our world 2Day you'd say are truly HOLY

Record your response in your JournalShare with an LT educator.



# AVODAH Exploration 9...

Be a Jewish Faith-Fashion Reviewer Find out WHY we wear a TALLIT, a KIPPAH After online research, in your Journal Record your 1-page report on: The Reasons Behind What Jews Wear in Worship Share your Review with a Clergy Member.



# AVODAH Exploration 10...

Select your favorite Jewish holiday and help celebrate it at home. Find some new piece to add to your celebration [ASK your clergy guide!] After enjoying the celebration with your family,

Record in your journal how i	it felt to help	the holiday of	come to life	
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### In addition to completing 3 AVODAH Explorations of your choice,

### Complete ONE of these AVODAH Pathway Teachings for your Day of Becoming:

Turn through the *Mishkan Tfila* Shabbat AM Service...Look at each prayer. Select the one prayer which is most meaningful to you. WHY is it so important? What is it about the prayer's message that speaks to you? After exploring the origin of that prayer & what it is all about, *Create a D'rash—a Spiritual Teaching about that prayer moment.*Working with your Clergy team guide, write a prayer-teaching as your Drash!, AND deliver it during your Service of Becoming...

### OR

Select the one prayer in the Service which is most significant to you. Find out about that prayer's origins...WHY is it so important? Talk w/ your Clergy team guide: What is it about the prayer that speaks to you? Reflecting on its message, Write an alternate Prayer Offering: a poem, a story, a creative reading...Review with your Clergy team guide. Share your Prayer Creation during your Service of Becoming!

### OR

Select the one prayer-moment in the Service which most speaks to you. WHAT is it about that prayer?...WHY is it so important? After reflecting and talking with your clergy guide, Create an alternate Artistic Expression to represent that Prayer-Moment: a creative dance, a painting, drawing, sculpture, artistic design..... Review with your Clergy team guide...

Write a 1-pg explanation. Share your Prayer Creation at your Service of Becoming



GEMILUT HASADIM...Embracing deeds of loving-kindness which bring meaning to our lives and make our corner of the world a more giving, caring and connected place.

Consider the GEMILUT HASADIM Pathway on the Journey as it helps guide you.

# **GEMILUT HASADIM**

On your Journey, select & complete at least 3 of these Gemilut Hasadim Pathway Explorations:

### GEMILUT HASADIM Exploration 1...

### The Mitzvah of Mazon...Feeding the Hungry

Visit the Larchmont-Mamaroneck Hunger Task Force, 15 Madison Avenue, Mamaroneck, to take part in their food packing and distribution. [Tuesday evenings-food packing or Saturday Noon-2PM-unloading truck & distribution] Take part w/ a parent or friend's parent. HOW did it feel to share in this mitzvah.

Record in your Journal of Becoming what y	you learned from the experience.		
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### GEMILUT HASADIM Exploration 2...

### The Mitzvah of Mazon...Feeding the Hungry

Join in Cooking for Hope, the monthly Sunday LT cooking crew which provides meals for the Hope Soup Kitchen in New Rochelle...

Join LT members in delivering and distributing the meal at

HOPE Community Services...helping to serve the guests for dinner...

Talk with a parent about how it felt sharing in this important mitzvah...

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### GEMILUT HASADIM Exploration 3...

### The Mitzvah of Mazon...Feeding the Hungry

Share in preparation for the Midnight Run, 1<sup>st</sup> Saturday evening of the month. Prepare bagged lunches and deliver them to Larchmont Avenue Church, Or join at 4PM Saturday to help sort clothing & donations...OR Join with a parent and share in making the Midnight Run, Heading into NYC to distribute food and clothing to the homeless... Talk with a parent about how it felt sharing in this mitzvah...

Record reflections in your Journal of BecomingShare with your LT group at Kesher.



### GEMILUT HASADIM Exploration 4...

# The Mitzvah of Mazon...Feeding the Hungry

Visit the HUC Soup Kitchen at One W.4<sup>th</sup> St & Broadway...joining with students of Hebrew Union College who provide dinner for hungry & homeless guests every Monday, beginning at 4:30 PM... [Ask our Rabbinic Intern Erin Binder Kurland for info!] Talk with a parent about how it felt sharing in this awesome mitzvah...

Record in your Journal of Becoming how it feltWHAT lesson did you learn?.
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# GEMILUT HASADIM Exploration 5...

### The Mitzvah of Hachnasat Orchim...Welcoming Others Home

Join in welcoming The Coachman Kids, children from the Coachman Family Center in White Plains, at an LT Sunday program...

Contact <u>drvickiehrlich@aol.com</u> for info.

Talk with a parent about how it felt sharing in this sacred mitzvah...

ecord in your Jo	oumal of Becomi	ing what you	learned fron	n the experie	nce.
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# GEMILUT HASADIM Exploration 6...

Visit the Pleasantville Cottage School [email Social Action Leader Linda Riefberg at <a href="linda.riefberg@gmail.com">linda.riefberg@gmail.com</a>] helping to run a sports & games activity at this residential center for kids with life/family challenges. Talk with a parent about how it felt sharing in this important mitzvah...

Reflect & Record in your Journal of Becoming what you learned						



### GEMILUT HASADIM Exploration 7...

Connect with The Jaffa Institute, an amazing organization helping kids at risk and needy families in the Tel-Aviv/Jaffa area...Join with Jaffa by creating a Mitzvah Project that enables you to help with their Learning Lab or After-School Enrichment Centers... [email mitch@jaffainst.co.il ]

Talk with a parent to consider the ways you can help...

What does it mean for you to share in this awesome mitzvah...

Record in your Journal of Becoming what you learned from the experience.



# GEMILUT HASADIM Exploration 8...

Reach out and invite someone new to your Passover Seder.  Perhaps someone in the neighborhood or a friend from school
[Ask your parents first!] How was it to welcome these new guests into your home?
Reflect on the feeling in your Journal of BecomingHOW did Seder feel different?



#### GEMILUT HASADIM Exploration 9...

#### The Mitzvah of Hidur P'nai Zaken...Honoring our Elders

Cook &/or serve a home-cooked meal to seniors at DOROT...

Or volunteer for any of the programs that reach out to these NYC Jewish elderly.

From Holiday package delivery to cardmaking to intergenerational programs...

[Email <a href="mailto:qlockwood@dorotusa.org">qlockwood@dorotusa.org</a> ]

Process with a parent how it felt sharing in this outreaching mitzvah...

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#### GEMILUT HASADIM Exploration 10...

Visit the New Jewish Home at Sarah Neuman...our local Nursing Home and Elder Residential facility...Volunteer on Friday afternoons to help transport & accompany residents to Shabbat Services, or visit residents to play games together [Call Jeanette Cohen, Volunteer Coordinator at 914-684-5141]
Talk with a parent about how it felt sharing in this awesome mitzvah...

Record in your Journal of Becoming what you learned from the experience.
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#### GEMILUT HASADIM Exploration 11...

Partner w/a Clergy member to find an LT Jewish Grandparent...

Connect by meeting face to face...Talk about Jewish life together,
generation to generation...Ask?s about his/her Jewish upbringing...

Perhaps you could join together for a Shabbat Service or another LT event...?

Reflect in your Journal of Becoming about what this relationship has taught you.



# GEMILUT HASADIM Exploration 12...

Share with your own Jewish grandparent about becoming Bat/Bar Mitzvah... Meet and talk about how they grew up, what their Jewish family was like when they were young, and if they experienced Religious School & B/BM?...

Video the conversation so you can share it with your parents & your Kesher group.



#### GEMILUT HASADIM Exploration 13...

### The Mitzvah of Bikur Cholim...Visiting the Sick

Visit Maria Ferrari Children's Hospital—Westchester Medical Center. Plan with the volunteer coordinator to be part of one of the programs they offer. Share in reading to or playing with the patients...

eflect in your Journal of Becoming how it feltSHARE with your clergy guide.



# GEMILUT HASADIM Exploration 14...

Serve as a friendly visitor at a hospital of your choosing  Coordinate through the Volunteer Services coordinator for a visit to interact with the patientsBe sure to bring a smile and lots of love  After the visit, process how it felt with your parents	
Reflect on what you discovered and record in your Journal	
	_



#### GEMILUT HASADIM Exploration 15...

After consulting your parents, arrange a visit with a neighbor with whom you have never really connected...

Bring over some home baked cookies or brownies.

Talk a bit...Extend a friendly attitude and a listening ear.

Reflect on how it felt to reach out and record in your Journal of Becoming.					



## GEMILUT HASADIM Exploration 16...

Consider what mitzvah means the most to you. Is there a special cause that's close to your heart? After contacting your chosen organization/cause, create a mitzvah project which serves its greatest needs...

WHAT does it mean to make this mitzvah come to life? Reflect below in your Journal of Becoming.	



In addition to completing 3 GEMILUT HASADIM explorations of your choice,

#### Complete ONE of these GEMILUT HASADIM Explorations for your Day of Becoming:

Select the Mitzvah commitment which is most meaningful to you...

Decide how you will make it your key B/BM Mitzvah project:

How often will you volunteer? What will you do to share the mitzvah w/family?

Create a way to educate friends about this mitzvah effort.

How will you help others to share in this mitzvah or contribute?

Create a teaching on the Meaning of this Mitzvah to share in your Service of Becoming

OR

After committing to your key B/BM Mitzvah Project,

Create a video presentation explaining the purpose and impact of the organization you serve...Include yourself involved in helping; explain why this mitzvah matters so much. Share this video teaching as part of your Service of Becoming...

OR

Create a PowerPoint or Slide-Show on your Mitzvah Project and what you learned. HOW can you model this mitzvah for others to be part of it?

Share as your Chesed-Teaching during your Service of Becoming...



# The Journey of Becoming

Having become Bar-Bat Mitzvah, committing your future to Covenant, HOW will you continue your Jewish Journey?...

#### TORAH

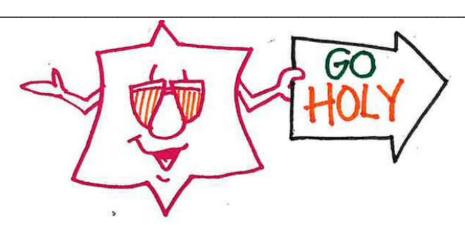
I will continue the path of Jewish Learning by...

#### **AVODAH**

I will continue my spiritual search by...

## **GEMILUT HASADIM**

I will continue my Mitzvah-doing by...



...Paving your own pathway to your Jewish tomorrow...