Family Bar/Bat Mitzvah Guide
Temple Beth-El
Birmingham, Alabama

Mazel tov on your upcoming simcha!!

Rev 8/19/2014

Educate a child according to their own path,
they will not swerve from it even in old age
Prov. 22:6
A Message from our Clergy...

Celebrating a Bar/Bat Mitzvah is a family journey. We at Temple Beth-El are honored to share this journey with you and your child. Together we will link the sacred act of “going up” to the Torah with the spiritual process of “growing” in faithfulness to God and community for every member of the family.

Bar/Bat Mitzvah celebrates the sanctity of family and community and acknowledges that a child has now ascended to religious adulthood within our tradition. A Bar/Bat Mitzvah binds past and future generations, affirming faith in Jewish tradition and family traditions and in God. Our goal at Temple Beth-El is to create a Bar/Bat Mitzvah program that is a spiritual and religious experience, connecting child and family to God, the Jewish people and to each other.

Core Values of our Bar/Bat Mitzvah Program

A Nurturing Environment
We want our Bar/Bat Mitzvah program to be nurturing and caring. We strive to always be gentle, kind, considerate, patient and sensitive to our students and parents. We want to create an environment that enhances the spiritual and religious experience of Bar/Bat Mitzvah.

Parental Involvement
Parental involvement is key to the success of our program and the entire Bar/Bat Mitzvah experience. We encourage and nurture the involvement of parents with the students.

Relationship Development
The continuous involvement of our clergy and professional staff with student and parents affords the opportunity for developing relationship. Lasting bonds are created between student, parent, rabbi, cantor and educator during the course of each student’s progress through our program.

Excellence in Preparedness
We want our children to achieve a high level of excellence. We want them to do the very best they can, and encourage each child to participate to the full extent of his/her ability. The better prepared our B’nai Mitzvah, the more positive the experience.

Putting God on the Guest List
We emphasize the religious and spiritual significance of Bar/Bat Mitzvah. We want to connect the child to Judaism, family, Israel and the Jewish people. Social action is an important part of a Bar/Bat Mitzvah education.
Purpose of this Guide
A Bar or Bat Mitzvah is a meaningful lifecycle event for your family and for our congregation. The purpose of this information guide is to help families prepare for their Bar/Bat Mitzvah at Temple Beth-El.

Contact Information
Our professional staff is eager to assist you throughout the planning stages of your simcha. If you would like to speak to one of us, please call the TBE Office at 933-2740. If you would like to contact us via email, our email addresses are as follows:

Rabbi Randall Konigsburg  rabi@templebeth-el.net
Rabbi Joseph Robinson  jrobinson@templebeth-el.net
Bob Greenberg  bgreenberg@templebeth-el.net

On the Web
This handbook and other additional information are available on the Temple Beth-El website (www.templebeth-el.net). You can access forms, blessings, and other useful material.

Eligibility for B’nai Mitzvah at Temple Beth-El
Temple Beth-El is rich in tradition and is strongly committed to the principle that all children should have a meaningful and rich Jewish Education. For this reason, it is our policy that those families wishing a Shabbat morning Bar or Bat Mitzvah in our synagogue must have their children enrolled in our Religious School or its equivalent in order for their children to be properly prepared. Preparation includes instruction in the mechanics of reading Hebrew, leading services, and chanting Torah and Haftarah, using melodies that are familiar to our congregation. This preparation also instructs the student in the core values of the Conservative Movement.

Youth Minyan is a vital part of your child’s religious education. Successful completion of six years of instruction in our Religious School, including one-on-one instruction during the final year prior to the Bar or Bat Mitzvah, as well as regular Youth Minyan attendance, will satisfy the requirements for having a Shabbat morning Bar or Bat Mitzvah at our synagogue. Meeting these requirements will also show the family’s ongoing commitment to supporting Temple Beth-El. Member families whose children attend NEMJDS, meet Youth Minyan requirements, and complete their Bar/Bat Mitzvah preparation will also meet the requirements for a Shabbat morning Bar/Bat Mitzvah at our synagogue.

Cases of children who have not received equivalent Conservative Judaic instruction will be reviewed by the Rabbi. Should a child not demonstrate proficiency, the Rabbi will be happy to discuss alternative plans with the family.

Should the family wish to consider options other than a Shabbat morning Bar or Bat Mitzvah, such options include a Shabbat Mincha (afternoon service) celebration, or any morning on which the Torah is read, such as Monday and Thursday mornings or Rosh Chodesh.

Bar/Bat Mitzvah Seminar
Participation in Bar/Bat Mitzvah Seminar during 6th grade is required for all children and parents whose children are having their Bar/Bat Mitzvah at Temple Beth-El. Four sessions will be held in the fall at Temple Beth-El on Sunday mornings beginning at 9:30 am. The school office will be in touch with you regarding dates for the coming year. You may also refer to the Temple Beth-El bulletin for Bar/Bat Mitzvah Seminar dates.
Because this is a family program, we invite older and younger siblings, grandparents and other members of the immediate family to join us at these sessions. It is important that each student should attend with his or her parents.

If you are unable to attend any of the meetings please contact the Rabbi Konigsburg in advance.

**The Mitzvah**

One way to help put the "mitzvah" back into the Bar/Bat mitzvah is to practice Judaism in the home. Rabbi Konigsburg will be pleased to discuss ways in which you can make your Jewish home life richer and more meaningful. Families can develop a deeper sense of meaning by using the Bar/Bat Mitzvah as an opportunity to observe the mitzvah of tzedakah (caring for those in need). Children are encouraged to set aside a portion of their gift money for tzedakah, and spend some time as a family discussing where that money should go. Other possibilities include donating a percentage of the money that you are spending on the Bar/Bat Mitzvah celebration to Mazon, a Jewish fund for hunger. Literature on Mazon is available in the Temple Beth-El Office.

As part of the Bar/Bat Mitzvah program children will be participating in various mitzvah projects. Rabbi Konigsburg will discuss this in detail at the orientation meeting. Families should begin thinking about ways they can fulfill the mitzvah of “tikun olam”, building a better world.

**Meeting with the Executive Director**

Six months or more prior to the Bar/Bat Mitzvah, you will meet with our Executive Director to secure plans for your simcha. In this meeting, you will cover general information as well as the specifics of catering, signing a contract for use of the facility, videography and other similar topics. For your convenience, much of this information will be provided to you in writing prior to or during the orientation meeting.

Please email the Executive Director with any questions you may have during the planning process at bgreenberg@templebeth-el.net.

**Bar/Bat Mitzvah Preparation**

**Youth Minyan – Saturday, 10:30am**

Youth Minyan is for all students, whether they are enrolled in Temple Beth-El’s Religious School and/or the N.E. Miles Jewish Day School. It is an important part of our children’s Jewish education. It is considered an essential element of our program. The services provide our children with an opportunity for participation in Jewish worship, putting into practice that which they have learned in the formal education program.
Children learn the regular Saturday morning prayers and melodies from attendance at Youth Minyan, as well as Friday evening and Shabbat morning congregational services. By the time our children begin their private weekly Bar/Bat Mitzvah lessons, it is expected that they will have acquired the necessary skills to lead components of the Shabbat morning service. Therefore, it is strongly recommended that children attend at least the minimum number of sessions as set forth below.

**Recommended Shabbat Attendance:**

Grade 6: 15 sessions per year, at least four of which should be Friday evening services

We highly recommend that parents attend services with the students. This helps reinforce B/M as a family experience and it can have a positive effect in the planning of the celebration.

Alternatively, students may attend regular Friday evening or Shabbat morning congregational services with their parents in the Main Sanctuary at Temple Beth-El. Please let the Educational Director know if you child attends services regularly at a Jewish summer camp or at another synagogue.

**Studies with Private Tutor**

Private lessons with our Bar/Bat Mitzvah students begin eight to ten months before the Bar/Bat Mitzvah date. As part of our Religious School Fifth and Sixth Grade curriculum, each student will already have acquired skills such as reciting the Torah Blessings, Haftorah Blessings, and Torah / Haftarah trope (cantillation). Through attendance at Jr. Congregation from Grades Three through Six, students will already have learned most of the Shabbat service.

Approximately one year before the Bar/Bat Mitzvah date, the student and his/her parents meet with Our Cantor or Bar/Bat Mitzvah tutors to discuss their needs and expectations. The starting date for private lessons is based on specific needs.

**B’nai Mitzvah Study time**

Students are expected to study their material (i.e., Torah portion, blessings, etc.) each day for fifteen to thirty minutes. Additional home study time is required as the event draws closer. We will make available online resources to help your child in his/her studies. If you would like information on how you can help with this practice, please contact the Rabbi.

**Private outside tutoring**

A private tutor is provided by Temple Beth-El for training all of our Bar/Bat Mitzvah students. If a student should require additional assistance in the skill of Hebrew reading, a qualified and approved tutor will be selected by Temple Beth-El. The tutor will be hired at the parents’ expense.

**Preparation of Speech**

Six weeks before the Bar/Bat Mitzvah, Rabbi Konigsburg meets with the student to help prepare the speech. Please contact Rabbi Konigsburg two months before the event to arrange your first appointment. This brief speech is presented during the service. The number of meetings depends on the needs of the student. Some of this work may be done via email. Please make arrangements for these meetings by contacting Rabbi Konigsburg directly at rabbi@templebeth-el.net.
Thursday Morning Minyan

It is a tradition that the Bar/Bat Mitzvah student and family attend morning minyan on the Thursday morning prior to the Bar/Bat Mitzvah. This service allows your child the opportunity to put on tefillin for the first time as an adult as part of the daily minyan community at Temple Beth-El. The service is casual and begins at 7:00am. Photography is permitted during the Thursday morning service.

Please communicate to your photographer to please be respectful that this is a worship service.

Final Rehearsal

During the week prior to the Bar/Bat Mitzvah, Rabbi Konigsburg will conduct a final rehearsal with the Bar/Bat mitzvah student and family. Depending on the calendar, it might be necessary to schedule the final rehearsal two weeks in advance of the Bar/Bat Mitzvah. The rehearsal is scheduled directly with Rabbi Konigsburg.

Photographs

For those who would like a photography session, our clergy is available to join you on Friday morning at 10:00 am prior to your Bar/Bat Mitzvah Shabbat. Please confirm this by contacting those professionals directly whom you wish to include in the pictures. Photography is not permitted on Shabbat anywhere on the Temple grounds. Please contact the Temple Office for a list of photographers who are familiar with Bar/Bat Mitzvah photography.

Friday Evening and Shabbat Morning Services

Friday Evening

The Friday evening service is casual and begins at 5:45pm. The Bar/Bat Mitzvah family is expected to attend. It is a wonderful and appropriate way to begin the weekend. The Bar/Bat Mitzvah participates by chanting selected sections of the service.

Basket of Blessings / Bimah Flowers

Collat Jewish Family Services of Birmingham will provide a "basket of blessings" as a bimah decoration in return for a donation to their agency. You can use the "basket of blessings" to bring the mitzvah of tzedakah into your celebration. We suggest that you consider this meaningful alternative to bimah flowers.

Some families choose to provide flowers for the bimah during the Bar/Bat Mitzvah Shabbat service. An arrangement may be placed in front of the Reading Table and/or in front of the Rabbi’s lectern. Flowers may also be placed in stands at the far ends of the bimah, outside of the Torah holders. Temple Beth-El can provide names of florists who are familiar with this procedure. Flowers must be in place by 12:00 p.m. on Friday of the B/Mitzvah Shabbat.
**DVD Recording of Shabbat morning service**

A DVD of the Bar/Bat Mitzvah service is available. A permanent camera is installed in the sanctuary for this purpose. There is a small fee for video taping. If you would like a video, please contact the Executive Director at least one week prior to the Bar/Bat Mitzvah.

**Honors and Aliyot**

Family and friends may be included in the service by offering them an aliyah or other honor. The distribution of aliyot and honors will be discussed in detail during a meeting with the Rabbi. A form to assist in the assigning of honors is included in this booklet and is also available for download at the Temple Beth-El website. Completed forms **must** be submitted to Rabbi Konigsburg by the Monday prior to your Bar/Bat Mitzvah weekend.

**The tradition of tossing candy at the Bar/Bat Mitzvah after the Haftarah**

Some families may wish to engage in the custom of tossing sweets at the Bar/Bat Mitzvah. If you wish to do so during the service please note the following:

1. Only candy supplied by TBE may be used for this purpose.
2. The office must be contacted three weeks in advance, to order sufficient candy.

**The Kiddush Lunch**

**The policy of Temple Beth-El is that the Bar/Bat mitzvah is a community event and therefore the family is expected to provide a kiddush/lunch for all those attending the Shabbat morning service.**

Several kosher caterers are approved for cooking in our kitchen and our Executive Director will provide you their contact information. A full list of Temple Beth-El kitchen procedures and fees is available in the Temple Office. Please note that cooking is not permitted on Shabbat. In addition, food and/or flower deliveries and pick-up are not permitted on Shabbat.

All plans must be coordinated through the Executive Director three months or more in advance of the Bar/Bat Mitzvah weekend.

Since a Bar/Bat mitzvah is a congregational event, an integral part of our Shabbat worship, and since all kiddush/lunches are open to the community as a whole, it is not necessary to send private invitations to the kiddush/lunch to members of the congregation. A formal announcement of the event will be printed in the bulletin during the month of the Bar/Bat Mitzvah.
The following Torah Service honors are available to honor family and friends with during the service:

**Peticha**
Opening the Ark
1 or 2 People

**Aliyot**
Torah Blessings
Max. 4 adults per aliyah

Each family may distribute up to five Aliyot/Torah honors to family or friends (including parents). Small children can be with their parents for an Aliyah

**Hagbah**
Lifting the open Torah after the reading
1 Person
See below (*)

**Gelilah**
Dressing the Torah
1 Person

**English Reading**
Prayer for Our Country
1 or 2 People

**English Reading**
Prayer for Israel
1 or 2 People

**Peticha**
Opening the Ark
1 or 2 People

(*) Please note: The honor of Hagbah (lifting the Torah scroll) is reserved for a member of the congregation. The family may give this honor to a friend or relative who is a member of Temple Beth-El. If that person has not performed Hagbah before, s/he must meet with Rabbi Konigsburg or Rabbi Robinson ahead of time to learn and practice the proper technique.

Honors are given only to Jewish adults over the age of 13. Those who are given honors should have their head covered and wear a tallit. Please see the section below, Interfaith/Non-Jewish Participation in the Service, regarding participation by non-Jewish family and friends in the service. If you have any questions about honors, please contact Rabbi Konigsburg.

**Interfaith/Non-Jewish Participation in the Service**

Joyous celebration knows no religious boundaries. At Temple Beth-El, we welcome non-Jews to participate in our services in appropriate ways from the bimah, when they are celebrating a simcha. In the case of a Bat or Bar Mitzvah, Temple Beth-El recognizes that raising a Jewish child requires the dedication and commitment of both parents -- Jewish and non-Jewish alike in the case of Inter-faith marriages.

Recognizing the important role of both spouses in raising a child to the age of Bar/Bat Mitzvah, we therefore welcome the participation of interfaith parents in the service as follows:

- Presentation of tallit to Bar/Bat Mitzvah
- The Parents’ Prayer/Blessing before the Bar/Bat Mitzvah’s maftir aliyah.
Please note: When the Jewish parent is formally called to the Torah to recite the blessing for the Torah, the non-Jewish spouse is invited to accompany him/her, and to stand at his/her side during the blessing.

We also welcome the participation of other non-Jewish invited guests in the following ways:

- A Prayer for Our Country
- A Prayer for Israel
- A Prayer for Peace

If you would like further information, please contact Rabbi Konigsburg.

To maintain the sanctity and dignity of our Shabbat services, we require that every person who is called to the Torah for an Aliyah (Torah honor) be able to recite the blessings accurately. The text in Hebrew with English transliteration is available for download at our website. If asked, Rabbi Konigsburg will gladly provide a recording of the Torah blessings.

Parents, older siblings, relatives and friends are welcome to chant from the Torah. We ask that those assigned this honor be prepared to perform this ritual competently. Therefore, s/he may be asked to chant for Rabbi Konigsburg prior to the service date to ascertain the reader’s ability, and to work with the Rabbi, if necessary. If you wish to honor someone with chanting from the Torah, please consult with Rabbi Konigsburg for an accurate text for all the aliyot to be read during your child’s Bar/Bat Mitzvah.

**Bimah Honors**

It is the custom at Temple Beth-El that one current Temple Officer and one Temple Board member sit on the bimah during every Shabbat morning service. Families may designate a board member to sit on the bimah for the service. The rotation of Officers is automatic and the Officer who sits on the bimah will make the congregational presentation to the Bar/Bat Mitzvah child.

**Ushers**

It is customary at Temple Beth-El to designate friends or relatives as ushers. Ushers are asked to greet and welcome people as they arrive for services on Shabbat morning. All ushers must be above the age of Bar/Bat Mitzvah and be members of Temple Beth-El. If you need assistance with finding ushers for your simcha, please contact the Office in advance so that we may help you.

**Parental Blessing**

Following the Maftir aliyah, the parents recite a blessing in honor of this significant event. A text of this blessing will be available for download at our website. Alternatively, parents may write or adapt their own blessing for this special occasion.

**Presentations**

During the service, a representative of Temple Beth-El presents the Bar/Bat Mitzvah with a gift from each Temple Beth-El auxiliary organization. The Officer on the Bimah makes this presentation.
Temple Beth-El
Bar/Bat Mitzvah Celebration
Shabbat Morning Honors
(Please note that Hebrew names include the Hebrew name of the parents)

Ark Opening for taking out the Torah (1 or 2 people)
Name(s): ____________________________________________
Relation: __________________________ From: ________________

Torah Aliyot: *A maximum of 4 people may receive each aliyah.*
1. Name(s): __________________________ Relation: ________________
   Hebrew Name(s): __________________________ From: ________________

2. Name(s): __________________________ Relation: ________________
   Hebrew Name(s): __________________________ From: ________________

3. Name(s): __________________________ Relation: ________________
   Hebrew Name(s): __________________________ From: ________________

4. Name(s): __________________________ Relation: ________________
   Hebrew Name(s): __________________________ From: ________________

5. Name(s): __________________________ Relation: ________________
   Hebrew Name(s): __________________________ From: ________________

Parents’ Blessing:
Names: ____________________________________________
Hebrew Names: ____________________________________________

Maftir Aliyah (Bar/Bat Mitzvah)
Bar/Bat Mitzvah’s Name: __________________________
Hebrew Name: __________________________
Hagba: Lifting the Torah (Reserved for TBE member - may be family/friend)
Name:__________________________________________________________
Relation:______________________________________________________ From:___________________________

(*) Please note: The honor of Hagbah (lifting the Torah scroll) is reserved for the congregation. If the family wishes to give this honor to a friend or relative who is a member of Temple Beth-El, that is acceptable. If that person has not performed Hagbah before, s/he must meet the Rabbi or Cantor ahead of time to learn and practice the proper technique.

Gelilah: Dressing the Torah
Name:__________________________________________________________
Relation:______________________________________________________ From:___________________________

Responsive English Reading: Prayer for our Country (pg. 148) - 1 or 2 people:
Name(s):_____________________________________________________
Relation:______________________________________________________ From:___________________________

English Reading: Prayer for the State of Israel (pg.149) - 1 or 2 people:
Name(s):_____________________________________________________
Relation:______________________________________________________ From:___________________________

Ark Opening for the return of the Torah (1 or 2 people)
Name(s):_____________________________________________________________________
Relation:______________________________ From:___________________________

Bima Honors: ________________________________________________
Ushers: ________________________________________________________
_____________________________________________________________
_____________________________________________________________

Please refer to page 7 in the Temple Beth-El Family Bar/Bat Mitzvah Guide for guidelines regarding participation of non-Jewish family and friends in the service.

This form may be downloaded from Temple Beth-El’s website, www.templebeth-el.net.
The Parent’s Ultimate Bar/Bat Mitzvah Checklist

12 Months
- Family meets with Rabbi Joseph for Bar/Bat Mitzvah Orientation.
- Student must attend Temple Beth-El’s Religious School or NEMJDS through year of Bar/Bat Mitzvah.
- Payment of Bar/Bat Mitzvah Fee, confirm Synagogue Account is current.

11 Months
- Students begin studying prayers and trope on our Temple Beth-El website, [www.templebeth-el.net](http://www.templebeth-el.net) with our trope tutor.
- Create your own Jewish book list for family reading and Friday night discussion.
- Meet with caterer to arrange S’udat Mitzvah/Reception.
- Confirm the Hebrew name and spelling of English name for preparation of Bar/Bat Mitzvah certificate.

10 Months
- Attend Shabbat Morning and Friday Night Service.
- Discuss with family ways to incorporate theme of “Judaism” into your simcha and S’udat Mitzvah (reception).
- Bar/Bat Mitzvah begins private lessons with tutor.
- Bar/Bat Mitzvah begins daily study at home for fifteen to twenty minutes.

6-7 Months
- Meet with Executive Director/Event Staff to plan Bar Mitzvah facilities and event needs
- ATTEND SERVICES WEEKLY ON SHABBAT.

4 Months
- Parents and siblings begin learning Torah Reading(s).
- Select and purchase Tallit, and kippot (head coverings).

*Tefillin are donated to each Bar/Bat Mitzvah by Temple Beth-El’s Men’s Club.*
3 Months

- Meet with Rabbi Joseph to prepare writing of D'var Torah.
- Bar/Bat Mitzvah writes one minute D'var Torah, (not more than 350 words).
- E-mail picture of Bar/Bat Mitzvah for TBE Bulletin announcement.

2 Months

- Meet with officiating Rabbi Konigsburg to review Bar/Bat Mitzvah components and explain the honors for Shabbat.

2 Weeks

- Contribute to Tzedakah in honor of your simcha.
- Schedule appointment for photo session in Sanctuary.
- Submit list of Aliyot and honors to Rabbi and to TBE office staff (Aliyot Forms in Addendum and on TBE website).

The Final Week

- Final rehearsal with tutor. Parents are expected to attend.

The “Big Weekend” – Mazal Tov!

Thursday Morning Minyan

- Kimerling Chapel 7:00 am
- B’nai Mitzvah are called to the Torah at our 7:00am morning minyan in the Kimerling Chapel. They recite the Birchot HaTorah and put on Tallit and Tefillin. The Rabbi blesses the B’nai Mitzvah. B’nai Mitzvah may choose to chant from Torah and/or lead the morning minyan, depending upon level of preparation.

Erev Shabbat/ Friday Evening Service

- The service is held in the Kimerling Chapel and begins at 5:45 pm. Our Friday Evening service is approximately an hour in length. B’nai Mitzvah will participate in the service. Family and friends are encouraged to attend. Clothing is dress casual.

Shabbat Morning

- The service begins at 9:30am in the main sanctuary. Please arrive no later than 9:15 am and take your seats (along with your son/daughter) in the first row, center section which is reserved for your family.
- The Bar/Bat Mitzvah and parents are called to the bimah by the Rabbi at the beginning of the service to present the Talit. After reciting the b’racha and putting on the tallit, parents return to their seats.
- The Bar/Bat Mitzvah sits on the bimah.
- The Bar/Bat Mitzvah participates throughout the service.
• The parents are called to the Torah for an Aliyah/Blessing for the Seventh Aliyah.
• After reciting the blessings before and after the reading of the Torah, the parents deliver a short blessing and remarks.
• The Bar/Bat Mitzvah is formally called to the Torah for the Maftir aliyah, recites the blessings and the Maftir portion.
• The Bar/Bat Mitzvah delivers a short D’var Torah, recites the haftorah and haftorah blessings, receives a charge from the Rabbi and blessing from the Rabbi.
• Bar/Bat Mitzvah leads the congregation in the chanting of the Aleinu and concluding hymns at the end of the service.

The day after...
• Choose ways to continue to celebrate the spiritual meaning and significance of Bar/Bat Mitzvah by participating in the performance of Mitzvot. Here are some ways to extend the true meaning of Bar/Bat Mitzvah and Judaism into your life:
  - Celebrate Shabbat by lighting candles and saying Kiddush.
  - Attend Shabbat Services together with your family.
  - Attend morning or evening minyan.
  - Participate in shiva minyan.
  - Participate in Tikum Olam projects as family.
  - Put on Tallit and Tefillin regularly.
  - Read books with Jewish content.
  - Attend Confirmation classes.
  - Schedule date to come back and read from the Torah, or lead parts of the service.
  - Attend a lecture or concert with Jewish content.
  - Contribute to Tzedakah.
  - Plan a trip to Israel.
**Recommended books about Bar/Bat Mitzvah:**

*A Spiritual Journey: The Bar Mitzvah and Bat Mitzvah Handbook*
By Seymour Rossell, published by Behrman House, 1993. (This book is distributed as part of our Bar/Bat Mitzvah class curriculum.)

*Putting God on the Guest List: How to reclaim the Spiritual Meaning of your Child’s Bar or Bat Mitzvah*


*Coming Of Age: Your Bar/Bat Mitzvah* by Benjamin Efron and Alvan Rubin, Published by UAHC in New York, 1978.


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**Acknowledgments**

Temple Beth-El expresses gratitude to Cantor Joseph Gole and Sinai Temple of Los Angeles for permission to excerpt information from their *Bar/Bat Mitzvah: A Spiritual Journey for the Entire Family.*