



# Bar Mitzvah

**HANDBOOK AND GUIDE**

## WELCOME!

In Judaism, the Bar Mitzvah marks the most significant stage in the life of a young man. As he grows older, he will constantly reflect on this momentous occasion as a major part of his maturing process. It is a turning point where a child is suddenly transformed into a Jewish Adult. Feeling the pride of being a full-fledged member of the Jewish nation, identifying with his essence in a strong and positive manner, and realizing she is an integral part of our beautiful traditions and rich heritage.

This feeling and commitment help inspire him to continue to grow into the best possible version of himself.

At Chabad of Fremont, the Bar Mitzvah celebration is faithful to the beauty and authenticity of Jewish tradition and will serve to inspire a young man to constantly recognize his privilege and responsibility to God, his fellow human beings and himself

## OUR PHILOSOPHY

### ▫ **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 lifecycle event to make it most meaningful, enjoyable and inspiring for your family. We celebrate each child's individual strengths by making each Bar Mitzvah fit the unique needs of the child

### ▫ **Meaningful and Relevant**

Our goal is to instill in each child the meaning and relevance behind what it is they are doing, so the experience is meaningful and relevant to their lives in today's day and age.

### ▫ **Not just a ceremony, but about being Jewish**

The Bar 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 Bar Mitzvah reflect that as well. The child is taught the meaning of what it means to be Jewish and is given time to ask and reflect on his becoming a Bar Mitzvah with the Rabbi and teacher he studies with.

### ▫ **Enjoy the whole experience**

It is not just about the destination and the journey should be meaningful and enjoyable as well. We want your child to always remember her Bat Mitzvah and the training that preceded it, as a joyous experience.

## STANDARDS & PROCEDURES

The following Bar Mitzvah information guide will outline the aspects, options and policies at Chabad.

### **1. Year of Bar Mitzvah at-a-glance**

- Choose your date and the type of ceremony
- Private training (duration of time will depend on the child)
- Purchase Talit and Teffilin.
- Choose and implement "Chesed Project", "Mitzvah Undertaking", and write "Bar Mitzvah Speech"

### **3. Date & Ceremony**

Preparation for a Bar Mitzvah takes depends on each child's" current level of knowledge.

## BAR MITZVAH SERVICE

The following is a description of a typical Bar Mitzvah service, which is approximately one hour, and includes prayers as well as reading selected verses from the Torah portion and D'var Torahs (speeches).

- Hebrew and English prayers.
- A speech, with reflections on the meaning of this important milestone, his path in reaching it, etc.
- Optional Torah Reading.
- A representation of the Mitzvah Project that your son worked on over the course of his Bar 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 all the guests containing all the above readings and some additional prayers. T
- The parents (and grandparents if you choose) bless the Bar Mitzvah boy. They will also convey the continuity of tradition with a 'Judaic bestowal', e.g a Tallit or prayebook.
- A candy throw, in which we shower the Bar Mitzvah with sweetness.
- Reception

### CEREMONY OPTIONS

#### Shabbat Morning Service

- The service begins at 11:00 am on a Saturday Morning.
- Photography, videography, and zoom are not available.
- Other community members may be present.
- The ceremony continues as described previously.

## Weekday Service

- Can take place anytime before sunset
- No restrictions on photography, videography, or zoom
- The ceremony continues as described previously

## Ceremony Guidelines

The following guidelines are to help the experience to be authentic and lasting. The Bar Mitzvah is not the end of the Jewish Journey, it is the beginning.

- Bar Mitzvah boy must be enrolled in or have attended JUDA
- All food served must be Kosher certified and approved.
- Bar Mitzvah Boy and preferably his family should attend monthly Shabbat Services as well as High Holiday Services for the year prior to the Bar Mitzvah.
- Bar Mitzvah Boy should commit to joining CTEEN (Teen Club) for one year after his Bar Mitzvah.
- Tables, chairs & linens are available for use.
- If a family chooses to do a separate non-kosher event, the invitation should be separate.

## Your Investment

Your investment in your son's Bar-Mitzvah experience is as follows:

- Siddur - \$30
- Tallit, Tefillin & Siddur - \$800
- Private Weekly Training- \$50 per 45 minutes session
- Many families choose to make a donation to Chabad in honor of the ceremony (suggested donation - \$1000).

*As always, no child will be turned away from Chabad for lack of funds. If necessary, other financial options can be discussed at the first meeting*