



TEMPLE ISRAEL

בית ישראל

Cape Town Progressive Jewish Congregation

My Bar/ Bat/ B Mitzvah (BM) at Temple Israel

Name	
Hebrew name	
BM Date	
Hebrew Date	

The teachers and rabbis are looking forward to working with you as you prepare for your special day. By the time your BM arrives you will:

- ◆ **have completed a BM Mitzvah Project**
- ◆ **be able to lead candles, Kiddush and ha'motzi on Erev Shabbat**
- ◆ **be able to lead parts of the Shabbat morning service**
- ◆ **chant your Maftir and Haftarah portions and their blessings**
- ◆ **deliver a Dvar Torah**
- ◆ **be able to put on a tallit and recite the blessing**

BMITZVAH REQUIREMENTS

Ensure you have a flipfile and a BM practice siddur	
Attend a minimum of 20 Shabbat morning services	
Prepare the service with your tutor	
Prepare a study text	
Prepare your Maftir and Haftarah with your tutor	
Complete a Mitzvah Project and submit a photo and a short description	
Contact your assigned rabbi at least 6 months before your BMitzvah	
Write a Dvar Torah , which you will prepare together with your rabbi.	
Obtain a tallit	
Make arrangements for the brochah	
Family involvement – see tick off list on the last page	

PREPARING FOR YOUR BM

◆ Enrol in the Hebrew School

To have a BM you need to be a member of Temple Israel and enrolled in the Hebrew School.

Contact melbeswick@mweb.co.za or register for cheder here.



◆ Shabbat and Festival service attendance

To properly prepare for your BM, you and your family need to feel comfortable with the service as well as get to know the other families and congregants who attend shul. As such, we require that families attend the Shabbat morning and festival services throughout the year preceding your BM.

◆ Hebrew School attendance (a min of 18 months before BM date)

Hebrew School classes, which include Hebrew and Progressive Jewish Studies, are on **Saturday mornings** from **9.30 – 11.30am** followed by a *brochah*

with the community. These lessons alternate between Green Point and Wynberg. Scan here to join the Cheder WhatsApp group.



◆ Weekday lessons for *Siddur* reading and Torah Leyning (± a year before BM date)

Once your cheder Hebrew teacher is happy with your Hebrew reading you will start weekday lessons. These are individual lessons with a tutor on Zoom. At these lessons you will continue learning parts of the *siddur* as well as learn to chant your *Torah* and *Haftarah* blessings and your *Maftir* and *Haftarah* portions. It is important to also make time in your schedule to practice between lessons. This is also the time to make contact with your assigned rabbi.

◆ Setting your BM date

A provisional date can be put on the Shul calendar with Mel Beswick. A rabbi will be assigned to you based on the date you have chosen. All BM requirements must be completed in order to confirm the date.

◆ **Meeting with the Rabbi** (± 6 months before BM date)

You and your parents will have six sessions with the Rabbi to prepare your *Dvar Torah* and to work out your final preparations for the day. You will be given a BM honours list to fill out so family and friends can take part on the day. The week before your BM the Rabbi will invite you and your family to a rehearsal in the shul. When your *dvar* is complete please send to Mel for inclusion in the BM blog.

◆ **BM Mitzvah Project** (this should happen during the year of your BM preparation)

Having a BM is not just about the day in shul, but about taking responsibility as a Jewish adult for all the *mitzvot* of Jewish life and for *Tikkun Olam*, repairing the world that we live in.

You will choose a Mitzvah Project that you would like to do in the wider community, something that will make Cape Town a better place for all. It could be volunteering, collecting money or goods, sharing time, energy or skills in any project that helps to fix our community. A poster about your Mitzvah Project needs to be completed and presented on your BM. You also need to write a paragraph and, with a photo/s, send to Mel to put on the BM Blog which you can look at here

or at <https://www.templeisrael.co.za/blog>.



◆ **Wearing a Tallit**

Progressive Judaism believes that everyone is regarded equally in the synagogue and as such we expect all BM candidates to wear a tallit.

'God said to Moses as follows: Speak to the Israelite people and instruct them to make for themselves fringes on the corners of their garments throughout the ages.' Numbers 15:37 – 39

There will be opportunities to learn about the *tallit* during the year to give you a deeper understanding of its symbolism. Should you wish to buy or make a tallit in honour of the occasion you may contact Mel, Vanessa, or any of the rabbis to guide you.

◆ **The Brocha**

Our BM are cause for celebration in our congregation, it is therefore customary for the BMitzvah family to sponsor the *brochah* after the Shabbat morning service for everyone. There are a range of options for caterers and budgets. Please contact Mel for details should you need. If you choose to use a private caterer, they need to liaise with the office regarding our kashrut policy and the hiring of crockery and cutlery.

◆ The BM fee

An invoice will be sent when you book your BM date. This will give you time to budget or work out a payment plan. For any financial queries contact Eric Beswick.

The price includes:

- All Hebrew School classes
- All Siddur and Torah tuition and all sessions with the rabbi
- A certificate and a bookplate that is placed in a *Mishkan Tefilah siddur* to commemorate the event
- A hiring fee for the use of crockery, cutlery, and related items at the *brochah*, which goes to our Sisterhood.

◆ Family Involvement

There are a variety of ways for families to get involved in the community and we require you to tick at least three of the options below each term:

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| ☐ Attend Erev Shabbat services | ☐ Assist with security |
| ☐ Attend Shabbat morning services | ☐ Assist with preparing the <i>brochah</i> |
| ☐ Attend festival services | ☐ Attend a family session with the rabbi |

GLOSSARY OF TERMS

Siddur – prayer book

Maffir – the concluding section of the *parsha*

Haftarah – a portion from the Prophets read after the Torah reading

Mitzvah – literal translation is 'commandment' but has been taken to mean 'good deed'

Dvar Torah – literal translation 'words of Torah'. It is speech where you teach the community about your *parsha*.

Leyning – to chant Torah

Parsha – Torah portion of the week

Brochah – light lunch following the service

CONTACT NUMBER

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