

The Sarah and David Bar/Bat Mitzvah Book



Name _____

My Bar/Bat Mitzvah Date _____

My Parashah _____

My Haftarah _____

SARAH
AND DAVID

By Lily Yacobi and Diana Yacobi

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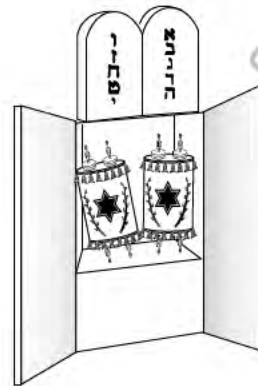
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The Sarah and David Bar/Bat Mitzvah Book

By Lily Yacobi & Diana Yacobi



This book is in honor of all the children and their families in Northern New Jersey whom I have had the pleasure of working with and preparing for their Bar or Bat Mitzvah.

We would like to thank the following people for helping us make this very special book. A big thanks to Rabbi Chaim Poupko, Cantor Ephraim Shapiro, Rabbi Steven Suson, Dora Geld Friedman, Meredith Jacobs, Lisa Goldstein and Ann Litwack. We are very grateful for their input and comments which enriched the content and helped us in our effort to meet the educational needs of students and their teachers with regard to Bar/Bat Mitzvah preparation.

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Note to Teachers, Tutors and Cantors: How to Use this Workbook



Purpose:

The purpose of *The Bar/Bat Mitzvah Book* is to lay out all of the key components connected to Bar/Bat Mitzvah preparation. A special feature of this book is Lily's teen-friendly voice and presence in the text guiding and encouraging the student through the learning process. In addition to teaching reading and chanting skills, the workbook also seeks to address many questions that students have in anticipation of their Bar/Bat Mitzvah day.

The **goals** of the workbook are to:

- provide an overview of the Tanach and a context for the texts the students will be studying
- answer students' questions about Bar/Bat Mitzvah and review the Shabbat Service
- review reading skills
- teach a selection of prayers from the Torah Service
- show how trope symbols work

We are pleased to introduce The Trope Guide, the last section of *The Bar/Bat Mitzvah Book*, which evolved from co-author Lily Yacobi's experience as a Bar/Bat Mitzvah tutor. 'Beats and baskets' (pg 20) and 'sounds-like-symbols' (pgs 47-48) lie at the center of the approach. 'Beats and baskets' highlight the placement of trope symbols inside Hebrew words. 'Sounds-like-symbols' name, describe and graphically represent how trope melodies are chanted. Students will have an understanding of how trope works musically and be able to chant directly from the text.

NOTE: Bring a computer or an ipod to class to play the audio tracks and hear Lily explain the content in this book.

Overview of the Contents

- **Bible Geography (pg 6)** is an outline of the Books of the Tanach and an explanation of terms such as parashah and Haftarah.
- **A Look Inside the Synagogue (pg 8)** is an illustration of the bimah providing a close look at the synagogue setting.
- **The Shabbat Morning Service Overview (pg 9)** starts with a graphic timeline and describes the Shabbat Morning Service. Icons from the timeline help identify parts of the Service.
- **The Hebrew Reading Guide (pg 15)** reviews reading skills and rules as preparation for reading the prayers which follow. This material summarizes skills and rules taught in the Read Hebrew curriculum.
- **The Torah Service Section (pg 21)** includes a selection of prayers from the Torah Service. Some prayers are presented in two different versions. Prayers are presented as a two-page unit providing reading practice, translation of key words and phrases, and a page of the prayer.
- **"Heading to the Bimah" (pg 44)** is an original song capturing the nervous last minutes before the Bar/Bat Mitzvah child goes up to the bimah. The song can be heard sung out loud on the Bar/Bat Mitzvah page of the Sarah and David website, www.sarahdavid.com. Make it a fun homework assignment for your students!
- **The Trope Guide (pg 45)** introduces the teacher and the student to trope, its connection to Hebrew reading and the basic elements involved in chanting. This section should be thoroughly reviewed by the teacher before teaching the material. Audio support for this section and the rest of the book can be found online.
- **Online Audio Support** is available at www.sarahdavid.com. Go online to hear co-author Lily Yacobi read and chant the entire Bar/Bat Mitzvah Book. A video workshop walks you through all sections of this workbook.
- **Section Header Pages** separate the Hebrew Reading Guide, Torah Service and Trope Guide sections.

What's Inside?

Hi Everyone!

This workbook is all about getting ready for your Bar/Bat Mitzvah. I've worked with many children helping them to prepare for their big day. Now I'm excited about working with you! Inside you'll find answers to many questions that might come up along the way. We'll go over what happens at a Shabbat Morning Service. Then we'll brush up on Hebrew reading skills and study prayers in the Torah Service. To help you learn to chant, I'll introduce you to trope, the musical cues inside Hebrew texts. Go online to www.sarahdavid.com to hear me read and chant the material in this book. Everything that you learn here will prepare you for a Bar/Bat Mitzvah service taking place on Shabbat or at another time.

Have fun!

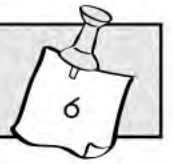
Your friend,

Lily



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To understand what a parashah and Haftarah are, you need a little Bible Geography. The Hebrew Bible is divided into three main sections called Torah, Neviim and Ketuvim. In Hebrew, the first letters of these three words combine to form the word Tanach. We'll look at these sections. Have a Tanach handy.

תּוֹרָה נְבִיאִים כְּתוּבִים = תַּנַּךְ

The Torah: The Five Books of Moses
The beginning of the Jewish people.

What's Inside?

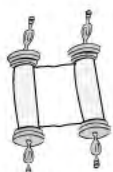
- Beresheit: This is the story of our beginnings. It includes God's Covenant (Brit) with Abraham, the stories of Isaac, Jacob, his twelve sons including Joseph, and his daughter Dina. **בְּרֵאשִׁית**
- Sh'mot: The Jewish people leave Egypt. God gives Moses the Ten Commandments on Mount Sinai. The golden calf incident occurs. The people build the Mishkan so God can dwell in their midst. **שְׁמוֹת**
- Vayikra: God gives Moses laws for organizing the sacred community. These include ritual laws pertaining to food and sacrifice, health and body, sexuality, holiness, Shabbat and festivals. **וַיִּקְרָא**
- B'midbar: This book relates the events that occur to the Jewish people during forty years in the desert. **בְּמִדְבָּר**
- D'varim: Moses reviews the laws and events that occur in the Torah to prepare the Israelites for entering the promised land. Joshua is selected to become the next leader to teach the Jewish people and to take them into Canaan. Moses dies in the desert at Mount Nebo. **דְּבָרִים**

When do we read it?

We read the entire Torah in synagogue in either one year or three year cycles. The first Torah reading or parashah is Beresheit. The last Torah reading is V'zot Habrachah. A different parashah is read each Shabbat. **Exercise:** Circle your parashah and the season in which your Bar or Bat Mitzvah will take place.



The Torah starts here.



The Torah ends here.

Summer	Spring	Winter	Fall
דְּבָרִים	בְּמִדְבָּר	וַיִּקְרָא	שְׁמוֹת
וַאֲתַחֲנֶנּוּ	נִשְׂא	צו	וְאָרָא
עֲקֵב	בְּהַעֲלֵתְךָ	שְׁמִינִי	בֵּא
רָאָה	שְׁלַח לְךָ	תְּזַרְעֵ	בְּשַׁלַּח
שִׁפְטִים	קָרָה	מְצוּרָע	וַתְּרוּ
כִּי תֵצֵא	חֲקַת	אַחֲרֵי מוֹת	מִשְׁפָּטִים
כִּי תָבוֹא	בְּלֶק	קִדְשִׁים	תְּרוּמָה
נְצֻבִים	פְּנֵחָם	אָמַר	תְּצַוָּה
וַיִּלְךְ	מִטּוֹת	בְּהַר	כִּי תִשָּׂא
הָאָזִינוּ	מִסְעֵי	בְּחֻקֹּתַי	וַיִּקְהַל
וְזֹאת הַבְּרָכָה			פְּקוּדֵי
			וַיְחִי



Bible Geography

Neviim: The Book of Prophets

The Jewish people are now settled in the land of Israel. They are led by judges and kings and taught by prophets. King Solomon builds the first Temple in Jerusalem. The prophets serve as advisors to the kings and to the Jewish people instructing them to live according to the Covenant and teachings in the Torah.

What's Inside?

First Prophets: Joshua, Judges,
I Samuel, II Samuel (The Life of the Prophet Samuel, King Saul and King David)
I Kings, II Kings (The Life of King Solomon followed by other kings)

Major Prophets: Isaiah, Jeremiah, Ezekiel

Minor Prophets: Hosea, Joel, Amos, Obadiah, Jonah, Michah, Nahum,
Habakkuk, Zephaniah, Haggai, Zechariah, Malachi



When do we read it?

We read specific chapters and verses from Neviim each Shabbat morning after reading the Torah portion. This reading is called the Haftarah. We read the Book of Jonah on Yom Kippur.

Ketuvim: The Book of Writings

Ketuvim combines the continuing history of the Jewish people in Israel with books of wisdom. Ezra and Nechemiah return to Jerusalem with permission to build the second Temple.

What's Inside?

Psalms, Proverbs, Job, Song of Songs, Ruth, Lamentations, Kohelet, Esther
Daniel, Ezra, Nehemiah, Chronicles I and Chronicles II

When do we read it?

We read many psalms in the siddur. We read five books or megillot from Ketuvim on the following five holidays: Song of Songs on Passover, Ruth on Shavuot, Lamentations on Tisha B'Av, Kohelet on Sukkot, and Esther on Purim.

Your Bar or Bat Mitzvah Parashah and Haftarah

Parashah: Each Shabbat we read a Torah portion or parashah. The name of your Haftarah is based on the name of the weekly parashah. The parashah is read from the Torah scroll. You can find the Torah reading for each week on a Jewish calendar. In this book, see pages 15, 21, and 45.

Haftarah: Your Haftarah is taken from the book of Neviim and consists of several chapters selected by the rabbis because they have a thematic connection to the Torah portion. On holidays and Rosh Chodesh (the new Hebrew month) there are special Torah readings and Haftarot. The Haftarah can be read from a copy or a tikkun.

Exercise 1: Go online to the website www.hebcal.com and look up your Bar/Bat Mitzvah date and parashah. You will also be able to look up your Haftarah. Explore the site to find a Rosh Chodesh or your favorite holiday.

Exercise 2: Look up your parashah and Haftarah in the chumash used in your synagogue. The chumash is the biblical text that is used in synagogue on Shabbat morning.

You Are Here Inside the Synagogue!



Let's take a look inside the synagogue. Here's a picture of the bimah. Picture yourself on the bimah. Use the diagram to:

1. Label these items that you see on the bimah: Torah, Ner Tamid, Menorah, Aron HaKodesh (Ark), Siddurim, Chumashim, Ten Commandments, Torah Stand.
2. Identify the Bimah Team. There are always a lot of people on the bimah during a Torah service. Who are they? Draw in the Rabbi(s), Cantor, a synagogue officer, a Gabbai, Honorees, and YOU!

