

B'nei Mitzvah Guide

PARENT EDITION

מזל טוב!

Mazal Tov!

The date and time of your child's b'nei mitzvah has been set. Now let's work together to make your family's simchah as joyous and meaningful as possible.

B'nei Mitzvah Guide — Parent Edition

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Message from Our President and Rabbi Dolgin



We are very excited to take this important next step with you toward celebrating your b'nei mitzvah. This lifecycle binds the individual and the Temple community together in powerful ways. We look forward to praying, learning, discussing and reflecting with you. Seeing our new young adults grow, develop and lead our community inspires us, and we will do everything we can to ensure your celebration reflects Jewish values and creates memories that last a lifetime.



A b'nei mitzvah ceremony acknowledges the moment of becoming a Jewish adult. Preparation extends well beyond formal classes and takes place in the classroom, the home, the Sanctuary and even over email. In this booklet, you will find several innovations in our approach, combined with tried-and-true Temple Sinai programs. Our goal remains constant: to prepare our children to be the adults and Jewish leaders of tomorrow.

On behalf of the entire Temple family, we invite you to make the most of the months to come. When you are attending a service, meeting, class or family study session, you will find an experience of community created with you in mind. We look forward to being partners with you in the sacred moments we will celebrate together!

B'shalom,

A handwritten signature in black ink, appearing to read "MFraleigh".

Michael B. Fraleigh, *President*

A handwritten signature in black ink, appearing to read "Michael Dolgin".

Rabbi Michael Dolgin

We love questions!

Call or email us anytime. Contact information can be found on the back page.

Year-At-A-Glance

8 months prior

First meeting with Cantor Meara Lebovitz, student and parents.

Exploration of the specific Torah portion assigned to the student and how it relates to our lives today; look ahead to goals and benchmarks to aim for in learning; best study habits and tips; your questions.

6-7 months prior

**Weekly, Tuesdays
for 6 to 7 months**

Kehillah Weekly Group Learning (see page 4).

Each week, students will work toward understanding the beauty of our ancient chanting system called trope, as students learn to chant their portions. Recordings of all material will be made available on Google Classroom. Each student will be expected to practice 6 days a week, 20 minutes a day.

2 months prior

First d'var Torah meeting with Rabbi Jordan Shaner, student and parents.

Families and students will have the opportunity to study their Torah portion. The student will be guided through the process of writing a d'var Torah — a teaching related to themes in the Torah portion, which will be delivered from the bimah. Students will continue to work on their d'var Torah with a subsequent second and third meeting with our d'var Torah tutor, Ashley Berger.

2 weeks prior

Sanctuary appointment with Cantor Charles Osborne, student and parents.

The student will have the opportunity to chant their Torah portion from the Torah scroll on the bimah.

1 week prior

Family meeting with Rabbi Michael Dolgin, student and parents.

The family will have the opportunity to refocus on this significant lifecycle occasion. In addition to reflecting on the meaning of the process and the upcoming simchah, the student will read their d'var Torah for Rabbi Dolgin who will tell the student the question that he will ask them on the bimah.

1 week prior

**Monday or Thursday
Morning Minyan (7.30 a.m.)**

Chanting Torah with student, family, clergy

Temple Sinai offers daily Shacharit Services at 7.30 a.m. On Monday and Thursday mornings, Torah is chanted. Students will serve as honoured Torah chanters the week of their b'nei mitzvah. This will mark the first time they can perform the mitzvah of counting in a minyan as well as an opportunity to chant three of their aliyot for a smaller community. Please let us know if the weekday you have been assigned is a problem.

Week of the simchah

Rehearsal with lay volunteer, student, parents, and extended family.

Our lay volunteer will lead your family through a full rehearsal of the Torah service.

Helping Your Student Prepare

Experiences created with day school and Temple school students in mind.

Family Learning

Grades 4-6

Families will join together at up to two Family Learning sessions in grades 4 to 6. Our clergy and senior educators look forward to teaching and learning along with your family.

Shabbat Service Attendance

Your family is always welcome to celebrate Shabbat with us, regardless of invitation! To familiarize your student with Shabbat services, we expect them to attend a minimum of three Shabbat services at Temple Sinai in grade 6 and three in grade 7.

The B'nei Mitzvah Institute (BMI)

Grade 7

Students and their parents come together to discuss, share and learn for three Tuesday evening sessions in preparation for b'nei mitzvah. The focus of these special evenings is to learn together about mitzvot and to discuss the values inherent to becoming a b'nei mitzvah in our world today.

Creating the Yad

Students will create their own yad to be used for the first time at their b'nei mitzvah when they read from the Torah.

The Mitzvah Project

Students are encouraged to adopt a project during their b'nei mitzvah year, focusing on an area of Tikkun Olam (repairing the world) and we will provide resources and inspiration at the BMI.

Chanting Torah and Haftarah; Kehillah (*see page 4*)

During weekly learning, skills are developed to chant Torah and Haftarah. Students learn their unique portion. Online link: templesinai.net/worship/torah-study

D'var Torah

Three one-on-one sessions in which the students will have the opportunity to study their Torah portion and write a teaching related to the Torah portion that they will share with the congregation and their guests.

Preparation

Eight months before the b'nei mitzvah date, Temple will contact you to begin the b'nei mitzvah process and to arrange a meeting with the cantor. If you have any questions regarding the process, please call us at 416.487.4161.

B'nei Mitzvah Learning Model: Kehillah

On the journey of b'nei mitzvah study, the students will acquire the skills, confidence and support they need to stand proudly at their b'nei mitzvah chanting Torah and Haftarah. We employ modern teaching techniques and utilize digital media to make learning accessible and engaging.

Kehillah: Temple Sinai's Group Learning Experience

Tuesdays from 6.00 p.m. to 7.00 p.m.

Young people come together weekly for a peer-learning experience devoted to skill building, community building and confidence building. Each class begins with a community-building activity, group learning of blessings, followed by a pizza dinner. The youth then break into one-on-one or small-group learning with peer mentors to focus on their specific portion. Peer mentors are post-b'nei mitzvah students who have committed to sharing their chanting skills with new students.

Kehillah provides an excellent opportunity for students to be together socially and academically. Students who go on to become peer mentors have the mitzvah of sharing their skills and earning volunteer hours or a stipend.

Other modalities of training are made available in cases where Kehillah attendance is not possible.

Planning Your Simchah at Temple

Participation

There are various honours available to family and friends as part of Shabbat services.

Aliyot are available to Jewish family members. Two family members (parents, grandparents, etc.) may share an aliyah. Non-Jewish parents (and grandparents) are encouraged to stand with the Jewish parents (or grandparent) during the aliyah.

Other honours include taking out and replacing the Torah scrolls, dressing and undressing the Torah and opening and closing the ark doors. This last honour may be given to a non-Jewish family member or friend.

We encourage all b'nei mitzvah students, and all Jews called to an aliyah (regardless of gender), to wear tallitot and kippot.

Celebration

Families often choose to continue the celebration of becoming a b'nei mitzvah with a Kiddush lunch or other party. Temple encourages these celebrations to reflect further the importance of this adult acceptance of the mitzvot.

We hope you will consider celebrating your simchah in one of our halls, with accommodation up to 390 guests. Our newly renovated Fanny Green Hall and Al Green Hall offer a bright and modern atmosphere with beautiful stained-glass windows. The Social Hall also offers a beautiful space including a stage. All of our caterers offer extensive menu options and can customize to suit your needs. Please refer to page 9 for further information.

Whether at home, Temple, or another venue, particularly on Shabbat, we suggest you be mindful of the music and themes that are chosen. They should serve to enhance the mood of the day.



Let's make sure to highlight the MITZVAH of the b'nei mitzvah!

We love mitzvot at Temple Sinai! We would love to assist you in placing an extra emphasis on performing mitzvot as part of the b'nei mitzvah experience. Students are encouraged to join any ongoing Tikkun Olam projects at Temple. A number of our b'nei mitzvah families volunteer for Ve'ahavta. Please visit the Ve'ahavta website to see what opportunities are available for families. Some of our b'nei mitzvah families choose to have their simchah in honour of a child who perished in the Holocaust. Please visit Yad Vashem Canada or the Neuberger Holocaust Education Centre for more details. Many of our b'nei mitzvah families make charitable centrepieces of canned goods or toys to donate to people in need. Just a few of the many ways to centre your simchah on tzedakah!

Looking Ahead

Tuesdays at Temple and Teen Leadership

Students in grades 7 to 12 explore Jewish culture, heritage, identity, current events, Israel connections and food.

Tuesday Nights (Tuesdays from 7.00 p.m. to 8.30 p.m.)

Grade 7: In Grade 7, our students begin our brand new Teen Education and Engagement Network (TEEN) program and start their Jewish teen journey at Temple Sinai! Classes meet on Tuesday evenings from 7.00 p.m. to 8.30 p.m. during the school year, a significant shift from Sunday mornings. Grade 7 is the “launchpad year” for this exciting new initiative that features hands-on learning, immersive experiences, and social engagement with our older teens. Students create their compass or mission statement for Jewish living and learning for the next five years, which is unique and meaningful to them.

A special feature of this year includes the B’nei Mitzvah Institute, which takes place on three Tuesday evening sessions, that bring parents and students together including Jewish day school and religious school families. The focus of the year is the “mitzvah” in b’nei mitzvah. We examine how and why tzedakah (righteousness) is important for living a Jewish life and help youth learn to make decisions as a teen as they form their own Jewish identity leading into adulthood.

Grade 8, 9 and 10: In our new TEEN program, students have the opportunity for choice-based learning that centres on their interests. Through skill development and immersive learning experiences, students explore our traditions and history, foster an appreciation for Jewish arts and culture and are empowered to take responsibility in the broader community. Our program promotes confidence among teens and cultivates a sense of belonging through life-long friendships. The year is divided into two semesters. Students can choose to join for one semester or both and the courses they want to participate in at the beginning of each semester. Another exciting feature of the TEEN program is signature field trips offered to all students each semester that explore our amazing city of Toronto, as our classroom is rich in Jewish culture and diversity!

Grade 10 students participate in a special Confirmation programming with our clergy and senior staff during this year and revise their compass/mission statement to reflect their learning and aspirations.

Grade 11 and 12: Our senior-level students participate in a new fellowship cohort that meets monthly and focuses on preparing for life as a post-secondary student and leadership opportunities. Students have the opportunity to engage in a community internship or job shadowing members of Temple Sinai.

Madrichim (Sundays from 9.00 a.m. to 12.00 p.m. or 1.30 p.m.)

Be a leader and gain valuable experience working with younger children! Students in grades 9 to 12 can apply to become assistants in our Sunday Religious and Hebrew school program for either community volunteer hours or hourly pay. Best of all, select madrichim can receive a college or university scholarship thanks to the Marlene, Rachel, Phil and Penny Gordon Fund.

Kehillah Peer Mentor (Tuesdays from 6.00 p.m. to 7.00 p.m.)

A Kehillah peer mentor is a Jewish teen committed to sharing their knowledge of chanting Torah, Haftarah, Hebrew reading and blessings to upcoming b'nei mitzvah students. They dedicate their time to building community with their peers and creating a supportive learning environment. Students in grades 7 to 12 have the opportunity to participate as early as immediately after becoming b'nei mitzvah. In grade 9, they may choose between volunteer hours or hourly pay.

Trope Master (Sundays from 10.00 a.m. to 10.30 a.m.)

A Trope Master is a Jewish teen enthusiastic about teaching grade 6 youth on Sunday mornings the basics of chanting Torah through creative learning models like Harry Potter and Star Wars. Youth can earn volunteer hours, and in grade 9, choose between volunteer hours or hourly pay.

Junior Youth Group

Youth just want to have fun! Junior Youth Group is a special community that allows our grades 7 and 8 students to participate in various exciting activities with their Jewish peers.



Lech L'cha: Temple Sinai's Travel Program

- Have fun around the world with your Temple Sinai community
- Build relationships with Temple Sinai's rabbis, cantors, educators, ShinShinim and youth
- Develop your Jewish identity through unique experiences

One travel opportunity will be offered each year from grades 6 to 11. Here are some of the places we have been in the past:

- **Grade 6 Staycation** — an overnight hotel stay in Toronto's downtown
- **Grades 7 and 8** — Boston and Southwestern Ontario
- **Grades 9, 10 and 11** — New York City, Washington D.C. and Israel

Every other March Break, grades 9 to 11 will have the opportunity to travel to Israel at a highly subsidized rate through generous donations from the Temple Sinai Charity Golf Day and community. Youth may only participate once. The next trips will be in March 2025.

Thank you to the members of the Temple community who checked off the Youth Travel Fund, which subsidizes these trips, on the membership form.



Fenway Park • Times Square • Freedom Trail
Masada • Broadway show • White House • Dead Sea



General Information

If you have any questions not answered on the following pages, don't hesitate to contact us at 416.487.4161. See directory on back page.

Accessibility

Our building, including the bimah, is fully accessible via elevator. Phonic ear equipment and signers are available on request for the hearing impaired. Please make your request through the Temple office in advance of the date that these aids will be needed. Please ask a volunteer for additional assistance.

Building Care

Please refrain from putting pictures, posters, seating lists, etc., on Temple's walls, windows, or drapes in the foyer, social halls, doors, hallways, etc. If requested, we will supply an easel for your use. In compliance with City of Toronto By-law #643-91, the Temple is a smoke-free environment.

Catering

If you have reserved one of Temple's social halls for your simchah, please contact any of our approved caterers listed below.

CaterTrendz

Shivani Vansia T. 416.386.9946 ext. 21
2301 Keele Street, Unit 101 www.catertrendz.com

L'Eat Catering

Paula Thompson T. 416.631.9226 ext. 264
3829 Bathurst Street www.leadcatering.com

Marigolds and Onions Ltd. Catering

Kari Rosen T. 416.256.4882 ext. 333
2700 Dufferin Street, Unit 20 www.marigoldsandonions.com

Sonny Langer's Catering

Josh Abrams T. 905.881.4356
180 Steeles Avenue West, Unit 12 www.sonnylangers.com

Zuchter Berk (COR)

Shivani Vansia T. 416.386.1086 ext. 210
2301 Keele Street, Unit 101 www.zbcaterers.com

Cloakroom Fees

Fees will only be charged in the seasons when staff is required (approximately October 1 through April 30). The cost is \$200 per four-hour shift and will be shared when there are two simultaneous events.

Deliveries to Temple

Deliveries must be arranged with Marcie Goldberg at 416.487.4161 ext. 228.

Donations and Dedications in Honour of the B'nei Mitzvah

As you celebrate this momentous life cycle event, you and your child may take the opportunity to share this simchah by establishing a specific fund or making a meaningful dedication to Temple Sinai. Temple is working to raise funds for the well-being of our future generations. This is a wonderful time to establish the tradition of sharing and caring for others with your child. Please contact Ann Rosenfield at 416.487.4161 ext. 241 for more information.

Gowns

The student will be required to wear a gown on the bimah on the the b'nei mitzvah day. Gowns are available from Temple and may be picked up on the day of your rehearsal. If necessary, please have it cleaned following the b'nei mitzvah and return it to Temple as soon as possible. We ask that the gown be returned in the same condition in which it was received.

Judaica Shop

The Judaica Shop is available (by appointment) for all your ritual and gift needs (e.g., tallitot, kippot, kiddush cups, Shabbat candlesticks). For further information regarding the Judaica Shop, please call 416.487.4161 ext. 270.

Kiddush and Oneg Shabbat

A kiddush or oneg concludes Shabbat services. Hosts are asked to contribute \$300 to the Oneg and Shabbat Kiddush Funds as a donation honouring their family's simchah, thus fulfilling the mitzvah of tzedakah. A charitable donation receipt will be issued.

Kippot

Temple Sinai encourages all attendees to wear a kippah. Should your family decide to purchase kippot for the occasion, please consider adding a few to our collection of Temple kippot so the entire congregation can be reminded of your b'nei mitzvah through the years.

MAZON Canada

We encourage each family to consider a donation to MAZON Canada. This Jewish response to hunger is particularly appropriate. By setting aside a portion of the cost of the b'nei mitzvah celebration, we can cumulatively become a significant Jewish force for feeding those without the means to properly feed themselves and their children. The target is a contribution of 3% of the cost of your celebration (\$30 for every \$1,000).

Membership

Only members in good standing may celebrate the b'nei mitzvah of their child at Temple. Please contact executive director, Rayner Conway, at 416.487.4161 ext. 229. She will be happy to answer any questions you might have.

Music

We allow the playing of music on Shabbat at either Friday evening affairs or Saturday afternoon luncheons. We allow it for the enhancement of the mood of the simchah and Shabbat.

Photography During Services

Photographs **may not be taken** in the Sanctuary before, during, or after services on Shabbat. Pictures can be taken in the privacy of the social hall that you have reserved for your event.

Photographs for Publication

As part of this community celebration, it is our pleasure to publish the photographs of the students who will be called to the Torah. Please submit a picture to the Temple two months before celebrating your simchah.

In keeping with the simchah, please submit a current photo of your child, alone, without a hat or sporting equipment (e.g., a school photograph). Pictures may be submitted by email to marcie@templesinai.net.

Rehearsal

A full rehearsal, conducted by our volunteer coordinator, will take place a few days before your simchah. Everyone participating in the service should be in attendance. The rehearsal will last approximately 1.5 hours.

Rehearsal Pictures

At the time of your child's dress rehearsal, you have the opportunity to take photographs in the Sanctuary. Arrangements for photos in the Sanctuary must be made in advance with our volunteer coordinator, Lawrie Lander (416.948.7829). Additionally, the Temple foyer and gardens are also available for photos with advanced registration. To book a convenient time, please call Marcie Goldberg at 416.487.4161 ext. 228.

Security

In an effort to ensure the safety of all guests, Temple Sinai requires a minimum of one security guard for Shabbat evening and morning services. B'nei mitzvah families will be required to pay \$180 to support this.

Additionally, the Temple Board of Directors has also adopted the policy of hiring a uniformed police officer to remain in and around the building during all evening b'nei mitzvah parties. The cost of this security depends on the duration of the event and is borne by the hosts. This fee is payable in advance.

Livestreaming and Recording

Temple Sinai can now livestream and record services as part of the Zelda & Hyeman (Scotty) Barlin (z"l) Digital Beit Midrash. B'nei mitzvah families will be required to pay \$360 to support this service. Each family will receive an email, up to 60 days following the simchah date, with a link to download the edited recording of their b'nei mitzvah service. This fee is payable in advance.

Viewing the livestream

You may have guests that are unable to travel or attend in person. Please share the instructions below with them so they can access the service on the day of via our livestream:

1. Go to **templesinai.tv**.
2. Enter your first name, last name, email address and click continue.
3. On the main page, there will be a section for **Live Events**. This is where you will see a box referring to the upcoming b'nei mitzvah service.
4. Simply click on the service to view the simchah.
5. For technical difficulties or questions about logging in, please contact **randy@templesinai.net**.

Video Presentations

Temple will make available to our members at no charge a full theatre-sized screen and projector for those planning to show a visual presentation at their simchah. You will need to arrange to bring in your computer, which must be HDMI compatible, and ensure that someone is available to run your presentation during your event. A test of your visual presentation must be arranged and booked prior to the week of your simchah through Marcie Goldberg at marcie@templesinai.net or 416.487.4161 ext. 228.

Temple Masking Policy

Masks are encouraged, but optional for all guests to the building. Masks are always available for those who wish to wear them.

If your family or any of your guests have recently tested positive for COVID-19 or are experiencing any respiratory virus symptoms, we ask that you take all precautions and do not attend the rehearsal and/or b'nei mitzvah ceremony until symptoms have improved in the last 24 hours.

Selected Resources on the Experience

Abrams, Judith Z. and Stephen A. Abrams—*Jewish Parenting: Rabbinic Insights*. Northvale, NJ: Jason Aronson, 1994.

Artson, Bradley Shavit—*It's a Mitzvah: Step by Step to Jewish Living*. New York: Behrman House, 1995.

Diamant, Anita and Karen Kushner—*How to Raise a Jewish Child*. New York: Schocken 2008.

Rossel, Seymour—*The Bar Mitzvah and Bat Mitzvah Handbook: A Spiritual Journey*. New York: Behrman House, 1993.

Salkin, Jeffrey K.—*Putting God on the Guest List: How to Claim the Spiritual Meaning of Your Bar or Bat Mitzvah*. Vermont: Jewish Lights Publishing, 1992.

Salkin, Rabbi Jeffrey and Nina—*The Bar/Bat Mitzvah Memory Book: An Album For Treasuring the Spiritual Celebration*. Vermont: Jewish Lights Publishing.

Siegel, Danny—*Danny Siegel's Bar and Bat Mitzvah Book: A Practical Guide for Changing the World Through Your Simcha*. Pittsboro, NC: The Town House Press, 2004.

Temple Sinai—*Zeh Sinai*—Copies are available at the Temple office.

Notes

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Contact Information

	Email address	Extension
Rabbi Michael Dolgin	dolgin@templesinai.net	222
Rabbi Jordan Shaner	rabbishaner@templesinai.net	235
Cantor Charles Osborne	charles@templesinai.net	233
Cantor Meara Lebovitz	cantorlebovitz@templesinai.net	276
Rayner Conway , <i>Executive Director</i>	rayner@templesinai.net	229
Sheri Federman , <i>Office Manager</i> <i>Executive Assistant to Rabbi Dolgin and Rayner Conway</i>	sheri@templesinai.net	234
Deborah Tameanko , <i>Executive Assistant</i> <i>Appointments for b'nei mitzvah students with Rabbi Shaner,</i> <i>Cantor Osborne and Cantor Lebovitz</i>	deb@templesinai.net	258
Ilana Mansharov , <i>Acting Director of Congregational Learning</i>	ilana@templesinai.net	232
Marcie Goldberg , <i>Operations Coordinator</i> <i>Questions related to building policies and social arrangements</i>	marcie@templesinai.net	228
Sam Gershkovich , <i>Communications Manager</i>	sam@templesinai.net	217
Judaica Shop	judaica@templesinai.net	270
Education Office	education@templesinai.net	227
Temple Office	office@templesinai.net	220

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