

# Bar & Bat Mitzvah Guide

Congregation Sukkat Shalom  
Wilmette, IL

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“And you shall teach them faithfully unto your children”  
(Deuteronomy 6:7)

## **WHAT IS BAR/BAT MITZVAH?**

Bar and Bat Mitzvah are terms that mean son or daughter of the commandments. It is a legal term acknowledging the change in status from child to adult under Jewish law. Just as in American law one acquires a certain number of privileges and restrictions upon turning 18 (voting, jury duty, being eligible for the draft), so too in Jewish tradition when one turns 13, a young person begins the transition from being a minor to becoming an adult.

## **STUDENT PREPARATION – Family School and Hebrew Studies:**

All of our students are introduced to the Hebrew language through basic prayers, key vocabulary, and music throughout their Family School experience. As our children attend Friday night Shabbat Services they will begin to internalize the prayers, which will add depth to their Jewish lives. In addition to participation at family school, if a student wishes to celebrate a Bar/Bat Mitzvah, they will need to study Hebrew on a more in-depth level beginning in the 5<sup>th</sup> grade.

### **Hebrew Study**

#### **5<sup>th</sup> Grade**

There are three options:

1. Student-Only Class
2. Family Class
3. Private Tutoring

*Please note . . . you may join the Family Class or change to Private Tutoring even if you didn't do it in 5<sup>th</sup> Grade.*

#### **6<sup>th</sup> and 7<sup>th</sup> Grade**

There are three options:

1. Student only class
2. Family Class (6<sup>th</sup> grade only)
3. Private Tutoring

Hebrew studies are part of an all-inclusive program incorporates Family School, Hebrew class or tutoring. In 6<sup>th</sup> and 7<sup>th</sup> grade, a vital piece of the program is participation in Friday/Saturday Shabbat Discussions and Dinners. Building a strong and cohesive community is an important aspect of the program, and being at services on Shabbat helps to familiarize the students to the key prayers and structure of Shabbat services by being a part of the worship experience. By learning, sharing an informal meal together and praying together as a community we continue to build a community of learners and friends.

## **Bar/Bat Mitzvah Preparation**

**Tutoring with Cantorial Soloist:** In order to prepare for the reading and chanting of the Torah, each student will meet with our Cantorial Soloist once per week for 30 minutes for a period of five/six months.

Throughout the tutoring process, our Cantorial Soloist will give your child recordings of their individual Torah portion and Torah blessings.

While the tutoring will help pace each student's progress, the real work is done at home. It is important that each student practice at home for at least 20 minutes each day. Our suggestion is to begin forming a routine in which the student can practice at the same time of day, every day, in order to produce a consistent learning pattern.

**D'var Torah:** Approximately two months before the Bar/Bat Mitzvah date, students will meet with Rabbi Gordon or Rabbi Daniels on a regular basis to interpret the meaning of their Torah portion (D'var Torah).

**Mitzvah Project:** An important aspect of marking this time in a child's life is accepting the adult responsibility of *mitzvot* (commandments). Each child will be urged to develop a project or interest that will involve service to others. This project could be done with others or as individuals. The opportunities are vast, and the project can be a significant part of the Bar and Bat Mitzvah year. **See organization resource guide and Mitzvah project brainstorming sheet (pages 16-21).**

## **Bar/Bat Mitzvah Timeline**

**5/6 Months:** Begin weekly tutoring with our Cantorial Soloist to learn to chant your Torah Portion; think about your mitzvah project and pursue some ideas.

**5 Months:** Finalize mitzvah project and make a plan to volunteer/participate in the project. (Refer to Mitzvah Project brainstorming sheet)

**2 Months:** Begin working on D'var Torah, meeting with Rabbi Gordon or Rabbi Daniels

**1 Month:** Torah Portion learned, Continue to work on/finish D'var Torah.

**One to weeks before:** Run through with immediate family in the sanctuary. Bring typed finished copy of D'var Torah to practice. We will have your child practice reading from the Torah. In addition, we will walk through the entire service.

## CEREMONY:

The Bar and Bat Mitzvah ceremony helps celebrate this important life cycle event. Traditionally the Bar or Bat Mitzvah ceremony takes place on a Shabbat closely following the 13<sup>th</sup> birthday. We understand that there are often time conflicts that might cause a family to request a different date or time of year..

At this worship service, the Bar or Bat Mitzvah is given the honor of reading from the Torah. The symbolism of this ceremony demonstrates that the child has now been given the opportunity to act as agent and leader on behalf of the community, now that they are able to fulfill a commandment under law.

While Torah may also be read on Monday or Thursday, our Bar/Bat Mitzvah ceremonies take place on *Shabbat*, our holy day of rest. It is a day in which we are called upon to read from the Torah and celebrate as a community.

At Sukkat Shalom we are aware of, and sensitive to, the diversity in our families, and therefore want to create worship that is meaningful and appropriate for each family.

**Friday Night Shabbat Service:** The Bar/Bat Mitzvah family is invited to attend services on the Friday Night before their child's Bar/Bat Mitzvah ceremony. At Friday Night Shabbat services, your family will be asked to light the Shabbat candles, and will be called upon to help lead a prayer during services. This is a great opportunity for your family to celebrate with the entire Sukkat Shalom community, and a wonderful chance to help your child become acclimated on the *bima* and prepare to be in front of the congregation the following day.

**Talit (Prayer Shawl):** When a young person turns 13, and is called to the Torah for the first time they also perform the mitzvah of wearing a Talit for the first time. The *tallit* has special fringes and knots on the bottom that stand for the *mitzvot* (commandments) that a young adult begins to take responsibility for at age 13. If the Bar/Bat mitzvah student chooses to wear a *talit*, the *talit* is often presented by a parent or grandparent at the service.

**Torah Portion:** The Bar/Bat Mitzvah will chant a number of verses from the weekly Torah portion. This may seem like a large task at first, but we will ensure that the learning will happen one step at a time over the course of study. The student will also be given the honor of *aliyah*, or rising to bless the reading of the Torah, which will officially represent the passage from childhood to adulthood.

**Parents' Blessing:** Immediately following the Torah reading, parents are invited to bless their child. It should be remembered that this is a worship setting, and the purpose of this moment is to bless your child with words of thanks. We will provide a few examples of those blessings that can be personalized and adapted for your own family. At times, parents choose to add some more personal comments, but these should remain in the spirit of worship. A paragraph or two is appropriate. You may include additional thoughts in a welcome letter that will appear in the program distributed before the service. Other comments might be more appropriate at the reception. Finally, in this moment, we celebrate the end of the parents' blessing with the recitation of *shehecheyanu*, our prayer marking this day:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.  
*Baruch Atah Adonai Eloheinu Melech ha-olam shehecheyanu v'kiy'manu v'higiyanu laz'man hazeh.*

We praise You, Eternal God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.

**D'var Torah:** Rabbi Gordon or Rabbi Daniels will work with your child on their D'var Torah, which is an interpretation of the Torah reading and the lessons found within that Torah portion for that *Shabbat*. In this speech, the Bar/Bat Mitzvah will explain the meaning of the ceremony, what they have learned, what they have chosen as a Mitzvah Project, and their own understanding of the lessons of the Torah reading and how to apply it to their own life.

**Family Honors:** These honors are mostly focused around the Torah service. The Ark is opened by a family member and the Torah is taken out. The Bar or Bat Mitzvah then carries the Torah into the congregation in the *hakafah*—procession. Two individuals can be given the honor of preparing the Torah for reading by helping to remove the crowns, *yad*, and mantle. The Bar or Bat Mitzvah blesses the Torah, and the parents stand with their child during the reading. Two more people can be given the honor of lifting and dressing the Torah—*hagbahah* and *g'lililah* as well as opening the Ark as we return the Torah. Near the conclusion of the service, two people can open the Ark during the *Aleinu* prayer. Torah and Ark honors are usually restricted to those over 13 years of age. A sibling at least 10 years old may be given an ark opening honor or lead an English reading. At Friday evening services and on Saturday morning, it is customary to call the immediate family up to the front of the sanctuary for blessings of wine and *challah*, *Kiddush* and *Motzi*, as a way to conclude the service. The Bar or Bat Mitzvah family is asked to provide the *challah*.

**Remembrance:** Jewish life-cycle ceremonies are moments when we celebrate not only the gifts of life, but also remember those who are no longer with us. As we say *Kaddish* for those in our congregation who have passed away, it is also appropriate to mention members of your family whose spiritual presence is felt on your special day.

**Photography:** For our Bar/Bat Mitzvah ceremonies, we have time set aside for photography. On the morning of the ceremony, we invite you to take photos at least one and a half hours prior to the service. One hour prior to the service, the Cantorial Soloist will bring out the Torah and have the Bar/Bat Mitzvah child read from the Torah, pictures with the Torah may be taken at this time. Stationary Videography may take place from a special designated area during the service.

## Bar/Bat Mitzvah Blessings

### ברכת טלית - *Tallit Blessing*

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית  
We praise You, Eternal God, sovereign of the  
universe: You hallow us with Your mitzvot, and  
teach us to wrap ourselves in the fringed tallit.

### שמע לסדר קריאת התורה - *Torah Service Sh'ma*

שְׁמַע יִשְׂרָאֵל יי אֱלֹהֵינוּ יי אֶחָד  
שְׁמַע יִשְׂרָאֵל יי אֱלֹהֵינוּ יי אֶחָד  
אֶחָד אֱלֹהֵינוּ, גְּדוֹל אֲדוֹנָנוּ, קְדוֹשׁ שְׁמוֹ  
Hear, O Israel, The Eternal is our God,  
The Eternal is one!  
Our God is one. The Eternal is great.  
God's name is holy.

### סדר קריאת התורה - *Reading of the Torah*

#### BEFORE THE READING

בְּרַכּוֹ אֵת יי הַמְּבַרֵךְ  
בְּרוּךְ יי הַמְּבַרֵךְ לְעוֹלָם וָעֶד  
בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים, וְנָתַן לָנוּ אֵת תּוֹרָתוֹ  
בְּרוּךְ אַתָּה יי, נוֹתֵן הַתּוֹרָה  
Blessed is the Eternal source of life.  
*Blessed is the Eternal source of life  
forever and ever.*  
Blessed are You, Eternal one,  
sovereign of all creation.  
You have uniquely called us and  
given us the gift of Your Torah.  
Blessed are You, Eternal one, giver of Torah.

#### AFTER THE READING

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם נִטַּע בְּתוֹכָנוּ  
בְּרוּךְ אַתָּה יי, נוֹתֵן הַתּוֹרָה  
Blessed are You, Eternal our God,  
Sovereign of all creation,  
Giver of truth and wisdom,  
Provider of eternal life.  
Blessed are You, Eternal one, giver of Torah.

## Optional Family Honors at Bar/Bat Mitzvah Shabbat Morning Services:

Student's name:

Date of Bar/Bat Mitzvah:

Video during ceremony?

Total expected attendance:

Total expected number of unaccompanied minors:

Ushers

Presenting a *Tallit*

Optional English readings (can be for siblings ages 10 years and above)

Opening the Ark at the beginning of the Torah service (2 people – often grandparents)

- Parents and Bar/Bat Mitzvah child can do passing of Torah from generation to generation

Preparing the Torah (2 people)

Mi Shebeirach – Prayer for healing (names of those for whom you wish to ask for healing)

Parents' Blessing: Parent(s) can read a blessing after the Torah reading.

Lifting and dressing the Torah, opening the Ark as we return the Torah  
(2 people)

Opening Ark on returning the Torah (2 people)

Opening Ark before *Aleinu* (2 people)

*Kaddish* names to be recalled (loved ones whom you're thinking of on this day)

*Kiddush/Motzi* at the end of the service (nice for whole family)

\*\*Side note: If you have guests who cannot climb stairs, we can create honors for people on the "ground level" by bringing the Torah to them, or using the ramps on the north end of the bima. We often do this for our senior guests.

## **Optional Family Honors at Bar/Bat Mitzvah Shabbat Afternoon Services:**

Student's full name:

Date of Bar/Bat Mitzvah:

Total expected attendance:

Video/photography during ceremony?

Total expected number of unaccompanied minors:

Ushers:

Presenting a *Tallit*

1 optional English reading (can be for older siblings)

Opening the Ark at the beginning of the Torah service (2 people)

Undressing the Torah (2 people)

Mi Shebeirach – Prayer for healing

Parents' Blessing: Parent(s) can read a blessing after his/her child has finished reading from the Torah.

Lifting and dressing the Torah (2 people, 1 who has had some experience lifting the Torah)

Opening the Ark as we return the Torah (2 people)

Opening Ark before *Aleinu* (2 people)

*Kaddish* names to be recalled (loved ones whom you're thinking of on this day)

*Havdalah* at the end of the service (nice for whole family)

\*\*Side note: If you have guests who cannot climb stairs, we can create honors for people on the "ground level" by bringing the Torah to them. We often do this with our senior guests.



## Optional English Readings for Shabbat Morning Honors

**Reading 1 (Morning Service):** May the One whose spirit is with us in every righteous deed,  
be with all who work for the good of humanity  
and bear the burdens of others,  
and who give bread to the hungry,  
who clothe the naked,  
and take the friendless into their homes,  
May the work of their hands endure,  
and may the seed they sow bring abundant harvest.

- **Mishkan T'filah, Page 75**

**Reading 2 (Morning Service):**  
Religion embraces both faith and action.  
The primary quality is action,  
for it lays the foundation of faith;  
the more we do good,  
the more readily do we grasp the meaning of duty and life  
and the more readily do we believe in the Divine  
from which stems the good.

- **Mishkan T'filah, Page 81**

**Reading 3 (Morning Service):**  
Love your neighbor as yourself, You said.  
And light-blinded we saw that inner and outer worlds are one  
as You are One.  
You spoke and we wrote.  
We reached for you down the centuries,  
Your light moving before us  
as we climbed, fell back and climbed again  
Your Sinai of life.  
Baruch atah adonai, habocheir b'amo Yisrael b'ahavah.

- **Mishkan T'filah, Page 113**

## Optional English Readings for Shabbat Afternoon Honors

**Reading 1 (Afternoon Service):** May the One whose spirit is with us in every righteous deed,  
be with all who work for the good of humanity  
and bear the burdens of others,  
and who give bread to the hungry,  
who clothe the naked,  
and take the friendless into their homes,  
May the work of their hands endure,  
and may the seed they sow bring abundant harvest.

- **Mishkan T'filah, Page 75**

**Reading 2 (Afternoon Service):**  
Religion embraces both faith and action.  
The primary quality is action,  
for it lays the foundation of faith;  
the more we do good,  
the more readily do we grasp the meaning of duty and life  
and the more readily do we believe in the Divine  
from which stems the good.

- **Mishkan T'filah, Page 81**

**Reading 3 (Afternoon Service):**  
Prayer invites  
God's presence to suffuse our spirits,  
God's will to prevail in our lives.  
Prayer may not bring water to parched fields,  
nor mend a broken bridge,  
nor rebuild a ruined city.  
But prayer can water an arid soul,  
mend a broken heart,  
rebuild a weakened will.

- **Mishkan T'filah, Page 227**

## Parents' Blessing

Immediately following the Torah reading, parents are invited to bless their child. It should be remembered that this is a worship setting, and the purpose of this moment is to bless your child with words of thanks. We will provide a few examples of those blessings that can be personalized and adapted for your own family. At times, parents choose to add some more personal comments, but these should remain in the spirit of worship. A paragraph or two is appropriate. You may include additional thoughts in a welcome letter that will appear in the program distributed before the service. Other comments might be more appropriate at the reception. Finally, in this moment, we celebrate the end of the parents' blessing with the recitation of *shehecheyanu*, our prayer marking this day:

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁהַתִּיבֵנוּ וְקִיַּמְנוּ וְהִגִּיעְנוּ לְזִמַּן הַזֶּה.  
*Baruch Atah Adonai Eloheinu Melech ha-olam shehecheyanu v'kiy'manu v'higiyanu laz'man hazeh.*

We praise You, Eternal God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.

### Bar/Bat Mitzvah Parents' Prayers

#### Example 1

Into our hands, O God, You have placed Your Torah, to be held high by parents and children, and taught by one generation to the next. Whatever has befallen us, our people have remained steadfast in loyalty to the Torah. It was carried into exile in the arms of parents that their children might not be deprived of their birthright.

And now I pray that you, ... , may always be worthy of this inheritance. Take its teaching into your heart, and in turn pass it on to your children and those who come after you. May you be a faithful Jew, searching for wisdom and truth, working for justice and peace. Thus will you be among those who labor to bring nearer the day when God shall be One, and God's children shall be one.

#### Example 2

May the God of our people, the God of all humankind, bless and keep you. May the One who has always been our guide inspire you to bring honor to our family and to the House of Israel.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁהַתִּיבֵנוּ וְקִיַּמְנוּ וְהִגִּיעְנוּ לְזִמַּן הַזֶּה.  
*Baruch Atah Adonai Eloheinu Melech ha-olam shehecheyanu v'kiy'manu v'higiyanu laz'man hazeh.*

We praise You, Eternal God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.

### **Example 3**

Our prayer is for all people, But on this most important day, It is especially for you.

Though our particular paths may be different, Our hearts are one in search of what is right. We are all committed to the promise of what is good. You have chosen a path of wisdom, on a journey that leads to justice and peace.

We pray that you will grow each day filling your time with what truly matters: compassion for the needy, embrace of the stranger, love of all people.

May the One who blessed our shared ancestors,  
Abraham and Sarah,  
Isaac and Rebecca,  
Jacob, Rachel, and Leah,  
Bless you on your becoming a Bar/Bat Mitzvah.

May you grow with strength and courage, and with vision and sensitivity. May you always have good health and may you always be certain of our love. Amen

### **Example 4**

Our hearts are one on this joyous day as you commit yourself to a life of Torah: a life, we pray, filled with wisdom, caring, and right action.

We pray that you will grow each day in compassion for the needy, in concern for the stranger, in love of all people.

May the One who blessed our ancestors, Abraham and Sarah, Isaac and Rebecca, Jacob, Rachel, and Leah, bless you on your becoming a Bar/Bat Mitzvah.

May you grow with strength and courage, with vision and sensitivity. And may you always be certain of our love. Amen

### **Example 5**

May you live to see your world fulfilled, may your destiny be for worlds still to come, and may you trust in generations past and yet to be. May your heart be filled with intuition and your words be rich in understanding. May songs of praise ever be upon your tongue, and your vision clarify a straight path before you. May your eyes shine with the light of Torah and your face reflect the brightness of the heavens. May your lips ever speak wisdom and your fulfillment be in righteousness, even as you ever yearn to hear the words of the Ancient One of Holiness.

### Example 6

Each lifetime is the pieces of a jigsaw puzzle.  
For some there are more pieces.  
For others the puzzle is more difficult to assemble.

Some seem to be born with nearly a completed puzzle.  
And so it goes.  
Souls going this way and that  
Trying to assemble the myriad parts.

But know this. No one has within themselves  
All the pieces to their puzzle.

Like before the days when they used to seal jigsaw puzzles in cellophane.  
Insuring that all the pieces were there.

Everyone carries with them at least one and probably  
Many pieces to someone else's puzzle.  
Sometimes they know it.  
Sometimes they don't.

And when you present your piece  
Which is worthless to you,  
To another, whether you know it or not,  
Whether they know it or not, You are a messenger from the Most High.

- **"Jigsaw," Rabbi Lawrence Kushner**

### Example 7

Taking your place...in an enduring line.  
This is the day that you stood up to say, "Our tradition is mine."  
You have now read the Torah.  
It's been passed onto you.  
It's our law and our story...But each telling is new.  
Taking your place...in a resilient line  
This is the day that you stood up to say, "Our tradition is mine."  
You have now held the Torah  
Forged a link to the past  
You're the face of our future,  
and the reason we last.  
It is said we stood at Sinai  
And today, you know you're there.  
You're the promise of a people, a blessing and a prayer.  
Lalechet bidrachav v'lishmor mitzvotav kol hayamim.  
May you walk in God's ways and may all of your days be blessings.

- **"Taking Your Place," Abigail Pogrebin**

## **Mitzvah Project Brainstorming Page**

*Work on this form with your parents to help determine your Mitzvah Project's focus*

**1) My interests are:**

(for example – playing the flute, cooking, dance)

**2) Just causes I am interested in:**

(for example – homelessness, world hunger, cancer research)

**3) Ways that I can make a difference:**

(for example – volunteering, item collections, fundraising)

**4) Final Plan of action:**

**5) Jewish lessons that can be learned from this:**

(to be worked on with Rabbis)

## LIST OF NONPROFITS

NONPROFIT / POVERTY RELATED	NOTES
<p>Family Promise Chicago Northshore <a href="http://www.fpcnorthshore.org">http://www.fpcnorthshore.org</a></p>	<ul style="list-style-type: none"> <li>▪ Helps families who are homeless or at risk of becoming homeless by providing services, including day and night time shelters, needed to achieve self-sufficiency and stable housing</li> </ul>
<p>A Just Harvest 7649 N. Paulina Street Chicago, IL 60626 773-262-2297 <a href="http://www.ajustharvest.org/">http://www.ajustharvest.org/</a></p>	<ul style="list-style-type: none"> <li>▪ Addresses poverty and hunger in Rogers Park and the Chicago community by providing meal and other services.</li> </ul>
<p>Moat Chitim of Greater Chicago 7366 N. Lincoln Avenue, Suite 301 Lincolnwood, IL 60712 847-674-3224 <a href="http://www.maotchitim.org">www.maotchitim.org</a></p>	<ul style="list-style-type: none"> <li>▪ Delivers kosher holiday foods to families and individuals in need throughout the Chicago Metropolitan Community.</li> </ul>
<p>The Night Ministry 4711 N. Ravenswood Ave. Chicago, IL 60640-4407 Phone: 773-784-9000 <a href="http://www.thenightministry.org">www.thenightministry.org</a></p>	<ul style="list-style-type: none"> <li>▪ Provides housing, health care, human connection and other services to members of the Chicago community, including teens, who are struggling with poverty or homelessness</li> </ul>
<p>Rebuilding Together Metro Chicago PO Box 641250 Chicago, IL 60664 312-201-1188 <a href="http://www.rebuildingtogether-chi.com">www.rebuildingtogether-chi.com</a></p>	<ul style="list-style-type: none"> <li>▪ Preserves and revitalizes Chicago area low income homes and nonprofit facilities</li> <li>▪ National Rebuilding Day—last Saturday in April each year, volunteers complete home repair projects for low income, disabled and elderly residents</li> <li>▪ Give Back Day—repairing and improving schools, community centers, and nonprofit facilities</li> </ul>

NONPROFIT / JEWISH ORIENTED AND/OR RELATED	NOTES
Israel Religious Action Center 13 King Davis Street PIB 31936 Jerusalem, Israel 972-2-620-3323 <a href="http://irac.org/">http://irac.org/</a>	<ul style="list-style-type: none"> <li>▪ Public and legal advocacy arm of the Reform Movement in Israel</li> <li>▪ Preeminent civil and human rights organization in Israel, advocating on behalf of broad, inclusive Israeli democracy</li> </ul>
American Jewish World Service 45 West 36 <sup>th</sup> Street New York, NY 10018 212-792-2900 <a href="http://www.ahws.org">www.ahws.org</a>	<ul style="list-style-type: none"> <li>▪ Dedicated to ending poverty and promoting human rights in the developing world</li> <li>▪ AJWS is a top human rights funder worldwide</li> </ul>
Jewish Council on Urban Affairs 610 S. Michigan Avenue Chicago, IL 60605 312-663-0960 <a href="http://www.jcua.org">www.jcua.org</a>	<ul style="list-style-type: none"> <li>▪ Combats poverty, racism, anti-Semitism and other social justice issues Chicago.</li> </ul>
The ARK 6450 N. California Avenue Chicago, IL 60645 773-973-1000 <a href="http://www.arkchicago.org">www.arkchicago.org</a>	<ul style="list-style-type: none"> <li>▪ Creates a safety net for Jews in need in the Chicago area by providing social services and building bridges between volunteers and those in need</li> </ul>

NONPROFIT / EDUCATION AND CHILDREN RELATED	NOTES
Bernie's Book Bank 28101 Ballard Drive Lake Forest, IL 60045 847-780-READ (7323) <a href="http://www.berniesbookbank.org">www.berniesbookbank.org</a>	<ul style="list-style-type: none"> <li>▪ Bernie's Book Bank collects, processes, and distributes quality new and gently used children's books to significantly increase book ownership among at-risk infants, toddlers and school-age children throughout Chicagoland.</li> </ul>
Special Gifts Theater <a href="http://specialgiftstheatre.org/">http://specialgiftstheatre.org/</a>	<ul style="list-style-type: none"> <li>▪ To provide children and teens with special needs a unique, creative drama experience enabling personal growth, while breaking down stereotypes related to disabilities within the community at large</li> </ul>



<p>Special Olympics Chicago  <a href="http://sochicago.org/">http://sochicago.org/</a></p>	<ul style="list-style-type: none"> <li>▪ Special Children’s Charities has been supporting Special Olympics Chicago programs since 1969. Created by Jack McHugh, Special Children’s Charities’ primary mission is to promote, foster and encourage physical and mental health and improvement for children and adults with intellectual disabilities and closely related developmental disabilities.</li> </ul>
<p>Evanston YWCA  Evanston Swims!  <a href="http://www.ywca.org/">http://www.ywca.org/</a></p>	<ul style="list-style-type: none"> <li>▪ <i>Evanston Swims!</i>, a partnership between YWCA Evanston/North Shore, McGaw YMCA, and District 65, seeks to remedy that need by providing all second grade children in Evanston with free water safety instruction and swim lessons.</li> </ul>
<p>SPARK  223 W. Jackson Blvd., Suite 520  Chicago, IL 60606  312-470-4300  <a href="http://www.sparkprogram.org">www.sparkprogram.org</a></p>	<ul style="list-style-type: none"> <li>▪ A national nonprofit that works with underserved 7<sup>th</sup> and 8<sup>th</sup> graders in neighborhoods with high dropout rates, keeping them on track and ready for success in high school and beyond through workplace based-apprenticeships that combine mentoring, project based learning skill building and career exploration life-changing apprenticeships to youth in underserved communities throughout the U.S.</li> </ul>
<p>The James B. Moran Center for Youth Advocacy  1123 Emerson, Suite 203  Evanston, IL 60201  847-492-1410  <a href="http://www.moran-center.org">www.moran-center.org</a></p>	<ul style="list-style-type: none"> <li>▪ Helps young people emerge from the juvenile justice system</li> <li>▪ Provides low income Evanston youth and their families integrated legal and social work services to improve the quality of their lives at home, at school and within the community</li> <li>▪ Recipient of Chicago Magazine Best Charities “One to Watch” 2015</li> </ul>
<p>Alternatives, Inc.  4730 North Sheridan Road  Chicago, IL 60640  773-506-7474  <a href="http://www.alternativesyouth.org">www.alternativesyouth.org</a></p>	<ul style="list-style-type: none"> <li>▪ Multi-cultural youth development agency that provides counseling, leadership development, substance abuse and violence prevention, and academic enrichment</li> <li>▪ Facilitates personal development, strengthens family relationships and enhances community well-being</li> </ul>

<p>Youth Job Center 1114 Church Street Evanston, IL 60201 847-864-5627 <a href="http://www.youthjobcenter.org">www.youthjobcenter.org</a></p>	<ul style="list-style-type: none"> <li>▪ Provides employment-related services for disadvantaged and at-risk youth in Evanston and Chicago, including job-readiness, placement and employment support in partnership with employers</li> <li>▪ Provides direct placement and other support services for persons (up to age 25) who seek permanent jobs, and provides follow-up wrap around services</li> </ul>
<p>The Kindness Connection 119 Central Park Avenue Wilmette, IL 60091 847-807-9340 <a href="http://www.thekindnessconnection.org/">http://www.thekindnessconnection.org/</a></p>	<ul style="list-style-type: none"> <li>▪ Promotes philanthropic volunteerism, focusing on age-appropriate volunteer projects for children in grades K - 6</li> </ul>

NONPROFIT / ENVIRONMENT RELATED	NOTES
<p>Growing Home 2732 N. Clark Street, Suite 310 Chicago, IL 60614 773-549-1336 <a href="http://www.growinghomeinc.org">www.growinghomeinc.org</a></p>	<ul style="list-style-type: none"> <li>▪ Provides urban farm-based training for people with employment barriers, including job readiness and other support services, to help them achieve self-sufficiency</li> <li>▪ Urban farms positively impact food dessert communities as well as individuals, including provision of healthy food options</li> </ul>

NONPROFIT / MEDICAL RELATED	NOTES
<p>Les Turner ALS Foundation of CHicago 555 W. Touhy Avenue, Suite 302 Skokie, IL 60077 847-679-3311 <a href="http://www.lesturnerals.org">www.lesturnerals.org</a></p>	<ul style="list-style-type: none"> <li>▪ Leader in patient services, advancing research regarding and providing education for persons with ALS and other motor neuron diseases</li> </ul>
<p>Syrian American Medical Aid Society <a href="https://www.sams-usa.net/">https://www.sams-usa.net/</a></p>	<ul style="list-style-type: none"> <li>▪ When the conflict in Syria began in 2011, SAMS expanded its capacity significantly to meet the growing needs and challenges of the medical crisis. SAMS has since supported healthcare throughout Syria, sponsoring</li> </ul>

	<p>field hospitals and ambulances, training and paying the salaries of Syrian medical personnel risking their lives to save others, and sending lifesaving humanitarian aid and medical equipment to where it is needed most. SAMS also supports Syrian refugees in neighboring countries with critical psychosocial support, medical care, and physical therapy programs.</p>
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<b>NONPROFIT / REFUGEE CRISIS</b>	<b>NOTES</b>
<p>HIAS 333 Seventh Avenue, 16th Floor New York, NY 10001 - 5019 <a href="tel:212-967-4100">212-967-4100</a> Helpline: <a href="tel:1-800-HIAS-714">1-800-HIAS-714</a> <a href="http://www.hias.org">www.hias.org</a></p>	<ul style="list-style-type: none"> <li>▪ Formerly known as the Hebrew Immigrant Aid Society</li> <li>▪ Formed in the late 1800s to assist Jewish refugees fleeing pogroms</li> <li>▪ Now, HIAS is a humanitarian organization that helps refugees worldwide, regardless of religion or other background.</li> </ul>
<p>Doctors Without Borders 333 7th Avenue, 2nd Floor New York, NY 10001-5004 212-679-6800 888-392-0392 <a href="http://www.doctorswithoutborders.org/">http://www.doctorswithoutborders.org/</a></p>	<ul style="list-style-type: none"> <li>▪ Provides medical aid where it is needed most</li> </ul>
<p>Jewish Coalition for Disaster Relief <a href="http://www.jdc.org">www.jdc.org</a></p>	<ul style="list-style-type: none"> <li>▪ Coalition comprising 49 Jewish agencies that responds to humanitarian crises worldwide</li> <li>▪ Coordinated by the American Jewish Joint Distribution Committee</li> <li>▪ HIAS and AJWS are members</li> </ul>
<p>Syrian Community Network <a href="http://syriancommunitynetwork.org/web/">http://syriancommunitynetwork.org/web/</a></p>	<ul style="list-style-type: none"> <li>▪ The Syrian Community Network (SCN) was established by a diverse team of community members with intentions to aid and to assist in easing the resettlement of Syrian refugees. SCN is prepared and organized to support the anticipated influx of Syrian refugees scheduled for resettlement in the Chicagoland area.</li> </ul>

## Suggested Reading/Resources

**Davis, Judith. *Whose Bar/Bat Mitzvah Is This, Anyway? A Guide for Parents Through a Family Rite of Passage*. New York: St. Martin's Griffin, 1998. WEINBERG F33 DAVI**

Focusing on the psychological and developmental issues of the bar/bat mitzvah year, Dr. Davis shows how to create magic and meaning for the whole family.

**Greenberg, Gail Anthony. *Mitzvah Chic*. Elkins Park, PA: Mitzvah Chic, LLC, 2003. WEINBERG F33 GREE**

Provides a “new approach to hosting a Bar or Bat Mitzvah that is meaningful, hip, relevant, fun, and drop-dead gorgeous.”

**Lewit, Jane. *The Bar/Bat Mitzvah Planbook*. Scarborough House, 1996. WEINBERG F33 LEWI**

A complete guide to planning a bar or bat mitzvah covers every phase of this important Jewish ceremony, from planning a party and discussions of etiquette to preparing a child for the ceremony and understanding the synagogue service.

**Rossel, Seymour. *A Spiritual Journey: The Bar Mitzvah and Bat Mitzvah Handbook*. West Orange, NJ: Behrman House, 1993. HODARI F33 ROSS**

This handbook answers basic questions about the celebrations of Bar Mitzvah and Bat Mitzvah. Chapters include “Getting Ready,” “The Setting,” “The Ceremony,” “The Celebration,” and “Looking Ahead.”

**Salkin, Jeffrey K. *Putting God on the Guest List: How to Reclaim the Spiritual Meaning of Your Child's Bar or Bat Mitzvah*. Woodstock, VT: Jewish Light Publishing, 1992. WEINBERG F33 SALK**

In a joining of explanation, instruction, and inspiration, Rabbi Salkin helps both parent and child feel more comfortable with the Bar/Bat Mitzvah and experience it more joyfully. The appendix includes “What Non-Jews Should Know about the Bar and Bat Mitzvah Service,” “A List of Places for Your Tzedakah,” and “Resources for Jewish Parents.”

**My Jewish Learning – Bar/Bat Mitzvah**

<http://myjewishlearning.com/lifecycle/BarBatMitzvah.htm>

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