



# **BECOMING BAT MITZVAH**

## **A MEANINGFUL MILESTONE & CELEBRATION**

**Mazel tov!** Your daughter is growing up. She'll soon  
be celebrating

the biggest event of her adolescent life: **Her Bat**

# BECOMING BAT MITZVAH

## WHAT IS A BAT MITZVAH?

Each and every individual is endowed by G-d with a unique potential.

We each have a one-of-a-kind ability to change the world, and make it a better, kinder and holier place. The fuel for this is a very special soul, or Neshama, that we each receive when we are born. While we are given this Neshama at day one, it takes twelve or thirteen years for this G-dly energy to fully enter our being.

At this auspicious occasion, we celebrate the Bat or Bar Mitzvah. It is a truly special time, one that comes once in a lifetime, and it represents a child's coming of age and formal joining of the Jewish people as an adult. Jews have been celebrating Bat Mitzvahs for millennia. It is a time to celebrate the child's potential, and, more importantly, embark on the lifelong mission of making that potential a reality.

## A MEANINGFUL CELEBRATION:

We are so glad that you have chosen to celebrate your child's Bat Mitzvah with Chabad of Scarsdale. At Chabad, we emphasize above all the enjoyment, meaning and beauty of becoming a Bat Mitzvah. We aim to instill an awareness that the Bat Mitzvah is not an end, but a beginning. A beginning of a life of meaning, Judaism, purpose, success and happiness.

### **YOU HAVE POWER**

*Your birthday is  
the day G-d said  
His world is not  
complete  
without YOU.*

*Every single  
person on this  
earth has a  
purpose*

*You Matter  
You can make a  
difference.*



# OUR PHILOSOPHY

*The underlying theme of the entire Bat Mitzvah process, preparation and service:  
Instill and inspire a lifelong appreciation for Judaism.*

**Our emphasis is on the beauty and warmth of Judaism far beyond just this service.**

## PERSONALIZED

We believe that no two children are the same and no two families are the same. We therefore strive to personalize this most meaningful lifecycle event to make it a meaningful, enjoyable and inspiring one for your family.

## LAST A LIFETIME

The Bat 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 Bat Mitzvah reflects that as well. Your child is taught the meaning of what it means to be Jewish and is given time to ask and reflect on her becoming a Bat Mitzvah.

## ENJOY THE WHOLE EXPERIENCE

Becoming Bat Mitzvah is not just about the destination, rather the journey should be meaningful and enjoyable as well.

## PARENTAL INVOLVEMENT

Your child's Bat Mitzvah experience is greatly enhanced when the parents are involved and participate in their child's Bat Mitzvah preparation. We encourage parents to schedule a time with Sara to learn about your daughter's Torah portion and studies so that the journey of learning is one that you embark on together.

## GIVING BACK

We encourage your child to take on a meaningful Mitzvah Project, both in social consciousness nature and ritual nature. This is a wonderful opportunity for your child to use her special day to positively impact her life and the lives of others.

# THE SERVICE

*The Bat Mitzvah Service is a meaningful and engaging ceremony highlighting the Bat Mitzvah girl. It includes family members and friends and can be customized to create something unique for your special day.*

The following is a basic description of a typical Bat Mitzvah service, which is approximately forty-five minutes to one hour. Six months of practice and preparation is typically necessary.

- **Welcome & Introduction**
- **Select prayers in Hebrew & explanations**
- **Rabbi's comments**
- **The Bat Mitzvah girl delivers her D'var Torah on the weekly Torah portion and Haftarah or other Jewish topic of her choice.**
- **Parents' Greeting**
- **Cup of Blessings & Candles of Light Ceremony – The Bat Mitzvah girl honors family members and friends by calling upon them to bless her over a cup of wine and light the candles.**
- **Yivarechicha Blessing**
- **Candy Throw and Congratulations from Everyone**

# CEREMONY OPTIONS

## OPTION 1

### **Havdallah Service**

The service can begin any time after Shabbat ends, on any day of the week (except Friday and Saturday). The Bat Mitzvah girl welcomes everyone and speaks about the Havdallah ceremony. She honors close family members by having them participate in parts of the service. Havdallah is recited by the Rabbi or the girl's father or grandfather, etc. and the Bat Mitzvah girl recites special Saturday night prayers. The ceremony continues as described on page 3. The family of the Bat Mitzvah girl may then host either a dinner or dessert reception.

## OPTION 2

### **Friday Night Service**

The Bat Mitzvah ceremony (as detailed on page 3) is followed by the Friday night service for all guests to attend, conducted by Rabbi Avrohom. There will be separate seating and a Mechitza during the actual Shabbat service.

In a Friday evening service, the Bat Mitzvah girl leads the women and girls in the candle lighting and blessing. In the winter the candle lighting will be at the very beginning of the ceremony, and in the summer, the candle lighting will be after the Bat Mitzvah ceremony but **before** the Shabbat evening service. Please remember that videos and cameras are only allowed **until** the Candle lighting service. After the service, the Kiddush is recited by the Rabbi or father/grandfather of the Bat Mitzvah girl. The family of the Bat Mitzvah girl may then host either a dinner or dessert reception.

## OPTION 3

### **Shabbat Afternoon and Havdallah Service**

This Service begins with Mincha (afternoon prayer) one hour before the conclusion of Shabbat and is followed by the Havdallah service outlined above.

You may have a photographer or video for the ceremony except for services that take place on Shabbat.

# BAT MITZVAH PREPARATION

*Bat Mitzvah preparation is customized for each individual Bat Mitzvah.*

- Contact Sara about attending the Bat Mitzvah Club. The "Bat Mitzvah Club" serves as a forum for discussion and discovery, encouraging the Bat Mitzvah girl to learn more about this unique time in her life. Bat Mitzvah Club holds monthly meetings and runs for approximately 7 months.
- Contact Sara to setup tutoring approximately six months prior to the Bat Mitzvah. Tutoring sessions last 30- 45 minutes. It is the parents' responsibility to ensure that the Bat Mitzvah girl reviews and prepares during her own time. If necessary, a tutor can be arranged for an additional fee. (\$75 per 30-minute lesson, \$100 per 45-minute session).
- Provide the Rabbi Avrohom with a proof of the invitation before it is sent to print.
- Three weeks before Bat Mitzvah arrange a meeting with Rabbi Avrohom to discuss Bat Mitzvah Service personalization and to set a rehearsal date. Please bring a list of people you'd like to honor.
- Arrange a rehearsal date one to two weeks prior to Bat Mitzvah.
- If you are catering a Kiddush or lunch/dinner arrange a meeting 2 months prior to discuss details with Rabbi Avrohom.

If you have any questions, feel free to reach out to Rabbi Avrohom [rabbi@chabadofscarsdale.com](mailto:rabbi@chabadofscarsdale.com) or Sara [sara@chabadofscarsdale.com](mailto:sara@chabadofscarsdale.com).

We are looking forward to sharing this exciting journey with you!

Mazal tov!