

# KIVUN

THE FAMILY-CENTERED B-MITZVAH

*Find Joy* in the *Journey*



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## THE FAMILY-CENTERED B-MITZVAH

### WHAT IS A B-MITZVAH?

At TBR, we believe a B-Mitzvah is the entire experience through which a young Jewish person becomes spiritually and emotionally responsible for their commitment to Judaism. Your B-Mitzvah journey begins at a young age simply by watching the Jewish role models in your life (family members, friends and teachers), develops through your educational journey, and continues well beyond “your big day.” Kivun, Hebrew for “journey” and “direction,” is the commitment from the family, the B-Mitzvah student and the entire extended TBR family to travel this journey together. The B-Mitzvah is a milestone in a Jewish person’s life, a moment of pride not just for the family, but for our congregation as well, as a young adult leads us in prayer. It is a moment of awe for all of us, as we mark the sacredness of the journey for you and your family. A TBR B-Mitzvah is more than a service; it’s a priceless meaningful journey with your extended TBR family guiding you through and cheering you on.

### WHAT ARE OUR GOALS?

Our goal is to create the most meaningful and relevant B-Mitzvah experience possible--one that becomes the beginning of your Jewish journey, not the finish line. It is our objective to empower you to feel at home in Jewish settings and rituals anywhere you travel through the course of your lifetime. We want to kvell each and every time one of our youngest members leads us in prayer and learning.

### WHEN WILL I START?

We believe the journey began when you became a part of TBR, but officially our students start their kivun travels in the third grade when they are introduced to Hebrew learning in the Religious School. During fourth grade, your family will meet with the rabbi in order to begin getting to know each other better and start learning about Kivun. At the beginning of 5th grade, you will meet again to determine the Kivun that is right for you. By the end of 5th grade

and during 6th grade, you will meet with the cantor to determine if you're still on the path that feels most comfortable. We recognize that we all change over time, and we want to make sure that the kivun you choose is the best fit for you to keep your B-Mitzvah experience relevant!

### WHAT DOES FAMILY-CENTERED MEAN?

The B-Mitzvah and their family is the center of our Beth Rishon community on the day of your service. Your vision is welcomed. We look forward to services that blend our traditions with your unique interests and talents.

### WILL I BE READY?

Absolutely! Our clergy and staff will work diligently to bring you to a soft landing. Our ancestors left Egypt and went through an arduous journey in their path to the Promised Land. The journey might not have been easy, but it was rewarding. Preparing for a B-Mitzvah is also a journey. We will be by your side the whole way through. And we hope you will acquire skills that will follow you throughout your life.

### IF I COMPLETE THE REQUIREMENTS OF THE KIVUN I'VE CHOSEN AND WISH TO DO MORE, ARE THERE OPPORTUNITIES TO DO SO?

Of course! Each Kivun includes the same Core Learnings plus its own additional learning experiences specific to that journey. If you fulfill all of the requirements for the journey you choose and would like to add more to it, we'd love to help you keep going!



# KIVUN OFFERINGS

## KIVUN RISHON

### **Core Learning +**

Additional Torah readings, Morning Blessings in Hebrew, Ashrei, Psal 150, L'Dor vador, Blessings before/after Haftarah and Haftarah in Hebrew, Barechu, Baruch She'Amar. Required 2 out of 5 learning services<sup>1</sup> in 5th grade, 3 out of 5 in 6th grade, and at least 4 in 7th grade. In addition, students are required to attend two extra Shabbat morning services at Beth Rishon in 5th grade, three in 6th and at least four in 7th as well as 75% of clergy sessions on Saturday morning during 5th and 6th grades, and 25% in 7th grade.

## KIVUN CHAI

### **Core Learning +**

Bar'chu, Morning Blessings in English, Haftarah in English (interpretative version written by B-mitzvah), shortened version of Psalm 150 (last verse).

## KIVUN HAVDALAH

### **Core Learning +**

Ashrei, Havdalah Blessings, one more Torah reading. *Havdalah services happen only at the synagogue, approximately 30 minutes before sunset (time determined by clergy).*

## KIVUN YISRAEL

### **Core Learning +**

Prior to BM, students must attend three sessions with clergy and tripmates to prepare for their trip to Israel. They will be present on the Bimah on Friday night prior to the trip and on a Friday night following the trip. At the discretion of the clergy, students will prepare a presentation about their trip in place of the sermon. The B-Mitzvah families will be required to share the cost of the clergy's travel arrangements including flight and accommodations for five days. Travel will occur during winter break (only one trip per year), and only if there are at least two families committed.



## KIVUN SHAL-OM

### **Core Learning +**

BM and their family may choose this kivun based on personal affinity and exposure to mindfulness and mindfulness practices. Our clergy will work with you to develop your own practice leading up to your B-Mitzvah. On your B-Mitzvah, students will lead: two guided meditations connected to Jewihs liturgy, to be prepared with guidance from the clergy, two breathing exercises connected to the service liturgy, two relaxation movements connected to Jewish blessings and two mantra chants connected to the service. In addition, during the week prior to their BM date, student will lead one personalized guided meditation at Religious School Assembly on Sunday morning.

## KIVUN MISHKAN

### **Core Learning +**

Do you have a unique passion that would make your B-Mitzvah unique? This is our Do-It-Yourself kivun-with help from us! It's your opportunity to incorporate your interests and talents into your service. Whehter you're a nature fanatic who would love an outdoor service, or an artist, musician, dancer or poet, we invite you to design an unforgettable, personal and meaningful milestone of your own.

<sup>1</sup> The clergy will offer 5 Shabbat morning services during the year when there are no B-Mitzvahs. These will become the main service and children will be invited to lead/participate. The choreography, meaning and melodies of prayers will be explored. Open to all congregants.

# CORE LEARNING

## THE FUNDAMENTAL PRAYERS INCLUDED IN EVERY KIVUN

### **Candle Blessing**

Every Friday night, Jews kindle two candles to help welcome the Shabbat. Through this, we invite more light and holiness into our lives, and create the sacred space necessary to welcome the day of rest. Found here: <https://www.myjewishlearning.com/article/shabbat-blessings/>

### **Friday Night Kiddush**

We bless the grape juice/wine, to wish for a sweet Shabbat, and bring the joy that we hope will permeate every breath we take. Found on page 90 of our prayer book.

### **Tallit Blessing**

The blessing over putting on the prayer shawl, that Jews wear from the day of their B-Mitzvah onward. Page 142.

### **Sh'ma/V'ahavta**

A quintessential prayer of our tradition. It speaks of the openness and unity of the Holy One. It also brings forth the image of unconditional love, as well as the custom of putting a mezuzah in one's doorpost. Page 242.

### **Avot/Imahot uG'vurot**

The first section of the Amidah, the center of Jewish liturgy. It speaks of the blessings of our ancestors and Jewish identity, as well as the Holy One's role in healing, courage, and expanding power. Page 255.

## **Sh'ma/Gad'lu**

Two sentences said, with the Torah in one's arms, just before one takes the Torah around for others to kiss it/show their respect. Page 320.

## **Blessings of Torah Reading**

The center of a B-Mitzvah! The blessings done before and after the reading of the Torah scroll. Page 322.

## **Torah Reading**

A group of a few verses from the Torah scroll that is read by someone who practiced it extensively, since the Torah has no vowels. A specific set of cantillation marks are used to chant it. But don't worry! We have your back! The readings vary every week.

## **V'sham'ru**

A prayer recited on Friday night before the Amidah, in the Shabbat morning Amidah and as part of the grape juice blessing in the morning.

Page 418.

## **HaMotzi**

The blessing over the challah.



# KIVUN-SPECIFIC PRAYERS

## Morning Blessings

Blessings made in the morning to express our gratitude for being alive, being free, being able to stand on our feet, and being able to do many other things! Pages 146-147.

## Baruch She'Amar

The opening prayer of the Psalms of Praise. It speaks of the creation of the universe, kindness and eternity. Page 180.

## Ashrei

A Psalm that speaks of happiness, gratitude, righteousness and goodness. Page 190.

## Psalm 150

One of the Psalms we recite, that mentions all the different instruments that were used by our ancestors to praise the Holy One. It also concludes with a powerful image that every sentient being is able to praise the universe. Page 194.

## Bar'chu

The call to prayer. The leader chants one sentence, the congregation responds, and then the leader repeats once again. It's all about praising and be-ing in community! Page 224.

## L'Dor vaDor

The last paragraph of the Kedusha, the section about holiness of the Amidah (for Amidah see Avot/Imahot). It speaks of the value of intergenerational transmission of our capacity of experiencing Awe. Page 256.

## **Haftarah Blessings**

Blessings before and after the reading of Haftarah (see below).  
Page 326.

## **Haftarah**

In addition to a weekly portion of the five books of Moses (Torah) be-ing read, we also read a portion from the prophets in the Bible. This varies every week.

## **Havdalah Blessings**

At the conclusion of Shabbat, we recite 4 blessings to mark the moment. One over grape juice/wine (wishing for a sweet week), one over spices (wishing for strength and courage to face the new week), one over the candle (an intertwined candle, wishing for more unity and more light), and a separation blessing (wishing for a new beginning as we enter a new week). Page 672.

# NOTES





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