



## Bat Mitzvahs



*"Our daughter's Bat Mitzvah at Chabad of Cobb was really very special. Everyone was extremely impressed with the way she led the Bat Mitzvah service and enjoyed the whole experience".*

*Amy and Mitchell Kaye*



*"Having our daughter's Bat Mitzvah at Chabad was the best decision we have made. The warmth, dedication and attention to detail from the staff and the tutors were amazing. The sophisticated in-depth learning and preparing for the service that is designed for the girls makes them feel proud and left such a positive impression on our friends and family who celebrated with us".*

*Liz and Bob Helgesen*



*All our friends and family were extremely impressed with the Bat Mitzvah ceremony at Chabad. It was really a beautiful and inspiring evening. The best thing was that our daughter came away with such a positive feeling about being Jewish and continuing her involvement in Judaism".*

*Don and Lisa Goodman*

## BAT MITZVAH FAQ'S

---

### HOW OLD SHOULD MY DAUGHTER BE AT HER BAT MITZVAH CELEBRATION?

For the last 3000 years, since the time of the giving of the Torah, a girl became a Bat Mitzvah when she turned 12 years of age. Because of her additional maturity, the Torah states that a girl becomes Bat Mitzvah a full year before a boy becomes Bar Mitzvah (at age 13). Your daughter's celebration should take place any time after she turns 12, but must be before she turns 13. Celebrating a Bat Mitzvah when a girl is 12 years of age expresses her unique feminine qualities!

### WHAT EXACTLY IS A BAT MITZVAH?

Bat Mitzvah means a daughter of mitzvos (commandments). This refers to a girl who is twelve years old, and is considered an adult in Jewish law. Judaism teaches that she is now old enough to handle the responsibilities and privileges of Jewish adulthood.

### WHY DO WE CELEBRATE THIS OCCASION?

a) We are celebrating the opportunity to be a full fledged partner with G-d, changing the world by living a life of Judaism. It takes many years of Jewish education both at home and in school to instill this sense of value and love for our heritage.

b) We celebrate going through the process of the Bat Mitzvah in order to inspire a young girl to further and deepen her commitment to Jewish life. The Bat Mitzvah is supposed to be a springboard to becoming more involved in Judaism and spiritual growth. Ideally, the Bat Mitzvah is supposed to be a life changing experience. (When the Bat Mitzvah is the last Jewish experience an adult can recall, one can question whether it was a successful experience.)

### WHAT IS THE GOAL OF A BAT MITZVAH?

The success of a Bat Mitzvah is not how nice the party is or how well the girl performed. It is the long term effect the experience will have on your daughter's identity and life as a Jewess. We have to ensure that the Bat Mitzvah is not viewed as a graduation from Judaism but rather the bright beginning of a vibrant Jewish life.

## BAT MITZVAH

---

### A BAT MITZVAH AT CHABAD

The Bat Mitzvah is based on the philosophy that Chabad has designed a progressive program that is both meaningful for the Bat Mitzvah girl and highly impressive to those participating at the ceremony.

The goals of the program are:

- 1) For the girl to develop a healthy, positive attitude about her identity and role as a Jew, and to understand the relevance of our heritage in the modern world.
- 2) To help the girl grow and make the transition into womanhood with self-confidence, knowledge, sensitivity, spiritual depth, kindness and generosity.

Chabad teaches that as time goes on, the world will continue to recognize and appreciate the leading role of women. We hope to help the girls become the leaders of the next generation.

## THE CEREMONY

---

The ceremony culminates many months of study and training. Family and friends will be inspired by the knowledge and presentation of the Torah portion, prayers and insights.

### INTRODUCTION AND WELCOME

The Rabbi welcomes the guests and introduces the Bat Mitzvah girl.

### THE WEEKLY TORAH PORTION

The Bat Mitzvah girl will quote a section of the week's Torah portion. She will then explain its meaning and expound on its relevant message, based on her research of the commentaries and Rabbinical sources.

### GIFT PRESENTATION

The Rabbi presents the Bat Mitzvah girl with a siddur (prayer book) or tehillim (Book of Psalms) on behalf of the Chabad of Cobb community, and candlesticks from the Brotherhood and Sisterhood.

### PARENTS' BLESSING

The parents will be called upon to share a few words and to address the Bat Mitzvah girl. In conclusion, they will bless her with the traditional blessing in Hebrew and English.

### TEHILLIM/PSALMS

The Bat Mitzvah girl will read Psalms Chapter 13 in Hebrew and in English, as traditionally read by twelve year olds. She will explain the connection of the Psalm to her Bat Mitzvah.

### FRIDAY NIGHT SHABBAT CANDLE LIGHTING

The Bat Mitzvah girl will invite her mother and any other women that she wishes to honor to come up and light the Shabbat candles with her.

### SATURDAY NIGHT HAVDALAH CEREMONY

The Bat Mitzvah girl will say a few words about her close family and invite them to be part of the Havdalah ceremony.

### JEWISH HEROINE

The Bat Mitzvah girl will choose a Jewish heroine from the Torah and share lessons and insights about her life.

### THANK YOU SPEECH

The Bat Mitzvah girl will thank guests, parents, her tutor, etc. At the end of the service guests will throw candy and sing Mazel Tov.

## OPTIONAL TIMES FOR THE CEREMONY

---

### Friday Evening Candle Lighting Ceremony:

- 15 minutes - Shabbat Candle Lighting Service
- 45 minutes - Evening Service led by Rabbi Silverman
- 30 minutes - Bat Mitzvah Girl's Presentation

Guests are invited to join the family for Kiddush over wine and refreshments. For catering arrangements, please refer to the establishments referenced in this packet.

### Saturday Night Havdalah Service (During Standard Time Only):

Thirty minutes after Shabbos has ended.

The Bat Mitzvah ceremony will be prefaced by the Bat Mitzvah girl's presentation on the meaning of the Havdalah service.

This service is recommended during Standard Time only, because Shabbos ends very late during Daylight Savings Time.

Please contact the office to find out what time your Bat Mitzvah service begins.

## BAT MITZVAH GIRL'S STUDIES

---

### Great Jewish Women in History

This will be studied with the tutor. The Bat Mitzvah girl will choose one great Jewish heroine from the Torah, and study about her life in depth. She will also learn inspirational lessons from her life.

### Torah Portion

Each girl will learn a section of the Torah portion in Hebrew. The length of this section will depend on her Hebrew skills. She will learn about the portion and research commentaries and rabbinical sources for her Bat Mitzvah service.

### Chapter 13 Psalms

This chapter will be learned in Hebrew and English. The Bat Mitzvah girl will focus on the powerful message of the famous psalms.

### Lessons

Four to six months prior to the Bat Mitzvah, the Bat Mitzvah girl will have private lessons at Chabad. Each lesson is approximately forty minutes. It is essential that the parents are involved in practicing with their daughter during the week.

### Mitzvah Project

The Bat Mitzvah girl will start lighting Shabbos candles every Friday night when she begins her training. We strongly encourage the Bat Mitzvah girl to join the Cobb Tehillim Circle. The Tehillim Circle is a group of women and girls who commit to read a psalm each Saturday. The psalms are recited in the merit of a speedy recovery for people that are ill. This is a beautiful mitzvah to be a part of! If you or your daughter would like to join, please email your contact information to Jodi Kilov, [jodipony@gmail.com](mailto:jodipony@gmail.com) and she will put you on the list to receive the weekly emails.

It is suggested that the Bat Mitzvah girl chooses a mitzvah to do in honor of her Bat Mitzvah. For example, she might visit a Jewish senior on Friday afternoons or volunteer in our Mitzvah Vegetable Garden at Chabad of Cobb. We encourage her to make a display with pictures about her mitzvah, to be exhibited in the lobby.

## BAT MITZVAH GUIDELINES

---

### INVITATIONS

Before printing your invitation, please give a copy of it to Chani Silverman to be reviewed. Invitations should be mailed to every student in your daughter's Hebrew School or teen class so that no one feels excluded.

### PROGRAM (Optional)

The family may want to make a booklet to help guests follow the Bat Mitzvah ceremony. Please speak to Chani Silverman to determine which pages to include.

### DRESS

The Bat Mitzvah girl should be modestly dressed, with her skirt to her knees and her shoulders covered.

### PHOTOGRAPHY

You may have a photographer or videographer for the Havdalah Ceremony only. On Friday night photography is not allowed, because it is Shabbat. If you wish to have photographs and videos taken, please contact the office to schedule a time do so.

### CANDLE LIGHTING

If you are including a Candle Lighting Ceremony for family and friends, you are responsible for providing the matches, candles and candlesticks.

### CATERING AND SETUP

The synagogue provides eight (six foot) rectangular tables and twenty 60 inch round tables which seat eight or nine. They can be arranged buffet style or for a seated dinner, depending on the number of guests. There are a total of 280 chairs available for use. Please note that any chairs used for the services will not be able to be moved for the dinner. If you will need additional tables and chairs, please refer to the list in this booklet for rental information.

For catering please see the list in this booklet of approved establishments. To use the facility on Friday night (for dinner, for example) please contact the synagogue office (770.565.4412) for arrangements and fees. It is important to note that Avenue K leases the kitchens at Chabad of Cobb. Any caterer you choose other than Avenue K must have their own kosher kitchen facilities or arrange to use another kosher kitchen.

#### LINEN RENTAL

We have no tablecloths or napkins at the synagogue. If you would like to rent linens through Chabad of Cobb, please contact the office. We will be happy to arrange this for you at extremely competitive prices. Your caterer should advise you what he supplies, and what is necessary for any tables he is not covering.

#### CANDY

The family is responsible to buy the candy that is thrown. The candy represents sweetness and blessings. It must be kosher and pareve (not dairy). Kosher symbols are a K or a U inside of a circle. Laffy Taffy and Sunkist Gels are examples of kosher candy, and are usually available at Kroger Parkaire. The candy should be put into baskets and brought to Chabad by noon on the Friday before the Bat Mitzvah. It is passed around to the guests at the very end of the Bat Mitzvah ceremony. The family should designate in advance who will distribute the candy at the service. Younger siblings or children of friends of the family are often chosen to pass the candy.

#### BIOGRAPHY

Parents of the Bat Mitzvah girl are responsible to write a one page biography of their daughter to be used by the Rabbi when introducing the Bat Mitzvah girl. You may want to include her hobbies, awards, etc. The biography must be submitted at the meeting one month prior to the Bat Mitzvah

#### SHABBOS RESTRICTIONS

There should be no photography, no use of conventional and/or cell phones, beepers, writing nor smoking in the synagogue on Shabbos. There also should not be any deliveries or packages brought to the synagogue.

Mazel tov on your upcoming Simcha! We hope these guidelines help to ensure a happy and memorable occasion.

## CATERERS

---

It is important to note that Avenue K leases the kitchens at Chabad of Cobb. Any caterer you choose other than Avenue K must have their own kosher kitchen facilities.

The following kosher caterers have kosher catering facilities that have been approved by the Atlanta Kashruth Commission:

- Avenue K Catering (in house caterer) – David Covell 770-578-1110
- Broadway Café - Judith: 404-329-0888
- Fuego Mundo – 404-256-4330
- Goodfriend's Grill – 678-812-3994
- A Kosher Touch – 678-447-2085, 770-321-9592 – Sandra Bank

Liquor must meet the kosher standards of the synagogue.  
Kiddush wine is provided by the Synagogue.

### Decorations

- Bima and Table Baskets – JF&CS, Betsy Brody – 770-677-9337

### Rentals

- Suburban Rental - 678-569-1271

## CATERING GUIDELINES

Avenue K leases the kitchens at Chabad of Cobb.

All caterers other than Avenue K must have their own kosher kitchen facilities or arrange to use another kosher kitchen.

**These guidelines are to be given to your caterer, who must sign and return this page to Chabad of Cobb by mail, or fax to 770.509.9557.**

**Kashrut Guidelines:**

1. All meat and poultry must meet Chabad standards. We accept Maarvid, Aaron's/Rabashkin, International Glatt and David Elliott only.
2. **All baked and cooked items**, i.e. pretzels, crackers, cookies, cakes and breads **must be Pas Yisroel and Bishul Yisroel.**
3. Fish or meat can be served at a Kiddush, not both.
4. Food must be meat or pareve, not dairy.
5. Food deliveries must be made during the following hours to ensure Kashrut standard. Monday, Tuesday and Thursday between 10:00 a.m. and 3:00 p.m. and Fridays between 10:00 a.m. and NOON.

**Caterer Responsibilities:**

1. Caterer is responsible for providing Chabad of Cobb a layout diagram of how the tables are to be set up no later than the Monday prior to the event, otherwise their own catering staff will be responsible for setup.
2. Caterer should clarify what linens they are supplying.
3. Caterer is responsible for cleaning the tables, the buffet and washing dishes, and taking all garbage to the dumpster outside the kitchen.
4. Caterer is responsible to leave the kitchen in the same condition as when they arrived.
5. All accessories, supplies, etc. must be removed by Monday, 3:00 p.m. following the event.

Your adherence to these guidelines will ensure your ability to continue catering events for the Chabad of Cobb community.

Caterer Signature \_\_\_\_\_

Date of Event \_\_\_\_\_

Bat Mitzvah's Family Name \_\_\_\_\_

## FEES & PAYMENTS

---

### **Bat Mitzvah Fee**

The Bat Mitzvah fee for having Bat Mitzvahs at Chabad of Cobb is \$500.00 for members and \$850.00 for non-members.

### **Tutoring Fees**

Your daughter will prepare for her Bat Mitzvah with a tutor once a week for approximately four to six months prior to her Bat Mitzvah. The cost for Bat Mitzvah tutoring is \$500.00 for members and non-members.

These fees can be divided into two payments, the first when confirming the date of the Bat Mitzvah and the second three months prior to the Bat Mitzvah.

To schedule a Bat Mitzvah event (i.e. Friday night dinner), please contact our offices at 770.565.4412 or [office@chabadofcobb.com](mailto:office@chabadofcobb.com)

For catering and rental fees refer to the establishments referenced in this handbook.

## BAT MITZVAH CEREMONY

---

We have read the entire booklet and our daughter,

(please print name) \_\_\_\_\_

would like to celebrate her Bat Mitzvah at Chabad of Cobb.

---

Parent's Signature

---

Bat Mitzvah Girl's Signature

We are requesting the following Bat Mitzvah date \_\_\_\_\_.  
Month/ Day/ Year

We would like our ceremony to be (please check one):

Friday evening     Havdalah

Enclosed is: \_\_\_\_\_ payment in full for Bat Mitzvah and lessons,  
or \_\_\_\_\_ 3 payments, as indicated on the payment form (see the next page).

Please return this sheet and your payment form to Chabad of Cobb, 4450 Lower Roswell Rd, Marietta, GA 30068. Upon receipt, we will contact you to confirm the date of the event and to set up lessons. Lessons are approximately thirty to forty minutes and take place weekly, four to six months prior to the Bat Mitzvah.

## BAT MITZVAH PAYMENT FORM

---

### PAYMENT BY CHECK:

Enclosed is my check in the amount of:

- \$1,000.00, payment in full, Chabad of Cobb member  
 \$1,350.00, payment in full, non member

Enclosed are 3 post-dated checks of:

- \$334 (member)  \$450 (non-member)  
The first dated when confirming the Bat Mitzvah date,  
the second dated three months prior to the Bat Mitzvah and the  
third dated one month prior to the Bat Mitzvah

### PLEASE CHARGE MY CREDIT CARD:

\$1,000.00, payment in full, Chabad of Cobb member

\$1,350.00, payment in full, non member

three payments of:  \$334 (member)  \$450 (non-member)

The first charged when confirming the Bat Mitzvah date  
the second charged three months prior to the Bat Mitzvah.  
the third charged one month prior to the Bat Mitzvah

Am Ex  Visa  MasterCard

Card Number \_\_\_\_\_

Exp. Date \_\_\_/\_\_\_ Security Code \_\_\_\_\_

Billing Address (please include zip code) \_\_\_\_\_  
\_\_\_\_\_

Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_

## REMEMBERING THE SYNAGOGUE

It is traditional to mark the milestone of a Bar Mitzvah by making a contribution to the synagogue in honor of the occasion. Families have kindly donated items such as prayer books, chumashim, and flowers and shrubs for our property.

Please contact the office to find out about Chabad of Cobb's current wish list.