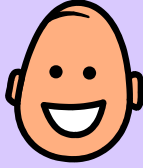
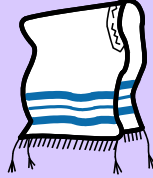


Rachel's Bat-Mitzvah Service

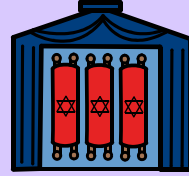
1. Ashrei



2. Tallit Presentation



3. Remove Torah from the Ark



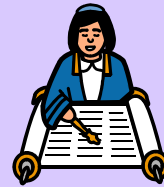
4. Shema



5. Torah Procession
Romemu



6. Aliyot



7. Hagbah and Gelilah



8. Torah Procession
Tree of Life



9. Chatzi Kaddish



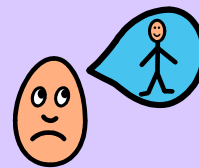
10. Amidah



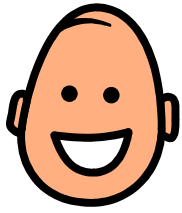
11. Aleinu



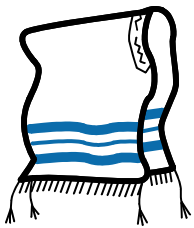
12. Mourner's Kaddish



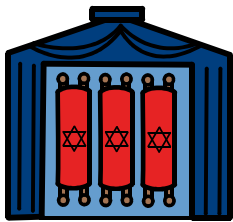
Explanation of the Service



Ashrei - The afternoon service begins with a psalm that praises God. This psalm helps us get ready to say the main prayers of the service with sincerity. Ashrei is an acrostic poem, praising God with each letter of the Hebrew alphabet.



Tallit Presentation - A Jewish woman wears a tallit for the first time on the day of her Bat-Mitzvah. Rachel is receiving her grandfather Arthur's tallit today. Though he can't wrap his arms around her, she can be wrapped in his love with the tallit that we was wrapped in when he became a Bar-Mitzvah.



Remove Torah from the Ark - As the Torah is removed from the ark, we rise to show respect for the Torah.



Shema - Taken from the book of Deuteronomy, the Shema is Judaism's most important prayer. This prayer states that we believe in one God. Some people cover their eyes while they recite the Shema to help them concentrate on the words.

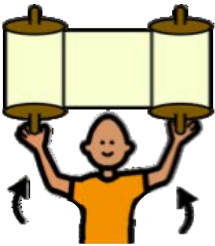


Torah Procession/Romemu - As the Torah is carried around the synagogue, people reach out to touch it with their prayerbooks or with the fringes from their tallitot.

The song Romemu comes from Psalm 99.



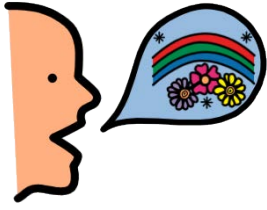
Aliyot - An aliyah is when a member of the congregation is called to the bimah to recite the blessings before and after the Torah reading.



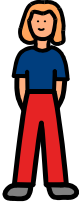
Hagbah and Gelilah - After the Torah readings are finished, the open Torah scroll is lifted so everybody can see the part of the Torah that was just read (Hagbah). Then Torah is then rolled up and dressed (Gelilah).



Torah Procession/Tree of Life - The song "It is a Tree of Life" is sung as the Torah is returned to the ark. This upbeat English version is often taught in Sunday schools.



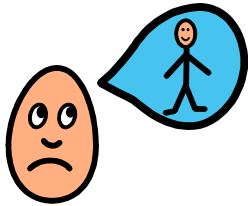
Chatzi Kaddish - We mark the end of the Torah service with this brief prayer praising God's name. When the kaddish is recited, the congregation responds with the word "amen."



Amidah - The Amidah is the central prayer of each service. We stand while we say the Amidah to show respect for God. There is usually some quiet time during the Amidah for people to meditate or to recite their own personal prayers.



Aleinu - This prayer, in which we praise God and hope that one day God will be recognized by all, concludes each service. When we recite the Hebrew words "va-anachnu korim," meaning "we bow," everybody bows slightly from the waist.



Mourner's Kaddish - This is a prayer recited by people who have lost a close family member in the past year or who are observing the anniversary of a death. Even in times of mourning, people rise to publicly praise God. People who are not in mourning support mourners by saying "amen."

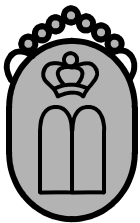
The Torah's Clothes and Ornaments



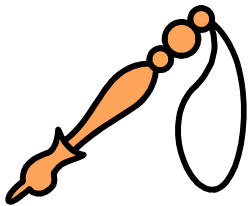
The Torah is bound shut with a strip of cloth called a **belt**, or **gartel** in Yiddish. The belt keeps the Torah from unrolling as it is carried through the synagogue.



The Torah is covered with a **mantle**. In Hebrew the mantle is called a **me'il**, or 'jacket.' Congregations show their love and respect for the Torah by dressing it in beautifully decorated mantle. The mantle also protects the Torah from dirt or damage.



The Torah is decorated with a **breastplate**, or **choshen** in Hebrew. This reminds us of the breastplate that the High Priests wore in ancient times. In the book of Exodus, God describes the breastplate that the High Priest should wear.

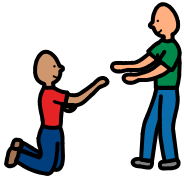


The parchment of the Torah is considered too delicate and too holy to be touched with bare hands. People reading the Torah use a special **pointer** called a **yad**, meaning 'hand' in Hebrew, to keep their place. The end of the pointer usually resembles a hand with the pointer finger extended.



The Torah is topped with a **crown**, or **keter** in Hebrew. The Torah wears a crown as a sign of its importance. The Torah's crown often has little bells on it. These draw attention to the Torah as it is carried through the synagogue.

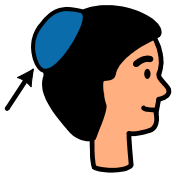
Bat-Mitzvah Vocabulary



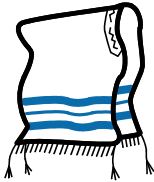
Mitzvah means “commandment” in Hebrew. Mitzvot are things God tells us to do in the Torah. Usually when people talk about mitzvot, they refer broadly to good deeds such as treating others nicely and giving to charity.



A **Bat-Mitzvah** is a ceremony celebrating that a young woman is old enough to observe God’s commandments. In Hebrew, Bat-Mitzvah means “daughter of the commandments.” At a Bat-Mitzvah, a young woman says the blessings over the Torah for the first time.



A **kippah**, or **yamulka** in Yiddish, is a small cap. It is a custom for Jewish people to cover their heads as a way to show respect for God. Many non-Jewish people choose to wear a kippah while in a synagogue out of respect for this custom.



A **tallit**, or **tallis**, is a prayer shawl worn by Jewish adults. The tallit has fringes attached to each corner. In the Bible, God tells people to wear fringes on four corners of a garment to remind them to follow the commandments.



A **siddur** is a prayerbook. Prayers in the siddur are written in both Hebrew and English. A siddur opens in the opposite direction of an English book, since Hebrew is read from right to left.



The **bimah** is a small stage at the front of the synagogue. The bimah allows all people in the synagogue, even those in the back, to see and hear the prayers and the Torah reading.



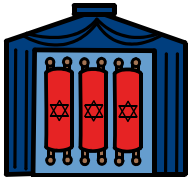
The **Torah** is a scroll containing the Five Books of Moses. Each Torah scroll is hand-written in Hebrew calligraphy on parchment. The Torah is the holiest object in Jewish life, and is treated with great respect.



A **Rabbi** is the spiritual leader of a congregation.



The **cantor**, or **chazzan**, is a clergyman who leads the congregation in song.



The **ark**, or **aron hakodesh**, is a special cabinet where the Torah scrolls are kept. The ark is often placed along the eastern wall of the synagogue, the wall closest to Jerusalem.



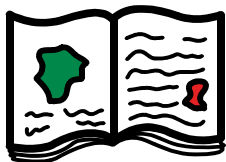
The **eternal light**, or **ner tamid**, is a lamp above the ark. This light is never turned off. It represents God's never-ending presence in our lives.



The **chumash** is a book containing the five books of Moses and selections from the book of Prophets in both Hebrew and English. This book helps people to follow along during the Torah and Haftarah reading.



The **Haftarah** reading is a selection from book of Prophets. Since Roman times, the weekly Torah reading has been accompanied by a reading from the book of prophets. Sometimes the theme from the Haftarah reading corresponds to the week's Torah reading



Each week a different section, or **parsha**, of Torah is read in synagogue.