

Optional B'nai Mitzvah Traditions

The central moment of the Bar/Bat Mitzvah day is when the Bar/Bat Mitzvah is called to the Torah for an Aliyah. At HNT, we celebrate this moment with a mi she'beirach (special blessing beginning with the words 'mi shebeirach/May God who blessed our ancestors....) and the singing of She'cheyinu (blessing for all 'firsts') and Siman tov u'mazal tov (traditionally sung at joyous life cycle occasions).

Over the years at HNT, we have also enhanced the joy and enthusiasm of this moment with a variety of traditions. The following are options from which you may choose. They are not required. You are free to choose all of them or none of them. Please indicate with a check mark which, if any, of these traditions you would like to observe on your child's bar/bat mitzvah day:

_____ **Cantor's Shake, Rattle and Roll:** Cantor playfully shakes the bar/bat mitzvah back and forth during the mi she'beirach blessing.

_____ **Hora:** Rabbis, Cantor, Lay Leaders and parents dance a hora around the bar/bat mitzvah during the singing of Siman Tov u'Mazal Tov.

_____ **Parent Blessing or Charge to the Bar/Bat Mitzvah:** One or both parents briefly address their child with personal words about the special meaning of this occasion (if you choose this option, we'd be grateful if you would please accept HNT's framework of 300 words per family, even if both mom and dad choose to speak).

_____ **Throwing Candy:** simultaneous with the singing of Siman Tov u'Mazal Tov.

If you choose this option, candy will be provided by HNT and will be in a couple baskets in the kitchen. They will be placed on the stainless counter located near the door closest to the sanctuary.