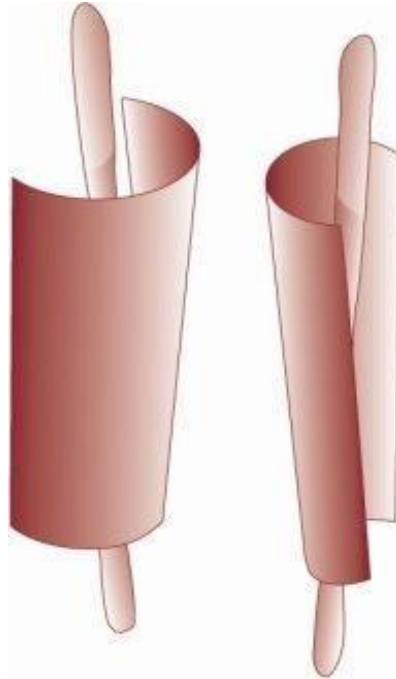


# Temple Isaiah

Lexington, MA



## B' Mitzvah Handbook: Aliyot and Parents Blessing

## Aliyah Information

***Aliyah* means to be called up to the Torah for the honor of reciting or chanting the blessings over the Torah.**

### Who can be called for an *aliyah* to the Torah at Temple Isaiah?

Your child will be invited to have the honor of the third *aliyah*. Your designated honorees for the aliyah will recite the blessings for the first two *aliyot*.

The question is often asked, who should have an *aliyah*? Our response is that this decision is entirely yours, and might best focus on the generational or longitudinal family, meaning parents of the B'Mitzvah, grandparents, and siblings of the B'Mitzvah over the age of 13 (siblings under 13 may open and close the ark doors).

You may have two people recite the blessing at the same time, or, if circumstances genuinely demand it, three.

### How do we prepare to chant the *aliyah* blessings?

A copy of the blessing, as it appears on the lectern in the sanctuary, is shown in this pamphlet. Remember: there are two blessings that those called to the Torah will recite or chant, one before the Torah reading and one after.

A digital sound file of the Torah Blessings can also be found at the Temple Isaiah web page: B'nai Mitzvah Resources.

## Blessings for the Torah

What other honors can be given out for the B'mitzvah service?

Each family (if a shared service) may invite 1 or 2 people to open and close the ark when the Torah is brought out of the ark and 1 or 2 other people to open and close the ark when the Torah is returned to the ark.

Upon request, it may also be possible to invite one person to lift the Torah (*Hagbah*) and/or one person to dress the Torah (*G'ilab*). If interested, please discuss this with the rabbi.

**What information do I need to gather in advance to fill out the Aliyah Form?**

1. When a person is called up to the Torah he or she is called up by their Hebrew name followed by their parents' Hebrew names. Therefore, for each person given an aliyah to the Torah (one of which will be for the b'mitzvah child), you will need to know the Hebrew name of the person being called up AND the Hebrew name of that person's mother and father. (We do not need Hebrew names for those opening and closing the Ark.)
2. For example, if the person's Hebrew name is Shoshana and her parents' Hebrew names are Yitzhak and Sarah, she will be called up to the Torah as: *Shoshana bat (daughter of) Yitzhak v' Sarah.*  
  
If a person's Hebrew name is Binyamin and his parents Hebrew names are Chaim and Rivka he will be called up to the Torah as: *Binyamin ben (son of) Chaim v'Rivka.*
3. If one of the parents is not Jewish, please include the Hebrew name of the Jewish parent.

The Aliyah Form on the B'Mitzvah Overview and Resources page on the Temple website can be completed online. The [Aliyah Form](#) should be completed before your first rehearsal with the rabbi (generally 2 weeks before the B'Mitzvah) or before.

Please fill out the sheet in English by transliterating the Hebrew to the best of your ability. Just write it in English transliteration as it sounds in Hebrew and please do not hesitate to contact one of the rabbis or the cantor for assistance.

## Blessings for the Reading of the Torah

### Before the reading:

*Reader:*

בָּרַכּוּ אֶת-יְיָ הַמְּבָרָךְ!  
Bar-chu et Adonai ha-m'vorakh!

*Congregation responds:*

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד!  
Baruch Adonai ha-m'vorakh l'olam va-ed!

*Reader repeats:*

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד!  
Baruch Adonai ha-m'vorakh l'olam va-ed!

*Reader continues:*

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים,  
וְנָתַן-לָנוּ אֶת-תּוֹרָתוֹ. בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Baruch Atah Adonai Eloheinu melech ha-olam, asher bachar banu mi-kol ha-amim v'nah-tan lah-nu et To-ra-to. Baruch Atah Adonai, no-tein ha-Torah.

Praise Adonai, the One deserving of praise.

Praised is Adonai, the One deserving of praise, forever.

Praised are You, Adonai our God, Ruler of the Universe, who has chosen us from among all peoples by giving us the Torah. Praised are You, Adonai, Giver of the Torah.

### After the reading:

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן-לָנוּ תּוֹרַת אֱמֶת,  
וַחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ. בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Baruch Atah Adonai Eloheinu melech ha-olam, asher natan lah-nu Torat emet v'cha-yei o-lam nah-tah b'to-chei-nu.  
Baruch Atah Adonai, no-tein ha-Torah.

Praised are You, Adonai our God, Ruler of the universe, who has given us the Torah of truth, implanting in us eternal life. Praised are You, Adonai, Giver of the Torah.

## **THE BLESSING BY THE PARENTS**

We want to provide guidelines for the words that you will speak to your child at their B'Mitzvah service. These guidelines are based on the traditional prayer, Mi Shebeirach, that is recited at the ceremony. Here is a translation of that prayer:

May the one who blessed our ancestors, Abraham, Isaac and Jacob; Sarah, Rebecca, Leah and Rachel, bless this B'Mitzvah \_\_\_\_\_ son/daughter/child of \_\_\_\_\_ and \_\_\_\_\_, who has marked this occasion by being called to the Torah. He/She/They have come with reverence for God, the Torah, and the Sabbath, to thank God for all the good that had been his/hers/theirs since the day of his/her/their birth. May the holy one grant him/her/them a long and secure life. May he/she/they be one with God studying God's teaching and walking in God's paths. May he/she/they prosper in all his/her/their worthy endeavors and may he/she/they find favor before God and all peoples. May his/her/their parents rear him/her/them to adulthood imbued with the love of Torah and the performance of good deeds. May they all be privileged to stand together one day under the wedding canopy with the partner of his/her/their choice. And let us say: Amen

Here are some ideas of how to create your own “Mi Shebeirach” using the traditional one as a template, followed by a sample prayer. The sample prayer has been color coded to show how each of these ideas has been used:

1. The first part of the prayer references the z’chut (the worthiness) endowed to us through our ancestry (Abraham, Sarah, etc...)
  - a. Parents can invoke a kind of personal ancestry whose influences allow their child to receive God’s blessings.
2. The second part identifies the child through their Hebrew name- the one by which they were called to the Torah this day as a B’Mitzvah.
  - a. Parents can identify their child through a more personal “name” and describe succinctly the things that brought them to this moment
3. The third part lists some of the things we wish God to bestow, starting with safety and health and contributing with the attributes that will make the child’s life not only happy but worthy of praise.
  - a. Parents should think about their wishes for their child as well as how they hope their child will use their individual gifts.
4. At the end of the prayer we invite the congregation to join in the blessing by saying, “Amen”.
  - a. Parents should make it clear that the blessing comes not just from them but from all their loved ones.

## Sample prayer:

God allowed your great-grandparents Abe and Tilly to come to this country and start a new life, and your grandparents, Shirley and Marvin, Margie and Joe, to raise successful families here in the Boston area.

Your mother and I have been so blessed to have you as our daughter. Now we ask God to bless you, Rachel, our little pumpkin, who has so beautifully continued the tradition by chanting

from the Torah and leading the service as a Bar/Bat/B'Mitzvah.

We thank God for the many gifts and talents that have been yours since the day of your birth—your grace, your sense of humor, your intelligence and your caring spirit. May you continue to be blessed with a long and secure life, knowing that we will always love and support you, and may you ever know how proud we are to have you as our daughter.

All your family and friends are here to celebrate your life and the wonderful way that you conducted yourself today and every day. I know that they will want to join me in wishing you many blessings and a big Mazel Tov, as we say, Amen.