TEMPLE SINAI
B'NEI MITZVAH
PARENT AND STUDENT HANDBOOK



Temple Sinai

REVISED NOVEMBER 2026

TEMPLE SINAI'S B'NEI MITZVAH PROGRAM

Temple Sinai provides a rich experience of Judaic growth, learning and meaning for our students and their families in preparation for the celebration of becoming a Bar or Bat Mitzvah.

WHAT IS A BAR/BAT MITZVAH

Bar is an Aramaic word that means “son.” Aramaic, a sister language to Hebrew, was widely spoken throughout the ancient Middle East and appears throughout our Jewish texts and tradition. Bat is the Hebrew word for "daughter." The word Mitzvah means “commandment,” yet in Jewish life it has also come to mean “good deed,” reminding us that the mitzvot of the Torah are intended to guide us toward acts of kindness, justice, and holiness. When we bring these ideas together, we see that Judaism invites and lovingly commands us to bring more goodness into the world. Thus, Bar Mitzvah literally means “Son of the Commandment,” and Bat Mitzvah means “Daughter of the Commandment.” Becoming Bar or Bat Mitzvah marks the moment when a young person becomes responsible for embracing and observing the mitzvot. The plural term is B’nei Mitzvah, unless referring toa group of girls only, in which case it’s B’not Mitzvah.

Judaism teaches that a person who reaches the age of thirteen is old enough both to be responsible for acting ethically and morally and can demonstrate knowledge of the fundamental rituals, practices and principles of Judaism. In acknowledgment of his/her commitment and dedication to Jewish living, the community gives the Bar/Bat Mitzvah the honor of leading us in Shabbat morning or afternoon worship and reading from the Torah. The Bar/Bat Mitzvah is also counted in a minyan (the quorum of ten individuals that according to Jewish ritual law constitutes communal worship).

WORSHIP SERVICES

ASSIGNMENT: DETERMINE SHABBAT OR MINCHAH SERVICE; DETERMINE FRIDAY NIGHT PARTICIPATION; PREPARE BLESSINGS; PLAN A FRIDAY EVENING ONEG

B’NEI MITZVAH (BAR AND BAT MITZVAH)

At Temple Sinai, all our B’nei Mitzvah students celebrate their coming of age with a service that emphasizes family and their personal accomplishment. We offer service opportunities on Shabbat mornings (10:30 AM) and on Shabbat afternoons in order for each family to have a service that meets their specific needs. The start time of the afternoon or Minchah service fluctuates depending on the time of the year (they must begin before sunset, usually around 4:00 or 4:30 PM). B’nei Mitzvah services are held in the Zwerin Sanctuary or the Abrahams Family Chapel. The family’s preference is our first guide but the number of those anticipated to attend the service may dictate where the service is held.

The student and his/her family are also asked to participate in the Friday evening Shabbat worship service the night before he/she becomes a Bar/Bat Mitzvah. The parents and the student(s) are invited to sit on the bimah with the rabbis and the cantorial soloist during the service. At this service, the family will be invited to say the blessings over the Shabbat candles (pp. 120-121 in Mishkan T’filah) and the kiddush, the sanctification of Shabbat with wine (p. 123 in Mishkan T’filah). In addition, the Bar/Bat Mitzvah is invited to help lead some of the Shabbat prayers with the clergy and will be presented with special gifts from the congregation. Some families also choose to sponsor the Friday night Oneg Shabbat, the dessert reception after the service. For more information on Oneg sponsorship, contact Jessica Wolf, Operations Manager, at jessica@sinaidenver.org.

TORAH AND HAFTARAH

ASSIGNMENT: ATTEND SHABBATON IN 6TH GRADE; ASSIGNMENT OF TORAH PORTION; HAFTARAH SELECTION (AS APPROPRIATE)

Torah portions are determined by the traditional cycle of Torah readings followed by all Jews. Your child will read from the same Torah portion that will be read in synagogues around the world. Since a Torah portion is very long, each student will choose a piece of the text to master. The opportunity to choose these verses will be given during the Shabbaton held in the winter of the student's sixth grade school year. Each student will make a choice that will be reviewed by the clergy. When two students are sharing their B'nei Mitzvah, they will be encouraged to work together at the Shabbaton in order to select different sections. Students who do not attend the Shabbaton will have a portion assigned by the clergy.

The Haftarah consists of readings from the Prophetic books of the TaNaKh (Hebrew Bible). Certain passages from Prophetic writings were selected to be read because they relate thematically to the Torah portion and/or the special Shabbat. Please note that Haftarah selections are only read during Shabbat morning worship and Festival services.

ALIYOT

ASSIGNMENT: DESIGNATE ALIYOT; PREPARE BLESSINGS

Aliyah is a Hebrew word meaning "to go up." It is a custom to honor people by calling them up to the bimah and inviting them to participate by saying the Hebrew blessings before and after the reading of the Torah. Such a person "goes up" to the Torah, so he or she is said to "have" an Aliyah.

Most students have Torah portions that are at least 12 verses, which can be divided into four sections, or Aliyot (plural). The student will have the fourth Aliyah, while the third Aliyah most frequently is reserved for the parents. Therefore, you will have two Aliyot during which you can invite family and friends to recite the Torah blessings. To be called up to the Torah, a person must be Jewish and at least 13 years old. The rabbi will discuss with the family what honors would be appropriate for relatives who are not Jewish.

It is important for everyone with an Aliyah to practice the Hebrew blessings in anticipation of the service. In fact, it can be a wonderful experience for the Bar/Bat Mitzvah to help relatives learn or review the blessings. If a relative does not know how to read Hebrew, he/she can read the transliteration (the Hebrew words spelled phonetically with English letters). The transliteration of the Torah blessings can be found in the prayer book (Mishkan T'filah) on page 368. In addition, recordings of the Torah blessings are available on Temple Sinai's website (www.sinaidenver.org).

PARENT PARTICIPATION

ASSIGNMENT: PARENT SPEECH PREPARATION AND PARENT SUPPORT

Parents are involved and sit with their child on the bimah throughout the service. Parents participate in the handing of the Torah l'dor v'dor, "from generation to generation," down to their child. They join in the hakafah, the procession, as we take the Torah around the congregation.

After the Torah reading (and Haftarah), parents will have the opportunity to share special blessings publicly. Parents speak for approximately two to five minutes to convey the hopes and wishes they have for their child's future. Pride, excitement and optimism are all appropriate themes.

The most important participation comes before the service. Even if the parent does not know Hebrew, he/she can still help the student prepare the English passages. Attendance at Shabbat evening and morning services, or Shabbat afternoon (Minchah) services, and enthusiasm for the meaning and purpose of becoming a Bar/Bat Mitzvah, not only will convey a positive message to your child, but will also be a wonderful bonding experience.

KIPPOT AND TALLITOT

ASSIGNMENT: PURCHASE KIPPOT (OPTIONAL); PURCHASE OR ACQUIRE TALLITOT

The kippah (yarmulke) covers the head and many Jews consider it a sign of respect to wear one during prayer and study. There will be kippot in the vestibule for those who want them. Personalized kippot can be ordered by each family, should they choose to do so.

The tallit, or prayer shawl, has symbolic fringes (tzitzit) on its four corners. The tallit is an ancient reminder to wrap ourselves in the mitzvot and it helps us to concentrate during worship. It is traditional for the leader of a service to wear a tallit during an evening service and for all adult worshippers to wear a tallit during morning services. The Reform Movement encourages both men and women to participate in this tradition.

There are some tallitot available for worshippers in the Temple vestibule, but guests should be encouraged to bring their own. It is especially meaningful for a Bar/Bat Mitzvah to receive a tallit of his/her own and to wear it during the service.

BECOMING A BAR/BAT MITZVAH

The intent of the Bar/Bat Mitzvah program is to guide students and their families through a rich and fulfilling experience. Below you will find the requirements which will guide you and your child in preparing to become a Bar/Bat Mitzvah.

B'NEI MITZVAH PROGRAM FEE

Temple Sinai subsidizes a large portion of our B'nei Mitzvah program for families. The cost to families is $360. This amount will be billed once you have confirmed a date. The fee includes:

- **Administrative costs** of securing your Bar/Bat Mitzvah date
- B'nei Mitzvah **orientation materials**
- Assigned **Parashah booklet**
- The full edition of the **Mishkan T'filah prayer book** that we will use during the service
- Preparatory materials, including **outline of service** (Shabbat morning or Minchah)
- **6th Grade Shabbaton**, including materials
- Preparatory **meetings and rehearsals** with your assigned rabbi

The $360 fee does not include expenses such as tutoring, celebration, Oneg, use of Sinai's facilities for a Kiddush luncheon or afternoon/evening party, etc.

Listen to the prayers that we sing, chant and read at Temple Sinai: sinaidenver.org/what-we-do/worship/prayers/

B'NEI MITZVAH SHABBAT MORNING AND MINCHAH (AFTERNOON) SERVICE EXPECTATIONS

- Mastery of the liturgy (prayers) from Mishkan T'filah
- 12-20 verses of Torah
- 6-10 verses of Haftarah (Shabbat morning service only)
- Attend at least 10 Shabbat evening, Shabbat morning or Shabbat afternoon Minchah services as a family over the course of the two years prior to date
- Note: Each service will be tailored to accommodate a student's special needs and abilities. Families with special circumstances should consult with the rabbi to discuss their concerns.

It also is strongly encouraged that your child faithfully attends Religious School classes. A great deal of their preparation occurs in our fifth and sixth grade curriculum and other Religious School programs.

PRAYER SERVICE ATTENDANCE

Attending services will help foster an appreciation of the impact you can make on the community and help you feel comfortable in and a part of the Temple Sinai community. Attendance helps to create a familiarity and comfort with our Zwerin Sanctuary and Abrahams Family Chapel, the worship service and our Temple members. It also adds to your own personal kavanah, spiritual intention, and to the kevah, fixed prayer, of the community worship experience. We ask that you attend at least 10 Friday night Shabbat, Saturday morning Shabbat or Saturday afternoon Minchah services over the course of the two years leading up to your ceremony.

TUTORS

Approximately one year prior to the Bar/Bat Mitzvah, each family should contact a tutor from the approved list of tutors and begin making arrangements for private tutorial lessons (the cost for private tutoring is in addition to the Bar/Bat Mitzvah fee and is arranged with the tutor). The number of tutorials will be determined by your child's ability to read Hebrew. Mastery of the Shabbat liturgy easily can be accomplished through consistent participation in Religious School and regular attendance at Shabbat services, so your child should be mainly focusing on learning his/her Torah portion.

WHEN TO BEGIN TUTORING

12 months before the B'nei Mitzvah: If your student can already read Hebrew.
18 months before the B'nei Mitzvah: If your student has not yet learned to read Hebrew.

RECOMMENDED TUTORS

Wendy Applebaum: 303-667-6519, wendyg@sinaidenver.org
Debbie Foster: 720-275-0131, debbie@sinaidenver.org
Rabbi Bobbie Rosenberg: 720-431-7866, rabbibobbie@sinaidenver.org
Rabbi Jordan Shaner: 303-759-1827, rabbishaner@sinaidenver.org
Arin Simon: 303-668-0629, asimon@sinaidenver.org
Stacey Singer: 303-667-9200, staceysinger61@gmail.com
David Spiegler: 781-526-6639, djspiegler@gmail.com
Hagit Wasserman: 720-308-7224, hagitwasserman@gmail.com

HEBREW CATCH-UP TUTORING

(For private Hebrew tutoring leading up to B'nei Mitzvah tutoring lesson)
Reyna Halzel: 720-810-6924
Arin Simon: 303-668-0629, asimon@sinaidenver.org
Hagit Wasserman: 720-308-7224, hagitwasserman@gmail.com

MITZVAH PROJECT

The goal of the Mitzvah Project is for the student to see firsthand how much they are needed and how much they can accomplish, not only for the future wellbeing of the synagogue, but for society in general. Temple Sinai's goal is for each Bar/Bat Mitzvah to experience the pride of performing the mitzvot of tzedakah (charity) and gemilut chasidim (caring acts that help others). Tzedakah is the sacred act of giving charitable gifts and performing helpful deeds; helping others who are less fortunate is an important mitzvah. Every Jewish family should discuss how they carry out this moral obligation. Jewish values teach us that performing acts of tzedakah is an especially appropriate way to celebrate a joyous occasion, such as becoming a Bar or a Bat Mitzvah.

When choosing a project, students should consider their own interests and/or special abilities. Feel free to be creative! The difference you can make by helping in the community is immeasurable. As a family, you have many choices as to how you want to get involved and where you want to concentrate your efforts. Our hope is that you spend some time learning and "doing" in a way you may not have had the chance to do before and that you create a tradition of helping others at special times in your lives.

TZEDAKAH

The Tzedakah part of your project can be accomplished in many ways. You can contribute a portion of your Bar/Bat Mitzvah gift money to the organization you are working with for your Mitzvah Project or there are several special funds at Temple Sinai to which you may consider donating. Many families have commemorated their children becoming a Bar/Bat Mitzvah by purchasing a leaf on Temple Sinai's Tree of Life or a brick for the Brick-by-Brick Project.

Some raise money or donate a portion of their gift money to charities that are meaningful to them. Others use food baskets on the bimah, in lieu of flowers, which can be donated to the Weinberg Food Pantry at Jewish Family Service, or choose centerpieces or other decorations at the reception that can be donated after the event to other charitable causes.

The possibilities are endless, and the Temple staff is happy to help you come up with additional ideas. Remember, though, that financial contributions are only one form of tikkun olam. We encourage families to go out there and roll up your sleeves by actively getting involved in the cause you choose.

CONTRIBUTION TO ISRAEL EXPERIENCE

Temple Sinai believes in supporting our students in any way possible and showing them that we are as committed to their education as they are. To demonstrate our desire for and dedication to each student's Jewish journey, Temple Sinai will make a financial contribution towards your child's peer trip to Israel during High School, an experience that has a profound impact on a young adult's Jewish identity. Temple Sinai will grant $1,000 to those students who complete Temple Sinai Confirmation program.

Those eligible can apply the grant to participate in Colorado's IST (Israel Study Tour), the NFTY in Israel program, or any other Temple Sinai approved teen trip to Israel.

WORKING WITH THE RABBIS / B'NEI MITZVAH REHEARSALS

About 4 months before the actual service, the student's family will be called to meet with one of the rabbis. At the first meeting, the rabbi will review both the meaning and logistics of a Bar/Bat Mitzvah service. **The rabbi will outline the various roles of participation, the parents' prayers and the student's D'var Torah (commentary and lesson on the Torah portion). The rabbi will also set up a rehearsal schedule with the student. Each student will have three rehearsals with the rabbi. During these rehearsals, the student will practice the service and the choreography, continue working on the D'var Torah, and read from the Sefer Torah (Torah scroll).** The student should be ready to read/chant most of the Torah portion no later than the first rehearsal with the rabbi. The first rehearsal with the rabbi will be approximately four weeks before the service. That first reading gives the student a sense of accomplishment, motivation and pride. Students should have mastered their Haftarah portions no later than the second rehearsal.

TAKE ADVANTAGE OF WONDERFUL SCHOLARSHIP OPPORTUNITIES!

THE JEFFREY O. ROSENBERG MEMORIAL SCHOLARSHIP

The Jeffrey O. Rosenberg Memorial Scholarship for Jewish Studies was created by his family to honor his memory and to sustain his passion for Jewish scholarship and culture. Each year this scholarship will support B'nei Mitzvah tutoring for families who will benefit from the assistance.

This fund provides up to two students with $500 each for B'nei Mitzvah tutoring.

To apply: The student's family should submit a letter to Lisa Thorner, Executive Director, at 303-759-1827 or lisa@sinaidenver.org.

ALAN FARBER MEMORIAL CAMP SCHOLARSHIP FUND

Jewish summer camp of your choice! First time campers and needs based!

Temple Sinai members Lori and John Spanbauer generously established the Alan Farber Memorial Camp Scholarship Fund in loving memory of Lori's brother Alan. **This annual scholarship will help Temple Sinai students from qualified families attend a 2-week or 3-week Jewish sleep-away summer camp.** The scholarship is also available for any mini-camp sessions for a camper's first camp experience. The scholarship is available to all campers based on financial need that otherwise would prevent them from attending sleep-away camp.

To apply: complete the online application at https://sinaidenver.shulcloud.com/form/campscholarshipapplication.html
Questions? Please contact Lisa Thorner, Executive Director, at 303-759-1827 or lisa@sinaidenver.org.

Each Bar/Bat Mitzvah family is asked to designate friends and/or family members to serve as ushers for the service. Ushers serve an important role by greeting guests and distributing prayer books, tallit and kippah. During the service, the ushers can also help control the sanctity of the service by guiding guests (especially young friends!) of the Bar/Bat Mitzvah to maintain proper synagogue respect and decorum. At Temple Sinai, the throwing of the candy should happen at the COMPLETION of the service!

PHOTOGRAPHY

Photographers are welcome to take pictures during the dress rehearsal, scheduled by the parents with the rabbi at a mutually convenient time during the week of the Bar/Bat Mitzvah service. **Photographers may take pictures after the service, but not before or during any Shabbat service.** Temple Sinai offers video recording and streaming services. Following the service, a digital link to the recording will be provided via email, and a physical copy will be delivered on a thumb drive. Additional information can be obtained by contacting the Temple office a few weeks in advance of the Bar/Bat Mitzvah.

ADDITIONAL INFORMATION

Prior to your service, you will receive an email from Temple Sinai with last-minute reminders and instructions for submitting your child's picture and biography for publication in the monthly Temple Sinai newsletter, Kesher.

Families are welcome, but not expected, to provide pulpit decor for the Friday evening service and the following day's service. We are fortunate to have a generous donor who provides flowers for our services each week, so additional floral arrangements are entirely optional. As an alternative, some families choose to prepare baskets of non-perishable food items to donate to a charitable organization, such as Jewish Family Service.

SHABBAT DINNER

If you have family and friends coming from out of town for the Bar/Bat Mitzvah, you might consider having a family Shabbat meal after the service on Friday evening either at your home or at the Temple. If you decide to have your meal at the Temple, you must reserve a space in advance. Please contact the Temple Sinai office to arrange for the use and fees of the facility. Temple Sinai can provide names of caterers and other vendors frequently used.

THE RECEPTION

In Judaism, we celebrate life with enthusiasm and joy! It is therefore part of our tradition to share a celebratory meal following the observance of a lifecycle event. Receptions can take many shapes and forms, from an elaborate dinner to a simple brunch at Temple Sinai or at home.

As you plan a reception, it is important to maintain perspective. The worship service is the focus of this lifecycle event; the reception is secondary. Young adults do not "have" a Bar/Bat Mitzvah – they become Bar or Bat Mitzvah. The reception is an opportunity to celebrate this profound milestone in their Jewish journey.

The reception should reflect the sanctity of the occasion, and its cost should never place an undue financial strain on a family. When establishing a budget, remember to account for expenses such as food, beverages, wine, room rental, dance floor rental, music, dishes, wait staff, service charges, gratuities, table decorations, and a tzedakah contribution.

RESERVING A SPACE AT TEMPLE SINAI

There is no charge for members to use the Zwerin Sanctuary or Abrahams Family Chapel for the worship service. Fees apply to the use of the social hall(s) and other Temple facilities.

Use of Temple Sinai facilities is exclusively reserved for Temple Sinai members. We do not offer facility rentals or event space to non-members under any circumstances.

Advance reservations are required. Temple Sinai recommends reserving its facilities at least six months in advance. A $100 non-refundable deposit is required to secure the space. Receptions at Temple may take place immediately following the ceremony or in the evening.

For current facility fees and/or to reserve a space, please contact Operations Manager, Jessica Wolf, at jessica@sinaidenver.org or 303-759-1827.

IMPORTANT GUIDELINES FOR RECEPTIONS AT TEMPLE SINAI

Families planning to host a reception at Temple Sinai should be aware of a few important facility guidelines. These guidelines highlight some of the key provisions included in the Room Rental Agreement, which is provided to families who reserve Temple facilities. Additional details and requirements will be outlined in the agreement.

- **Alcoholic Beverages:** Alcoholic beverages other than wine are not permitted at lunchtime Bar/Bat Mitzvah receptions. Evening receptions may include alcohol, but beverages must be served by a bartender or wait staff. Alcohol may not be left unattended on tables.
- **Food:** Temple Sinai WILL NOT permit serving pork products or shellfish and food service must be Kosher style (no mixing of dairy and meat in the same food item; dairy and meat MAY NOT be set on the same table).

If you have any questions regarding your reception or use of our facilities, please contact the Temple office.

We're here to help. For questions and recommendations about planning your reception or event, contact Jessica Wolf, Operations Manager (jessica@sinaidenver.org).

HELPFUL TERMINOLOGY

Aliyah means "going up" and refers to the honor of being called to the bimah (pulpit) to recite the blessings before and after the Torah reading. The plural is aliyot.

Aron Kodesh is the Hebrew term for the Holy Ark. Since we have more than one Torah in our Aron Kodesh, it is good to know that the plural for Torah is Sifrei Torah.

Bar is an Aramaic word meaning "son" while **Bat** is the Hebrew word for "daughter." The plural of Bar is B'nei, while the plural of Bat is B'not. When a Bar and a Bat are referred to, the masculine plural is used. Mitzvah is Hebrew for "commandment."

B'rakhah (plural b'rakhot) means blessing.

Challah is the braided bread that is enjoyed on Shabbat and Festivals.

D'var Torah is a commentary on a Torah portion that reflects an insight on life. It can be prepared and presented by anyone for any meeting or occasion.

Erev means "evening" - usually the evening before a holiday, e.g., Erev Shabbat is Friday evening.

Haftarah is a reading from the Books of Prophets in the TaNaKh (Hebrew Bible). There is a specific Prophetic reading associated with each weekly portion of the Torah.

Havdalah is a special ceremony through which we separate the holy from the common - Shabbat from the rest of the week. Havdalah can begin when three stars appear in the sky on Saturday night marking the end of Shabbat. Blessings are recited over wine, spices and a braided candle. A good week is wished for all.

Kiddush is the blessing over wine recited on Shabbat and Festivals. It contains a reminder of creation, a blessing of the Creator, and a remembrance of the Exodus from Egypt. Kiddush is also the name for a simple, brief reception following a lifecycle event.

Kippah (plural kippot) (Hebrew) or Yarmulke (Yiddish) is the skullcap worn during the worship service. Some Jews wear a kippah during times of Jewish study and prayer while others wear them during all waking hours. Most of the boys and girls at Temple Sinai wear a kippah at their Bar/Bat Mitzvah ceremony.

Minyan is the Hebrew word for "counting." Ten Jewish adults (13 years old and older) must be counted before a public worship service can be held.

Mitzvah (plural mitzvot) means commandment.

Motzi is the blessing over bread recited before eating.

Oneg Shabbat, literally "joy of the Sabbath," is the reception following the Friday evening service.

Parochet is the curtain (as opposed to the doors) in front of the Aron Kodesh.

Parashah (plural Parashiot) is a section of the Torah read during a particular week.

Siddur (plural Siddurim) is the Hebrew for prayer book. Our prayer book, Mishkan T'filah, is published by the Central Conference of American Rabbis.

Simchah is the Hebrew and Yiddish word for joy. A joyous occasion is, therefore, a simchah which brings nachas (palpable pride) to a kvelling (deliciously delighted) family.

Tallit (plural tallitot) is a fringed prayer shawl worn during morning worship services. The fringes are reminders of the 613 mitzvot in the Torah. It is customary at Temple Sinai, though not required, for boys and girls to wear a tallit at their Bar/Bat Mitzvah ceremony and at all Shabbat and holiday morning services thereafter.

TaNaKh is the Hebrew name for the Hebrew Bible. The word is an acronym for the three sections: Torah, Nevi'im (Prophets), and Ketuvim (Writings).

Tefillin are leather boxes attached to leather straps and worn on the forehead and arm during weekday morning worship. The forehead tefillin contains four biblical passages including the Shema. Tefillin traditionally are worn for the first time around the time of Bar/Bat Mitzvah.

Torah is the scroll containing the Five Books of Moses, as well as the first five books of the TaNaKh (see above). It is divided into 54 parashiot (see above) and read from beginning to end in the synagogue in the course of one Jewish year.

REVERSE SCHEDULE:
BAR/BAT MITZVAH PLANNING CALENDAR

Arrival on the day of the Bar/Bat Mitzvah	30 minutes prior to start of the service
Join clergy on the bimah for Friday night service	1 day before
Photographs	Before or after the final dress rehearsal
Rehearsals with the rabbi	3-4 rehearsals, beginning approximately 8 weeks before the service
Expect a call from a rabbi for an intake meeting	4 months before
Begin Bar/Bat Mitzvah tutoring	12 months before the B'nei Mitzvah: If your student can already read Hebrew. 18 months before the B'nei Mitzvah: If your student has not yet learned to read Hebrew.
Attend the 6th Grade Shabbaton	Winter of 6th Grade
Coordinate with Temple Sinai office about the Friday evening Oneg; confirm your arrangements for the Shabbat Kiddush and/or celebration if they are at Temple Sinai	12 months before
Attend Shabbat Services	In the two years prior, as much as possible
Submit a Bar/Bat Mitzvah Date Request Form	December 31, two years prior, following the "B'nei Mitzvah Dates Orientation"

CONTACT INFORMATION

Temple Sinai Main Office: 303-759-1827

Rabbi Richard Rheins, Senior Rabbi: rabrheins@sinaidenver.org
Rabbi Michael Shields, Associate Rabbi: rabbishields@sinaidenver.org
Rabbi Jordan Shaner, Director of Jewish Learning: rabbishaner@sinaidenver.org
Jessica Wolf, Operations Manager: jessica@sinaidenver.org