Northern Virginia Hebrew Congregation

CHECKLIST OF PRAYERS FOR BAR/BAT MITZVAH

<table>
<thead>
<tr>
<th>Prayer</th>
<th>page in Mishkan Tefilah [Yellow Journal]</th>
</tr>
</thead>
<tbody>
<tr>
<td>V’ahavta</td>
<td>154</td>
</tr>
<tr>
<td>Adonai S’fatai</td>
<td>164</td>
</tr>
<tr>
<td>Avot v’Imahot</td>
<td>166</td>
</tr>
<tr>
<td>G’vurot</td>
<td>168</td>
</tr>
<tr>
<td>Atah Kadosh</td>
<td>170 (Shabbat eve only)</td>
</tr>
<tr>
<td>Blessing before Torah</td>
<td>368</td>
</tr>
<tr>
<td>Blessing after Torah</td>
<td>368</td>
</tr>
<tr>
<td>Blessing before Haftarah</td>
<td>372 (top)</td>
</tr>
<tr>
<td>Blessing after Haftarah</td>
<td>372 (bottom)</td>
</tr>
<tr>
<td>Kiddush</td>
<td>123</td>
</tr>
</tbody>
</table>

IMPORTANT: Please bring the following to every class:

- your siddur (prayerbook)
- your Torah portion work booklet
- Listening device with prayers and Torah/Haftarah recordings downloaded
  - You must have Dropbox – www.dropbox.com - downloaded on your device to access the recordings. It is a free app that you will have to set up with a name and password.
  - Recordings can be found at https://www.nvhcreston.org/torah-corps/
- earbuds

Bar/Bat Mitzvah Study Suggestions:

1. Practice OUT LOUD for at least 15-20 minutes daily.

2. In learning a new piece of Hebrew, begin by saying each word 3-5 times until it is easy. Then say the next word 3-5 times until it is easy. Then put the words together to build a phrase. Repeat your learning in small pieces, going back to the beginning of the verse after you have mastered the small phrases.

3. Make sure that you CONTINUE TO REVIEW prayers and Hebrew portions even once you have learned them, so that you don’t forget them.

4. You are not expected to be perfect! Just remember to try your hardest and do your best.

5. If you have any questions, ask for help! Remember: You can do this!!