

## Northern Virginia Hebrew Congregation

### CHECKLIST OF PRAYERS FOR BAR/BAT MITZVAH

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

#### **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](http://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!!