

HAR HASHEM'S INDIVIDUALIZED HEBREW PROGRAMMING

M'AMEIN

Your Family's B'nai Mitzvah Teacher, Mentor, Advisor, and Resource

M'amein (the singular of *m'ameinim*, pronounced m'-amen) or coach/trainer comes from the Hebrew *shoresh* (root) "amen," which is related to the words: foster, educate, practice, confidence, artist, and faith.

As your child begins his or her journey of Hebrew learning and deeper engagement with Jewish life, our *m'ameinim* help guide and support your child's entrance to adolescence. *M'ameinim* develop a connection with each family, acting as an advisor and mentor while guiding families through this transitional time in their lives. Our *m'ameinim* serve as role models of Jewish living and learning, inspiring your child to develop his or her own unique gifts, to celebrate successes and to learn from failures. *M'ameinim* help your child acquire the necessary skills, beliefs, and sense of belonging to become *bar* or *bat mitzvah*, and nurture the growing sense of responsibility, faith, and agency in each child. By deeply listening to and respecting each individual child, the *m'ameinim* use Judaism as a guide and source of strength to help your child address the big questions of his or her emerging self, and to encourage each student to find his or her own individual voice. *M'ameinim* infuse a sense of meaning and caring into the process by which your child comes to understand, appreciate, and own what it means to mark this significant moment in the family's life.



Your Child's Teacher

Your *m'amein* will work with your child to develop skills and understandings such as:

- Hebrew decoding, grammar, and vocabulary
- Chanting of prayers, Torah, and Haftarah portions
- Public presence on the bima
- Prayer as a vehicle by which we communicate with God
- Jewish spiritual traditions and sacred texts
- *Mitzvot* - our obligations and understandings



Your Child's Mentor

Your *m'amein* will serve as a mentor and role model for your child as students begin to:

- Identify their unique gifts
- Stretch their thinking and capabilities
- Use Jewish values, rooted in Torah, to make significant decisions in their lives
- Consider their place in the Jewish community
- Develop their ideas and ask questions about Jewish ideas, prayer, and practice
- Develop their own understanding of *mitzvot* and our *brit* with God and the Jewish people



Your Family's Guide

Your *m'amein* will develop a connection with your family and will be available for guidance and advice as you:

- Embrace *b'nai mitzvah* as a whole family learning process
- Consider your family's place in the Jewish community
- Consider your family's emerging role within the Har HaShem community
- Celebrate this transition with your Jewish community
- Navigate the Har HaShem *b'nai mitzvah* process

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At Har HaShem, we believe in giving families ownership over their own Jewish learning experience. In our Individualized Hebrew Program, families may choose from one of the four options for their children's learning. The program is paired with our religious school which helps build a foundation of Hebrew in addition to the Judaic curriculum. In order to help build this Hebrew foundation, families are expected to attend seven Friday night or Saturday morning services through the year.

Families should plan on meeting with the Director of Lifelong Learning to make a decision about which plan best suits their family's goals. These goals are meant to match both the role that a family desires Hebrew to play in their family's life as well as the aspirations a family has for the Hebrew foundation their child will build at Har HaShem. A child's learning style is taken into consideration when selecting a plan. Once a plan is selected, an appropriate *m'amein* will be suggested.

Option 1 **B'nai Mitzvah** B'nai Mitzvah preparation only.

Students will be able to:

- Decode (Hebrew sight reading).
- Chant and read the prayers that are done at Har HaShem for a bar/bat mitzvah service.
- Chant from the Torah and Haftarah, using a recorded music file to memorize the melodies.
- Identify basic grammar concepts: roots, some vocabulary (not translation).
- Demonstrate understanding of the prayers covered by putting each prayer in his or her own words.

Time Commitment: Weekly one hour tutor session for 18-24 months prior to b'nai mitzvah (academic year only until the year prior to bar/bat mitzvah).

Option 2 **Shabbat** B'nai Mitzvah preparation and comfort with Friday evening Shabbat services.

Students will be able to:

- Decode (Hebrew sight reading).
- Chant and read the prayers that are done at Har HaShem on Shabbat (includes Friday night, Saturday morning, Havdalah).
- Chant from the Torah and Haftarah, using a recorded music file to memorize the melodies.
- Identify basic grammar concepts: roots, some vocabulary (not translation).
- Demonstrate understanding of the prayers covered by putting each prayer in his or her own words.

Time Commitment: Weekly one hour tutor session for 2½-3 years prior to b'nai mitzvah (academic year only until the year prior to bar/bat mitzvah).

Option 3 **Prayers for Home and Synagogue** B'nai Mitzvah preparation, comfort with Friday evening Shabbat services, ability to lead home rituals.

Students will be able to:

- Decode (Hebrew sight reading).
- Chant and read the prayers that are done at Har HaShem on Shabbat (includes Friday night, Saturday morning, Havdalah).
- Chant and read prayers said in the home: *Yom Tov* (holiday), *Kiddush* and candles, *sukkah* blessings, *Chanukah* blessings, four questions and selections from the *seder*, *birkat hamazon* (blessing after meals), blessing for hanging a *mezuzah*.
- Chant from the Torah and Haftarah, using a recorded music file to memorize the melodies.
- Identify basic grammar concepts: roots, some vocabulary (not translation).
- Demonstrate understanding of the prayers covered by putting each prayer in his or her own words.

Time Commitment: Weekly one hour tutor session for 3½ years prior to b'nai mitzvah (academic year only until the year prior to bar/bat mitzvah).

Option 4 **Hebrew Maven** B'nai Mitzvah preparation, comfort with Friday evening Shabbat services, ability to lead home rituals, prepare to be a regular congregational Torah chanter, and appreciate Hebrew as a modern language.

Students will be able to:

- Decode (Hebrew sight reading).
- Chant and read the prayers that are done at Har HaShem on Shabbat (includes Friday night, Saturday morning, Havdalah).
- Chant and read prayers said in the home: *Yom Tov* (holiday) *Kiddush* and candles, *sukkah* blessings, *Chanukah* blessings, four questions and selections from the *seder*, *birkat hamazon* (blessing after meals), blessing for hanging a *mezuzah*.
- Chant Torah using Torah trope (the symbols that identify the melody). *Note that students learning Torah trope will not receive a music file, but will learn the melodies each trope makes and apply it to his or her Torah portion.*
- Chant Haftarah by memorizing the melody from a music file.
- Identify basic grammar concepts: roots, some vocabulary (not translation).
- Demonstrate understanding of the prayers covered by putting each prayer in his or her own words.
- Read and speak basic introductory modern Hebrew (with the goal of engendering appreciation for modern Hebrew and a basic foundation to go on to learn Hebrew as a language at a later point in the student's life).

Time Commitment: Weekly one hour tutor sessions beginning in 3rd grade (academic year only until the year prior to bar/bat mitzvah).

Congregation Har HaShem

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