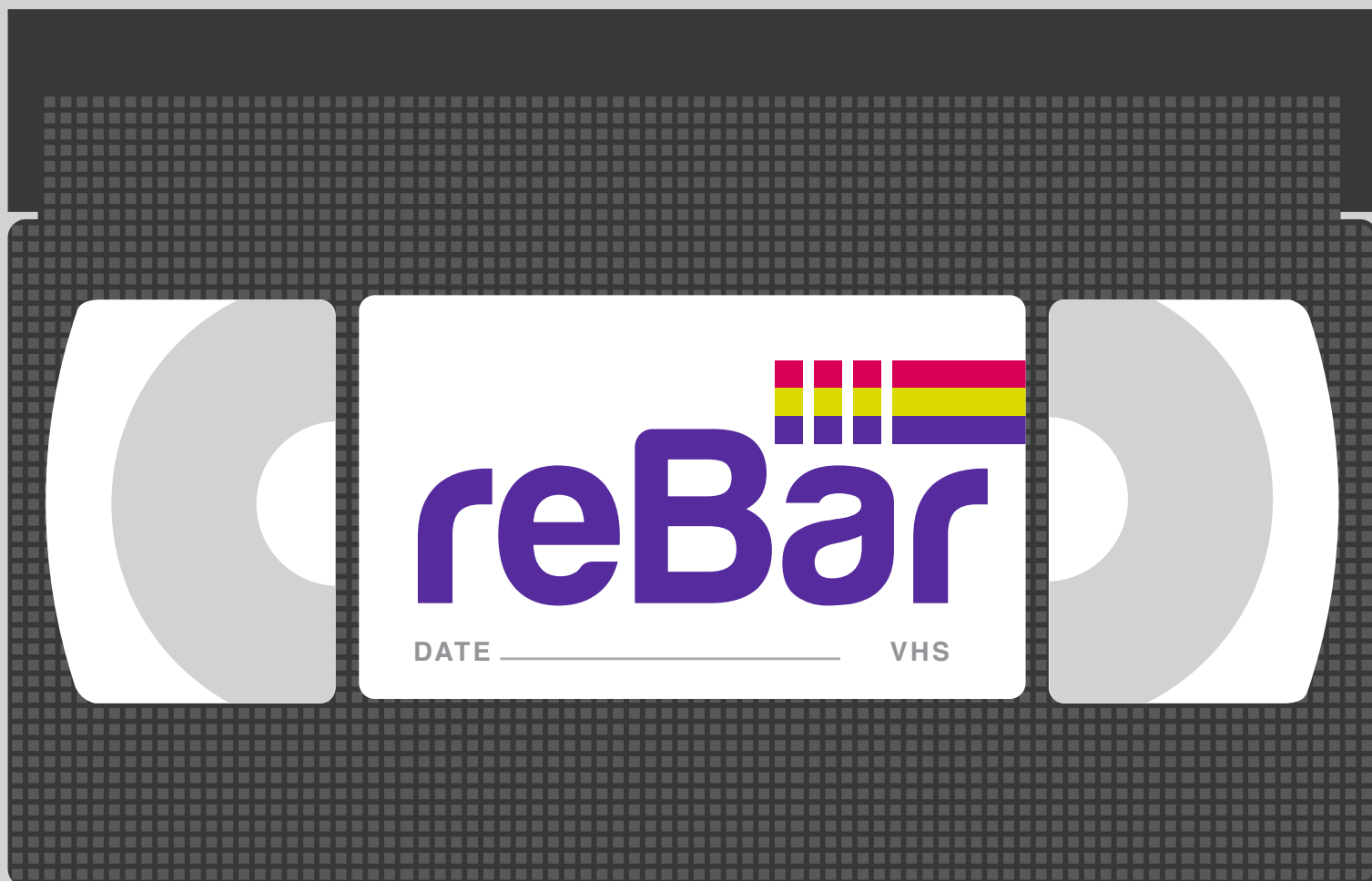


CHOOSE YOUR OWN



DIY Kit

A **REBOOT**  PROJECT



About reBar

reBar is a new ritual that opens and creates a space for individuals, and then families and communities, to explore and reflect upon their Bar/Bat Mitzvah (B-Mitzvah) experiences as an evolving part of life. Beginning with a seemingly simple question: ***“If you could have done one thing differently at your Bar/Bat Mitzvah, what would it be, and why?”***, reBar utilizes adult re-assessments of this tradition so central to Jewish life to both rekindle connections and to spark mindfulness about inheritance, belonging, family and community—looking back in order to look forward.

This DIY kit creates a simple, accessible framework for individuals and communities to “reBar” solo or in a group. The core of the reBar project is an invitation and opportunity to:

- 1 Reflect upon one’s B-Mitzvah experience from an adult perspective**
- 2 Think about what part of the ritual, celebration and experience one would do differently, and why**
- 3 Affirm or reaffirm core Jewish values as they are relevant to one’s life today**
(related to community and its meaning; about family, ritual, study, commitment, tradition, discovery)
- 4 Choose how one wishes to engage Jewishly, at home and in community**

Over time, we envisage that the sum of individual and community reBar reflections will provide and grow powerful, creative pathways to reaffirm core Jewish values and promote ongoing engagement in Jewish life.

About REBOOT

Reboot affirms the value of Jewish traditions and creates new ways for people to make them their own. Inspired by Judaism’s embrace of the arts, humor, food, philosophy, and social justice, we produce creative projects that spark the interest of young Jews and the larger community. Among our productions are events, exhibitions, recordings, books, films, DIY activity toolkits, and apps. Since our inception, 480 network members, 700 organizational partners, and hundreds of thousands of people have looked to Reboot to rekindle connections and re-imagine Jewish lives full of meaning, creativity, and joy.



How to use the DIY toolkit

Ready to reBar?

What aspect of your B-Mitzvah experience would you like to rewind and play again? Why? Who do you want to become today? What do you want your Jewish life to look like?

The reBar process can happen solo, in a group, with your family or community. We've created possibilities for all different kinds of reBar moments:

- **reBar Yourself**
- **reBar with Others**
- **reBar with your Community**

The reBar worksheet (see appendix 1) is a starting point to map your reBar journey. reBar moments can happen as a one time experience, or something that you commit to annually, or even every 13 years. It's your reBar. You choose. We'd love to hear how you're reBar-ing. Please share your story with us at rebarproject.org and on Twitter and Facebook using #rebar.



reBar Yourself

Do you remember how excited/nervous/anxious you were the morning of your B-Mitzvah? Is the horror of chanting the haftorah still haunting your dreams? Did your parents choose your B-Mitzvah party theme? Did DJ Sharkey twirl your Mom so hard that her top fell off (true story!)? Then take some time to reBar yourself. Make it personal. Make it real. reBar for that little 13-year-old in you. Here are some tools for you to rethink, reanalyze and reBar yourself.

Share your reBar story at rebarproject.org and on Twitter and Facebook.

My you're filling out...

That worksheet. Get thee to the appendix and fill out our reBar worksheet. Decide what is most important to you and what makes this go-around different from the last time. Make commitments about who you want to be now and in the future. Don't be shy. This is a present to you from you. We promise it's better than the \$18 check from Uncle David. Don't forget to tell us how you're reBar-ing on Twitter and Facebook.



What a beautiful speech...

We know your Grandma was sooooo proud of you that faithful day when you became an official member of the Jewish community. Consider solidifying your thoughts again and sharing them with the world at rebarproject.org. Not sure what to share? Fill out the worksheet to see what's really important to you. Need more inspiration? Here are some ideas:

- Rewrite your B-Mitzvah speech.
- Rewrite scenes from your party. Are there any aspects you would change?
- Rewrite your invitation. How would you invite people to your moving up ceremony?
(You can include a redesign as well!)
- Write a letter to your parents reflecting on your B-Mitzvah experience, then and now.
- Call your childhood rabbi/synagogue! Find out what they remember about you. They just might have your files in their archive!
- Organize a reunion! Reconnect with your B-Mitzvah team—your teacher, your rabbi, your best friend, your parents, cousins – find out what you were like at 13 and fill in the reBar worksheet together.
- Share a photo at 13 and now on the reBar website. Reflect on 5 things you want to commit to doing for the next 13 years for yourself, your family and/or your community.
- Re-read your B-Mitzvah portion—does the text resonate? What text would you have liked to explore if you could have chosen? Consider committing to a year-long reading project or text study. Check out “Wrestling with the Torah” ideas in the appendix.
- Redo a candle lighting ceremony and light 13 candles for people who are important in your life today.
- Dig out your photo album. Think about who was at your B-Mitzvah—who was missing from the celebration? Who is no longer present? Create an annotated family tree sharing stories and memories about each family member.
- Share a segment of your B-Mitzvah video on the reBar website. Reflect on 5 things you want to commit to doing for the next 13 years for yourself, your family and/or your community.
- Remember that Mitzvah Project? Think about what volunteer/service project you committed to as a B-Mitzvah. Research organizations and causes that resonate with you today. What project would you engage in now?



reBar with Others

Reminiscing about your teenage years? Need to get stuff off your chest? Thinking about your future? Want to have a deep discussion with your folks or a comfortable dinner party with close friends? No problem! Here are some ideas to get the reBar conversation flowing in a group...

I want to thank my Mom and Dad...

Expressing a hearty thank you to your parents is hard when you are 13. It can be even harder years later. May we suggest you take our advice. Try reBar-ing with your parents. Carpe diem. Use this opportunity to create a space where you and your parents can talk about what your B-Mitzvah experience was like for both of you, what traditions you've inherited, what you'd like to disregard, what matters to you as a family—Jewish-ly or otherwise. Pick a text. Any text. It could be your B-Mitzvah portion, it could be a poem or a prayer or a song or a movie—and deconstruct it together. Share your viewpoints (one at a time!) and think about the relevance to you now, at 13 and for the future. Use the reBar worksheet as a jumping off point for conversation.

And now let's party

Let's face it. Your friends made your B-Mitzvah party, although the amazing background dancers didn't hurt. Use your reBar as an opportunity to meet up with your close friends from Hebrew School back in the day. Reconnect with your personal tutor or your Birthright group (if you had your B-Mitzvah there). Have a reBar ceremony, where each one of you takes on a different aspect of the reBar experience. Think about who you want to be and how you want to engage with your family and community. Make a pact to reBar every thirteen years (see the "Plan to reBar" section below). And if you want extra mitzvah points—think about how your reBar-ing can help your various communities. Don't forget to take a picture...it lasts longer.



You are growing up so fast...

Are you a parent whose child is on the cusp of Jewish adulthood? Do you get *farklempt* everyday just thinking about it? Help make their experience more relevant and powerful by sharing your own B-Mitzvah experiences. Ready for them to get to know your 13 year old self?! Take some time fill in the reBar worksheet and share your answers with your child. Make a coffee date and dream a joint goal to work towards to mark your reBar together with your child's B-Mitzvah—it could be a personal, familial or communal project. Think about meaningful activities you would like to accomplish together before your child enters the realm of adulthood. Consider sharing this with your Rabbi to make your child's B-Mitzvah experience even more meaningful. Contemplate reBar-ing with your child every 13 years from your child's B-Mitzvah date. Recommit your relationship to each other and to your community.

Wanna reBar every 13 years?

Here's some ideas to make reBar a part of your life's journey.

At 26: Choose a group of friends to become your reBar circle. Fill out the reBar worksheet together. Give to someone for safekeeping.

At 39: Meet virtually or in person with your reBar circle. Review your worksheet answers, rewrite any that need editing. If you are a parent, think about your childrens' B-Mitzvah experience.

At 52: Review your reBar worksheet solo or in a group. Commit to doing one new thing for your community.

At 65: Invite 5 people who were at your B-Mitzvah to reminisce with you. If you are a grandparent, think about your grandchildrens' B-Mitzvah experiences. Offer your advice to make your grandkids' experiences as meaningful as possible.

At 70: Plan for your Second B-Mitzvah event!



Appendices

- 1 reBar worksheet**
- 2 Wrestling with the Torah**
- 3 The Second B-Mitzvah**
- 4 Aspects of the American B-Mitzvah Experience**
- 5 Get in the Mood: Check out some B-Mitzvahs in Popular Culture**



1 reBar Worksheet

The reBar worksheet is designed to guide you through the reBar process. All questions are optional and are included as food for thought. Through answering the questions in the Rewind, Play and Fast Forward sections, our hope is that you will discover what you wish your reBar moment to be.

The reBar million dollar question: If you could 'reBar' or revisit a part of your Bar/Bat Mitzvah experience, what would you do over? Every person will answer this question uniquely for themselves. We want to hear your story. It's your reBar moment to celebrate.

Rewind

Past.

Close your eyes. Picture yourself at 13.

Who were you? What did you value? Tell us a story.

What did you like to do when you got home from school?

What were the most important people, places and things in your life?

What was your Jewish life like at 13?

If you had a B-Mitzvah, what part of your B-Mitzvah was most meaningful to you?

What was your Torah portion? Do you remember it?

(Try and find out what it was by looking up the date of your B-Mitzvah together with the Hebrew calendar from that year at Hebcal.com)

If you didn't have a B-Mitzvah how did that make you feel? Did you attend any B-Mitzvahs?

What did you like/dislike about those events?

What music/art/literature did you like at 13?



Play

Today.

Who are you? What do you value? Tell us a story.

What do you like to do in your spare time?

What are the most important people, places and things in your life?

What is your Jewish life like today?

What music/art/literature do you like today?

Fast Forward

Future.

Who do you want to become?

Which aspect of your B-Mitzvah would you like to redo or do differently? What could you do to update this experience today?

If you didn't have a B-Mitzvah and had the opportunity today what aspect of the B-Mitzvah experience would you choose to explore?

What do you want to commit to doing for yourself, your family or your community?

At 13, engaging in Jewish life may not have been your choice. But now it is. What do you want your Jewish life to look like? Do you have a sense of Jewish community at this point in your life?

What communities are important to you now? How can you be an active part of a community?



2 Wrestling with the Torah

- Figure out your B-Mitzvah text and use the following questions to delve deeper:
 - Did the text resonate?
 - Why/Why not?
 - If you could have chosen any text to explore for your B-Mitzvah what text would you have chosen?
 - What elements from secular culture do you find in your text?
- Visit **Unscrolled.org** and find your B-Mitzvah portion. Use the prompts to help you delve deeper into the portion.
- If you didn't have a B-Mitzvah, what text (Jewish or other) would you choose now to explore deeply?

3 The Second Bar-Mitzvah

The idea for a second bar mitzvah came from the Book of Psalms where King David noted that 70 years is the average person's lifespan and a man reaching that age starts a new life. Therefore, 70 years plus 13 years equals 83, and, if one wishes, one can have a second bar mitzvah.

4 Aspects of the American Bar Mitzvah Experience (anything from this list is a possibility to reBar!)

- Speech
- Torah portion
- Gift from Synagogue
- Candle lighting ceremony
- Signing Board
- Centerpiece
- Theme
- DJ/ Music
- Hora and Lifting on Chair
- Games (Coke and Pepsi, Freeze, Limbo)
- Friday night dinner and family gathering



5 Get in the Mood: Check some Bar Mitzvahs in popular culture

- Keeping up with the Steins, <http://imdb.to/1sanhgl>
- Saturday Night Live Bar Mitzvah Boy, <http://yhoo.it/1vYk8BP>
- Saturday Night Live's Drake's Bar Mitzvah, <http://bit.ly/1h8FLYg>
- 30 Rock's Werewolf Bar Mitzvah, <http://bit.ly/1dieXX4>
- The Bar Mitzvah in The Wedding Singer, <http://bit.ly/ZWVzuq>
- Bar Mitzvah Disco by Roger Bennett, Nick Kroll, Jules Shell <http://amzn.to/1rr0mtn>