

## Blessing Circle Letter

Dear \_\_\_\_\_

We are writing to you because you have been a significant person in \_\_\_\_\_ 's life. We would like to invite you to participate in a special blessing circle at \_\_\_\_\_ 's Bar / Bat Mitzvah.

The blessing circle allows you to offer \_\_\_\_\_ a thoughtful and deeply authentic blessing that extends from your very life experience. This also gives \_\_\_\_\_ the rare opportunity to fully receive such precious words.

The process of forming the circle is a sensitive and meaningful one guided by our Rabbi.

In order to best facilitate this process Rabbi Modek asks that you set aside time to reflect and journal, following the simple directions below:

1. Please recall and list all spiritual, and / or other wise especially meaningful life experiences that made you who you are. When done, take a moment to reflect on: "How did those experiences shape me? What did I learn from them? Is there a theme or pattern to this spiritual biography on mine?" Make sure to write down your answers.
2. Drawing on your journaling above, can you articulate a two-line blessing to share with \_\_\_\_\_? This blessing should express something of deep value that you have gleaned from your own life. It should be a message or a well wishing or good advice that you would like to pass on to \_\_\_\_\_ as he / she transitions into this next maturing phase as person and Jew.

We suggest that you take the time to reflect fully and deeply as you explore your spiritual biography. This quality of focus and extent of preparation on our part helps make the blessing ceremony as well as the Bar Mitzvah service as a whole a powerful rite of passage for \_\_\_\_\_.

The actual blessing ceremony will take place towards the end of the Bar Mitzvah service in front of the community all be it in privacy. The congregation will be singing while, one at a time, each blessing circle participant will approach \_\_\_\_\_ and offer him / her private words along with a symbolic object.

There will be up to five participants in the blessing circle, which imposes a practical time consideration. Therefore, It is important that you limit your actual words of blessing to 2 sentences.

When you have formulated the blessing choose a small symbolic (sacred) object. It is recommended that the object thematically relate to your formulated blessing, i.e. a Kiddush cup may accompany the blessing: "May you experience abundance like an overflowing cup". DO NOT GIFT WRAP YOUR OBJECT !!! You will present the object in plain view along with your words.

Viewing your words in advance will help Rabbi Modek become better acquainted with you as well as better enable him to anticipate the flow of the ceremony. Please honor his request to see your blessing narrative at your very earliest convenience.

Please e mail your blessing and / or any questions about this process to hlcoffice@mac.com or call 845-348-9810

### Hebrew Learning Circles

Innovative Jewish Education for Children and Adults

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