

My Bat-Mitzvah
JOURNAL

THIS JOURNAL BELONGS TO :

All About Me

MY HEBREW NAME IS

MY HEBREW BIRTHDAY IS

GOALS

What do I hope to accomplish before my bat mitzvah?

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Date: _____

Lesson # _____

What are some new things I learned about Judaism/Hashem/Torah/mitzvot in this lesson?

What are some new things I learned about Jewish women in this lesson?

What is something I hope to always remember from this lesson?

Jewish Heroine Fact: Sarah Schenirer founded the Bais Yaakov movement as was the first to make yeshivas for women and girls in the year 1917.

Date: _____

Lesson # _____

What are some new things I learned about Judaism/Hashem/Torah/mitzvot in this lesson?

What are some new things I learned about Jewish women in this lesson?

What is something I hope to always remember from this lesson?

Jewish Heroine Fact: Miriam was the sister of Moshe and Aharon and she was a prophetess and leader during the Exodus.

Eishet Chayil

Eshet hayil mee yimtza
Verahok mi-pni-nim mihra
Batah ba lev baala
Ve-sha-lal lo yeh-sar

Gemelat'hu tou velo ra,
Kol yemay hayeha
Darsha tzemer ufishtim,
Vatas behefetz kapeha

Hayta ka'aniyot soher,
Memerhak tavee lahma
Vatakum be'od layla,
Vateeten teref levayta v'hok lenaroteha

Zamema sadeh va-ti-ka-heyhu,
Mepree hapeha nata karem
Hagra b'oz matneha,
Vateametz zro'oteha

Ta'ama kee tou sahra,
Lo yichbeh balayla neyra
Yadeha shilha bekishor,
Vehapeha tamhu faleh

Kapa parsa le'ani,
Veyadeha shilha le'evyon
Lo tira levayta meshaleg,
Kee hol vayta lavush shanim

Marvadim as'ta la,
Shesh vargaman levusha
Noda bashearim ba'la,
Beshiuto im ziknei aretz

Sadin as'ta vatimkor,
Vahagor natna laknani
Oz vehadar levusha,
Vatishak leyom aharon

Piha patha behahma,
Vetorat chesed al leshona
Tzofiya halihot bayta,
Velehem atzlut lo tohel

Kamu vaneha vay'ashruha,
Bala vayehal'la
Rabot banot asu hayil,
V'at alit al kulana

Sheker hahein,
Vehevel hayofi,
Isha yirat Hashem,
He tit'halal

Tnu la
Mipri yadeha,
Vi'yhaleluha bashearim maseha

Eishet Chayil

A woman of valor, who can find?
Far beyond pearls is her value.
Her husband's heart trusts in her
and he shall lack no fortune.

She repays his good, but never
his harm,
all the days of her life.
She seeks out wool and linen,
and her hands work willingly.

She is like a merchant's ships;
from afar she brings her sustenance.
She rises while it is still nighttime,
and gives food to her household
and a ration to her maids.

She considers a field and buys it;
from the fruit of her handiwork she
plants a vineyard.
She girds her loins with might
and strengthens her arms.

She senses that her enterprise is good,
so her lamp is not extinguished at night.
She puts her hand to the distaff,
and her palms support the spindle.

She spreads out her palm to the poor,
and extends her hands to the destitute.
She fears not snow for her household,
for her entire household is clothed with
scarlet wool.

Bedspreads she makes herself;
linen and purple wool are her clothing.
Well-known at the gates is her husband
as he sits with the elders of the land.

Garments she makes and sells,
and she delivers a belt to the peddler.
Strength and splendor are her clothing,
and smilingly she awaits her last day.

She opens her mouth with wisdom,
and the teaching of kindness is on her
tongue.
She anticipates the needs of her
household,
and the bread of idleness, she does not eat

Her children rise and celebrate her;
and her husband, he praises her:
"Many daughters have attained valor,
but you have surpassed them all."

False is grace, and vain is beauty;
a G-d-fearing woman,
she should be praised.

Give her the fruit of her hands,
and she will be praised
at the gates by her very own deeds.

REFLECTIONS

What did I accomplish during these lessons?

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WHAT I HOPE TO TAKE WITH ME
