



## Temple Rodeph Torah

Rabbi Marc L. Disick DD  
Cantor Lisa Levine  
David Gronlund-Jacob, Educator  
Tmima Grinvald, President

Sheryl Cooper, Administrator  
Rabbi Donald A. Weber, Emeritus  
Edna Coleman, RJE, Educator Emerita ל"ת

Dear B'nai Mitzvah Families,

On behalf of Temple Rodeph Torah, Mazal Tov on your child's upcoming Bar/Bat Mitzvah! You've been planning and preparing for this day for quite some time, and now you are almost there! You've learned that preparing to celebrate a Bar/Bat Mitzvah is a time that is filled with a myriad of emotions and experiences. Take a minute to exhale and appreciate all that you have already done for this exciting day.

As your big day draws near, one of the best pieces of advice I can give you, through the lens of a "been there, done that" parent, is to ask questions. You may have a vast network of friends and family members who have planned and survived the mitzvah experience. Maybe you've already celebrated a Bar/Bat Mitzvah at TRT. No matter where you are on your journey, maybe you have some questions or concerns.

To help our families, TRT has restarted a "Mitzvah Mentor" program. I am the Mitzvah Mentor, a friendly face that you can call upon for advice, assistance, or even just a sounding board. I'm here to answer questions that you may be too shy or embarrassed to ask the clergy or staff. If I don't know the answer, I will help you find it. If you are finding yourself at your wit's end, I will try to help you exhale and take a breather.

Here are some simple things I wish I had known about planning a Bat Mitzvah at TRT: order the yarmulkes earlier rather than later; listen to Rabbi Weber when he says that the dress code is important at TRT; exhale and try to enjoy the process.

As challenging as this time can be for you, it's also a great time to get engaged as a family at TRT. Attending a Rock Shabbat service or a creative service is a great way to connect with other families in your child's class and in our community. We have many welcoming committees and groups that would love to meet you. I truly believe that my participation in temple life helped me calm down and also made our day so much more meaningful.

I look forward to meeting you and helping you making your child's journey special and meaningful. I can be reached by email at [heathermiliote@yahoo.com](mailto:heathermiliote@yahoo.com) or by phone at 732.462.1982.

Shalom, and MAZAL TOV!!!

Heather Miliote

Temple Rodeph Torah of Western Monmouth

15MohawkDrive•POBox125•Marlboro,NewJersey 07746•T.732.308.0055•F.732.294.0232 [www.trt.org](http://www.trt.org)

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