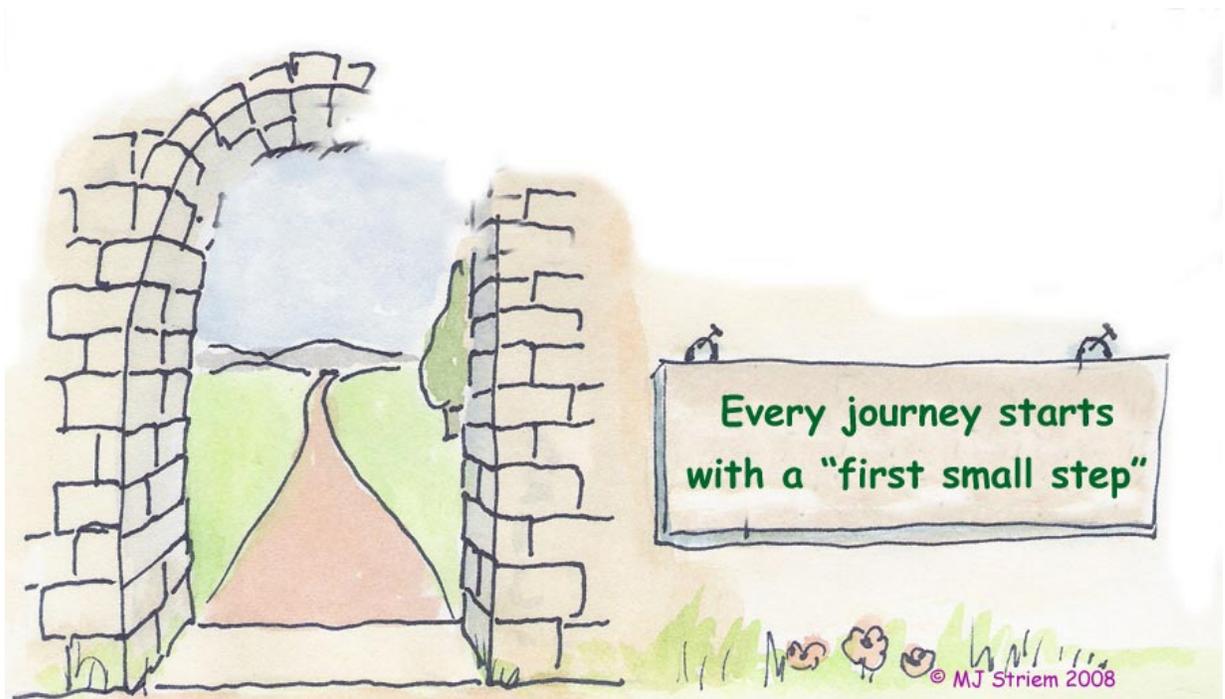


Welcome to your incredible journey of Bar-Messimah™!



Introduction: What is Bar-Messimah™?

Bar-Messimah™ means: ready.

Ready to be completely prepared
Ready to be in the condition for action
Ready to take control
Ready for mature life
Ready to live responsibly

Bar-Messimah™ is a book.

It is a book to ponder about.
It is a book to work with, fill and add.
It is a book to read again and add more.



Bar-Messimah™ is a project which is designed to help teenagers through the difficult times of growing up. The project to stay focused on finding themselves and their mission.

Bar-Messimah™ is a title. It is a degree one can earn when walked through the gates and completed (at least some of) the tasks. It is a certificate approved by the parents. It is a declaration of “independence”.



Bar-Messimah™ is a guide.

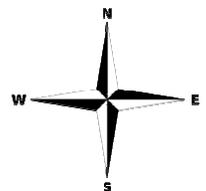
Bar-Messimah™ is a fun and enjoyable journey for everybody. However, it is made especially for teenagers: those on the road to initiation and acceptance as young adults by the community. Teenagers are on a quest, on a search for their self image and personality and for adulthood. They are growing and maturing and becoming responsible individuals. In many cases they want to become at least as good as their parents or their close relatives. Most likely they believe they can become much better! **Yes, they can!** Maybe not all children have such important assets as love, comfort, support and role models in their intimate livelihood and this is why this workbook provides guidance to parents and relatives as well.

- This guide helps teens to reach their goals; to raise their bar.
- This guide also helps parents and counselors to advise and encourage teenagers on their quest for their adulthood personality and identity.
- This guide is designed to trigger the maturing teens to look at themselves in a broad perspective, starting with their body and spirit, all the way through family and community, to national loyalty and faith.

Bar-Messimah™ is a workbook.

This workbook has five gates with tasks to each gate. Along this incredible journey through these gates one will find tasks in the form of questions with hints to possible answers. There are also tasks for activities to perform and suggested ideas what could be done. Writing and documenting the answers, thoughts or activities is a crucial part of the project.

There is a **tool box** with a “map”, a “compass”, materials and methods one may need in order to make progress in the right direction. Self discipline is a ‘*must-have*’, a cornerstone in the concept of Bar-Messimah™. It is the most important tool to use



often. Willpower is always good to carry along. One may also want to use his imagination too, creating endless ways of approaching a subject.

Along the journey one will take pictures, collect souvenirs and take notes of reaching targets and achieving goals. Organizing and presenting the achievements and documents, and sharing them with adults of the family and community could be done at the final stage of the project.

To make the best of your Bar Messimah™ journey quickly flip through all pages of all gates, and get a broad feeling of what is ahead. It may well be useful to bear in mind future tasks or to address several at a time. It also is very reasonable to “use” the same activity and to report (apply) it at more than one task. The nature of life is to view the same thing from different aspects and the same action could serve several purposes.

It is recommended to go along the path step by step in the order of the gates. Each of the five gates has a theme: its major subject. Each gate has its tasks. The goal is to work your way through the gates and reach the final gate with a great ceremony and party.

The Bar-Messimah™ book is to help ‘**raise the bar**’ for teens. While their parents may read through the gates too, they may reflect on their own life: “*I have done this too*” or “*could I have done this differently?*” Here they may have a chance to guide their children to reach higher and better than they did.

Well, it is not too late - anyone, any time can follow this journey and let Bar-Messimah™ raise the bar.

Bar-Messimah™ is not an official educational program. It is completely voluntary. It is to your own desire and persistence to get the most out of this project. Have fun and good luck!

Are you Bar-Messimah™? Are you ready to life?

A maturing person learns and acquires skills and gain experiences helpful in his future to become a successful individual. The set of skills is like a set of tools. To **learn** how to use them efficiently and properly is the process of becoming Bar-Messimah™. To **know and employ** them efficiently and properly is to **be Bar-Messimah™**, to be ready to live a **righteous lifestyle** and to challenge uphill route and steep temptation.

What does it take to be Bar-Messimah™?

If you are ready for life, responsible, mature person you actually may already be Bar- **Messimah™!** Well, take a look through the gates or the list of Bar-Messimah™ tasks. These gates are wide open for everyone. If one takes care of himself, and behave properly with his family and friends, does some community service and praise the Lord, one are not so far away from becoming Bar-Messimah™. The tasks of Bar-Messimah™ are fun, once started and completed. You are ready to go - hit the road!

Bar-Messimah™ is a book for everyone.

Bar-Messimah™ relates to the common daily chores every person can have. It does not exclude any religion, belief or faith. On the contrary, the journey with the Bar-Messimah™ project will help anyone to develop a conscious and meaningful relationship with his faith. It does not matter much if it is God, The Lord, The



Master of the Universe, or any other set of majestic forces, they all will bless you for praising their glory.

Who should use Bar-Messimah™?

- Teens can use the Bar-Messimah™ workbook.
- Teens' parents can use the Bar-Messimah™ workbook
- Youth group leaders can use Bar-Messimah™ (although please note that it is not an official educational program).
- Counselors and social workers can use Bar-Messimah™. They may find that the Bar-Messimah™ work-book is a suitable guideline for teenagers to highlight some major issues of their growing up and maturation process. Basic knowledge of biology and sociology could add an important aspect to the project. It is just natural that professional counselors will be involved and support children using this project. Working on the Bar-Messimah™ project could bring children to be more involved in their community. The attention of an official counselor could mean a lot to the personal progress of a teenager maturing person.
- At the ceremony the graduated teenager gets acknowledged by his family and community and is recognized by adults as worthy the title "**Bar-Messimah™**". As a young adult he or she is ready now to undertake some more responsibilities.

*Attention is not "free":
you have to "pay attention"
and you have to "deserve" it.*

