

Rosh Ha Shanah



In Judaism; The Festival of Trumpets (Yom Teruah) is celebrated as Rosh HaShanah.

It is the Jewish New Year.

Rosh HaShanah

**literally means "Head of the Year"
(rosh=head, ha=of, shanah=year)**



WHAT IS THE BIBLICAL ORIGIN OF THIS HOLIDAY ?

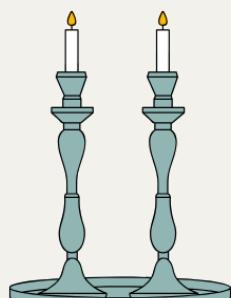
" 23 The LORD said to Moses, 24 "Say to the Israelite's : 'On the first day of the seventh month you are to have a day of sabbath rest, a sacred assembly commemorated with trumpet blasts. 25 Do no regular work, but present a food offering to the LORD."

Leviticus 23:23-25

In Jewish tradition, at Rosh Hashanah, Adonai pronounces a judgment for the coming year upon each of His people. At Yom Kippur (Day of Atonement), He seals that judgment. This period is known as the Yamim Norim, a ten-day period of introspection and repentance that culminates with Yom Kippur —the holiest day of the Jewish year. On Rosh HaShanah, Jews from all over the world also celebrate the anniversary of God's creation of the world and recognize His Kingship .

Historically, Rosh HaShanah has been recognized as the beginning of the Jewish civil year. It is also the beginning of the Fall High Holy Days. At this time we are called to reflect on the previous year and to look ahead to the one to come. Therefore, during the month of Elul (Eh-LOOL) preceding Rosh HaShanah, we begin to examine ourselves before Adonai and seek His forgiveness and favor for the following year.

During Rosh HaShanah, we ask Adonai for forgiveness for the things we've done wrong during the past year. We also reconcile with people that we have wronged, and we remind ourselves not to repeat these mistakes in the coming year. In this way, Rosh HaShanah is an opportunity to ask God to help us improve ourselves and our relationship with others. It's a holiday that helps us to become better people. To become more like Him. And that's a beautiful thing.



Rosh HaShanah Traditions

Jews from all over the world celebrate Rosh HaShanah.

Celebrations can vary slightly, but the main traditions of the holiday observance include: a festive holiday meal, special services at the synagogue, hearing the shofar blast, and eating sweet foods for sweet new year. The shofar, is a special instrument made from the horn of a kosher animal (usually a ram), it is blown 100 times during the Rosh HaShanah service. Tzedakah, or giving charity to people in need, is also part of the holiday.

What kinds of foods are eaten on Rosh Hashanah?

Food is an important part of Rosh HaShanah. Many special foods are included in a traditional Rosh HaShanah meal. Sweet foods are eaten to symbolize our hope for a "sweet new year." We enjoy "new fruit," a fruit that has recently come into season but we have not yet had the opportunity to enjoy this year (often a pomegranate). The head of a fish is sometimes served, to remind us to be "like the head and not the tail"—so we'll be leaders, not followers. The fish also symbolizes the translation of Rosh HaShanah, which means "Head of the Year" in Hebrew. A pretty challah is baked, sweetened with raisins and braided into a round shape to symbolize the Jewish life cycle. Apples are dipped in honey, again symbolizing sweetness. All of these traditions are important, because they help to connect us to the deeper meaning of the Rosh HaShanah holiday.

What is the proper greeting for Rosh HaShanah?

If you'd like to wish somebody a happy Jewish New Year, you can say "L'Shanah Tovah," which is Hebrew for "A Good Year."

Shana Tova



Rosh HaShanah Blessings:

Shehechiyanu

Ba-ruch A-tah A-do-noi E-loi-hei-nu
Me-lech ha-o-lam she-he-chee-ya-nu v'ki-yi-ma-nu
vi-hi-gi-ya-nu liz-man ha-zeh.

Blessed are You, L-rd our G-d, King of the
Universe, who has granted us life, sustained us and
enabled us to reach this occasion.

Bendito eres, Tu Adonai nuestro Di-os, Rey del universo,
que nos ha concedido la vida, nos ha sostenido, y nos ha permitido llegar a esta ocasión.

Special blessings for a sweet new year

Pick up a slice of apple, dip it in honey, and say:

Baruch atah Adonai, Eloheinu melech ha-olam, borei p'ri ha-eitz.
Y'hi ratzon milfanecha, Adonai Eloheinu v'Elohei
avoteinu v'imoteinu, shetchadesh aleinu shanah tovah um'tukah.

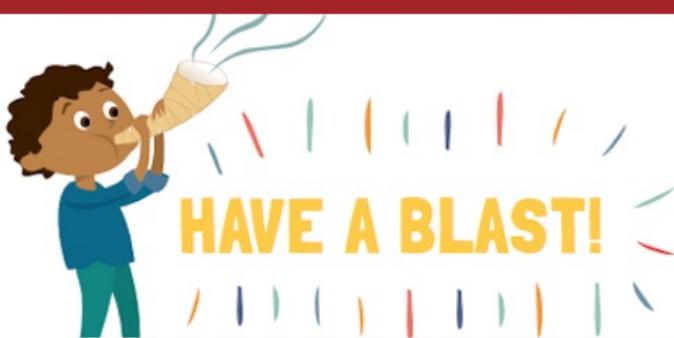
Blessed are You, L-rd our G-d, King of the universe,
who creates the fruit of the tree.
May it be Your will to renew for us a new and sweet year.

Bendito eres, Tu Adonai nuestro Di-s, Rey del Universo,
Que creas el fruto del árbol.
Que sea Tu voluntad, Adonai, que este sea un año bueno y dulce para nosotros.

Your family also may want to enjoy challah dipped in honey. Some families include a pomegranate as a treat before the meal. It is said that the number of seeds in the pomegranate reflects the number of good deeds that you will do in the coming year. Enjoy your holiday meal!



Craft Time



HAVE A BLAST!

Hear the shofar and make your own

In the bible, Rosh HaShanah is not called Rosh HaShanah. It's called Yom Teruah, the day of blasting the shofar (ram's horn)

On Rosh HaShanah the voice of the shofar is like a wake-up call: Pay attention to yourself and ways you can improve! Pay attention to the world and how you can make it better!

The shofar is sounded 100 times during a traditional Rosh HaShanah service.

While the blower must first take a deep breath, the shofar only sounds when the air blows out. This is a symbol for Rosh HaShanah: we turn inward to fix ourselves so we can then burst out and contribute to the world

Here are the four shofar sounds we blow on Rosh HaShanah and Yom Kippur



HANDS ON!

MAKE A SHOFAR: A real shofar is made from a ram's horn, and it takes some skill to blow it. You can make a pretend shofar at home that's easy to blow since the sound is your own voice.

SUPPLIES

LARGE PAPER PLATE

STAPLER

MASKING TAPE



1. **Roll the paper plate** into a cone and staple in place (you may need an adult's help with this).



2. **Bend the paper plate** to look like a ram's horn. Use masking tape to help hold the shape. Then wrap the whole shofar in masking tape to give it a horn-like look.



3. **Hold the shofar up** to your mouth and make loud shofar noises letting everyone around you know it's time to pay attention and make the world better.

Can you make each of the four sounds on this page?

Recipe Time

Easy Baked Apple Dessert



make your family a sweet treat for a sweet new year

INGREDIENTS

4 APPLES
3 TBS MELTED BUTTER
2 TBS HONEY
(plus more for drizzling)
1/2 CUP ROLLED OATS
1/2 CUP RAISINS



Preheat oven to 375 degrees . Carefully core the apples with a paring knife. Mix 2 tbs of butter and the honey, oats and raisins together in a small bowl, then scoop the mixture into the cored apples. Brush apples with the remaining tablespoons of butter. Arrange apples in a baking dish or on a cookie sheet for 20-25 minutes or until apple pierces easily with a sharp knife. Cool for a few minutes, drizzle with a little more honey and enjoy.

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