

ALL ABOUT ROSH HASHANAH



What is *Rosh HaShanah*?

Rosh HaShanah is the Jewish New Year and comes at the beginning of a 10-day period that ends with *Yom Kippur* (Day of Atonement), a period known as the Jewish High Holy Days. *Rosh HaShanah* is a time for reflection and thinking about how to improve ourselves in the coming year.

When is it?

Rosh HaShanah is on the first and second days of *Tishrei*, the seventh month of the Jewish calendar, which falls in autumn. Some Jews celebrate only one day; the discrepancy can be traced back to how the ancient Jews announced the beginning of the festival and various interpretations regarding the required length of the holiday's observance.

What do I need to celebrate *Rosh HaShanah*?

As one of the High Holy Days, *Rosh HaShanah* is traditionally celebrated by attending services in a synagogue or temple, though there are customs and ceremonies that are observed at home. Here are some things to know about the festival:

Shanah Tovah The customary greeting of “Happy New Year!”

Tzedakah The practice of beginning the New Year by giving charitable gifts or doing charitable acts.

Holiday Meal *Rosh HaShanah* begins at sundown with a holiday meal that includes traditional blessings. A round *challah* is served to symbolize the cycle of years and seasons. Apples and honey are served to symbolize hopes for a sweet new year.

Shofar A ram's horn that is blown like a trumpet during the *Rosh HaShanah* services and at the end of *Yom Kippur*. Sounding the *shofar* reminds us to look inward and strive to be our best selves in the coming year. The *shofar* has four different sounds:

- ***Tekiah*** One short blast
- ***Shvarim*** Three short blasts
- ***Teruah*** Nine short blasts
- ***Tekiah gedolah*** One long blast

Tashlich This Hebrew word means “to cast away.” It's traditional to go to a body of water, such as a lake or river, on the afternoon of the first day of *Rosh HaShanah* for a ceremony to symbolically cast away the things we did wrong in the past year so we can start fresh in the new year.

ALL ABOUT ROSH HASHANAH



Rosh HaShanah activities

We express our hopes for a “sweet” new year by picking apples and dipping them in honey. Another way to celebrate at home is by baking such treats as [honey-walnut cookies](#) and [honey apple cake](#).

Young children can learn more about the holiday through craft activities, such as painting pictures using cut apples to apply the paint, and making New Year’s cards and giving them to friends and family.

Still have questions?

For more information about *Rosh HaShanah*, jHUB and interfaith programs or Jewish culture, contact Rabbi Melinda Mersack, Director, at mmersack@jecc.org, 216-371-0446 x232 or Danya Shapiro, Program Associate, at dshapiro@jecc.org, 216-371-0446 x207.

ROSH HASHANAH BLESSINGS



Blessing Over the Candles

**בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב.**

*Barukh atah Adonai, Eloheinu Melekh ha'olam, asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik ner shel Yom Tov.*

Blessed are you Adonai our God, Ruler of the universe, who has made us holy through God's commandments, and commands us to light the holiday candles.

Blessing for Our Children

יְבָרְכֶךָ יְיָ וְיִשְׁמְרֶךָ. יָאֵר יְיָ פָּנָיו אֵלֶיךָ וַיְחַנֶּךָ. יֵשֵׂא יְיָ פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

*Y'varekh'kha Adonai v'yish'm'rekha. Ya'eir Adonai panav eilekha
viy'khuneka. Yisa Adonai panav eilekha, v'yaseim l'kha shalom.*

May God bless you and protect you. May God shine upon you and be gracious to you. May God always be with you and grant you peace.

Kiddush — Blessing Over the Wine

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Barukh atah Adonai, Eloheinu Melekh ha'olam, borei p'ree hagafen.

Blessed are you Adonai our God, Ruler of the universe, who creates the fruit of the vine.

Shehekiyanu

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

*Barukh atah Adonai, Eloheinu Melekh ha'olam,
shehekiyanu v'kiymanu, v'higianu laz'man hazeh.*

Blessed are you Adonai our God, Ruler of the universe, for giving us life, for sustaining us and for enabling us to reach this season.

ROSH HASHANAH BLESSINGS



Blessing Over the Challah

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Barukh atah Adonai, Eloheinu Melekh ha'olam, hamotzi lekhem min ha'aretz.

Blessed are you Adonai our God, Ruler of the universe,
who causes bread to come forth from the earth.

Blessing Over the Apple

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָעֵץ.

Barukh atah Adonai, Eloheinu Melekh ha'olam, borei p'ree haeitz.

Blessed are you Adonai our God, Ruler of the universe, who creates the fruit of the tree.