

Rosh Hashanah at Home

Rosh HaShanah:

**THE
BIG
IDEA**

רֹאשׁ הַשָּׁנָה

The Jewish new year brings a Jewish new **you**. These momentous days are spent doing *Teshuva* - repentance - the process of seeking and gaining forgiveness from God, other people, and ourselves. The goal is to live next year the way we *want* to, not merely to carry forward through inertia.

On Rosh HaShanah, we utilize all of our senses to achieve this goal of *Teshuva*, self-renewal.



Sight: We see congregants and Torahs bedecked in white, the color of purity.



Sound: We hear the Shofar, which the Rambam teaches is a spiritual alarm clock, waking us up to do *Teshuva*.



Touch: We throw bread into the water at Tashlich as we imagine our sins being cast away.



Smell: We smell the savory meals cooked which bring together family and community.



Taste: We taste the sweetness of apples and honey as we begin the year on a sweet note.

The Guide

While the food is delicious, the Rosh HaShanah meal offers more: the opportunity to create family memories, personal meaning, communal solidarity, and holiness.

The order of the meal

1. Candle lighting
2. Reciting Kiddush (the blessing over the wine)
3. Washing hands
4. Reciting HaMotzi (the blessing over the bread)
5. Reciting the blessing for apples and honey
6. The meal
7. Reciting Birkat HaMazon (Grace after Meals)



1. Candle Lighting

Like Shabbat, the holiday begins at sundown, as we mark the boundary between ordinary time and extraordinary (holy) time. Only by making distinctions can we mark some times as being unique.



ברוך אתה יי אלהינו מלך העולם,
אשר קדשנו במצותיו, וצונו
להדליק נר של (שבת ושל)
יום טוב

*Barukh atah Adonai eloheinu
melekh ha-olam, asher kid'shanu
b'mitzvotav v'tzivanu l'hadlik ner shel
(shabbat v'shel) yom tov.*

Praised are You, Adonai our God,
Ruler of the Universe Who command-
ed us to kindle lights for (Shabbat and
for) the Festival.

**After lighting the candles, we say the
Blessing of She-heheyanu, thanking
God for allowing us to live another
year and experience this moment.**

ברוך אתה יי אלהינו מלך העולם, שֶהֵחַיְנו
וְקִיְמָנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

*Barukh atah Adonai eloheinu
melekh ha-olam, she-heheyanu
v'kiymanu v'higianu lazman
ha-zeh.*

Praised are You, Adonai our
God, Ruler of the Universe, for
enabling us to live, for sustaining us,
and for bringing us to this moment.



2. Reciting Kiddush

Whenever we make a blessing over wine or grape juice - like on Shabbat - we never declare the wine itself to be holy; otherwise we couldn't drink it. Instead, we use the wine as a vessel to declare something else to be holy: the holiday time itself.

*(First paragraph and words in parentheses on
Shabbat only)*

וְיֵהִי עֶרֶב וְיֵהִי בֹקֶר
יוֹם הַשַּׁשִּׁי. וְיִכְלוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם. וְיִכַל אֱלֹהִים בַּיּוֹם
הַשְּׁבִיעִי מְלֹאכֶתוֹ אֲשֶׁר עָשָׂה, וְיִשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל
מְלֹאכֶתוֹ אֲשֶׁר עָשָׂה. וְיִבְרַךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וְיִקְדֹּשׁ אֹתוֹ,
כִּי בּוֹ שָׁבַת מִכָּל מְלֹאכֶתוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.



סִבְרֵי מִרְנֵנוּ וְרִבְנֵנוּ וְרִבּוּתֵינוּ. בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ
מְלֹךְ הָעוֹלָם, בּוֹרֵא פְרִי הַגֶּפֶן.

ברוך אתה יי אלהינו מלך העולם, אשר בחר
בנו מכל עם ורוממנו מכל לשון, וקדשנו במצותיו. ותתן לנו יי
אלהינו באהבה את יום (השבת הזה ואת יום) הזכרון הזה, יום
(זכרון) תרועה (באהבה) מקרא קדש, זכר ליציאת מצרים. כי
בנו בחרת ואותנו קדשת מכל העמים, ודברך אמת וקים לעד.
ברוך אתה יי, מלך על כל הארץ מקדש (השבת ו) ישראל
ויום הזכרון.

*Va-y'khulu ha-shamayim v'ha-aretz v'khol tz'va-am.
Va-y'khal Elohim bayom ha-sh'vi-i m'lakhto asher
asah, vayishbot bayom ha-sh'vi-i mikol m'lakhto
asher asah. Va-y'varekh Elohim et yom ha-sh'vi-i va-
y'kadesh oto, ki vo shavat mikol m'lakhto, asher bara
Elohim la-asot.*

*Barukh atah Adonai eloheinu melekh ha-olam, borei
pri ha-gafen*

*Barukh atah Adonai eloheinu melekh ha-olam,
asher bahar banu mikol am v'rom'manu mikol lashon,
v'kid'shanu b'mitzvotav. Va-titten lanu Adonai*

(the blessing over the wine)

eloheinu b'ahavah et yom (ha-shabbat ha-zeh v'et yom) ha-zikaron ha-zeh, yom (zikhron) t'ruah (b'ahavah) mikra kodesh, zeikher litziat mitzrayim. Ki vanu vaharta v'otanu kidashta mikol ha-amim, u-d'var'kha emet v'kayam la'ad.

Barukh atah Adonai, melekh al kol ha-aretz m'kadash (ha-shabbat v') yisrael v'yom ha-zikaron.

There was evening, there was morning, the sixth day.

The heavens and the earth were completed, with all their array. On the seventh day, God finished the work He had made. He rested on the seventh day from all His work He had done. God blessed the seventh day and made it holy, for on it He ceased from all His work that God had made.

Praised are You, Adonai our God, Ruler of the Universe, Who creates the fruit of the vine.

Praised are You, Adonai our God, Ruler of the Universe, Who chose us from among the nations; exalted us from other peoples; and sanctified us with His commandments. Lovingly You, Adonai our God, gave us this (Shabbat and) Day of Remembrance, a day for (recalling) the Shofar blasts (with love), a sacred time, a reminder of the exodus from Egypt. For You chose us and sanctified us from among all the nations. Your faithful word endures forever. Praised are You, Adonai, Ruler of all the earth, Who makes holy (Shabbat), Israel, and the Day of Remembrance.

ברוך אתה יי אלהינו מלך העולם, שהחיינו וקיימנו
והגייענו לזמן הזה.

Barukh atah Adonai eloheinu melekh ha-olam, she-heheyanu v'kiymanu v'higianu lazman ha-zeh.

Praised are You, Adonai our God, Ruler of the Universe, for enabling us to live, for sustaining us, and for bringing us to this moment.



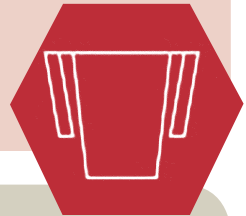
3. Washing Hands

This ritual cleansing of the hands before bread has a symbolic purpose: to remind us that the food we're about to eat should be utilized to add goodness to the world.

ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו
במצותיו, וציינו על נטילת ידים.

Barukh atah Adonai eloheinu melekh ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.

Praised are You, Adonai our God, Ruler of the Universe Who commanded us to wash our hands.



4. Reciting HaMotzi (the blessing over the bread)

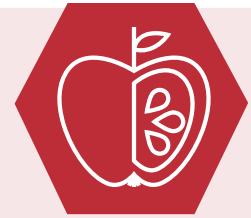
The blessing over bread, the staff of life, articulates our gratitude to God for the feast. The round loaves remind us of the cycle of life, while the drizzle of honey portends a year of sweetness.

ברוך אתה יי, אלהינו מלך העולם, המוציא לחם
מן הארץ.

Barukh atah Adonai eloheinu melekh ha-olam, ha-motzi lehem min ha-aretz.

Praised are You, Adonai our God, Ruler of the Universe Who brings forth bread from the earth

5. Reciting the Blessing for Apples and Honey



We dip apples in honey to start the year off on a sweet note. We first say the blessing for the apple and then a meditation asking God for a year of goodness, sweetness, and renewal.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָעֵץ.

Barukh atah Adonai eloheinu melekh ha-olam, borei pri ha-eitz.

Praised are You, Adonai our God, Ruler of the Universe Who creates the fruit of the tree.

יְהִי רָצוֹן מִלְּפָנֶיךָ יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂתַחַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה.

Ye-hi ratzon mil-faneha, Adonai Eloheinu VElohei avoteinu, she-te'hadesh aleinu shanah tovah u'metukah.

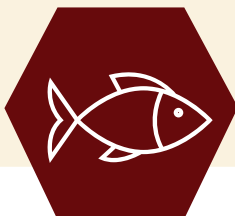
May it be Your will, Our God and God of our ancestors, to renew for us a good and sweet year.



6. The Meal

Enjoy! Some families serve other traditionally special foods for this meal as sources of good luck, like leeks, cabbage, beets, carrots, dates, gourds, pomegranates, and even the head of a fish! Visit myjewishlearning.com for explanations.

Consider having a Rosh HaShanah-themed discussion at some point - perhaps before dessert - to make the meal more special. Feel free to lead your own or check out our Beth El Table Talk.



7. Reciting Birkat HaMazon (Grace after Meals)

Gratitude is a muscle that should be exercised daily. We do so by thanking God before eating bread with Birkat HaMotzi and Birkat HaMazon afterward, among other things. You can find Birkat HaMazon in any Siddur or bencher book.

שָׁנָה טוֹבָה וּמְתוּקָה!

Have a sweet and happy new year!



North Suburban Synagogue

Beth El
בית כנסת בית אל



Transliterations from Siddur Lev Shalem.
When finished with this guide, please place in Geniza at Beth El, as it contains God's name.