



A Time for All Seasons A Year of Celebration



Special Holiday

Prayers • Songs • Games • Projects • Recipes

Tradition remains the cornerstone of the BMH-BJ community. Observance of the holidays brings families together and links one generation to the next.

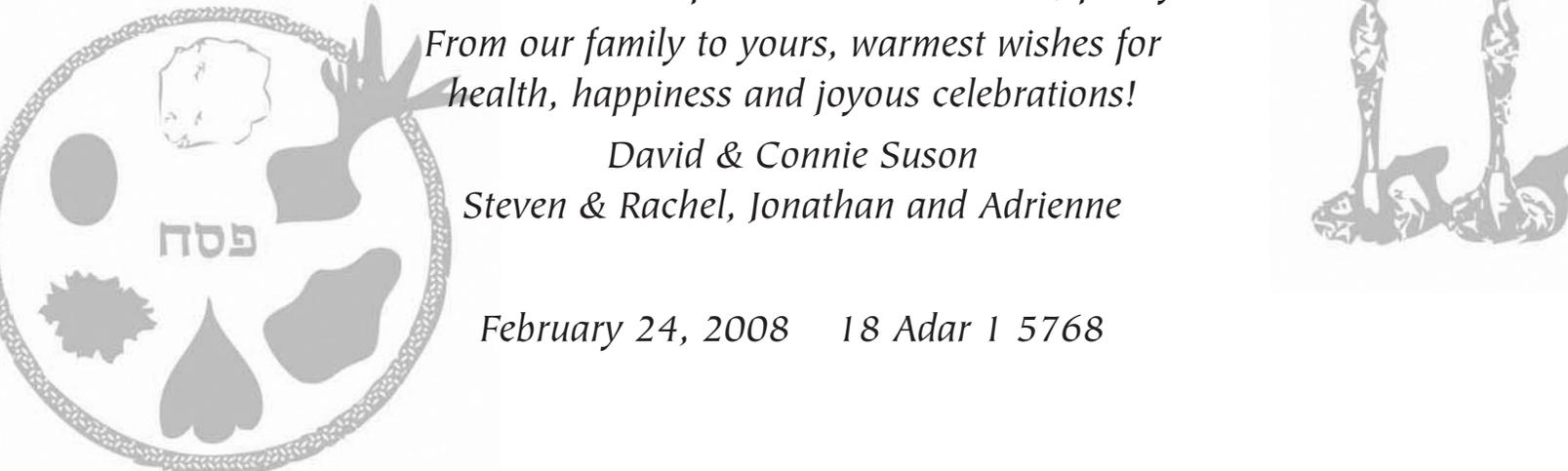
This book contains the memories, traditions, songs and celebrations of our extended BMH-BJ family.

From our family to yours, warmest wishes for health, happiness and joyous celebrations!

David & Connie Suson

Steven & Rachel, Jonathan and Adrienne

February 24, 2008 18 Adar 1 5768



INTRODUCTION

Readers might be interested to note that our High Holy Days are actually not exclusively of Jewish origin. Rosh Hashanah (the Jewish New Year) marks the anniversary of the creation of the world by Hashem. We believe that it has actually been 5768 years since human beings began to keep track of time. Yom Kippur is a day of reconciliation with G-d for all humanity.

The three pilgrimage festivals are uniquely Jewish. They commemorate the exodus from Egypt and the formation of the Jewish people into a “kingdom of priests and a holy nation.” Pesach marks the beginning of that experience through the physical redemption of the Jewish people, Shavuot – when we received the Torah – marks the spiritual redemption of the Jewish people, and Succot records the protection that Hashem afforded us in the wilderness before our entry into the Promised Land.

Certain festivals postdate the biblical period. For example, both Chanukah and Purim occurred during the second Temple period, and are considered rabbinic festivals. Chanukah commemorates the liberation of our people from the wicked designs of the Syrian-Greek King, Antiochus and Purim celebrates our victory over Haman. Both men wanted to destroy the Jewish people and their connection to their heritage.

In the contemporary period we have seen the introduction of three new annual occasions, which commemorate our recent history. Yom HaShoah records the tragic eradication of our people during the Holocaust. Yom Ha’atzmaut and Yom Yerushalayim acknowledge the role that G-d played in our national liberation, the founding of the State of Israel, and in the reunification of Jerusalem.

All our special occasions are both retrospective and future directed. They emphasize past events in our current times. They also look forward to the future, and to our ultimate redemption through peace for all nations with the advent of *Moshiach*.

Rabbi Selwyn Franklin

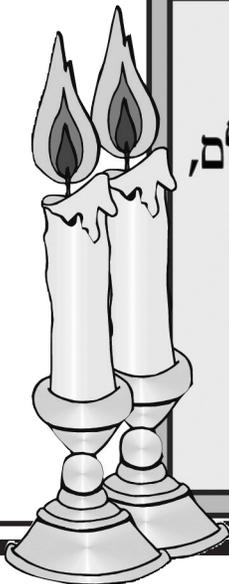


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Shabbat



ברוך אתה ה' אלקינו מלך העולם,
אשר קדשנו במצותיו, וצונו
להדליק נר של שבת



THE STORY OF SHABBAT

Shabbat is our most important holiday. In fact, it is the only ritual observance identified in the Ten Commandments. G-d explains, "because for six days, the Lord made the heavens and the earth, the sea and all that is in them, and on the seventh day, he rested; therefore, the Lord blessed the Sabbath day and sanctified it." Shabbat is primarily a day of rest and spiritual enrichment. By resting on the seventh day and sanctifying it, we remember and acknowledge that G-d is the creator of heaven and earth and all living things. We also follow G-d's example by refraining from work on the seventh day, as G-d did.

SHABBAT SHALOM

Shabbat is not only a day of rest but also of spiritual enrichment. We are taught, "G-d only dwells in a home filled with peace." It is our job to separate our hectic everyday lives from the Sabbath and to instill our homes and lives with peace on Shabbat. Jews the world over follow similar traditions on Friday night to set the tone for Shabbat. These traditions help to infuse a sense of peace and love in the home and to remind us that Shabbat is a special time. These traditions include singing Shalom Alechem, reciting Eshet Chayil and blessing the children of the house.

SHALOM ALECHEM

Shalom Alechem
Malachei Hasharet
Malachei Elyon
Mimelech Malchei Ham'lachim
Hakadosh Baruch Hu.

שְׁלוֹם עֲלֵיכֶם
מְלָאכֵי הַשָּׁרֵת
מְלָאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bo'achem L'shalom Malachei Hashalom
Malachei Elyon
Mimelech Malchei Ham'lachim
Hakadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם מְלָאכֵי הַשָּׁלוֹם
מְלָאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Barchuni L'shalom Malachei Hashalom
Malachei Elyon
Mimelech Malchei Ham'lachim
Hakadosh Baruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם מְלָאכֵי הַשָּׁלוֹם
מְלָאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Tzetchem L'shalom Malachei Hashalom
Malachei Elyon
Mimelech Malchei Ham'lachim
Hakadosh Baruch Hu.

צַאֲתְכֶם לְשָׁלוֹם מְלָאכֵי הַשָּׁלוֹם
מְלָאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

A WOMAN OF VALOR

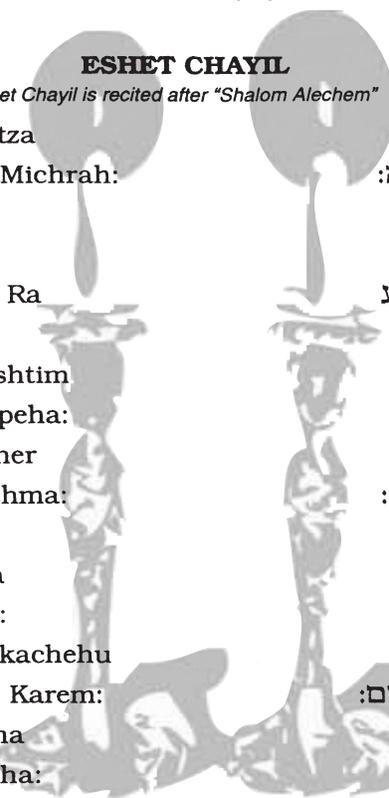
Connie Suson

Eshet Chayil, A Woman of Valor, is traditionally sung by a husband to honor his wife on Friday nights. When our son Steven was about 16-years-old he learned it and began singing it to me at Shabbat dinner. For our 25th wedding anniversary, Steven and our daughter Adrienne, who are both very musical, surprised us with a harmonized version of Eshet Chayil. It was beautiful. Later, for my birthday, they gave me a special teddy bear that sings their version of the prayer. It was very sweet.

Now that Steven is married, he has started his own Eshet Chayil tradition. During this first year of marriage, Steven has sung Eshet Chayil to his new bride, Rachel, every week on Shabbat, and each week he uses a different tune. He uses popular music and is very creative.

ESHET CHAYIL

Eshet Chayil is recited after "Shalom Alechem"



Eshet Chayil Mi Yimtza	אֶשֶׁת חַיִּיל מִי יִמְצָא
V'rachok Mipninim Michrah:	וְרַחֵק מִפְּנִינִים מִכְּרָה:
Batach Ba Lev Ba'ala	בָּטַח בָּהּ לֵב בַּעֲלָהּ
V'shalal Lo Yechsar:	וְשָׁלַל לּוֹ אֵין יִחְסַר:
Gemalat'hu Tov V'lo Ra	גְּמֻלַתְהוּ טוֹב וְלֹא רָע
Kol Yemci Chayeha:	כָּל יְמֵי חַיֶּיהָ:
Darsha Tzemer U'fishtim	דָּרְשָׁה צְמַר וּפִשְׁתִּים
Vata'as B'chefetz Kapeha:	וַתַּעַשׂ בְּחֶפֶץ כַּפְּיָהּ:
Haita Ka'oniyot Socher	הִיְתָה כְּאֹנִיּוֹת סוֹחֵר
Mimerchak Tavi Lachma:	מִמְרַחֵק תָּבִיא לַחֲמָה:
Vatakom B'od Laila	וַתִּקֶּם בְּעוֹד לַיְלָה
Vatiten Teref Leveta	וַתִּתֵּן טָרֵף לְבֵיתָהּ
V'chok L'na'aroteha:	וְחֹק לְנַעֲרֹתֶיהָ:
Zamema Sadeh Vatikachehu	זָמְמָה שָׂדֵה וַתִּקְחָהּ
Mipri Chapeha Nata Karem:	מִפְּרֵי כַּפְּיָהּ נָטְעָה כָּרֶם:
Chagra B'oz Mot'neha	חֲגָרָה בְּעוֹז מוֹתְנֶיהָ
Vate'amez Zero'oteha:	וַתֵּאֲמֶץ זְרוֹעֹתֶיהָ:
Ta'ama Ki Tov Sachra	טָעַמָּה כִּי טוֹב סַחְרָהּ
Lo Yichbeh Balaila Nera:	לֹא יִכְבֶּה בַּלַּיְלָה גְּרָהּ:
Yadeha Shilcha Vakishor	יָדֶיהָ שָׁלְחָה בְּכִישׁוֹר
V'chapeha Tamchu Falech:	וּכְפִיָּהּ תִּמְכּוּ פָלֶךְ:
Kapa Parsa L'ani	כַּפָּה פָּרְשָׁה לְעֵנִי
V'yadeha Shilcha La'evyon:	וַיְדִיָּה שָׁלְחָה לְאֶבְיוֹן:
Lo Tira L'veta Mishaleg	לֹא תִירָא לְבֵיתָהּ מִשְׁלֵג
Ki Chol Beta Lavush Shanim:	כִּי כָל בֵּיתָהּ לְבָשׁ שָׁנִים:
Marvadim Asta La	מִרְבָּדִים עָשְׂתָה לָּהּ
Shesh V'argaman Levusha:	שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁהּ:
Noda Bashe'arim Ba'ala	נוֹדַע בְּשַׁעְרִים בַּעֲלָהּ
B'shivto Im Ziknei Aretz:	בְּשִׁבְתוֹ עִם זְקֵנֵי אֶרֶץ:

FAMILY BLESSINGS

Connie Suson

Every Friday night David blessed each one of our children individually. It was a very tender and sweet time when each child lowered his or her head as David placed his hands on them and bestowed a blessing.

Some weeks, as we all know, are just bad - very hectic and exhausting. On those few occasions when everyone just wanted to eat and go to bed, we would all point to each other and say, "You're great! You're great! You're great!" instead of blessing each one of us individually. In our minds, the meaning, intent, sincerity and love is still very clear.

Sadin Asta Vatimkor
Vachagor Natna Lakena'ani:
Oz V'hadar Levusha
Vatis'chak L'yom Acharon:
Pi'ha Patcha B'chochma
V'torat Chesed Al Leshona:
Tzofia Halichot Beta
V'lechem Atzlut Lo Tochel:
Kamu Vaneha Vay'ashruha
Ba'ala Vayehalela:
Rabot Banot Asu Chayil
V'at Alit Al Kulana:
Sheker Hachen V'hevel Hayofi
Isha Yir'at Adonai Hi Tit'halal:
T'nu La Mipri Yadeha
Vi'haleluha Vashe'arim Ma'aseha:

Proverbs 31:10-31

סדין עשתה ותמכר
נחגור נתנה לפנעני:
עוז והדר לבושה
ותשחק ליום אחרון:
פיה פתחה בחכמה
ותורת חסד על לשונה:
צופיה הליכות ביתה
ולחם עצלות לא תאכל:
קמו בניה ויאשרוה
בעלה ויהללה:
רבות בנות עשו חיל
ואת עלית על כלנה:
שקר החן והכל היפי
אשה יראת יי היא תתהלל:
תנו לה מפרי ידיה
ויהללוה בשערים מעשיה:

משלי לאי-לא



LIGHTING CANDLES

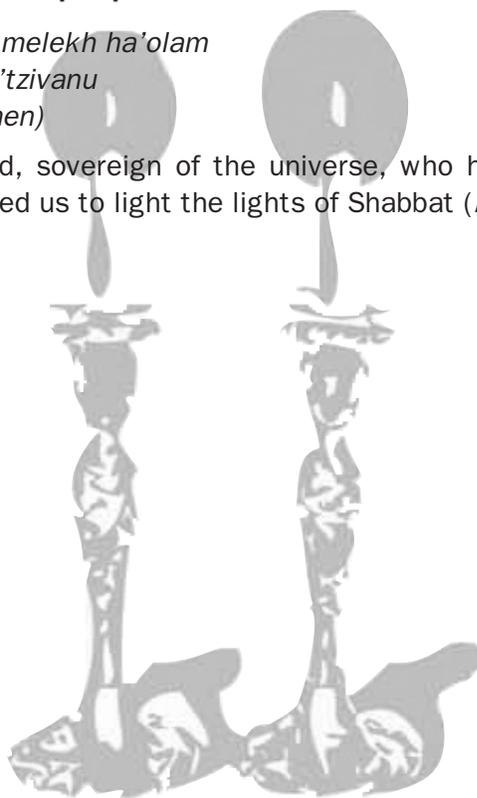
Traditionally, the women of the household light the Shabbat candles just before sundown on Friday night. We light at least two candles, which represent the dual commandments to remember and to keep the Sabbath. After lighting them, we wave our hands over the candles, welcoming in the Sabbath. Then we cover our eyes and recite the blessing below.

Blessing over Candles

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שַׁבָּת : (אָמֵן)

*Barukh atah adonai, eloheinu, melekh ha'olam
asher kidishanu b'mitz'votav v'tzivanu
l'had'lik neir shel Shabbat (Amen)*

Blessed are you, Lord, our G-d, sovereign of the universe, who has sanctified us with His commandments and commanded us to light the lights of Shabbat (Amen)



KIDDUSH

We recite Kiddush while holding a cup of wine.

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי
וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם
וַיִּכְלֹ אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלֶאכֶתוֹ אֲשֶׁר עָשָׂה
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלֶאכֶתוֹ אֲשֶׁר עָשָׂה
וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי בִּיקְדָשׁ אֹתוֹ
כִּי בּו שְׁבֹת מִכָּל מְלֶאכֶתוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְרִי הַגֶּפֶן (אָמֵן)

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וּרְצָה בָּנוּ
וְשִׁבֹת קִדְּשׁוֹ בְּאַהֲבָה וּבְרִצּוֹן הִנְחִילָנוּ זְכוֹרֹן לְמַעֲשֵׂה בְרָאשִׁית
כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ זָכָר לִיצִיאַת מִצְרַיִם
כִּי בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים
וְשִׁבֹת קִדְּשָׁךְ בְּאַהֲבָה וּבְרִצּוֹן הִנְחִילָתָנוּ

בָּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשְּׁבֹת (אָמֵן)

Vay'hi erev vay'hi voker yom hashishi
vay'khulu hashamayim v'ha'aretz v'khol tz'va'am
vay'khal elohim bayom hash'vi'i m'la'kh'to asher asah
vayish'bot bayom hash'vi'i mikol m'la'kh'to asher asah
Vay'varekh Elohim et yom hash'vi'i vay'kadeish oto
ki vo shavat mikol m'la'kh'to asher bara Elohim la'asot

Barukh atah Adonai, Eloheinu, melekh ha-olam
borei p'ri hagafen (Amen)

Barukh atah Adonai, Eloheinu, melekh ha-olam
asher kid'shanu b'mitz'votav v'ratzah vanu
v'shabat kad'sho b'ahavah uv'ratzon hin'chilanu zikaron l'ma'aseih v'rei'shit
ki hu yom t'chilah l'mik'ra'ei kodesh zeikher litzi'at Mitz'rayim
ki vanu vachar'ta v'otanu kidash'ta mikol ha'amim
v'shabat kad'sh'kha b'ahavah uv'ratzon hin'chal'tanu
Barukh atah Adonai m'kadeish hashabat (Amen)

KIDDUSH

And there was evening and there was morning, a sixth day. The heavens and the earth were finished, the whole host of them, and on the seventh day G-d completed His work that He had done. He rested on the seventh day from all His work that He had done, and G-d blessed the seventh day, and sanctified it, because in it He had rested from all his work that G-d had created to do.

Blessed are you, Lord, our G-d, sovereign of the universe, who creates the fruit of the vine (Amen)

Blessed are You, Lord, our G-d, King of the Universe who sanctifies us with His commandments, and has been pleased with us. You have lovingly and willingly given us Your holy Shabbat as an inheritance, in memory of creation because it is the first day of our holy assemblies, in memory of the exodus from Egypt because You have chosen us and made us holy from all peoples and have willingly and lovingly given us Your holy Shabbat for an inheritance.

Blessed are You, who sanctifies Shabbat (Amen)

Washing Hands

We ritually wash our hands by filling a cup with water and pouring it over the top and bottom of the right hand and then the left hand. Before wiping the hands dry on a towel, we recite the following blessing:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל נְטִילַת יָדַיִם

*Barukh atah Adonai, Eloheinu, melekh ha-olam
asher kidishanu b'mitz'votav v'tzivanu
al n'tilat yadayim*

Blessed are You, Lord, our G-d, King of the Universe, who has sanctified us with His commandments and commanded us concerning washing of hands.

Ha-Motzi

Immediately after washing hands, but before eating, the head of the household removes the cover from two challah loaves, and lifts them while reciting the following blessing. The challah is then ripped into pieces or sliced and passed around the table, so that each person may have a piece.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha-olam
hamotzi lechem min ha'aretz (Amen)*

Blessed are You, Lord, our G-d, King of the Universe, who brings forth bread from the earth (Amen)

HAVDALAH

The Havdalah service signals the end of Shabbat. It is typically performed Saturday night when three stars are visible in the sky, about 45 minutes to an hour after sundown. We say four special blessings which help us to separate the sacred (Shabbat) from the secular, and to usher in a new week.

Wine

The first of the four Havdalah blessings is made over wine.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרֵי הַגָּפֶן (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha'olam
borei p'ri hagafen (Amen)*

Blessed are you, Lord, our G-d, sovereign of the universe, who creates the fruit of the vine (Amen)

Spices

The second blessing is recited over fragrant spices.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא מִיְיָ בְּשָׂמִים (אָמֵן)

Barukh atah Adonai, Eloheinu, melekh ha'olam, borei minei v'samim (Amein)

Blessed are you, Lord, our G-d, sovereign of the universe, who creates varieties of spices. (Amen)

Fire

The third blessing is recited over the special, multi-wicked Havdalah candle. You can also hold two candles close together, so their flames overlap. After the blessing is recited, hold your hands up to the flame with curved fingers, so you can see the shadow of your fingers on your palms.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא מְאוֹרֵי הָאֵשׁ (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha'olam
borei m'orei ha'eish (Amen)*

Blessed are you, Lord, our G-d, sovereign of the universe, who creates the light of the fire. (Amen)

Havdalah

The last blessing is the Havdalah blessing itself. The blessing is recited over the wine. After the blessing is complete, drink the wine. Traditionally, we use the remaining wine to extinguish the Havdalah candle.

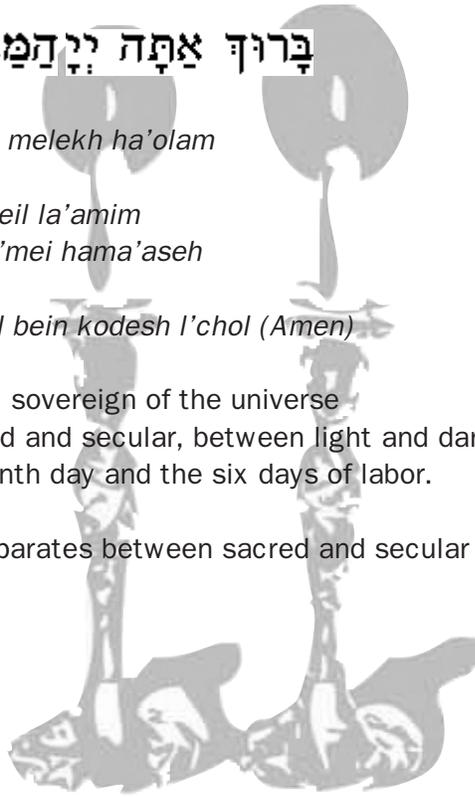
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחול
בֵּין אור לְחֹשֶׁךְ בֵּין יִשְׂרָאֵל לְעַמִּים
בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי הַמַּעֲשֵׂה
בָּרוּךְ אַתָּה יְיָ הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחול

*Barukh atah Adonai, Eloheinu, melek ha'olam
hamav'dil bein kodesh l'chol
bein or l'choshekh bein Yis'ra'eil la'amim
bein yom hash'vi'i l'sheishet y'mei hama'aseh*

Barukh atah Adonai, hamav'dil bein kodesh l'chol (Amen)

Blessed are you, Lord, our G-d, sovereign of the universe
Who separates between sacred and secular, between light and darkness, between Israel and
the nations, between the seventh day and the six days of labor.

Blessed are You, Lord, who separates between sacred and secular (Amen)



SHABBAT ART PROJECTS

Challah Cover

These are easy to make and can be as simple or as complicated as you would like.

Need: white or colored cloth napkin, glitter glue, needle and embroidery floss, Shabbat stencils, cloth markers (permanent) or cloth paint (puffy paint), buttons, ribbon and other decorative materials.

Younger children can draw on the napkin with permanent markers and paints. You can create your own Shabbat stencils using tag board and scissors and let the children follow the designs.

Older children can use needles, embroidery floss, buttons and other decorative materials to embellish the napkins so they look like challah covers.

One cute idea is to let each member of the family add his or her own design so the cover is truly a family project.

Kiddush Cup

In Jennifer Dechtman's family, each person has his or her own Kiddush cup. Her daughter is especially proud to hold her own little silver kiddush cup during the prayers and her son also has his own Kiddush cup for Shabbat.

You can make your own Kiddush cups using clear plastic cups and permanent markers. The permanent markers are essential so that the ink doesn't run if the outside of the cup gets wet. Use your imagination to design the outside of the cup or use traditional Shabbat symbols such as challah, grapes or candlesticks.

Shabbat Candlesticks

Need: Two or more large, white styrofoam cups, foil candleholders, markers, glitter, scissors and Shabbat candles.

Turn the cup over so that the bottom of the cup is facing up.

Decorate the outside of the cup. Remember: the cup bottom is now the top of your candlestick.

Center the candle on the cup bottom and trace the candle. Cut out the styrofoam inside the line so you have a hole in the center of the cup bottom. Put a foil candleholder in the hole and place a candle in the candleholder. The foil candleholder will keep wax from getting on your lovely candlesticks.

Havdalah Spice Bags

Need: inexpensive pantyhose, ribbons, glitter, paint and spices. Spices commonly used are cloves, cinnamon or bay leaves.

Cut the feet off the pantyhose, at least 8 inches from the toe. The "foot" forms a little bag thin enough to smell the spices, but thick enough to keep the spices from spilling out.

Decorate the bag with glitter, embroidery floss, paint, ribbons or other decorative materials. Open the bag and pull it over a can or a cup to dry so that the sides don't stick together. When the bag is ready, you can fill it with spices and tie it tightly with a ribbon.

FAMILY TRADITIONS AND FOND MEMORIES

Baking Challah

Ronit Williamson

Shabbat has always been special in our house, but now that we have two girls it has taken on new meaning. We start each Friday making challah. It is easy and fun for all of us. While we make it we sing favorite Shabbat songs. It is wonderful to see my daughters' faces light up as we welcome the Sabbath.

Lighting Candles

Marlin Barad

Our family lights a beautiful silver candelabra with five candles... one for each member of our family. We bought the candelabra in Israel years ago, so that is special for us. Even now when my kids are gone, I still light all five candles in the candelabra each Friday night.

A New Sabbath Tradition

Sara Cooper

Just before the birth of my daughter, Rabbi Franklin and I discussed ways to bring new Jewish traditions into our home. This is one that particularly resonated with me. On Friday nights we light two extra candles: one is for our baby and one is for our family. As I light each candle I say a little prayer of thanks for my beautiful child and for my loving family.

Shabbat Kisses

Marcie Boxer

The best thing about Shabbat in our house is "Shabbat Kisses." After we light the candles everyone goes around and gives a kiss to everyone else. My kids think this is the best part of the evening. It also creates a beautiful mood in the house of love and warmth.



Danny's Shabbat Chicken Curry Dan Woodrow and Myndie Brown

Ingredients:
 2 lbs chicken breasts cut into pieces
 2 cans mixed vegetables
 2 cans sliced potatoes
 1 can tomato paste
 1 medium onion
 Curry powder to taste
 Salt and pepper
 Flour
 Vegetable oil
 Chicken bouillon

Directions:

1. Dredge the chicken in flour and fry in medium/hot oil
2. Add salt and pepper
3. Chop onion and cook with last batch of chicken until transparent
4. Add the juice from the canned vegetables
5. Add some water or chicken bouillon
6. Add all the vegetables
7. Drain potatoes (discard the liquid) and add them
8. Add curry powder to taste
9. Cook for a few hours on low heat; stir regularly; add water as needed

Serve over steamed rice.
 Serves 6-8.

Challah Ilene Rosen

Ingredients:
 5 cups flour
 ½ cup sugar
 1 ½ teaspoons salt
 1 cup warm water (not hot)
 1 package yeast
 ½ cup melted margarine
 3 eggs (lightly beaten)
 1 egg for glaze

Directions:

1. In a small bowl dissolve yeast in warm water
2. In a separate bowl, mix 4 cups flour, sugar and salt. When the yeast is dissolved, add to flour mixture
3. Add eggs and melted margarine; mix well with a spoon until it is too difficult, then mix with your hands
4. Add additional flour until the sides of the bowl are clean and the dough isn't sticky
5. Dump dough onto a floured board and kneed until you can push a finger into the dough and it bounces back
6. Place dough in an oiled bowl and turn dough so that all the sides are lightly oiled; cover the dough with a damp cloth and set aside
7. Allow to rise for 2 hours; punch it down and allow to rise a second time. Punch it down one last time and braid. I usually allow it to rise for about an hour after I braid the challah
8. Preheat oven to 325 degrees
9. Brush with egg and bake for about 1 hour or until golden brown

Orange Chicken Susan Zalkin

This recipe is quick, easy and good!

Ingredients:
 1 chicken cut into eighths
 1 package onion soup mix
 1 small can orange juice concentrate
 1 juice can full of water

Directions:

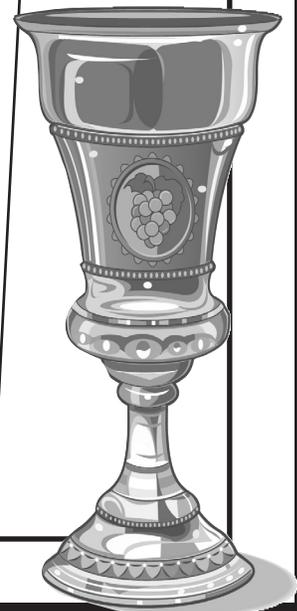
Place chicken in large shallow pan. Mix other ingredients in a separate bowl and pour over chicken. Bake 35-45 minutes at 350 degrees, turning chicken pieces occasionally.

Beef Brisket Angel Drucker

Ingredients:
 Brisket
 Cooking oil (vegetable, olive or other)
 2 medium onions
 2+ cans marinara sauce
 1 bag baby carrots
 1 small bag new potatoes
 Onion salt
 Pepper
 Brown sugar (optional)

Directions:

1. Heat oil in deep skillet over hot flame
2. Roughly chop onion and sauté onion until just tender
3. Rub brisket with onion salt and pepper (Optional: rub meat with brown sugar instead of onion salt) and place in sauté pan over onions
4. Cook until both sides are seared then remove from pan
5. Pour one bottle of marinara sauce into roasting pan. Put brisket and onions on top of sauce and pour second bottle of sauce on top of meat. Cover with aluminum foil and place in oven at 350 degrees for 2 hours
6. After 2 hours remove from oven. Remove brisket from roaster and slice. Put sliced brisket back into roaster; pour remaining sauce on top of sliced meat; arrange potatoes and carrots around meat; cover with aluminum foil and put back into the oven. (Optional: sprinkle brown sugar on top of meat and sauce to sweeten)
7. Cook for 1 additional hour or until the meat is tender (falls apart) and the potatoes are cooked through



Rosh Hashanah Yom Kippur



THE STORY OF ROSH HASHANAH

Rosh Hashanah is commonly known as the Jewish New Year. In Hebrew, Rosh Hashanah literally means “head of the year” or “first of the year.” The bible refers to this holiday not as “Rosh Hashanah,” but as Yom Ha-Zikkaron (the Day of Remembrance), or Yom Teruah (the Day of the Sounding of the Shofar). Jews typically think of this holiday as a time of introspection. It is when we look back at the past year and plan to make changes for the better in the coming year. No work is permitted on Rosh Hashanah and much of the day is spent in the synagogue.

One of the most important observances of both Rosh Hashanah and Yom Kippur is hearing the shofar. The shofar is a ram’s horn, which is blown somewhat like a trumpet. A total of 100 notes are sounded each day. There are four different types of shofar notes: tekiah, shevarim, teruah and tekiah gedolah. Although the Bible gives no specific reason for blowing the shofar, it has been suggested that the shofar’s sound is a call to repentance. In addition to sounding the shofar, we use a special prayer book called the Machzor for both Rosh Hashanah and Yom Kippur.

As part of our effort to start the new year off fresh, we take part in the traditional ritual of Tashlikh (“casting off”). We walk to flowing water, such as a creek or river, on the afternoon of the first day of Rosh Hashanah and symbolically cast off our sins by emptying our pockets into the water. Typically we use small pieces of bread to “cast off” our sins. This practice is not discussed in the Bible, but is a long-standing custom.

Another custom during Rosh Hashanah is eating apples dipped in honey, a symbol of our wish for a sweet new year. We also bake round challahs sweetened with raisins and honey and dip them in honey too.

The ten days starting with Rosh Hashanah and ending with Yom Kippur are commonly known as the Days of Awe (Yamim Noraim) or the Days of Repentance. This is a time for serious introspection, a time to consider the sins of the previous year and repent before Yom Kippur.

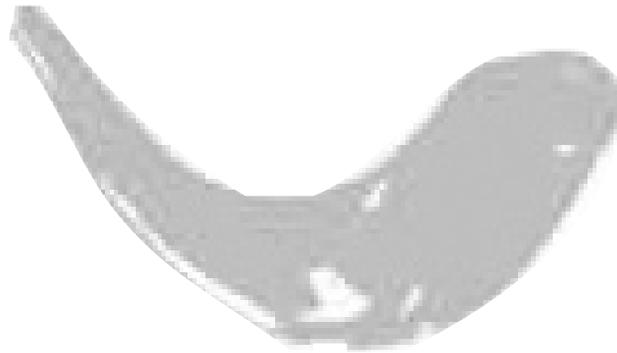
One of the ongoing themes of the Days of Awe is the concept that G-d inscribes our names in the Book of Life recording who will live and who will die, who will have a good life and who will suffer over the course of the next year. These books are written on Rosh Hashanah, but our actions during the Days of Awe can alter G-d’s decree. We can change G-d’s decree through “teshuvah, tefilah and tzedakah,” repentance, prayer and good deeds (usually charity). These “books” are sealed on Yom Kippur. During Rosh Hashanah we often greet people with: “May you be inscribed in the book of life,” or “May you be inscribed and sealed for a good year.”

During the High Holidays it is common to seek reconciliation with people you may have wronged during the course of the year. The Talmud maintains that Yom Kippur atones only for sins between man and G-d. To atone for sins against another person, you must first seek reconciliation with that person, righting the wrongs you committed against them, if possible.

THE STORY OF YOM KIPPUR

Yom Kippur means “Day of Atonement” and it is one of the most important holidays of the Jewish year. It is a day set aside to “afflict the soul,” to atone for the sins of the past year. On Yom Kippur the judgment entered in G-d’s book for the coming year is sealed. This day is, essentially, your last appeal, your last chance to change G-d’s judgment and to demonstrate your repentance and make amends.

Yom Kippur is a complete Sabbath – which means that no work can be performed. Moreover, Jews do not eat or drink from sunset on the evening before Yom Kippur, until nightfall on the day of Yom Kippur. The Talmud also specifies additional restrictions designed to eliminate extraneous distractions and focus attention on the seriousness and importance of the day. These restrictions preclude washing and bathing, anointing one’s body (with cosmetics, deodorants, etc.), wearing leather and engaging in sexual relations. It is customary to wear white on the High Holidays to symbolize purity. Wearing white also reminds us of the promise that “our sins shall be made as white as snow.”



PRAYERS

The words in [brackets] should be read only on the Sabbath.

Lighting Candles

On the first night of Rosh Hashanah candles should be lit before sundown. On the second night, candles should be lit immediately after nightfall, kindled by an existing flame.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל [שַׁבָּת וְשֶׁל] יוֹם טוֹב: (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha'olam
asher kidishanu b'mitz'votav v'tzivanu
l'had'lik neir shel [shabbat v'shel] yom tov (Amen)*

Blessed are you, Lord, our G-d, King of the universe, who has sanctified us with His commandments and commanded us to light the candles of [Shabbat and of] the holiday (Amen)

Evening Kiddush for Rosh Hashanah

On Shabbat, include the words in the [brackets].

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרֵי הַגֶּפֶן (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha'olam
borei p'ri hagafen (Amen)*

Blessed are you, Lord, our G-d, sovereign of the universe
Who creates the fruit of the vine (Amen)

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר בָּחַר בָּנוּ מִכָּל עַם וְרוּמָמָנוּ מִכָּל לְשׁוֹן
וְקִדְּשָׁנוּ בְּמִצְוֹתָיו וְתַתֵּן לָנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה
אֶת יוֹם [הַשַּׁבָּת הַזֶּה וְאֶת יוֹם]
הַזְכָּרוֹן הַזֶּה יוֹם [זְכוֹרוֹן] תְּרוּעָה
[בְּאַהֲבָה] מִקְרָא קִדְּשׁ זִכָּר לִי צִיּוֹאת מִצְרַיִם
כִּי בָנוּ בְּחֵרְף וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים
וַדְּבַרְךָ אָמֵת וְקִיָּם לְעַד
בָּרוּךְ אַתָּה יְיָ מֶלֶךְ עַל כָּל הָאָרֶץ
מִקְדָּשׁ [הַשַּׁבָּת וְ]יִשְׂרָאֵל וְיוֹם הַזְכָּרוֹן (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha'olam
asher bachar banu mikol am v'rom'manu mikol lashon
v'kid'shanu b'mitz'vatav vatiten lanu Adonai Eloheinu, b'ahavah
et yom [hashabat hazeh v'et yom]
hazikaron hazeh yom [zikh'ron] t'ru'ah
[b'ahavah] mik'ra kodesh zeikher litzi'at mitz'rayim
ki vanu vachar'ta v'otanu kidash'ta mikol ha'amim
ud'var'kha emet v'kayam la'ad*

*Barukh atah Adonai melekh al kol ha'arets
m'kadeish [hashabat v]yisra'eil v'yom hazikaron (Amen)*

Blessed are you, Lord, our G-d, King of the universe, who has chosen us from among all people, and exalted us above every tongue, and sanctified us with His commandments, that you gave us, Lord our G-d, with love this day of [Sabbath and this day of] remembrance, a day of [remembrance of] shofar blowing [with love] a holy convocation, a memorial of the exodus from Egypt.

Indeed, You have chosen us and made us holy from all peoples. and Your word is true and established forever.

Blessed are You, Lord, our G-d, King over all the world,
Who sanctifies [the Sabbath,] Israel and the Day of Remembrance (Amen)

Blessing over Apples and Honey

During Rosh Hashanah, it is traditional to eat apples dipped in honey to symbolize our hopes for a "sweet" new year.

**בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרֵי הָעֵץ (אָמֵן)**

*Barukh atah Adonai, Eloheinu, melekh ha'olam
borei p'ri ha'eitz (Amen)*

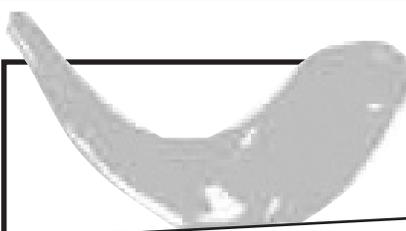
Blessed are you, Lord, our G-d, king of the universe, who creates the fruit of the tree (Amen)

Take a bite from the apple dipped in honey, and continue with the following:

**יְהִי רְצוֹן מִלְּפָנֶיךָ יְיָ אֱלֹהֵינוּ וְאַלֵּהֵי אֲבוֹתֵינוּ
שְׁתַּחֲדֵד שׁ עֲלֵינוּ שָׁנָה טוֹבָה וְכַתּוּבָה**

*Y'hi ratzon mil'fanekha Adonai eloheinu vei'lohei avoteinu
sh't'chadeish aleinu shanah tovah um'tukah*

May it be Your will, Lord our G-d and G-d of our ancestors, that you renew for us a good and sweet year.



Honey Mustard Chicken

Angel Drucker

Ingredients:

- 4 pounds chicken pieces
- 1/4 cup margarine, melted
- 1/2 cup honey
- 1/4 cup mustard
- 1 teaspoon curry
- 1 clove garlic, minced
- 1 teaspoon salt

Directions:

1. In a small bowl, mix together melted margarine, honey, mustard, curry, garlic and salt
2. In a shallow baking pan, place chicken pieces skin-side down. Pour dressing over the chicken. Cover and marinate in the refrigerator for 2 hours
3. Preheat oven to 350°
4. Place chicken in oven, covered, for 30 minutes
5. Uncover the chicken and turn skin-side up. Baste
6. Bake for an hour or until cooked through and browned. Basting once or twice during the hour is recommended

Sweet Carrot Tzimmes

Susan Drucker Hyman

Ingredients:

- 1 bag carrots
- 5-6 sweet potatoes
- 1/2 cup pitted prunes
- 1/2 cup honey
- 1 cup orange juice
- 1/2-1 teaspoon salt
- 1/4-1/2 teaspoon cinnamon
- margarine

Directions:

1. Boil water in large pot
2. Wash and peel carrots and sweet potatoes
3. Place carrots and potatoes in boiling water. Cover pot. Let cook until tender but firm
4. Preheat oven to 350°
5. Oil shallow baking dish
6. Drain carrots and potatoes. Place in baking dish with prunes. Mix gently
7. Mix orange juice, honey, salt, and cinnamon together in a small bowl. Pour over casserole
8. Dot top with margarine. Cover with foil and bake at 350° for 30 minutes. Stir gently and bake uncovered for 10 minutes

Sweet Potato Kugel

Dorothy Drucker

Ingredients:

- | | |
|----------------------------------|---------------------------|
| 1 large sweet potato | 1/2 cup whole wheat flour |
| 1 potato | 1/3 cup canola oil |
| 1 carrot | 1/2 cup sugar |
| 1 apple | 1/2 teaspoon salt |
| 1/2 lemon, juice and grated rind | 1/2 teaspoon cinnamon |

Directions:

1. Preheat oven to 350°. Spray a baking pan with non-stick spray
2. Using a food processor, shred potatoes, carrot and apple.
3. Combine all ingredients in a mixer
4. Pour batter into pan. Bake covered for 45 minutes. Bake uncovered for another 15 minutes

Sweet Brisket (Slow Cooker)

Sara Cooper

Ingredients:

- 5 lbs brisket
- 3 cups apple juice
- 1/2 cup honey
- 1 tablespoon cinnamon
- 1 teaspoon ginger
- 1 teaspoon nutmeg
- 1 cup raisins
- 1 apple, chopped

Directions:

1. Sear meat. Cut to fit slow cooker or crockpot, if necessary
2. Place meat in slow cooker and add apple juice, honey, cinnamon, ginger and nutmeg
3. Cook on low for about 8 hours
4. At hour 7 (about an hour before done), add the raisins and chopped apple

Sweet Brisket (oven)

Estelle Klubock

Ingredients:

- 1 (5-7 lb) brisket, washed and drained
- 1/2 cup oil
- 1/4-1/2 cup Coca-Cola
- 1/2 cup dry red wine
- 1/4 cup honey
- 4-5 tablespoons ketchup
- 1 onion
- 1/2 teaspoon mustard powder
- 1/2 teaspoon paprika

Directions:

1. Chop all seasonings in food processor and pour over brisket. Marinate overnight
2. Cook at 350° loosely covered, until done, approximately 4 to 5 hours
3. When cool, pour the gravy in a saucepan
4. Add 1 tablespoon flour and cook until thickens. Pour this gravy over sliced meat when serving

Honey Glazed Carrots

Lillian Drucker

Ingredients:

- 2 pounds frozen baby carrots
- 1-2 ounces margarine
- 2-3 tablespoons honey
- 2-3 tablespoons brown sugar
- 2-3 tablespoons raisins
- 1 teaspoon cinnamon

Directions:

1. Steam frozen carrots for 10-15 minutes until cooked through, but not mushy. Drain
2. Melt the margarine in a pan
3. Add the cooked carrots
4. Add the honey, sugar, raisins and cinnamon





Sukkot



THE STORY OF SUKKOT

Sukkot, the “Feast of Booths” (or Tabernacles), is named for the huts, or sukkot, in which Moses and the Israelites lived as they wandered through the desert for 40 years before entering the Promised Land.

Sukkah means covering or shelter. During Sukkot, Jews build and live in a sukkah for seven days. We construct sukkot as temporary shelters, with roofs covered in branches to let light enter. Families eat meals in these sukkot under the evening sky. Though most people limit their activities in the sukkah to eating, some people also sleep in it.

Another essential part of the Sukkot festival is hospitality. It is important to share your meals with others. In fact, inviting others to share a meal in the sukkah is so important that the holiday is also known as *Chag Ha'asif*, Festival of the Ingathering.

Of the many symbols associated with Sukkot, the most important are the Four Species, which make up the Lulav and Etrog. They are:

- Etrog – A sour, yellow fruit also known as the citron, which has a fragrance and is edible
- Palm branch - known as the lulav, which has no smell but produces the date fruit
- Myrtle - the hadas, which has fragrance but no fruit
- Willow - the aravah, which has no fragrance or fruit

The four species are bound together in the Lulav and Etrog to represent four different types of Jews – those who do and don't have Torah learning, and those who do and don't perform Torah obligations (the Mitzvot), in order to have a united Jewish people.

PRAYERS

Blessing for Dwelling in the Sukkah

This blessing should be recited at any time you are fulfilling the mitzvah of dwelling in the sukkah, for example, before you eat a meal.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְיֹשֵׁב בַּסֻּכָּה (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha-olam
asher kidishanu b'mitz'votav v'tzivanu
leisheiv basukah (Amen)*

Blessed are you, Lord, our G-d, King of the universe, who has sanctified us with His commandments and commanded us to dwell in the sukkah (Amen)

Shehecheyanu (first night only)

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה: (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha-olam
shehecheyanu v'kiyimanu v'higi'anu laz'man hazeh (Amen)*

Blessed are you, Lord, our G-d, King of the universe, who has kept us alive, sustained us, and enabled us to reach this season (Amen)

SUKKOT SONGS

Songs in Our Historic Sukkah

Diane Hochstadt

The special part about our Sukkah is not so much what we do, but what it is. My grandparents built our Sukkah. The walls are constructed of wooden craftsmanship and connected by hooks and eyes. There are three windows framed in the same curtains my grandmother made especially for the Sukkah.

In our Sukkah, we sing lots of songs... all kinds of songs. We sing Hebrew songs like *Erev Shel Shoshanim*. Most notable, we initiate everyone into our Sukkah with a silly song; all of our guests can follow along with funny body movements. It goes something like this:

A rootsa sa sa (rock back and forth)
Gooly gooly gooly (beat your chest)
Halali halali (stand up and shake your hands in the air)
(Repeat three times, each time getting faster and faster)

Erev Shel Shoshanim

*Erev shel shoshanim netze na el habustan
Mor b'samim ul'vona l'raflech miftan
Laila yored l'at v'ruach shoshan noshva
Hav elchash lach shir balat zemer shel ahava*

An evening fragrant with roses. Let us go out to the orchard. Myrrh, spices and frankincense shall be as a threshold for your feet.

WAVING THE LULAV AND ETROG

Stand facing the east toward Jerusalem. Take the etrog in your left hand with the stem (green tip) up and the pitam (brown tip) down. Take the lulav (including the palm, myrtle and willow branches bound together) in your right hand. Bring your hands together and recite the blessing below.

After you recite the blessing, turn the etrog so the stem is down and the pitam is up. Be careful not to damage the pitam! With the lulav and etrog together, gently shake forward (East) three times, then pull the lulav and etrog back in front of your chest. Repeat this to the right (South), then over your right shoulder (West), then to the left (North), then up, then down.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל נְטִילַת לֻלָב (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha-olam
asher kidishanu b'mitz'votav v'tzivanu
al n'tilat lulav (Amen)*

Blessed are you, Lord, our G-d, King of the universe, who has sanctified us with His commandments and commanded us to take up the lulav (Amen)

ART PROJECTS

Newspaper Lulav

Sara Cooper

Need: newspaper, tape, scissors

How: Take a full sheet of newspaper and roll it up like a tube. It should be a little loose, and about 2 inches in diameter.

With scissors, cut 5-7 slits in the rolled newspaper from the top. The slits should be evenly spaced and go from the top of the rolled-up newspaper to about 1/3 of the way down.

Unroll the paper. The fringe should be at the top. Now re-roll the newspaper on the diagonal starting from the bottom left corner (no fringe), towards the top right corner (fringe). If you roll it tighter this time, the fringe should open all along the top of the "lulav" roll. Add a piece of tape just below the fringe to secure the roll. Now you are ready to shake your lulav!

Sukkah Decorations for Kids

Jacqui Becket

The most special part about Sukkot for us is that our children can make the Sukkah their own. Our children, nieces, cousins and friends make paper chains, glitter pictures and crayon leaves to decorate our Sukkah.

Paper Chains

Need: colored construction paper, stapler, scissors

How: cut paper in strips, staple each strip into a circle, interconnecting and you have a chain. You can decorate the paper before you cut it into strips to make the chains more festive.

Myrna Engbar also recommends laminating your colored paper before making chains so you can add to them each year.

Glitter Pictures

Need: paper, glue, glitter

How: Let your kids' imaginations take over. Anything is possible with glitter! One idea might be to use crayons to make rubbings over fallen leaves and then decorate the rubbed leaves with glitter.

Crayon Leaves

Need: crayons, wax paper, an iron, scissors, a hole punch, ribbon

How: Take a piece of wax paper and lay it out. Let the kids make shavings with rounded scissors and their crayons. You can add other flat objects like fallen leaves, or pressed flowers. Cover with another piece of wax paper. Have an adult go over it very lightly with an iron. Cool and cut into the shapes of leaves. You can punch a hole and hang in your Sukkah.

FAMILY TRADITIONS AND FOND MEMORIES

A Very Special Holiday

Connie Suson

When our children were very young, we built a joint Sukkah with another young family. While the men were doing the actual construction, the women and children would collect blankets, rose clippers, hedge cutters, rain and wading boots and head towards the nearest 'swamp' (the Highline Canal). There, we would tramp through the muck and cut down cat-tails to use as schach on the top of our Sukkah. Inevitably, someone would fall in the water and get all dirty – while all had a good laugh! When we returned, the men were still building so we would string fresh apples and carrots to hang. We also made strings of colorful cereal to drape around the inside. Construction paper chains were a requirement! We started in the morning with juice and donuts for energy of course, and ended spending the day together with our children and friends in a very memorable Jewish experience.

To this day, our grown children, along with good friends, still participate in the building and decorating of our own sukkah - which now includes little twinkly lights. It is made all the more special as our current sukkah was designed by David's sister, Shellie Suson. She also serves as the construction manager guiding to build it each year. It is a time when we invite family and friends to join us for meals (which are prescribed) each night and help us celebrate our family's creative energy. Sukkot will always remain a special holiday to all of us.

Memories are Written on the Walls of Our Sukkah

Adrienne Suson

On this holiday it's just really nice to have everyone together. My brothers (and new sister) are in town and we always have a good time. We play games like Scrabble. This is always just a great time to have the family together, and every night we have new faces at our table underneath the stars. For those of you who haven't been to our Sukkah, on the walls every year we put up a cloth with markers and we have people write things to us. Every year we add a new cloth to a wall and soon we will have every wall covered in writings from people who have been to our sukkah. It's so nice to look back and read all the wonderful things people have written. This is one of my favorite holidays because I enjoy being outside that time of year (even if it's snowing) and celebrate with all the people I love.

Theme Nights in the Family Sukkah

Marsha Gardenswartz

For each night of Sukkot, we have a "theme." The decorations, dishes and food all reflect the theme. We have Mexican, Italian, Middle-Eastern, All American, Chinese, Traditional Shabbat/ Yom Tov. We have flags from different countries and I find tablecloths, dishes and napkins the colors or designs to fit. Then I look through cookbooks to find recipes that fit the theme. We have been doing theme nights for so long that when we invite people to eat in the sukkah, they ask which "night/theme" they are on and sometimes they dress up for the theme!



Aunt Ann's Vegetable Soup

Nancy Kaufman

Ingredients:

- 1 package Manischewitz split pea and barley mix
- 1 package Manischewitz Minestrone mix
- 10 cups water
- 1 cube Telma vegetable soup dissolved in 1 cup boiling water
- 1 28-oz. can whole or chopped canned tomatoes
- 1 can garbanzo beans
- 1 can white beans
- 1 package fresh baby carrots (slice thick if desired)
- 1 large pkg. frozen vegetables (whatever you like)
- Fresh spinach and other vegetables
- Salt
- Pepper
- Basil
- Dill
- Sugar

Directions:

1. Drain and wash beans
2. Add 10 cups water and soup mixes to pot and cook for one hour
3. Add soup cubes dissolved in water, tomatoes and beans to pot
4. Season with salt, pepper, dill and sugar
5. Cook about 1 hour more or until vegetables are soft. Add frozen vegetables in the last 30 minutes

Stuffed Cabbage

Diane Hochstadt

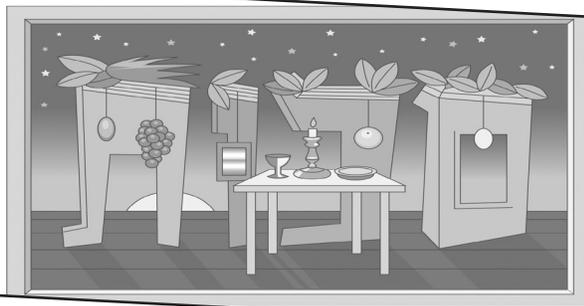
Every Jewish holiday has a certain cuisine associated with it. For Sukkot, the traditional food is stuffed cabbage. Here is an old Jewish Hungarian recipe given to me by my mother-in-law, Elizabeth Hochstadt.

Ingredients:

- 3-4 heads of cabbage
- 2 cans tomato juice
- 2 cans tomato sauce
- 2 quarts sauerkraut
- 2 packages brown sugar
- 4 pounds hamburger
- 1 cup raw rice
- 2 onions, chopped
- 4 eggs
- Salt and pepper to taste

Directions:

1. Freeze cabbage a few days in advance. Defrost the night before preparation and the leaves will be soft without having to boil the cabbage
 2. Cook rice and sauté onions
 3. Combine raw hamburger with cooked rice, sautéed onions, eggs, salt and pepper. Separate cabbage leaves and dry them slightly with a paper towel
 4. Roll about 2 tablespoons of hamburger into each leaf - tuck in one end while rolling, tuck in the other end by punching it in the hamburger when the rolling is done
 5. Place completed rolls in a large pan or roaster. Add cut cabbage from the remains of the heads, sauerkraut, salt, pepper, tomato juice, tomato sauce and brown sugar
 6. Bake, tightly covered, at 300° for 5 hours or more
 7. Enjoy!
- Makes approximately 60 rolls



Plum Cake

Jennifer Dechtman

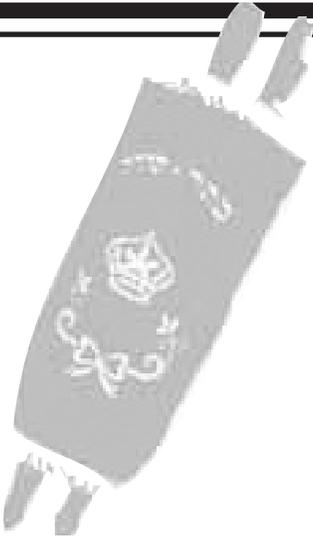
Ingredients:

- 1/2 cup margarine (use butter if having dairy)
- 3/4 cup sugar, plus a little more to sprinkle on top
- 1 cup unbleached flour
- 1 teaspoon baking powder
- Pinch salt
- 2 eggs
- 26 halves of Italian prune plums (available in the fall) or 1/2 bag fresh cranberries* if the plums are not available
- Fresh lemon juice
- Cinnamon

Directions:

1. Preheat oven to 350°
2. Cream sugar and butter or margarine in large bowl
3. Add flour, baking powder and salt
4. Spoon into 8-9 inch spring-form pan
5. Place plum halves (or cranberries) on top with skin facing up. Pack tightly together and press in slightly
6. Sprinkle lightly with lemon juice, sugar and cinnamon
7. Bake about 1 hour until toothpick comes out clean
8. If color of top is pale, you can put it under the broiler for 1-2 minutes to brown top a bit

*If you use cranberries, you can peel and thinly slice an apple and arrange slices in flower shape over cranberries.



Simchat Torah



THE STORY OF SIMCHAT TORAH

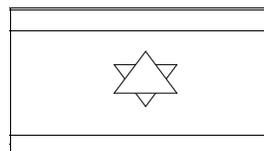
Simchat Torah is Hebrew for “rejoicing with the Torah.” During Simchat Torah, Jews celebrate the circular nature of Torah readings. We believe that there is always something new to learn from the Torah and that the Torah has no end. So, when we reach the last chapter, we start again from the beginning. It takes an entire year to read all of the Torah portions and on Simchat Torah we read the last chapter of Deuteronomy and the first chapter of Genesis. The Torah scrolls are removed from the Ark and we carry them around the synagogue dancing, singing and waving banners during seven hakafot or celebratory processions.

ART PROJECTS

Israeli Flags

Need:

Blue and white construction paper
Scissors
Glue



How: Use blue paper to cut 11 inch x 1½ inch strips (hint: cut strips along the long edge of the construction paper about 1½ inches apart.)

Take second sheet of blue paper; fold in half the long way and then fold again in thirds. Unfold and cut along fold-lines to make 6 squares.

Cut each square in half from one corner to the other to make triangles.

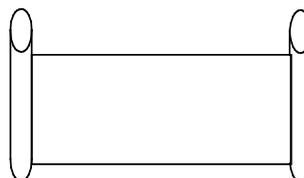
On a white sheet of paper, glue one blue strip to the top and one blue strip to the bottom.

Using two triangles, glue one right side up and one upside down to make the Star of David in the center of the paper.

Mini Torah Scrolls

Need:

2 cardboard toilet paper rolls (or paper towel rolls)
Glue stick
Long roll of white paper
Markers, crayons, glitter
Decorative cloth and ribbon
Scissors



How: Unroll about 3 feet of paper from the white paper roll and cut.

Place one of the cardboard rolls at the edge of the white paper and measure the paper so that about ¼ to ½ inch of cardboard sticks out beyond the white paper on either end; cut the white paper to fit the cardboard roll.

Put the paper on a flat surface. Place the cardboard roll on top of the left end of the paper and glue it in place.

Roll the white paper up on the cardboard roll so that only a few inches are left at the end. Place the cardboard roll on top of the end of the paper and glue in place.

Decorate the white paper with picture or stories from the Torah.

Roll the two cardboard scrolls together like the Torah scrolls; tie a piece of decorative ribbon around the scrolls.

Try wrapping a pretty cloth around the scrolls. Measure and cut so that the cloth fits. Tie the cloth around the mini torah with a decorative ribbon.

Fuzzy Navel

Suson Family Recipe

Ingredients:

- 1 shot peach schnapps
- ½ shot vodka
- Orange juice

Pour schnapps and vodka over ice. Fill glass with orange juice and enjoy!

Here are some creative and delicious alternatives:

Fizzy Fuzzy Navel

Ingredients:

- 1½ oz peach schnapps
- 2 oz orange juice
- Champagne

Pour schnapps and orange juice over 2 ice cubes. Fill with champagne and stir gently

Rock Hard Fuzzy Navel

Ingredients:

- 2½ oz peach vodka
- 4 - 5 oz orange juice

Shake vodka and orange juice together in a cocktail shaker half-filled with ice cubes. Strain into an old-fashioned or highball glass filled with ice cubes and serve

Spring Break Fuzzy Navel

Ingredients:

- 1 oz tequila
- 1½ oz peach schnapps
- 6 oz orange juice

Pour ingredients over ice cubes. Garnish with slice of citrus fruit

Start Your Morning Off Right!! Slightly Fuzzy Navel

Ingredients:

- 1 oz peach schnapps
- 3 oz orange juice
- 3 oz grapefruit juice

Pour the peach schnapps, orange juice and grapefruit juice over crushed ice in a collins glass.

Frozen Fuzzy

Ingredients:

- 1 oz peach schnapps
- ½ oz triple sec
- ½ oz lime juice
- ½ oz grenadine syrup
- 1 splash lemon-lime soda

Pour all ingredients into a blender with 1/3 cup of crushed ice. Blend on low for 5 seconds then on high until firm. Pour into a cocktail glass, garnish with a slice of lemon or lime and serve.

Rum Cake

Connie Suson

Ingredients:

- 1 cup pecans
- 1 yellow cake mix
- 1 package vanilla instant pudding mix
- ½ cup rum

Directions:

1. Preheat oven to 325°
2. Grease and flour 10-inch tube or 12-cup bundt pan
3. Sprinkle nuts over bottom of pan and set aside
4. Mix all cake ingredients together according to the directions on the box; substitute rum for equal parts liquid (water)
5. Pour batter over nuts in pan and bake for 1 hour (or time indicated on box)
6. Cool for approximately 30 minutes and invert cake onto serving plate
7. Note: make glaze while cake is cooling
8. Prick top of cake with toothpick
9. Drizzle and smooth glaze evenly over top and sides of cake allowing glaze to soak into cake; keep spooning the glaze over the cake until all of it has been absorbed

Glaze

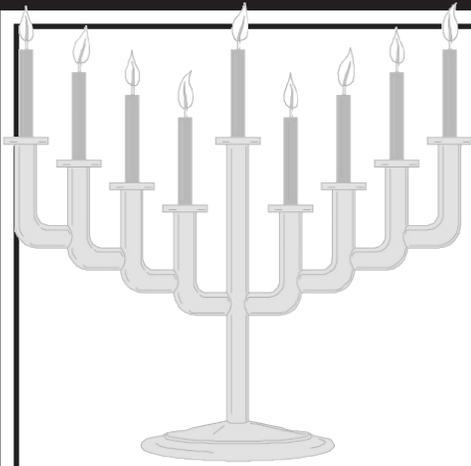
Ingredients:

- ¼ pound butter/margarine (1 stick)
- ¼ cup water
- 1 cup sugar
- ½ cup rum

Directions:

1. Melt butter/margarine in medium-sized saucepan
2. Stir in water and sugar
3. Boil for 5 minutes stirring constantly; do not let mixture burn
4. Remove from heat and allow it to cool slightly
5. Stir in rum slowly so it doesn't splatter
6. Spoon over cake while glaze is still warm





Chanukah



THE STORY OF CHANUKAH

The story of Chanukah, the Festival of Lights, took place over 2000 years ago in the land of Judea, in what is now Israel. A Syrian-Greek king, Antiochus, ruled Judea and was not too friendly toward the Jewish people. In fact, Antiochus ordered all his subjects, including the Jews, to worship the Greek gods and practice his religion. Specifically, Jews were forbidden from marking the beginning of each new month (Rosh Chodesh), keeping the Sabbath, and providing each male child with a ritual circumcision. There were some who did as they were told, but many refused. One who refused was Judah Maccabee.

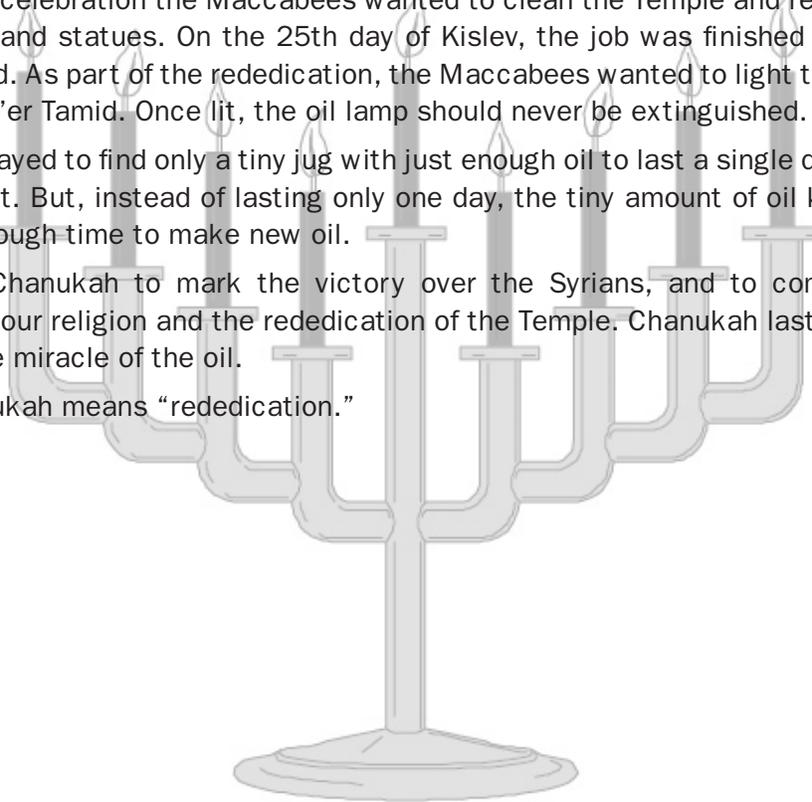
Judah and his four brothers rejected Antiochus's rule and formed an army to rebel against him. They called themselves "Maccabee," which means hammer. After three years of fighting, the Maccabees drove the Syrians out of Israel and reclaimed the Temple in Jerusalem.

As part of their celebration the Maccabees wanted to clean the Temple and remove the hated Greek symbols and statues. On the 25th day of Kislev, the job was finished and the temple was rededicated. As part of the rededication, the Maccabees wanted to light the eternal light, known as the N'er Tamid. Once lit, the oil lamp should never be extinguished.

They were dismayed to find only a tiny jug with just enough oil to last a single day. The oil lamp was filled and lit. But, instead of lasting only one day, the tiny amount of oil kept burning for eight days – enough time to make new oil.

We celebrate Chanukah to mark the victory over the Syrians, and to commemorate the preservation of our religion and the rededication of the Temple. Chanukah lasts for eight days to celebrate the miracle of the oil.

The word Chanukah means "rededication."



HOW TO LIGHT THE CHANUKAH CANDLES

Put the candles in the menorah, starting from the right. Add one candle for each night of Chanukah. Then add the Shamash, the extra helper candle.

We light the *Shamash* and recite the blessings. Then we use the *Shamash* to light the rest of the candles. We start with the candle on the left – the newest candle – and move to right.

On Shabbat, we light the Chanukah candles first and then that Shabbat candles. At Havdalah, we light the Havdalah candle first.

THE PRAYERS

Blessing over Candles

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה: (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha'olam
asher kidishanu b'mitz'votav v'tzivanu
l'had'lik neir shel Chanukah (Amen)*

Blessed are you, Lord, our G-d, King of the universe, who has sanctified us with His commandments and commanded us to light the lights of Chanukah (Amen)

Blessing for Chanukah

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁעָשָׂה נִסִּים לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם בְּזִמְנֵן הַזֶּה: (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha'olam
she'asah nisim la'avoteinu bayamim haheim baziman hazeh (Amen)*

Blessed are you, Lord, our G-d, King of the universe, who performed miracles for our ancestors in those days at this time (Amen)

Shehecheyanu (first night only)

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהַחַיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזִמְנֵן הַזֶּה: (אָמֵן)

*Barukh atah Adonai, Eloheinu, melekh ha-olam
shehecheyanu v'kiyimanu v'higi'anu laz'man hazeh (Amen)*

Blessed are you, Lord, our G-d, King of the universe, who has kept us alive, sustained us, and enabled us to reach this season (Amen)

GAMES AND ART PROJECTS

From the BMH-BJ Preschool

I'm a Little Latke (to the tune of I'm a Little Teapot)

I'm a little latke flat and round
Here is my up side, here is my down.
Fry me in the pan, until I'm done
Flip me, eat me, yum yum yum.

Eight Little Candles (to the tune of 10 Little Indians)

One little, two little, three little candles,
Four little, five little, six little candles.
Seven little, eight little Chanukah candles
And a Shamash too!

Spin The Dreidel

A simple set of rules graciously written down by Debbie Friedman and Myndie Brown

To start, everyone antes up one of his or her coins or peanuts into the pot. Everyone then takes turns spinning the dreidel. If it lands on:

Gimel: the spinner wins everything in the pot

Hey: the spinner wins half the pot

Nun: the spinner takes nothing

Shin: the spinner has to put another peanut or coin into the pot

If someone gets gimmel, everyone has to ante up again to fill the pot once the spinner takes what was in it. You can also play with pennies or beads or chocolate kisses — all are fun.

The Hebrew letters on the dreidel: nun, gimel, hey and shin stand for the Hebrew phrase, "Nes gadol ha-ya sham" or "A great miracle happened there." In Israel, they say, "A great miracle happened here."

Finger Paint Menorahs

Use finger paint, chocolate pudding or other fun paint to color your child's hands. Stamp his or her hands on a piece of paper to make handprints – we only need nine fingers, so paint just one thumb. Each finger represents a candle on the menorah.

You can then draw the base of the menorah underneath the fingerprints and draw flames above the fingerprints.

FAMILY TRADITIONS AND FOND MEMORIES

“Harry Chanukah” and Our Family Dreidel Tradition

Debbie Friedman

A few years ago we started two traditions in our family that have made Chanukah fun.

Harry Chanukah

On Thanksgiving Day, we put everyone’s name in a hat and each family member chooses a “Harry Chanukah.” Then we each purchase a Chanukah gift for that person from the entire family.

Family Dreidel Tradition

We have so many nieces and nephews that it became ridiculous to send each and every one of them a Chanukah gift or even Chanukah gelt. Instead, each family buys a dreidel and sends it to another family in the group. The children are excited to see what new dreidel they will get to use each year and all of us have beautiful dreidel collections.

The House is Ablaze with Candle Fire

Ilene Rosen

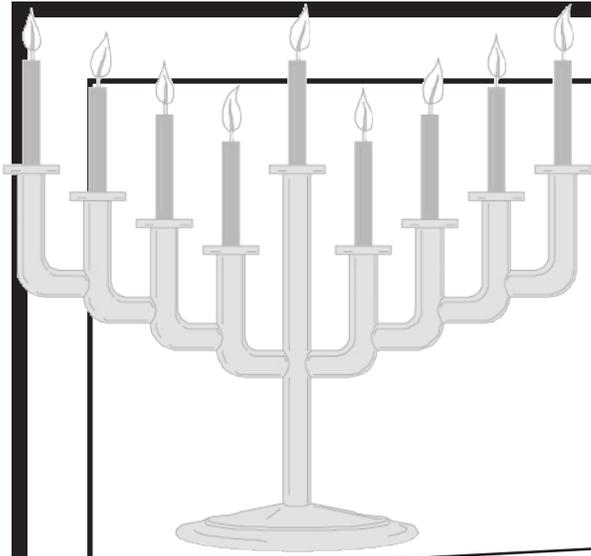
Chanukah is such a wonderful, busy time in our family. We are usually overwhelmed with parties and special holiday events. The one thing that makes this holiday extra-special for us is that we all have our own menorahs. Each night of Chanukah, regardless of whatever else is on the calendar, we light candles as a family and each of us lights his or her own menorah. We have seven menorahs that light up the whole house. It is absolutely beautiful.

Menorahs from all Over the World

Angel Drucker

Whenever we travel, we try to find Jewish neighborhoods so that we can bring home a menorah. We have ones from all over the world. When my kids travel without us, they usually bring menorahs home too. We try to light all of them every Chanukah.

Over the years, as I have sent my kids off to college or to other cities, I’ve given them one of the menorahs we collected. I usually send a metal one so it will survive the trip. This way, my children take a piece of the family to their new homes and we are all connected during the holiday, even if we are not together. This year, Eric lit his menorah with his friends in the center of the college green. It was a menorah that one of his siblings brought back from Israel.



Traditional Potato Latkes

Barbara Burry

Ingredients:

- 10 medium potatoes
- 2 medium onions
- 2 large eggs
- 1¼ cup flour
- Salt and pepper to taste
- Vegetable oil

Directions:

1. Peel potatoes, cut in pieces and cover with cold water until ready to prepare. Alternate grating potatoes and onions. Press out as much liquid as possible
 2. Blend in eggs, salt and pepper, and flour
 3. Heat 1/4 inch of oil in skillet
 4. Drop about 1 tablespoon of mixture and fry until golden on both sides. Drain on paper towels
- Can be made ahead and left on a cookie sheet to be reheated before serving.

Serves 8-10

Latke Tip from Debbie Friedman: When making latkes, start by buying frozen shredded potatoes. This cuts the process down a lot and makes latkes that are just as good as or better than the ones that take all of the work of peeling, slicing and shredding.

Zucchini Latkes (Pareve)

Marlin Barad

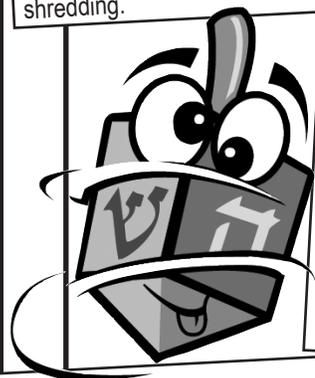
This is a nice alternative to potato latkes for Chanukah.

Ingredients:

- 4 cups zucchini, grated (2 large ones)
- 1 cup parsley, chopped
- 1 teaspoon lemon pepper
- 1/4 teaspoon salt
- 2 eggs, lightly beaten
- 3-4 tablespoons matzo meal
- Oil for frying

Directions:

In a large bowl, mix together all ingredients, except oil. Drop by tablespoon to form 3-inch latkes and fry in hot oil until golden brown on each side. Freezes well. Makes approximately 12-15.



Maccabean (Asparagus) Spears

Donna Mandel

Wash asparagus and break off bottom end. Brush with olive oil, sprinkle with kosher salt. Put in flat pan, single layer. Place in 500° oven for 3 minutes.

Crunchy Applesauce – No Cooking Needed

Donna Mandel

Ingredients:

- 4 apples, cored and chopped
- 1/4 to 1/3 cup apple, orange or cranberry juice
- 2 to 5 tablespoons honey or brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Combine all ingredients in a food processor and puree to desired smoothness. Yields about 2 cups.

My Favorite Rolled Sugar Cookies

Barb Hahn

Ingredients:

- 2 cups flour
- 2 teaspoons baking powder
- 1/2 cup shortening
- 1/4 teaspoon salt
- 1 tablespoon orange juice
- 1 cup sugar
- 1 teaspoon vanilla
- 2 eggs

Directions:

1. Preheat oven to 400°
 2. Cream sugar and shortening
 3. Add eggs. Beat well
 4. Add dry ingredients
 5. Add liquids
 6. If dough is a little wet, add more flour
 7. Roll out on a floured board, and cut into shapes
 8. Sprinkle with colored sugar or decorations (or bake plain and decorate with blue and colored frosting after they are baked and cool)
 9. Bake for 10 minutes on an ungreased cookie sheet
- Makes 4-5 dozen, depending on the shape of cookie cutter used.

Chanukah Sugar Cookies for Little Cooks

Sandy Nyholm Kaminsky

Ingredients:

- 1/2 lb butter or margarine
- 11 tablespoons sifted light brown sugar
- 2½ cups sifted flour.

Directions:

1. Preheat oven to 375°
2. Cream butter well with tips of fingers
3. Gradually add sugar and continue to cream
4. Add flour, little by little to make dough that can be rolled easily. Roll out dough
5. Cut into shapes and bake on ungreased cookie sheets until lightly browned



Purim



THE STORY OF PURIM

Each year we read the Megillah, the Book of Esther, in the synagogue. The story of Purim is one of great courage and victory over persecution. A long time ago, King Ahasuerus ruled the land of Persia. Esther was a beautiful young Jewish woman who was raised by her Uncle Mordechai. The king had many wives, as was the Persian custom, but when he saw Esther he fell madly in love with her and made her his queen. Ahasuerus did not know that Esther was a Jew because Uncle Mordechai told her not to reveal her identity.

Haman was one of King Ahasuerus' advisors. He was arrogant and egotistical and he insisted that everyone in Persia bow down to him as if he were also the king. When Mordechai refused to bow down to Haman, Haman decided to destroy not only Mordechai, but all the Jewish people in Persia. As part of his plot, Haman told the king, "There is a certain people scattered abroad and dispersed among the peoples in all the provinces of your realm. Their laws are different from those of every other peoples, and they do not observe the king's laws; therefore it is not befitting the king to tolerate them." Esther 3:8.

King Ahasuerus told Haman that he had the authority to deal with the Jews, and Haman could do as he pleased. Haman planned to kill all of the Jews.

When Esther found out what Haman planned, she didn't know what to do. She went to her uncle with the terrible news and asked for advice. Mordechai persuaded Esther to speak to the king on behalf of the Jewish people. Esther was afraid to go to the king because to do so without permission was very dangerous, even for the king's wife. Although Esther did not have permission, King Ahasuerus was very pleased to see her. When she told him of Haman's plot against her people, the king was furious. Instead of having Mordechai arrested, the king had Haman arrested and Haman was hanged on the gallows that had been prepared for Mordechai. The Jewish people were saved.

Now, when we hear the Megillah, we boo, hiss, stamp our feet and rattle groggers whenever we hear Haman's name.

PURIM SONGS

Chag Purim

Chag Purim (2x)
Chag gadol hoo lay'dhoodim
Masaychot
Ra-ah-shanim
Zmirot Rikudim
Hava narisha rahsh, rahsh, rahsh (3x)
Ba ra-ah-shanim.

The holiday of Purim is a great one for the Jews
Masks, groggers, songs and dances;
Come let's make noise
With our groggers.

My Hat it had Three Corners

La covah sheli
Shalosh pinot
Shalosh pinot
La covah sheli.
Lool hayu lo shalosh pinot
Lo hayah zeh ha covah sheli.

My hat it had three corners
Three corners had my hat
And had it not three corners
It would not be my hat.

A Wicked, Wicked Man

Oh once there was a wicked, wicked man
And Haman was his name-o
He lied and lied about the Jews
Though they were not to blame-o.
Oh today we'll merry, merry be (3x)
And nosh some hamantashen.

And Esther was a lovely queen
Of King Ahashvarosh
When Haman said he'd hurt us all
Oh my how he did scare us.
Oh today we'll merry merry be (3x)
And nosh some hamantashen.

Esther had a uncle
And his name was Mordechai
He asked her, "Can you help us?"
And she said, "Of course, I'll try."
Oh today we'll merry, merry be (3x)
And nosh some hamantashen.

When Esther speaking to the king
Of Haman's plot made mention
"Ah hah, said he," "oh no he won't
I'll spoil his bad intention."
Oh today we'll merry, merry be (3x)
And nosh some hamantashen.

In spite of Haman's awful plan
And the scare he gave us
Esther was so brave and strong
She knew just how to save us.
Oh today we'll merry, merry be (3x)
And nosh some hamantashen.

So Haman got his just desserts
And we had won the day
And Esther we will ne'er forget
And on this day we say:
Oh today we'll merry, merry be (3x)
And nosh some hamantashen.

GAMES AND ART PROJECTS

Shalach Manot

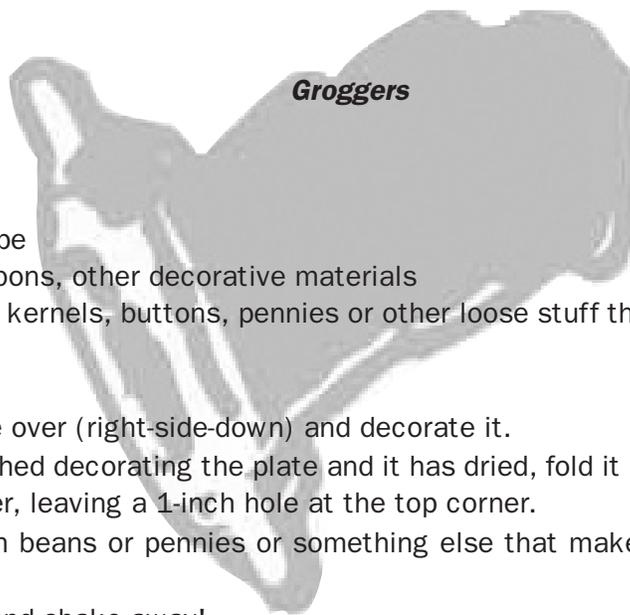
During Purim, we are commanded to give our friends and family gifts of food called shalach manot. One fun family project is to make shalach manot baskets and deliver them. These can be put together using items you pick out with your family on a special trip to the grocery store.

Some ideas include:

Use festive paper bags or have your children decorate plain paper bags.

Include items such as fresh fruit and nuts, candies, chocolate, cans of juice and homemade sweets.

Since giving charity is also a central theme of this holiday, you could deliver a special basket to the neighborhood fire station, or adopt a special cause or charitable foundation for the year.



Need:

Paper plates

Stapler/masking tape

Markers, glitter, ribbons, other decorative materials

Beans, raw popcorn kernels, buttons, pennies or other loose stuff that will make noise.

How:

Turn the paper plate over (right-side-down) and decorate it.

When you have finished decorating the plate and it has dried, fold it in half. Staple or tape the outer edges together, leaving a 1-inch hole at the top corner.

Fill the grogger with beans or pennies or something else that makes noise when you shake it.

Seal up the corner and shake away!

For added decoration, you can punch a hole in one of the corners and thread ribbons through it.



Fruit Fillings for Hamantashen

Sara Cooper
Apricot Filling

Ingredients:

- 9 oz dried apricots coarsely chopped
- 1 cup apple juice
- 2 tablespoons light brown sugar
- ½ teaspoon cinnamon
- ½ teaspoon grated lemon rind
- ½ teaspoon vanilla

Directions:

1. Combine ingredients in a saucepan
2. Cook, stirring occasionally, until mixture thickens and apricots are mushy and soft
3. Place all ingredients in a blender and puree
4. Refrigerate until you are ready to use

Optional: use orange juice instead of apple juice. Try soaking the apricots in the orange juice for a few hours before cooking them.

Date Filling

Ingredients:

- 1 pound dates, pitted
- 1 cup granulated sugar
- ½ cup water
- 1 tablespoon lemon juice

Directions:

1. Chop dates
2. Combine dates, sugar, water and lemon juice in a saucepan
3. Cook all the ingredients until mixture is thick, stirring occasionally
4. Puree in food processor until desired consistency
5. Cool before using in dough

Tip: I use scissors to cut the apricots and dates instead of a knife. Cuts down on stickiness.

Hamantashen

Sara Cooper

Ingredients:

- 2/3 cup softened butter
- 1 cup white sugar
- 3 eggs (lightly beaten)
- 2 tablespoons honey
- 2 tablespoons orange juice
- 1 teaspoon baking powder
- 2 cups flour

Filling: raspberry, apricot or other jam, Hershey's kisses

Directions:

1. Combine the above ingredients together in the order listed and mix until creamy
2. Divide dough in half and store each half in separate floured bowls. Refrigerate for 2 hours (or overnight)
3. Preheat oven to 350°
4. Roll out dough using extra flour as needed; dough should not be sticky. Cut circle shapes using a cup or wine glass (3½ to 4 inches in diameter). Put a teaspoon of filling (or one Hershey's Kiss) in the middle of each circle, then fold the three corners over the filling and pinch together leaving an opening in the center
5. Place cookies on an ungreased baking sheet; line baking sheet with tin foil for easy cleanup
6. Bake at 350° for 15-20 minutes or until lightly brown

Chocolate and Vanilla Rope Cookies

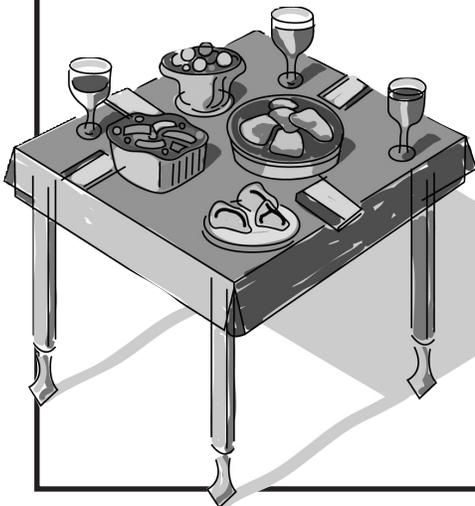
Connie Suson

Ingredients:

- ¾ cup margarine (1½ sticks)
- ¾ cup sugar
- 1 large egg
- 2½ teaspoons vanilla
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 3 tablespoons unsweetened cocoa
- 2 cups all-purpose flour

Directions:

1. Lightly grease 2 cookie sheets or cover with parchment paper, and set aside
 2. In a mixer on high-speed, cream margarine and sugar. Add egg and vanilla and blend well
 3. In a separate small bowl, mix flour, baking powder and salt. Add to the sugar and margarine; blend well
 4. Remove half the dough from the bowl; wrap in plastic wrap and refrigerate
 5. Add cocoa to dough remaining in mixing bowl; blend with mixer until uniformly chocolate
 6. Remove dough from bowl, wrap in plastic and refrigerate
 7. After 3 hours (or when dough is very firm) remove all the dough from the refrigerator
 8. Preheat oven to 325°
 9. Break off small pieces of chocolate and vanilla dough, and roll out long thin ropes. Trim ropes into pieces about 3 inches long. Chocolate and vanilla ropes should be same length
 10. Take one vanilla and one chocolate rope, pinch one end together and twist. Then pinch bottom together and place on cookie sheet
 11. If dough gets too soft put it in the freezer for a few minutes
 12. Bake for 13-15 minutes
 13. Let cool slightly on cookie sheet then remove them from the cookie sheet and place them on a rack to finish cooling
- Makes 24-30 cookies.





Passover



THE STORY OF PASSOVER

About 3000 years ago the Israelites were enslaved by the Egyptians under the rule of the Pharaoh Ramses II.

According to the Book of Exodus, Moses, a simple Jewish shepherd, was instructed by G-d to go to the Pharaoh and demand freedom for his people. Although Moses warned the Pharaoh that G-d would send severe punishments to the people of Egypt if the Israelites were not freed, Pharaoh ignored Moses' plea to let the Jews go. In response, G-d unleashed ten terrible plagues on the Egyptians: blood, frogs, lice (vermin), wild beasts (flies), cattle disease, boils, hail, locusts, darkness and slaying of the first born.

Pesach, meaning "passing over" or "protection" in Hebrew, is taken from G-d's instructions to Moses before the final plague. To protect themselves from the tenth plague, the Israelites were told to mark their homes with lamb's blood. G-d's Angel of Death would see the blood and "pass over" Jewish homes.

The tenth plague was too much for Pharaoh and he finally agreed to free the Jews. The Israelites left their homes so quickly that there wasn't time to bake their bread. Instead, they packed the raw dough to take with them on their journey. As they fled through the desert they baked the dough in the hot sun into hard crackers called matzoh. Today, Jews eat matzoh instead of bread and avoid leavened products during Passover to commemorate this event.

Pharaoh, realizing what he had done, sent his army to chase the Israelites through the desert towards the Sea of Reeds. When the Jews reached the sea they were trapped between the water and Pharaoh's approaching army.

Once again, G-d sent a miracle to save the Jews. As the Jewish people entered the Sea of Reeds, the waves parted and the Israelites were able to cross to the other side. When the last Israelite stepped from the water on the other side, the sea closed, trapping the Pharaoh's army as the waves crashed down upon them.

Then, as the Israelites watched the waters of the Sea of Reeds sweep away the Pharaoh's army, they realized they were finally free.

On the first two nights of Pesach we retell the story of the Exodus from Egypt during lavish holiday meals called Seders.

SONGS

Sara Cooper

My mother “forces” us to sing these songs year after year, even though the youngest person at our Seder is old enough to vote. At some point they have become tradition and Passover wouldn’t be the same without them!

There’s No Seder Like Our Seder

Sung to the tune of

There’s No Business Like Show Business

There’s no Seder like our Seder,
There’s no Seder I know.
Everything about it is halachic
Nothing that the Torah won’t allow
Listen how we read the whole Haggadah
It’s all in Hebrew
‘Cause we know how.
There’s no Seder like our Seder,
We tell a tale that is swell;
Moses took the people out into the heat
They baked the matzoh
While on their feet
Now isn’t that a story
That just can’t be beat?
Let’s go on with the show!

Take Us Out of Egypt

Sung to the tune of

Take Me Out to the Ball Game

Take us out of Egypt
Free us from slavery
Bake us some matzoh in a haste
Don’t worry ‘bout flavor
Give no thought to taste.
Oh it’s rush, rush, rush to the Red Sea
If we don’t cross it’s a shame
For it’s ten plagues,
Down and you’re out
At the Pesach history game



ART PROJECTS

Seder Plate

Take a large sturdy paper plate and five paper cups. Cut the paper cups so they are just a quarter of their original height. Decorate each cup to hold the different items on the Seder plate and decorate the plate itself. Glue the cups on the decorated plate.

Elijah’s Cup

Take a clear plastic cup, the bigger the better. Cut or rip squares of colored tissue. Dip each piece of tissue completely in glue and apply it to the cup. Overlap the tissue squares and cover the whole cup. You can also decorate a whole set of plastic wine glasses this way so that each guest can have his or her own special Seder cup.

FAMILY TRADITIONS AND FOND MEMORIES

Chametz Ceremony

Jacqui Beckett

Searching for the chametz is a great tradition, which gets everyone in the mood for the holiday. The night before Passover starts, our whole family turns out the lights, lights a candle and takes a wooden spoon and a feather brush and goes searching for chametz all over our house. Before this ritual begins, I hide some bread in each room. As the kids find it, they sweep it up on the spoon with the feather brush. It is great fun and the kids look forward to it every year. After we have gathered up the chametz we burn it and read the prayers at the front of the Haggadah.

Acting Out the Seder

Debbie Friedman

A few years ago we had some young children at our Seder table and we decided it would be fun for them if we had some examples of the ten plagues when we reached that point in the Seder. We started by putting some red food coloring in a small plastic cup and when we said 'Dom' we filled the glass with water and it turned to blood! We then continued by throwing plastic frogs, grasshoppers, spiders, etc. as appropriate when the plagues were listed. We used cotton balls for hail. The kids had a great time and the adults thought it was fun too.

We always finish the Seder by singing Chad Gad Ya. We assign each person at the Seder one of the roles in the song; one person is the Kid and every time we sing Chad Gad Ya, he "baas." We also have a dog, a stick, a cat, etc. Of course, we need to be creative to depict water, fire and some of the other more challenging characters in the song, but it is fun to see what everyone can think of for the various sound effects.

Seder Murder Mystery

Adrienne Suson

On the second night of Passover we have the Seder at our house. I usually put together something unique. One year we had a Seder murder mystery. We called it *Who Killed The First Born?* It was a blast! We started out the night the way we usually did with everyone gathering in the kitchen before the Seder started. While this was going on my good friend Amy Leszman yelled out a horrifying scream. Then my brother Steven (the oldest) fell flat on his face and made the whole house shake. In turn, this made Katie Freiheiter (who was around 4 at the time) cry hysterically. That was the scene of the crime. All throughout the Seder everyone tried to find out who killed Steven, the first born. We divided into teams to find clues to the "whodunit." I had planned that anyone in the Passover story could have done it. But in the end.... It was Miriam!!! It was a fantastic evening and everyone stayed at our house until about 2 a.m. because they were having such a good time.... even Katie did by the end.



Turkish Charoset

Marlin Barad

This is a traditional recipe from the Sephardic Jews in Turkey.

Ingredients:

- 8 oz pitted dates
- 8 oz raisins, golden or dark
- 2 apples, peeled, cored and grated
- ½ cup finely chopped walnuts or almonds
- Orange juice or wine

Directions:

1. Process the fruit roughly in a processor
2. Moisten with juice or wine, and add nuts

Yields approximately 3 ½ cups

Note: keeps for several weeks in the refrigerator.

Good and Easy Matzoh Balls

Connie Suson

Ingredients:

- 4 eggs
- 1 cup matzo meal
- 1/2 teaspoon salt

Directions:

1. Boil a large kettle of water. Add a little salt and several teaspoons of schmaltz or fat skimmed from the top of your chicken soup
2. Mix eggs with a fork in a small bowl. Add salt and matzo meal. Stir until it is completely mixed
3. Drop mixture by teaspoonfuls into the boiling water. Cover and cook for approximately 45 minutes. Matzoh balls are light and can be frozen if first put in freezer separated on a cookie sheet and then combined into a bag when solid

Grandma's Egg Noodles

Connie Suson

Ingredients:

- 6 eggs
- 2 ½ teaspoons oil
- 1 cup water
- 6 tablespoons potato starch

Directions:

1. Beat eggs and a little salt well
2. In another bowl, mix potato starch with water then add oil
3. Combine and mix all into egg mixture
4. Over medium heat, pour in enough batter to cover bottom of pan
5. Cook, flip and turn out onto a towel (like a crepe)
6. Cool, then slice into strips

Great in soup!

Passover Banana Nut Cake

Jennifer Dechtman

This recipe is from my grandmother and some other great Jewish women from Denver.

Ingredients:

- 2 bananas mashed
- ¾ cup nuts
- 1 lemon (for juice only)
- 1 orange (for juice only)
- 12 eggs separated
- 2 cups sugar
- ¾ cup potato starch
- ¾ cup cake meal

Directions:

1. Preheat oven to 350°
2. Mix until creamy: sugar, egg yolks and the juice of one lemon and one orange
3. Add the cake meal, nuts and potato starch
4. In a separate bowl, beat the egg whites until stiff and then add to the other mixture
5. Bake in an ungreased pan for 35 minutes

Chremsel Pancake

Andrea Hyatt

This pancake is absolutely delicious but it isn't flat like a pancake, instead it is fluffy!

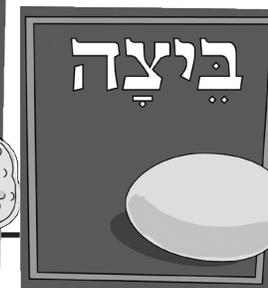
Ingredients:

- 4 eggs separated
- ½ cup water
- ½ cup peanut oil
- ½ cup matzo meal
- ½ to 1 teaspoon salt

Directions:

1. Beat whites in bowl until stiff. Beat yolks in another bowl
2. Put matzo meal in another bowl, add water, salt and beaten yolks. Stir and let stand for 10 minutes. Fold in egg whites
3. Heat oil in large heavy skillet until hot
4. Pour all batter into hot oil and cook until golden brown. Flip over and brown
5. Slide onto platter, cut into wedges and serve with sugar, sour cream, applesauce or syrup

Serves 4





Shavuot



THE STORY OF SHAVUOT

Shavuot commemorates two things: the reaping of the spring wheat harvest and the Giving of the Torah.

The Feast of Weeks

Shavuot is one of the four harvest festivals. It celebrates the very first wheat harvest. Shavuot literally means “weeks,” which refers to the fact that it is celebrated exactly seven weeks after Pesach. Shavuot is known also as Yom Habikkurim, or “the Day of the First Fruits.” In biblical times, Israelite farmers would bring their first harvest to Jerusalem as a token of thanksgiving.

The Gift of Torah

Shavuot is also known as Zeman Matan Toratenu, the Season of the Giving of Our Law. During Shavuot Jews also celebrate the fact that G-d gave the Ten Commandments to Moses and the Israelites at Mount Sinai.

Pesach commemorates the Israelites' freedom from Egyptian bondage. After Moses and the Israelites left Egypt, they wandered in the desert. Eventually Moses brought his followers to Mt. Sinai. The Israelites looked up the mountain and saw a miracle; the desert had been dry and bare, but Sinai was lush and green and covered with grass, flowers and trees.

Once the Israelites were settled at the base of Mount Sinai, G-d commanded Moses to prepare the people to receive Him. The Israelites washed and purified themselves in anticipation of G-d's visit, and three days later, they were awakened by thunder and lightning. Thick, dark clouds hung over the mountain and they could hear the shofar echoing across the desert. The earth began to tremble and shake and the Israelites heard G-d's voice as he spoke to them from out of the clouds. From Mount Sinai, G-d gave Moses and the Israelites the Ten Commandments.

“And the entire nation saw the voices and the thunder, and the sound of the shofar, and the mountain was consumed with smoke.” (Exodus 20:15-16)

Ten Commandments (Exodus 20:2-17)

1. I am the LORD your G-d, who has brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me
2. You shall not make unto you any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth
3. You shall not take the name of the LORD your G-d in vain
4. Remember the Sabbath day, to keep it holy
5. Honor your father and your mother
6. You shall not kill
7. You shall not commit adultery
8. You shall not steal
9. You shall not bear false witness against your neighbor
10. You shall not covet anything that is your neighbor's

HOLIDAY TRADITIONS

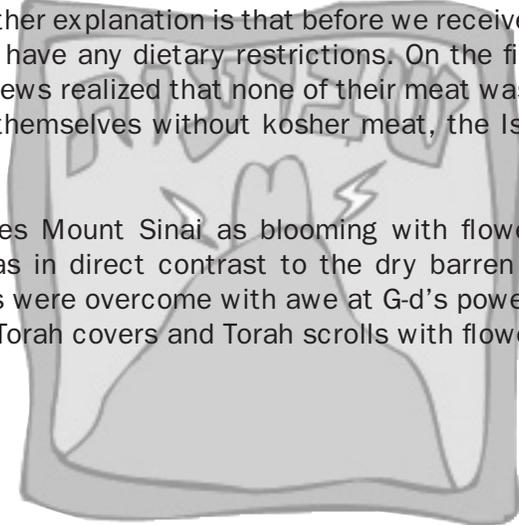
Many of our holiday customs and traditions grew out of the legends and stories describing the Israelites' experiences at Mount Sinai.

For example, tradition holds that rather than being too excited to sleep the night before G-d came down Mount Sinai, the Israelites actually overslept on the morning of G-d's visit. To atone for this, we stay awake all night studying. Some study the Torah and the Talmud, while others use a special text of selected readings from the Torah, the Prophets, the Talmud and the Zohar, called Tikkun Leil Shavuot, the "Restoration of Shavuot Eve."

Another holiday custom is to hear the Ten Commandments read aloud in the synagogue. Jews believe that although the physical Giving of the Torah was a one-time event, we can spiritually receive the Torah each year by hearing the Ten Commandments.

On Shavuot, Jews traditionally eat dairy foods. One explanation for this tradition is that we are commemorating a particular passage in the Torah: "And He gave us this land, a land flowing with milk and honey." Another explanation is that before we received the Commandments from G-d, the Israelites did not have any dietary restrictions. On the first Shavuot, after receiving the Commandments, the Jews realized that none of their meat was kosher, and they would no longer eat it. So, finding themselves without kosher meat, the Israelites were forced to eat only dairy foods.

Finally, the Torah describes Mount Sinai as blooming with flowers and greenery. The lush beauty of Mount Sinai was in direct contrast to the dry barren desert they had wandered through, and the Israelites were overcome with awe at G-d's power. Today, Jews decorate the synagogue, and even the Torah covers and Torah scrolls with flowers and tree branches.





Noodle Kugel

Angel Drucker

Ingredients:

- 1 stick butter
- 1 cup brown sugar
- ½ cup red cherries or nuts (or both)
- 1 bag egg noodles
- 3 eggs

Directions:

1. Cut the stick of butter in half; soften ½ stick of butter and mix gently with ½ cup brown sugar
2. In bundt pan cover bottom with sugar/butter mixture; add nuts/cherries to bottom of pan and crush into butter/sugar mixture
3. Cook noodles; drain and let cook slightly so noodles don't cook eggs when mixed together
4. Mix noodles with remaining ½ stick butter, ½ cup brown sugar, beaten eggs
5. Pour noodle mixture into bundt pan
6. Cook at 350° for 30 minutes
7. Let cool, then flip pan over onto serving dish

Broccoli Quiche

Estelle Klubock

Ingredients:

- | | |
|---------------------------|--------------------------|
| 4 eggs | ¼ teaspoon salt |
| 9" pie crust unbaked | ¼ teaspoon pepper |
| 10 ounces frozen broccoli | ¼ teaspoon garlic powder |
| 1 small onion | 1 cup cold milk |
| 2 tablespoons margarine | ½ cup grated cheese |

Directions:

1. Preheat oven to 350°; thaw broccoli
 2. Saute chopped onion in margarine until transparent, add salt, pepper and garlic; let cool slightly
 3. Beat eggs lightly and add milk
 4. Add egg mixture to cooked onion
- Spread broccoli on pie shell and pour egg over; sprinkle with cheese and bake well until golden. (Bake approximately 35 minutes)

Cheese Blintzes

Sara Cooper

Ingredients:

- 2 eggs
- ½ cup water (can use ¼ cup apple juice and ¼ cup water for sweeter taste)
- ½ cup, plus 2 tablespoons whole milk
- 1 ounce melted butter
- 1 cup flour
- Salt
- Butter as needed
- Oil as needed

Directions:

1. In a medium sized bowl combine the eggs, water, milk and butter
2. Slowly mix in flour and salt
3. Preheat an 8" skillet over medium heat; add butter and oil and heat
4. Pour enough batter into the hot pan to cover the bottom of the skillet; place over the fire for approximately six seconds, and then pour the excess batter back into the bowl
5. Cook until the crepe is dry on top
6. With a wooden spoon, loosen the edges from the side of the pan and remove. Continue this process until all the batter is used up. Offset the edges of the crepes when stacking for ease in handling
7. Set the crepes aside, covered lightly with a cloth towel

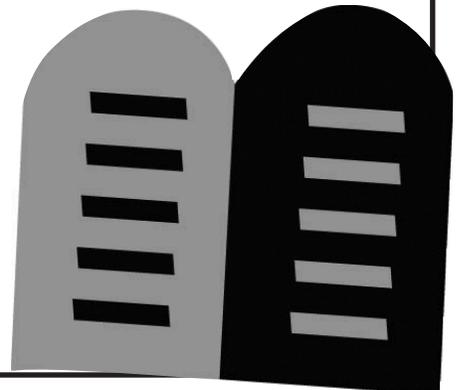
Blintz Filling

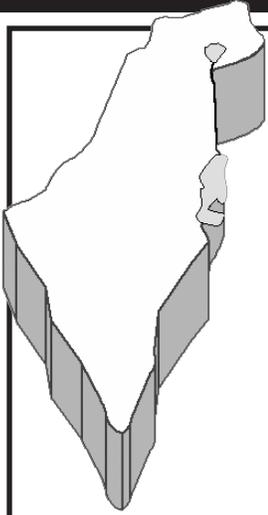
Ingredients:

- 1 pound cottage cheese
- Juice of ½ lemon
- 1 ounce sugar
- 1 egg
- Salt

Directions:

1. Combine all the ingredients together and mix gently until smooth
 2. Fill each crepe with approximately 2 tablespoons of filling, making sure to put the filling in the center of the crepe
 3. To assemble, fold the left and right edges of each crepe toward the center, then roll gently from the bottom to the top; turn over so the seams are face down
 4. The blintzes can be frozen in a single layer, or individually wrapped in plastic
 5. To cook, fry in a combination of hot butter and oil on both sides until golden, over medium heat
- If using frozen blintzes, do not defrost, and fry over low heat.





Contemporary Holidays



THE STORY OF YOM HASHOAH

Yom HaShoah commemorates the destruction of European Jewry and the loss of six million Jewish lives in the Holocaust during World War II.

The 27th of Nissan was selected by the Israeli government for a day of remembrance. It is officially called Yom HaShoah v'ha'Gevurah, the day of Holocaust Commemoration and Heroism. The day is marked by solemnity and begins at sundown when we light a Yahrzeit candle or a specially designed candelabrum with six candles. It is customary for families to join together to read various selections from Holocaust literature, and we typically refrain from any type of entertainment as we mourn the greatest tragedy in modern Jewish history.

As fewer and fewer Holocaust survivors are able to tell their stories, it has become customary to participate in community-wide events commemorating Yom HaShoah. It is important to perpetuate the memory of those innocent lives, whose only crime was that they were Jews.

THE STORY OF YOM HA'ATZMAUT

On the 5th of Iyar 1948, Prime Minister Ben Gurion declared the State of Israel. Since that day, the 5th of Iyar has been marked by celebrations and special services throughout the Jewish world. Traditional celebrations of Israel's birthday include attendance at services, reciting Hallel, and joyous family meals. We also prominently display the Israeli flag.

The day before Yom Ha'atzmaut is called Yom Hazikron. This day commemorates the fallen Israeli soldiers who died in defense of our homeland.

THE STORY OF YOM YERUSHALAYIM

On the 28th of Iyar, 1967, Jerusalem was recaptured by the Israeli Army after defeating the combined armies of five Arab nations. The Old City of Jerusalem was liberated and Jews were once again able to go to the *kotel hama'aravi*, the Western Wall, in order to pray to Hashem. Since that day, this remarkable event is commemorated with community celebrations. We hold special services in the evening and morning, and recite the Hallel and extra selections of songs of praise.

Celebrating this occasion allows Jews all over the world to renew the indissoluble link that exists between the Jewish people and Jerusalem, our eternal capital.



Israeli Salad

Ingredients:

- 3 cucumbers
- 3 tomatoes
- 1 green or red pepper
- 3 green onions
- olive oil
- lemon juice
- salt

zaatar (hyssop spice) Zaatar is available at most Middle Eastern Markets.

Directions:

1. Chop the vegetables in small pieces. (The secret to a really good Israeli salad is finely chopped vegetables)
2. Immediately before serving, season lightly with olive oil, lemon juice, salt and zaatar

Burekas Dough

Ingredients:

- ½ lb margarine
- 1 teaspoon salt
- 3 cups self-rising flour
- warm water

Directions:

1. Melt margarine and mix with flour and salt
2. Add warm water until able to roll dough
3. Roll it and cut circles with a cup

Stuffing

Ingredients:

- ½ cup cheese (feta)
- 1 cup cooked spinach
- 3 egg yolks

Directions:

1. Mix all the ingredients together
2. Put one teaspoon of stuffing in the center of each dough circle; fold in half
3. Place on a well-greased cookie tray and bake at 350° until golden (approximately 15-20 minutes)
4. Serve hot

Optional: spread egg yolk on top of each half-circle and sprinkle with sesame seeds before cooking.

Falafel

Ingredients:

- 1 lb canned chickpeas (drained)
- 1 large onion, chopped
- 2 tablespoons finely chopped parsley
- 1 egg
- 1 teaspoon salt
- ½ to 1 cup breadcrumbs or fine bulgur (crushed wheat)
- 1 teaspoon ground coriander or cumin
- 1 teaspoon dried hot peppers
- 1 teaspoon garlic powder
- Vegetable oil (for frying)

Directions:

1. Combine chickpeas with onion
2. In blender mix in parsley, lightly beaten egg and spices.
3. Add breadcrumbs until mixture forms a small ball without sticking to your hands.
4. Form chickpea mixture into small balls about the size of a quarter (one inch in diameter). Flatten patties slightly and fry until golden brown on both sides
5. Drain falafel balls on paper towels

Makes about 24 falafel balls.

To serve, add falafel balls to a pita filled with chopped tomato, cucumber, lettuce, onion, hummus and/or tehina.

Shishlik

Ingredients:

- 1 lb tender meat (beef or lamb)
- Salt and pepper
- 1 clove garlic, crushed
- 1 tablespoon oil

Directions:

1. Marinate diced meat (1 inch x 1 inch) in garlic and oil mixture for ½ hour
2. Remove and put meat on skewers
3. Sprinkle with salt and pepper
4. Place over charcoal or in broiler; serve with vegetable salad



JEWISH MEMORIAL DAYS

On Yom Kippur, the last days of Passover, Shavuot and Sukkot, Jews light a special candle, called a Yahrzeit Candle, in memory of loved ones who have died. We also light a yahrzeit candle on the anniversary of their passing.

In addition to lighting the Yahrzeit candle, we also participate in a memorial service called Yizkor. Yizkor is the Hebrew word for “remember.” This special service asks G-d to remember those we mourn and to grant them proper rest.

A Yahrzeit candle is lit at sundown on...

1. Sundown at the beginning of Yom Kippur
2. The night of Shemini Atzeret (the 8th night of Sukkot)
3. The second night of Shavuot
4. The last night of Passover
5. The anniversary of a loved one's passing

The Yizkor service takes place the following day.



HATIKVA (THE HOPE)

*Kol ode balevav P'nimah -
Nefesh Yehudi homiyah
Ulfa'atey mizrach kadimah
Ayin l'tzion tzofiyah.*

*Ode lo avdah tikvatenu
Hatikvah bat shnot alpayim:
L'hiyot am chofshi b'artzenu
Eretz Tzion v'Yerushalayim*

*As long as deep in the heart,
The soul of a Jew yearns,
And forward to the East
To Zion, an eye looks
Our hope will not be lost,
The hope of two thousand years,
To be a free nation in our land,
The land of Zion and Jerusalem.*

This booklet was donated by
Arden and Charlene Wandel,
Stephen and Rayna

In honor of the Suson Family
and in honor of
Hazel Gensberg
and in loving memory of
Philip and Marion Shaiman



***This booklet contains the name of G-d. Please treat it with respect,
and dispose of it with reverence.***

***Our sincerest thanks to all of our extended BMH-BJ family who
contributed to this holiday booklet. Some of the family traditions,
projects and recipes were taken from the BMH-BJ Ask the Rebbitzin program.
Special thanks to Sara Cooper for compiling the holidays
and Barb Tipton for designing this booklet.***

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