



HIGH HOLY DAYS

Temple Israel Presents “How to High Holy Days”

A guide for those observing Rosh Hashanah and Yom Kippur

WHAT IS ROSH HASHANAH?

In Hebrew, Rosh Hashanah means “Head of the Year” and marks the beginning of the Jewish New Year. It also marks the beginning of the Days of Awe/High Holy Days which is a ten-day period between Rosh Hashanah and Yom Kippur (The Day of Atonement). During this time, we focus on ways to make the coming year a better one, and ask forgiveness from God and those who we have wronged.

COMMON CUSTOMS

Rosh Hashanah is a joyous occasion with many rituals. The Shofar (ram’s horn) is sounded to wake us up for the new year. Many Jews also practice Tashlich, which is a ceremony to symbolically toss away our sins by throwing bread crumbs into a flowing creek.

IDEAS OF HOW TO INVOLVE KIDS ON ROSH HASHANAH

- Go apple-picking!
- Use an apple cut in half and red or green paint to do apple stamp paintings
- Make Happy New Year (L’shana Tovah) cards to send out to friends and family to ring in the new year

ROSH HASHANAH FOODS

We eat a round loaf of Challah bread to symbolize the cycle of a new year beginning as well as apples and honey to represent a sweet year.

Here is a blessing you can say over the apples and honey:

ברוך אתה יי אלהינו מלך העולם בורא פרי העץ (אמן)

Barukh atah Adonai, Eloheinu, melekh ha'olam, borei p'ri ha'eitz (Amein).

Blessed are you, Lord, our God, king of the universe who creates the fruit of the tree. (Amen)

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

יהי רצון מלפניך יי אלהינו ואלהי אבותינו
שתחדש עלינו שנה טובה ומתוקה

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 God and God of our ancestors that you renew for us a good and sweet year.

WHAT IS YOM KIPPUR?

Yom Kippur (Day of Atonement) is considered the holiest day on the Jewish calendar. It occurs ten days after Rosh Hashanah. We are commanded on this day to go to those who we have wronged and ask for their forgiveness. Only then may we ask for forgiveness from God.

COMMON CUSTOMS

Many Jews spend the day praying in the synagogue and reflecting on how to be a better person in the new year. Fasting is a common custom and allows one to focus solely on repentance. At the end of the day, many people get together with family to “break the fast.” At the end of Yom Kippur, someone in the synagogue blows the shofar, sounding one long, blast.

IDEAS OF HOW TO INVOLVE KIDS ON YOM KIPPUR

- Since kids are too small to fast the whole day, talk with your child about maybe one thing they would like to give up for the day instead. Maybe it’s no candy, no video games, etc.
- Help children decorate a placemat, napkins, or tablecloth to display at the break-the-fast meal

Visit our website for more information on Jewish holiday celebrations!

www.ti-stl.org/Holidays