

הקשר היהודי שלך

Your Jewish Connection

Brought to you by the Lifelong Learning Committee – *Written by Linda S Trapasso*

Rosh Hashanah – How Sweet It Is!

“The purpose of ritual is to render the invisible visible,” wrote Cantor Alan Lew. Plan-



ning a memorable Rosh Hashanah meal and celebration as a family can enrich your holiday experience and strengthen your connection to Jewish tradition. Rosh Hashanah is a perfect time to get creative while reflecting on the past year and celebrating the new one. Revel in new perspectives, new tastes, new traditions, and new understandings of ancient traditions.

Rosh Hashanah is the day G-d created Adam and Eve. We celebrate it as the head of the new year. You can find information on celebrations and traditions at MyJewishLearning.com and Chabad.org. For a host of details about the holiday, peruse Jeffrey M. Cohen's [1,001 Questions and Answers on Rosh Hashanah and Yom Kippur](#).

Did you know that a central observance of this Holy Day is hearing the sound of the shofar, the ram's horn? The Torah refers to Rosh Hashanah as the “day of the shofar blast.” (Numbers 29:1) For me, this is one of the highlights of the holiday. Hearing that sound fill the sanctuary is so awesome!



Of course, what would a Holy Day be without food? At Rosh Hashanah we eat symbolic foods (*simanim*) meant to help ensure a good new year. [The Spruce Eats](#) lists 10 *simanim* for the holiday. Can you name the 10 simanim? The reason we have honey on this Holy Day is...look at Smithsonian.com for the answer. Check out a HuffingtonPost.com article on Rosh Hashanah food's spiritual meaning.

Gather the family and consider using a new tradition for your celebrations. For ideas, read [World Jewry's Rosh Hashanah Traditions](#) to learn about French, Ethiopian, Indian, Cuban, and Israeli traditions. For some activities, see [New Things To Do For Rosh Hashanah](#).



Maybe you're looking for some new recipes using apples and honey? Go to kveller.com for inspiration. [Food52](#) offers up 23 sweet recipes (not just dessert!) for the holiday. [Haaretz](#) lists menus for Sephardi, Ashkenazi, Asian, and Israeli Rosh Hashanah dinners.

L'shana tovah tikatev *v'etichatem!* (May you be inscribed and sealed for a good year!)



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