

Or Shalom Jewish Community Rosh Hashanah and Yom Kippur Ba'bayit (@ Home) ~ Kit for Families

Rav Kook, said: "The Old Made New and the New Made holy"

Rosh Hashanah (literally, "head of the Year") is the Jewish New Year, a time of prayer, self-reflection, and *t'shuva* (repentance). We review our actions during the past year, and we look for ways to improve ourselves, our communities, and our world in the year to come. The holiday marks the beginning of a 10-day period, known as the "Days of Awe," which culminates with Yom Kippur ("Day of Atonement").

We created for your family this step-by-step guide that will help you celebrate the High Holy Days. We hope this will guide you through the most common customs of the holiday and fun and meaningful activities to share with your families.



Rosh Hashanah Evening Blessings

Candle Lighting Blessing

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת וְשֶׁל יוֹם טוֹב.

*Baruch atah Adonai Eloheynu melech ha'olam asher kideshanu
bemitzvotav vetzivanu lehadlik ner shel shabbat vshel 'yom tov
Blessed are You Adonai our God, whose Presence fills the universe, giving
us opportunities to sanctify life by lighting Shabbat candles and of the
holiday*

Blessing Over Bread -- Motzi

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.
*Baruch atah Adonai Eloheynu melech ha'olam hamotzi lechem min
ha'aretz*

*Blessed are You Adonai our God, whose Presence fills the universe,
who brings forth bread from the earth.*

Blessing for Apples Dipped in Honey

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ
Baruch atah Adonai Eloheynu melech ha'olam, borei p'ri ha'eitz
*Blessed are You Adonai our God, whose Presence fills the universe,
creator of the fruit of the tree.*

Sheheheyanu

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁחַיֵּינוּ וְקִיְמָנוּ וְהַגִּיעָנוּ
לְזֶמַּן הַזֶּה.
*Baruh atah Adonai eloheynu meleh ha'olam sheheheyanu, vekiyemanu,
vehigiyanu lazman hazeh.*

*Blessed are You Adonai our God, ruler of the universe, who has enlivened us,
and sustained us, bringing us to this very moment.*



Family Fun Activities for the Holidays

Come to Or Shalom Family Services - We hold short, musical, and fun Family Services for those with short attention spans. Sign up here.
<https://www.orshalom.org/high-holy-days>

What is Rosh Hashanah?

This short video explains what the holiday is about, how different communities celebrate it, what the special foods and traditions are, and the spiritual connection.

<https://www.bimbam.com/judaism-101/high-holidays/>

Eat an apple dipped in honey

On Rosh Hashanah, it is traditional to eat apples dipped in honey. We do this because apples are round and so is the year- it also goes 'round and 'round! Also, the honey is sweet, and we wish each other a sweet New Year. Your family also may want to enjoy challah dipped in honey.

Some families include a pomegranate as a treat before the meal. It is said that the number of seeds in the pomegranate reflects the number of good deeds that you will do in the coming year.

Family Goals Necklace

Just as we make "New Year's Resolutions" at the American New Year in January, we can also make "Rosh Hashanah Resolutions" at the Jewish New Year. We set goals for the year, and plan to do new things. We also promise to try to leave behind some of things we did not like about last year.

Sit together as a family to decide on some family goals for the New Year while you make "Goal Bead Necklace".

What is Yom Kippur?

This short video is a basic primer on Yom Kippur for everyone. It explains what the holiday is about, its customs and where it comes from.

<https://www.bimbam.com/yomkippur/>

One Mitzvah a Day ~ For the month of Tishrei

Get the New Year off to a good during Tishrei, the first month of the Jewish year. Just print this checklist and try a new activity each day. There are 30 in total – that's one for each day of the month – to inspire your family to do a mitzvah each day.

[https://pjlibrary.org/getmedia/746953e7-34f6-42cb-bc12-906eabbbd66e/Mitzvah-a-Day-\(at-home\)_Finalv2.pdf](https://pjlibrary.org/getmedia/746953e7-34f6-42cb-bc12-906eabbbd66e/Mitzvah-a-Day-(at-home)_Finalv2.pdf)

Build a Better World - "Tikkun Olam"

"Tikkun Olam" is the act of helping to make this world a better place.

Wish you could help to make this world a better place? Here is your chance.

With your lego pieces, build something that will make the world a better place, a safe and fun world.

Blessings Journal ~ Create a Family Journal of Blessings.

The Talmud teaches that we are to say 100 blessings every day, and scientific research finds that those who are living actively grateful lives are more fulfilled. On the afternoon before Rosh Hashanah, have each member of your family write down something they are thankful for. Do this in writing or drawing every day through the next 10 days until Yom Kippur. During the afternoon of Yom Kippur, look through the shared journal and talk about the blessings the family put into it and how they relate to the year ahead.

Tashlich

"Is it too late now to say sorry?" Apologizing doesn't have to be anything but heartfelt. As we dive into this reflective time of year, find ways to say you're sorry – and to accept apologies with grace. Because it's never too late to say sorry....

In Hebrew, *tashlich* means “casting off,” a phrase we hear a lot around Rosh Hashanah and Yom Kippur—as in “casting off your mistakes.” In the Jewish tradition, we act out this phrase somewhat literally. We use small pieces of bread or other items to represent those sins, and in the Rosh Hashanah ceremony known as Tashlich, we cast our mistakes into a body of flowing water, like an ocean, river or stream, to be carried away with the current. With your family you can turn this into a meaningful and also interesting activity....You can participate in Or Shalom's DIY Tashlich by downloading the mp3 from our High Holy Day page.

<https://www.orshalom.org/high-holy-days>

Have fun with ink

“Take a piece of paper and with water-soluble markers, write down the things you want to get rid of, the things you want to throw away or the things you would like to expel from your life. And then put them in water, whether that's a baby pool or buckets. Watch them disappear off the paper and symbolically see them removed.”

Get positive

Instead of focusing on the negative with kids, encourage them to write down things they want to keep doing or try in the new year. “Flip it on its head and think about the things you want to do or the things you want to strengthen to make sure that it's a year of kindness or generosity or love or patience. Attach them to candle sticks or a Kiddush cup. Then, on Shabbat, you have that weekly reminder of the things you set your mind to do. Or consider keeping a good-deed jar in a prominent place and adding to it every week, writing down positive things a child did, such as completing homework on time or cleaning their room. Watch it fill up!

Fly paper airplanes

“Create paper airplanes and write down those things you want to ‘send away’ from yourself. Maybe this year, you fought with your brother. Try as hard as you can to fly the plane as far away as you can.” For a twist, write a good intention (“I'll spend more time with my brother”) on the other side.

Bake with the family ~ Healthy Apple Muffins

<https://www.superhealthykids.com/recipes/healthy-apple-muffins/>

Holiday Vocabulary

Apples & Honey—traditional food for Rosh Hashanah. Food served on Rosh Hashanah is generally sweet to symbolize our hope that our lives will be sweet in the new year. We eat apples (tapuchim) dipped in honey (d'vash), persimmons, sweet potatoes, carrots, and raisin challah, which is often round to show us the round cycle of the year.

Days of Awe (also called the High Holy Days)—the ten days that begin with Rosh Hashanah and end with Yom Kippur. This is a time of reflection, self-examination and communal prayer for forgiveness.

“L’Shana Tova Tikateyvu”—“May you be inscribed for a good year.” This Rosh Hashanah greeting is often shortened to “L’Shana tova” and refers to the Book of Life.

Machzor—a special prayer book that we use on Rosh Hashanah and Yom Kippur, as the liturgy on these days is longer than and different from our daily and Shabbat services.

S’lichot/Selichot—the name of both the penitential prayers recited during the service and the service that is held at midnight on the Saturday night before Rosh Hashanah (or a week earlier if Rosh Hashanah falls on a Monday or Tuesday). The S’lichot service contains poetry, prayers, and other readings that help set the mood for the High Holy Days.

Shanah Tovah – Literally “good year,” is the greeting we use on and around Rosh Hashanah to wish one another a Happy New Year.

Shofar—a ram’s horn. The shofar announces the new year and symbolizes a call to repentance. The shofar is heard on Rosh Hashanah and at the end of Yom Kippur. The shofar appears in the Torah story (read on Rosh Hashanah) in which God asks Abraham to sacrifice his son, Isaac. At the crucial moment, God stops Abraham from doing so and instead asks him to sacrifice a ram. The shofar sounds are tekiah, shevarim, teruah, and tekiah gedolah (great tekiah).

Tashlich—the throwing of breadcrumbs into moving water, usually done on the afternoon of Rosh Hashanah. This act symbolizes purifying ourselves of our sins.

Teshuvah (repentance), **Tefillah** (prayer), and **Tzedakah** (charity)—three actions that are encouraged throughout the year but are especially indicated during the Days of Awe and influence how one is written in the Book of Life.

Yom Tov -“a good day.” This is a greeting used on many holidays.



HIGH HOLIDAYS WITH HAVAYA

Are you looking for ways for you, your kids, or your family to celebrate the Jewish holidays in a way that's engaging, welcoming, celebratory, and fun? Join us for one of these opportunities to connect as we dive into the new year. All are free and open to the community ... and no experience is necessary!

September 12 // Selichot: A Family Experience

7:00 pm ET / 6:00 pm CT / 5:00 pm MT / 4:00 pm PT

"Is it too late now to say sorry...." Yup. We did it. We quoted Justin Bieber. 5780 / 2020 has been that kind of year! Apologizing doesn't have to be anything but heartfelt. As we dive into this reflective time of year, find ways to say you're sorry – and to accept apologies with grace. Because it's never too late to say sorry....

[Sign-up to join us on Zoom.](#)

September 20 // Rosh Hashanah: Family Service

4:00 pm ET / 3:00 pm CT / 2:00 pm MT / 1:00 pm PT

Join us on the second day of Rosh Hashanah for a creative way to start the new year. We'll look backwards and forwards, and inwards and outwards, as we sing and share together. Bring paper, washable markers, and some water if you'd like the "hands on" experience.

[Sign-up to join us on Zoom.](#)

September 28 // Yom Kippur: Stories for Kids and Families

4:00 pm ET / 3:00 pm CT / 2:00 pm MT / 1:00 pm PT

Stories help us understand ourselves and others. On this day of introspection, join us for some family-friendly stories to feed your soul.

[Sign-up to join us on Zoom.](#)