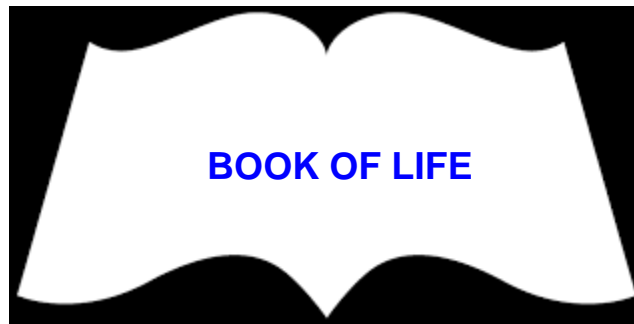


# Rosh HaShanah 2021

By Rabbi Joyce Siegel



May we be written in the Book of  
Life for a year of Health, Peace and  
Happiness!

**5782**

Made with



**High Holidays At Home**

Rosh HaShanah (literally, “Head of the Year”) is the Jewish New Year, a time of prayer, self-reflection, and *t'shuvah*. 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 *Yamim Nora-im* (“Days of Awe” or “High Holidays”), ushered in by Rosh HaShanah and culminating with Yom Kippur (the “Day of Atonement”). Rosh HaShanah is widely observed by Jews throughout the world, often with prayer and reflection in a synagogue. There also are several holiday rituals observed at home.

Rosh HaShanah is celebrated on the first day of the Hebrew month of *Tishrei*, which – because of differences in the solar and lunar calendar – corresponds to September or October on the Gregorian or secular calendar. Customs associated with the holiday include sounding the *shofar*, eating a round *challah*, and tasting apples and honey to represent a sweet New Year. - Reform Judaism

## CANDLE LIGHTING



Nearly all Jewish holiday begin with lighting candles, and so this one will, too. After we light the candles we wave our hands in three big horizontal circles to symbolically bring the light closer to us, and then cover our eyes while we say the blessing. When the blessing is over take a moment of silent reflection with your eyes covered, and then open your eyes and enjoy the beauty of candlelight, bringing you into the new year.

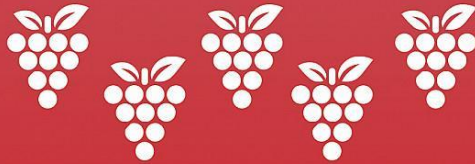
**בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב**

*Barukh atah Adonai Eloheinu melekh ha'olam  
asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel yom tov.*

Blessed are You, Adonai our God, Ruler of the Universe,  
who has sanctified us with commandments, and commanded us to light festival candles.

## Kiddush

BOREI P'REE  
HAGAFEN



CUSTOM @ CRAFT

Baruch atah Adonai  
Eloheinu ruach ha'olam,  
borei p'ri ha'gafen

בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ רוּחַ הָעוֹלָם  
בוֹרֵא פְּרֵי הַגָּפֶן

*A toast: in the Presence of the Infinite,  
we savor the blessing of transformation: vine to wine.*



**L'Chayim  
To Life!**

## Shehechyanu



### **Shehechyanu:**

The shehechyanu blessing thanks the creator for giving us life, sustaining us, and allowing us to reach this day. This blessing is said at momentous occasions, and tonight counts because it is the night when we can finally look back on the whole previous year. We made it! Whether bitter or sweet, difficult or fun, tonight we celebrate and feel grateful for making it to today, and to this table to reflect with people we care about.

**בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהִחַיְנוּ וְקִיְמָנוּ  
וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה**

*Baruch atah Ado-noy Elo-hai-nu Melech ha'olam she-he-che-yanu, v'kee-manu, v'hee-gee-anu lazman hazeh.*

Blessed are You, the One who has kept us alive and sustained us so that we could reach this moment.



what was  
the best  
part of this  
year?

- 1.
- 2.
- 3.
- 4.
- 5.

## Challah Blessing

### Motzi



#### **MOTZI**

We begin our meal with Motzi—as we acknowledge the Source of our abundance. It is customary to use a round challah. The round challah symbolizes the cyclical nature of our world and of our lives. Some people have the custom of adding raisins to the challah to give it a little more sweetness.

How are we bringing sweetness into our new year even as our world and our lives have been so drastically changed?

What can we each do to bring sweetness to the world?

**בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

**הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ**

*Baruch atah Adonai Eloheinu melech ha-olam, Hamotzi lechem min ha-aretz*

Blessed are You, Adonai our God, Ruler of the universe, Who brings forth bread from the earth.



## APPLES & HONEY BLESSINGS



### SPECIAL BLESSINGS FOR A SWEET NEW YEAR

Pick up a slice of apple, dip it in honey, and say:

#### HEBREW TEXT

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָעֵץ.

#### TRANSLITERATION

*Baruch atah Adonai, Eloheinu melech ha-olam, borei p'ri ha-eitz.*

#### TRANSLATION

We praise You, Eternal God, Sovereign of the Universe, Creator of the fruit of the tree.

Then add:

#### HEBREW TEXT

יְהִי רָצוֹן מִלְּפָנֶיךָ, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
שֶׁתְּחַדֵּשׁ עֲלֵינוּ שָׁנָה טוֹבָה וְמִתּוֹקָה.

#### TRANSLITERATION

*Y'hi ratzon milfanecha, Adonai Eloheinu v'Elohei avoteinu v'imoteinu, shetchadesh aleinu shanah tovah um'tukah.*

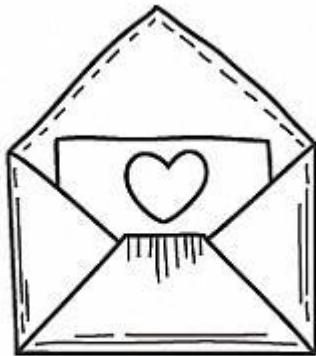
#### TRANSLATION

May it be Your will, Eternal our God, that this be a good and sweet year for us.

Eat the apple dipped in honey.

## GRATITUDE

### Elie Wiesel on Gratitude



**“If the only prayer you say throughout your life  
is “Thank You,” then that will be enough.”**

**— Elie Wiesel**

## GRATITUDE

### Instructions for Living a Life

*Instructions for living a life*

**PAY ATTENTION**

**BE ASTONISHED**

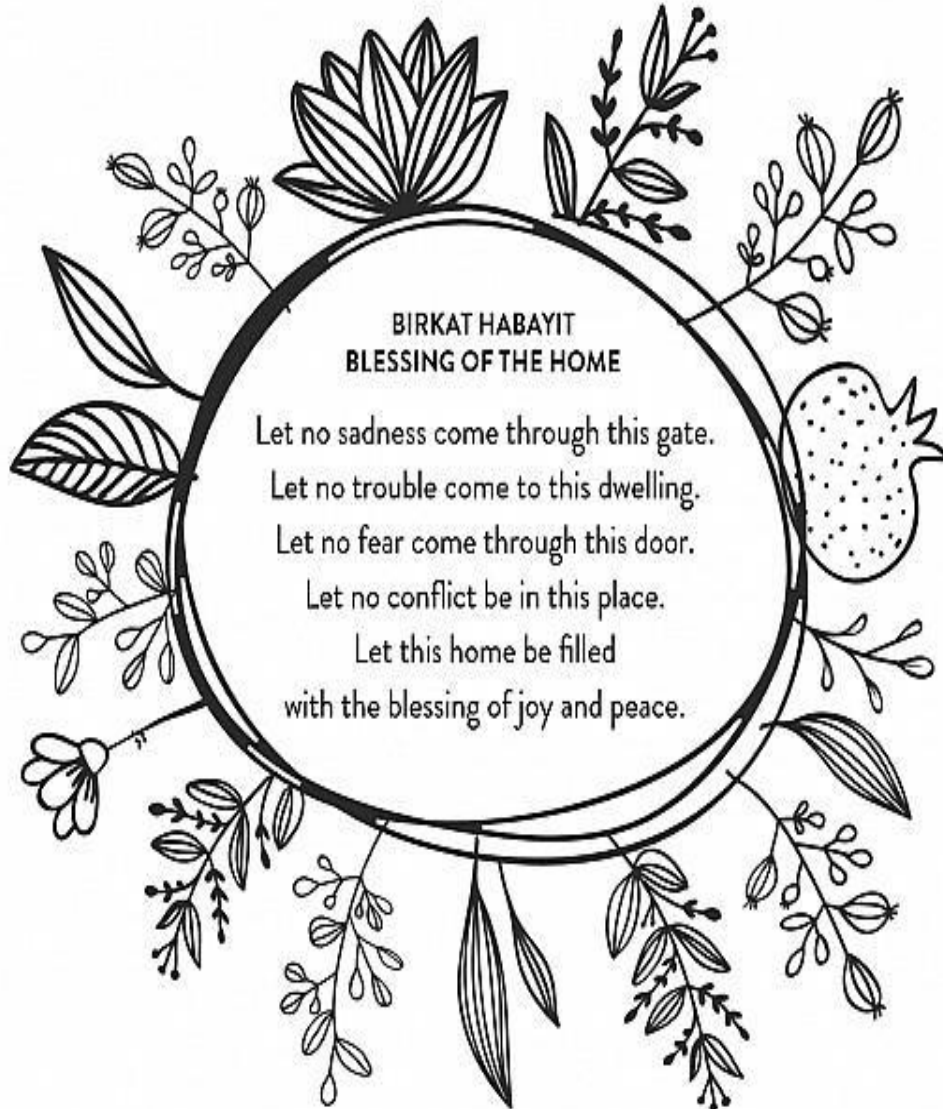
**TELL ABOUT IT**

*Mary Oliver*

CUSTOM & CRAFT

# GRATITUDE

## Jewish Home Blessings



**May we all be blessed with a year  
filled with peace, health, and  
happiness!**

**שנה טובה ומתוקה**

Acknowledgements:

[Haggadot.com](http://Haggadot.com)

[MyJewishlearning.com](http://MyJewishlearning.com)

[URJ.com](http://URJ.com)