

Rosh HaShanah: Renewal

Rosh HaShanah, the beginning of the Jewish year is almost here. A time for joy, celebration, food and family, it is also a time for introspection, consideration of the year completed and the year to come, our Jewish identity and how we are connected to our people and the Jewish homeland – Israel.

One of 4 new years on the Jewish calendar, it is the start of the calendar year, and considered as the restart of the Jewish spiritual life that we all possess. How we express it - that is something unique to each and every one of us.



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Rosh HaShanah traditions historically have been passed down from generation to generation of mothers and grandmothers. The order of preparation and the order of serving. The soup, the sides, the main dish - all part of the customs we inherited, even if we have no idea why or where they originated. Since Jewish life is an endless journey of learning, it helps us to remember that we are part of a long chain of connection - from our mother all the way to our maternal ancestors.

However you may have observed Rosh HaShanah in your childhood home, there is always room for renewal and growth. What can we do this year to breathe new life into our personal calendars of Jewish living?

- What was a favorite memory of a Rosh HaShanah from your childhood? Share that story with your kids!
- Perhaps there is a recipe passed down in your family that you could make together. Don't know where it came from? Have your kids be involved in the storytelling by a maternal figure from your past.
- Rosh HaShanah is about Renewal. What are the things YOU want to renew in YOURSELF as a mom this new year?

As we approach Rosh HaShanah, may we all return to who we really are, return to ourselves as human beings that have a deep desire to connect with Hashem and live a life of greatness, morality and deep spiritual meaning.