

Rosh Hashanah



RENEWAL

A Message From SOS MOM



Welcome to the SOS Kit for Rosh Hashanah: Renewal.

Rosh HaShanah, the beginning of the Jewish year is almost here.

However you may have observed Rosh HaShanah in your childhood home, there is always room for renewal and growth.

In this kit you will find usable **prayers, information, activities**, delicious Rosh HaShanah **recipes**, including an apple cinnamon challah, and a classic brisket but with an Israeli kick.

The last thing you will find is a Rosh HaShanah meditation **activity** to do with your family during after or before your meal.

This kit was made so that you don't have to stress about how or if you're going to celebrate as we welcome the Jewish new year with joy and an interest in growing our connection and our spirit.

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.

Out of respect for Torah and Jewish law, we ask that you don't cook these recipes on Shabbat, and that you don't turn your oven on on Rosh HaShanah to cook them.

We ask that you print any articles you plan to read on Rosh HaShanah before the holiday begins.

We also request that you not play the music videos on the holiday itself.

The same applies to any content you wish to use and enjoy on Shabbat.

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.

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?



photo credit: Ein Prat Fountainheads on Facebook

Rosh HaShanah Candle Lighting

When Rosh HaShanah and Shabbat are on the same day, say the words in parenthesis.

*Baruch ata Adonai eloheinu melech ha-olam
asher kiddishanu b'mitzvotav v'tzivanu
l'hadlik ner (shel shabbat v')shel yom tov.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר (שֶׁל שַׁבָּת ו)
שֶׁל יוֹם טוֹב

Blessed are You, Lord our God, Ruler of the Universe, Who has sanctified us with His commandments and commanded us to light the (Shabbat and) festival candles.

*Baruch ata Adonai eloheinu melech ha-olam
she-heh-kheh-yanu, v'kee-y'-manu,
v'he-ge-anu la-zman ha-zeh.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהֵחֵינּוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזִמַּן הַזֶּה

Blessed are You, Lord our God, Ruler of the Universe, Whose power enlivens us, sustains us, and enables us to reach this moment of joy.

An additional prayer you can learn,
special for women on Rosh HaShanah,
is the [Rahamana di Nishaya](#).



Jewish Learning

We renew our understanding of the meaning of Rosh HaShanah with the text used in the services in synagogues for over 2000 years. In doing so, we renew our appreciation of the long history of life, faith and connection Jews have kept alive throughout every generation.

FIRST DAY OF ROSH HASHANAH

Torah - Sarah and Hagar ([Genesis 21:1-34](#))

Haftarah - The Story of Hannah ([1 Samuel 1:1-2:10](#))

SECOND DAY OF ROSH HASHANAH

Torah - The Sacrifice of Isaac ([Genesis 22:1-24](#))

Haftarah - The Wonder of Israel ([Jeremiah 31:1-19](#))



BRING TORAH TO LIFE!

- Pick a page and read it together as if acting on stage.
- Add dramatic exaggeration and pauses
- Use funny voices and bring the characters of our Jewish history to life and help our children understand they carry on the unique destiny of our beloved ancestors.
- Review the names of the personalities in the story - Who was Abraham? Sarah? Hannah? Jeremiah? What about their stories makes them so important to Jews for 3000 years?
- Ask the children what more they would want to learn about being a Jew and living Jewishly.
- End the activity with some special words of your own on why it is so unique to be a part of Israel and to carry on these traditions.

SIMANIM SEDER



The rabbis of our past, known as חז"ל [Chazal], taught us on ראש השנה [Rosh Hashanah] we elevate puns from the lowest form of humor to the highest religious experience. The foods suggested by our Sages had names in Aramaic or Hebrew that symbolized hopes for the new year, so the original blessings passed down through the generations touch on so many aspects even of our life today. Our *kavvanoth* — sacred intentions — are that these *simanim*, Symbolic Foods of Life, are to help us effect a good coming year.

[PRINT YOUR PDF NOW](#) FOR USE AT
YOUR ROSH HASHANAH CELEBRATION

Over the years, many more humorous references have been incorporated into cultural traditions for different Jewish communities around the world. What other word puns could you and your family come up with?

Apple Cinnamon Challah

INGREDIENTS

- 2 ½ Tbsp instant yeast
- ¾ cup sugar
- 2 cups boiling water
- ¼ cup vegetable oil
- 2 tsp salt
- 6 cups flour
- 3 teaspoons cinnamon
- 4 Tbsp honey
- 1 apple, peeled and cut into small chunks
- 1 egg, beaten

DIRECTIONS

1. In a large mixing bowl, combine yeast, sugar and hot water.
2. Let sit for 15 minutes until bubbly.
3. Add flour, 1 cup at a time.
4. After 3 cups, add oil, cinnamon, and honey.
5. Mix with hands or in mixer until sticky dough forms.
6. Turn dough out onto a lightly floured surface and knead for 10-12 minutes.
7. Flatten dough out into a disc and fold in apple pieces. If using a mixer, you can add the apple pieces right in for another 2 minutes of kneading.
8. Place dough into well-oiled bowl and cover with a plastic wrap or damp towel.
9. Let rise in a warm dry area for 1 hour (dough with double in size).
10. Punch down and let rise again for 1 hour.
11. Pre-heat oven to 350F.
12. Punch down dough and separate into 6 or 8 even-sized pieces – depending on if you want to do a 3 or 4 strand braid.
13. Roll out each piece into a long cylinder shape and lay side by side.
14. Pinch the ends of the dough together and braid.
15. Pinch the ends together tightly and lay on baking sheet.
16. In a small dish beat egg and brush on top of challah after 10 minutes of additional rising.
17. Brush on another coat after another 10 minutes and sprinkle the top with sea salt.
18. Bake for 30-35 minutes or until golden.



B'TEAVON AND ENJOY!!

Slow Braised Brisket and Onions

by Israel chef Jamie Geller



INGREDIENTS

- Extra-virgin olive oil
- 3 large Spanish onions, thinly sliced
- ¼ cup tomato paste
- Kosher salt
- Freshly ground black pepper
- 1 (7 pound) whole brisket
- 3 whole heads of garlic, cut in half to expose the cloves
- 3 cups beef broth
- 1 cup dry red wine
- Bouquet Garni: several thyme sprigs, parsley stems, and bay leaves tied to celery rib

DIRECTIONS

1. Preheat oven to 300°F or preheat slow cooker to low.
2. Heat a large sauté pan or Dutch oven, lightly coated with olive oil, over medium-high heat. Brown onions until dark and very soft. Stir tomato paste in and continue cooking for a few minutes to sear tomato paste. Transfer onions to slow cooker, or if using a Dutch oven, push onions to the side.
3. Season brisket with salt and pepper and brown on both sides in the same pan. You may need to cut brisket in half to fit into a slow cooker.
4. Nestle brisket into pan with onions. Add garlic, broth, wine, and bouquet garni.
5. Cover and braise for 3½ to 4 hours in a 300°F oven or 8 hours on slow cooker, or until a fork inserted comes out with no resistance.
6. Cool brisket before refrigerating for up to 2 days.
7. Scrape off fat, slice brisket. Squeeze garlic out of heads and add to pan juices. Serve with pan juices and onions.
8. Slice brisket if serving another day and store with pan juices in refrigerator. Reheat in a 300°F oven, covered, for 1 hour.

B'TEAVON AND ENJOY!!

Song Selections

Songs are a wonderful way to liven up the chag preparations! Check out [our Rosh HaShanah playlist](#), or print the lyrics to these great songs and learn them with your kids.



screenshot from Dip Your Apple by the Ein Prat Fountainheads

Dip Your Apple **Ein Prat Fountainheads**

(shofar sounds)

Tekiyah... Shvarim Truah
Tekiyah... Shvarim Truah

A new year rising
A new beginning
Lift your head up
Turn yourself 'round
The world is spinning

Feel the magic
Of a new day
Open your heart
To a fresh start
Send your fears away

You've made mistakes
You feel it
You got what it takes
Believe it

Any wrong can be made right
Just forgive, you need not
fight

Shana Tova Umetuka
(a sweet and happy New Year)
It's Rosh Hashanah

Shanana nana, Tova
Ume Ume Tuka
Dip your apple in the honey
It's Rosh Hashanah

So many new hopes
Waiting to find you
Open your eyes
The dreams you prize
Are all around you

The smiles are hiding
No use in guessing
Make up your mind
Go out and find
Life's simple blessings

This is your time
You feel it
How sweet it is
Believe it

Dip Your Apple

Ein Prat Fountainheads

(cont.)

Any wrong can be made right
Just forgive, you need not
fight
Shana Tova Umetuka
It's Rosh Hashanah

Shanana nana, Tova
Ume Ume Tuka
Dip your apple in the honey
On Rosh Hashanah

Shanana nana, Tova
Ume Ume Tuka
Hear the sounds of jubilation
This Rosh Hashanah

Yehi Ratzon She-niye Le
(May we be a...)
Rosh, Lo Zonav
(...head, not a tail)
Sweeten life for those around
us
With joy and love

Avinu Malkeinu
Chanenu V'anenu
Hear our prayer
O Lord this hour
Inscribe us in the Book of
Life!

Aneinu, Aneinu *(answer us)*
Aneinu, Aneinu

Aneinu, Aneinu
Aneinu, Shana Tova!

Shanana nana, Tova
Ume Ume Tuka
Dip your apple in the honey
On Rosh Hashanah

Shanana nana, Tova
Ume Ume Tuka
Hear the sounds of jubilation
It's Rosh Hashanah

Sh'echiyanu | Give us life Lord
v'kiyimanu | And sustain us
v'higiyanu | Oh deliver us
| To salvation

Sh'echiyanu | Give us life Lord
v'kiyimanu | And sustain us
v'higiyanu | Oh deliver us
| To salvation

In this New Year
On Rosh Hashanah
Make your loved ones smile
This Rosh Hashanah

Open your hearts to
one another
This Rosh Hashanah
And begin life anew
This Rosh Hashanah!



Shana Tova

Naomi Shemer and Yaffa Yarkoni

This is a classic Israeli Shanah Tovah that will help you and your kids grow your vocabulary. Music is a perfect way to help kids become more familiar with Hebrew and grow their connection to the language of our people in a fun and interactive way. The lyrics are easy, and can be used to also create other sentences - sometimes even fun and funny ones that will keep everyone laughing.

Lo shachahchti
ech halachti
bedarchey achzav
Mechapeset
chen vachesed
bitchilat hastav
Mitrageshet ufogeshet
anashim vataf
Uvona
itam beyachad
bayit meshutaf

לא שכחתי
איך הלכתי
בדרכי אכזב
מחפשת
חן וחסד
בתחילת הסתיו
מתרגשת ופוגשת
אנשים וטף
ובונה
איתם ביחד
בית משותף

Al hadesheh
tal vageshem
veshana tova
Uvadelet
or utchelet
shel hayom haba
Min halu'ach
daf shaluach chadashot
tovot
Magiot al knaf haruach
el halevavot

על הדשא
טל וגשם
ושנה טובה
ובדלת
אור ותכלת
של היום הבא
מן הלוח
דף שלוח
חדשות טובות
מגיעות על
כנף הרוח
אל הלבבות

Ulai im hashana
tihye tova....

אולי אם השנה תהיה
טובה...

Ulai im hashana
tihye tova
Nishkach darchey
madon ve'achzava
Beyachad litzliley hashir
haba nirkod kulanu
Ulai nishlach bracha
ulai gluya
Ulai bichlal nashir
haleluya
Mipney shehashana hazo
tluya be'etzem banu

אולי אם השנה תהיה טובה
נשכח דרכי מדון ואכזבה
ויחד לצלילי השיר הבא
נרקוד כולנו
אולי נשלח ברכה -
אולי גלויה
אולי בכלל נשיר הללויה
נדמה שהשנה הזו תלויה
בעצם בנו

Al hadeshe
tal vageshem
veshana tova

על הדשא
טל וגשם
ושנה טובה

Shana Tova

Naomi Shemer and Yaffa Yarkoni

(cont.)

On the grass
Dew and rain
And a good year
And at the door
Light and light blue
Of tomorrow
From the board
A sent page
Good news
Coming on
Wings of the wind
To the hearts

Maybe if this year will be good
We'll forget the ways of grief
and disappointment
And together to the next song
We'll all dance
Maybe we'll send a greeting -
maybe a postcard
Maybe we'll sing hallelujah
This year seems to depend
On us

I did not forget
How I went
Down the paths of disappointment
Looking for
Grace and favour
In the beginning of autumn
Excited and meeting
People and children
And building
Together with them
A shared home

Maybe if this year will be good...

On the grass
Dew and rain
And a happy New Year

ACTIVITY

The Best Thing that Happened to You This Year



Art by Eytan, age 7

The artist above is an elementary school student. He drew his family around their Rosh HaShanah meal table. Notice the many different symbols of Israel that are in the drawing: the words Shanah Tovah (in Hebrew), hearts that represent love, flowers that represent nature, a Pomegranate which is one of the Seven Species of Israel, etc.

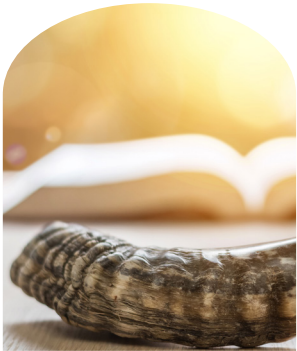
Sit with your child, students or community members and take a moment to reflect upon the past year - what experiences or encounters come to mind? Share and write down memories, then sit together and draw pictures using any medium - colored pencils, crayons, markers, even collage.

Once finished, hang your colorful memories up on a bulletin board to be enjoyed throughout the chagim or place your drawings in clear sheet protectors into a binder and have each person write a blessing/message or just add their signature and date to the image. A truly wonderful keepsake and a meaningful memory in itself!

So, what's the best thing that happened to you this year?

ACTIVITY

Personal Meditations for the Month of Tishrei



To properly prepare ourselves to enter into the New Year, or any new beginning for that matter, we need to consciously deal with all that is old, stale, and outdated in our lives before we can fully move into the future. First we need to empty ourselves from the past, to fill ourselves with a new future.

We do this by engaging in a process referred to by the sages as ***Cheshbon Ha'Nefesh*** or "Accounting of the Soul".

TISHREI (SEP-OCT): Resolutions and Commitments

As we start the year, we reflect on what promises we made to ourselves and others.

- What resolutions did you take upon yourself last year? What promises did you make? What goals did you set? Have you achieved them?
- What are your goals for the upcoming year? How do you plan on accomplishing them?

History, Heritage, Homeland: Israel inspiration is often a hard thing to commit to. It can be hard to find that inspiration on a regular basis, especially when you are far away or your surrounding environment tries to imply that supporting Israel is an unfavorable or even unwise thing to do.

- How did you want or try to strengthen your commitment to being ZionProud this past year?
- What can you do to renew your inspiration in this coming year?

Make it Real: Declare your commitment as a [VCI](#)

If you enjoyed this activity, you can also
[get a full year of Cheshbon HaNefesh](#)



This Rosh HaShanah kit was prepared especially for Jewish moms looking to sustain our spirits and breathe new life into the traditions and customs we enjoy in our homes and with our families. Israel Forever offers, with each of our initiatives and for every holiday, activities that provide an intuitive way to learn about the different topics, in a simple and fun way.

You can keep your kids occupied with activities that stimulate their minds and deepen their connection to their own Jewish identity, heritage, traditions and the land of our ancestors - Israel. Of course you are invited to check out our other activities on the website and also offer your own activities to add to our collection!

Looking forward to our next [SOSMOM](#) opportunity for growth and engagement!

Shanah Tovah U' Metukah!