

# Rosh Hashanah

## JEWISH NEW YEAR



### BEGINS

SUNDOWN  
Monday  
September 6  
*1st of Tishrei*

### ENDS

SUNDOWN  
Wednesday  
September 8  
*2nd of Tishrei*

## What it IS...

It's a time for *rejoicing & introspection*, and the beginning of the High Holy Days.

Between Rosh Hashanah & Yom Kippur are the *Days of Awe*, we *contemplate* our past, present and future *actions* and attempt to *clean the slate* so we may be inscribed in the Book of Life.

## What to DO...

It is a mitzvah (commandment) to hear the *shofar* (ram's horn) *100 times* on each day of Rosh Hashanah.



## What to SAY...

*Shanah Tovah*  
HAPPY NEW YEAR

*L'shanah Tovah Tikatevu*

*May you be inscribed in the Book of Life for a good year.*

*Ask for forgiveness* from anyone we may have wronged during the year in preparation for Yom Kippur.



### Consider

What did I accomplish this past year  
Am I careful not to waste precious time  
Am I contributing to bettering the world  
What are my goals & aspirations for the coming year

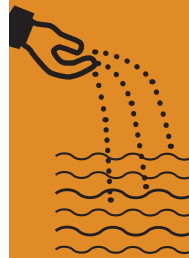


## What to EAT...

*brisket*  
SWEET CARROTS  
*kugel*  
HONEY CAKE

A round challah is used to symbolize fullness and completion.

We dip an apple in honey to symbolize our prayer for a sweet new year.



*Tashlich* (casting off) is a ceremony that is performed on the afternoon of Rosh Hashanah. The tradition is to symbolically *throw away one's sins* of the past year by emptying your pockets and tossing bread crumbs into a body of *living water*. We recommend throwing stones or millet, which are more eco-friendly.

### Apple Honey Cake

2 eggs	2 teaspoons ground cinnamon
1 cup vegetable oil	1 teaspoon baking soda
1 cup white sugar	1/2 teaspoon salt
1 cup honey	1 teaspoon vanilla extract
2 cups all-purpose flour	4 cups diced apple without peel

Preheat oven to 350 degrees. Lightly grease and flour one 9"x13" cake pan. Beat vegetable oil and eggs until foamy. Add the sugar, honey, flour, cinnamon, baking soda, salt, add vanilla and mix well. Stir in the diced apples. Pour batter into the prepared pan. Bake at 350 degrees for 30-40 minutes. Cool cake in the pan for 10 minutes.

## Selichot

(forgiveness)



**begins at sundown on the Saturday night before Rosh Hashanah. This service begins the prayers heard throughout the High Holy Days.**