

Rosh Hashanah

A six-step table guide for celebrating Rosh Hashanah, the Jewish New Year, in the home.
May you have a Happy and Sweet New Year (*Shanah Tovah u'Metukah*)!

Each ritual below has a Kavanah – an intention – followed by the blessing. Read, reflect, recite.

We light two candles *L'hadlik Ner Shel Yom HaZikaron*



As we light these Rosh Hashanah candles we think about all the light we hope to bring into the world in the upcoming year.

Baruch Ata Adonai, Eloheinu Melech ha-olam, asher kidshanu b'mitzvotav vitzivanu l'hadlik ner shel Yom HaZikaron.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם
הַזִּיקָרוֹן.

Blessed are You, Source of Life, for inviting us to enrich our lives by lighting these Festival candles.

We bless a cup of juice or wine *Kiddush*



As we lift up our Kiddush cup, we take a moment to reflect on the overflowing blessings that bring joy and beauty to our lives.

Baruch Ata Adonai, Eloheinu Melech ha-olam, borei p'ri hagafen.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא
פְּרֵי הַגֶּפֶן.

Blessed are You, Source of Life, for reminding us of the holiness of our lives as we sip from this cup.

We call attention to this sacred moment *Shehecheyanu*



We recite these words as a way of cultivating loving awareness in the present moment.

Baruch atah, Adonai Eloheinu, Melech haolam, shehecheyanu, v'kiy'manu, v'higiyanu laz'man hazeh.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַחַיָּנוּ
וְקִיַּמָּנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

Blessed are You, Source of Life, for giving us life, sustaining us in life, and bringing us to this sacred moment.

We dip apples in honey *Tapuchim u'Dvash*



By dipping an apple slice in honey we add sweetness to sweetness and remember that we can be a source of sweetness to one another, our family, our community, and our world.

Baruch Ata Adonai, Eloheinu Melech ha-olam, boreh p'ri ha'etz.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ.

Blessed are You, Source of Life, for providing us with the fruit of this world.

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

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ שֶׁתַּחֲדֹשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמִתּוֹקָה.

May it be Your will, Source of Life, that we be renewed for a good and sweet new year.

We bless a round challah *HaMotzi*



As we sing Hamotzi we remember to always nourish and care for one another.

Baruch Ata Adonai, Eloheinu Melech ha-olam, Hamotzi lechem min haaretz.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Blessed are You, Source of Life, for nourishing us with this bread and instilling in us the care to nourish others.

We bless our children *Birkat Kohanim*



We offer this special blessing for our entire family, but especially for our children. We look to the next generation to live our values every day and build a world of kindness and Shalom.

*Yivarechecha Adonai viyishmirecha
Ya'er Adonai panav elecha veechuneka
Yeese Adonai panav elecha viyasem lecha shalom*

יְבָרְכֶךָ יְהוָה, וְיִשְׁמְרֶךָ
יְאֵר יְהוָה פָּנָיו אֵלֶיךָ, וְיַחֲנֹךָ
יֵשֶׁא יְהוָה פָּנָיו אֵלֶיךָ, וְיִשֶּׁם לְךָ שְׁלוֹם

May God bless you and keep you.

**May God fill your life with the light and love of family, friends, and community.
May God lift you up and give you the strength and vision to create a world of Shalom (Peace).**