



Oseh Shalom

עושה שלום במרומיו...

Rosh Hashanah Seder



Seders: They are not just for Passover Anymore!!

- *A Seder is a word that means order. What Seder do you participate in each year?*
- *There is also a Rosh Hashanah Seder. Its use dates back almost 2,000 years and is part of our Sephardic tradition. Sephardic tradition comes from places like Spain, Portugal, Italy and Israel.*
- *This short Seder traditionally takes place before the holiday meal at Rosh Hashanah. At this Seder, several fruits and vegetables are eaten. Each is a symbol and an omen for goodness and blessings in the coming year.*
- *Why do you think we need a Seder for Rosh Hashanah?*

What you will need for your Seder

- ***You will need the following foods and items for your Seder:***
- *A set of candles and candle sticks*
- *A cup of wine or grape juice for the Kiddish*
- *A Challah or festive bread*
- *Apples and Honey for dipping*
- *Dates (pitted ones work best)*
- *A head (Traditionally the head of a fish was used. You may wish to substitute a head of lettuce or cabbage.)*
- *A pomegranate, cut into slices*
- *Beets (a small can of sliced beets works well)*
- *A bunch of grapes*



Lighting the Holiday Candles

- בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל [שַׁבָּת וְשֶׁל] יוֹם טוֹב
- *Barukh Atah Adonay Eloheynu Melekh ha-Olam asher kid'shanu b'mitzvotav v'tzivanu l'hadlik neyr shel (Shabbat v'shel) Yom Tov.*
- Blessed are you, Adonai, Spirit of the World, who makes us holy with *mitzvot* and commands us to kindle the light of (Shabbat and of) the festival day.

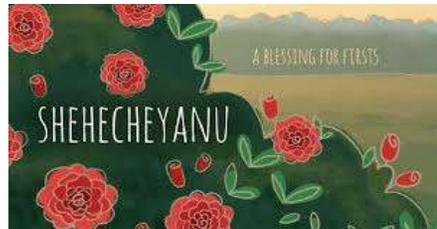


Blessing the Wine or Juice



- בָּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן
- *Barukh Atah Adonay Eloheynu Melekh ha'olam borey p'ri hagafen.*
- Blessed are You, Adonai, Spirit of the World, who creates the fruit of the vine.

Shehecheyanu: A Prayer of Gratitude



- There is a blessing is to mark special occasions. It is to be recited when one has experienced something new or unusual as a way of showing gratitude and having reached this day in health.
- בָּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיָּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה
- *Baruch Ata Adonai, Eloheinu Melech Haolam, shehecheyanu, v'kiy'manu, v'higianu lazman hazeh.*
- Blessed are You Eternal Spirit who has given us life, sustained us and allowed us to arrive in this moment.



Netilat Yadayim--Washing Hands

- Traditionally, Jews are required to wash their hands and say a blessing before eating any meal that includes bread or matzah. The ritual is known as netilat yadayim. As Jews, it is an obligation to wash our hands before we eat. Why is it important today?
- בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם
- *Barukh atah adonai eloheinu melekh ha-olam asher kidshanu b'mitzvotav v'tzivanu al netilat yadayim*
- Blessed are you, Adonai, ruler of the universe, who sanctified us with God's commandments and instructed us on washing hands.



The Blessing over Challah

- The reason that we eat round Challah for Rosh Hashana, is because the year is round. This Challah also looks like a crown, for crowning God as king or queen on Rosh Hashanah.
- What other things do we eat for Rosh Hashanah that are round?
- בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ
- *Baruch atah Adonai Eloheinu melech ha'olam hamotzi lechem min ha'aretz.*
- Blessed are you, Adonai, ruler of the universe who brings forth bread from the earth.

Happy Birthday, World

- *Hayom Harat Olam*
- *Today the World is Born*



Apples and Honey: For a Sweet Year

Apples dipped in honey represents our wish for a sweet year. What are some of the “sweet” things you are hoping will happen in the coming year? As you eat the apple, imagine that you can taste the sweetness of some special moment that you hope will happen.

- בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ
- *Ba-ruch a-tah Ado-nai E-lo-hei-nu me-lech ha-olam bo-re pri ha-etz.*
- Blessed are You, Adonai, ruler of the universe, who creates the fruit of the tree.

- יְהִי רָצוֹן שֶׁתַּחֲדֵשׁ עֲלֵנוּ שָׁנָה טוֹבָה וּמְתוּקָה
- *Ye-hi ratzon she-ti-cha-desh alei-nu shanah tovah u-m'tu-kah.*
- May it be Your will to renew for us a good and sweet year.



Apples and Honey on Rosh Hashanah



Shanah tovah l' Rosh Hashanah
Shanah tovah m'tukah
Tapuchim u'dvash m'tukah
Shanah tovah l' Rosh Hashanah.

Happy New Year on Rosh Hashanah
Happy New Year a sweet year for all.
Apples and honey how sweet it is
Happy New Year on Rosh Hashanah



Eating Dates, A wish for Peace

- Palm trees and the dates they produce have always been a symbol of abundance and peace in Israel. This was the land of Milk and Honey and honey of the Torah was actually syrup from dates. The Hebrew word for dates, tamarim, evokes the word tam, "to end," and the hope that our enemies will be defeated and we will live in peace.
- *It is important on the High Holy Days to take a measure of how we have lived our lives in the last year.*
- *What actions can you take to make your life more meaningful? What are some things you could do to make the world a better place?*
- *Each person take a date and say:*



Dates: A Wish for Peace

צַדִּיק כַּתְּמָר יִפְרַח כְּאֶרֶז בְּלִבְנוֹן יִשְׁגֶּה.

Tzadik katamar yifrach (2x) Ke-erev bagalog yisgeh (3x)

The righteous shall flourish like the palm tree

- *Ba-ruch a-tah Ado-nai E-lo-hei-nu me-lech ha-olam bo-re pri ha-etz.*
- בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ
- Blessed are You, Adonai, ruler of the universe, who creates the fruit of the tree.



Peace, Shalom, Salammm



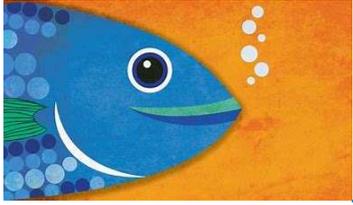


A Wish for Good Deeds: The Pomegranate

Judaism is basically a mitzvah system. Talking about good deeds is not enough, Judaism expects you to act on those good deeds. What action have you taken that you are proud of? What other good deeds could you do this year?

- May it be Your will, Adonai our God, that we be blessed by good deeds as this pomegranate is rich in seeds.

Eat a slice of pomegranate



The Head of the Year: A Fish Head or Lettuce



Eating a fish head, a Sephardic tradition, on Rosh Hashanah symbolizes the desire to be “heads, not tails” in the new year – in other words, to be leaders, not followers. Rosh Hashanah means “head of the year”. We have substituted a head of lettuce. Will you be a leader this year or a follower?

- **בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָאֲדָמָה:.**
- *Baruch atah A-donay, Elo-heinu Melech Ha'Olam borei pri ha-adamah.*
- Blessed are You, Adonai, ruler of the universe who creates the fruit of the earth.
- *May it be Your will, Adonai our God, that we will be heads and not tails, leaders instead of followers.*

Eating Beets: A Wish for Freedom

- As we greet the new year, we remember less fortunate people all over the world. The word beet, *selek*, in Hebrew means to remove. As we eat beets, we hope that wickedness around the world will be removed.
- What would you like to see removed from the world today?

• All Say:

- **בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָאֲדָמָה:.**
- *Baruch atah A-donay, Elo-heinu Melech Ha'Olam borei pri ha-adamah.*
- Blessed are You, Adonai, ruler of the universe who creates the fruit of the earth.
- May it be Your will, Adonai our God, that we be blessed with freedom. (Selek resembles the word for retreat, *yistalku*)



Grapes: An Affirmation of Family

- *Grapes grow in clusters. When we eat the grapes, we are remembering that we are part of a family and part of a community. As we eat these grapes, we express our gratitude for our family cluster and the loved ones who enrich our lives.*
- What makes your family special? What other communities are you part of? What is special about that group?



Grapes: An Affirmation of Family



- *All take a grape from the cluster and say:*
- May it be Your will, Adonai our God, that we be blessed with the closeness and warmth of family and loved ones. *May it be the will of God that we be as close to each other as the grapes in this cluster.*



- We are grateful for each other. Who are you grateful for?
- In the coming year, offer your family your very best self. Give them your hand in kindness and friendship. How can you be a more tolerant person?
- May we all find peace in this coming year. What brings you peace?
- What are some other wishes that you have for the coming year?

Oseh Shalom

- All conclude with the chanting or reciting the following prayer

Oseh shalom bimromav

Hu ya'aseh shalom aleynu

Ve'al kol yisrael,

Ve'al kol yoshve teyvel

Ve'imru Amen



The traditional blessing that you give each other is:

“May we be remembered and inscribed in the book of life
for a good life and for peace.”