

# Rosh Hashanah

Relationships have potential to be powerful. However even with the most intrinsic and deeply rooted ones we can fall into a routine and lose consciousness of the sanctity of the relationship.

The High Holidays Season arrives and we take time to focus on our core relationships and recommit to keeping them alive and on fire.

The most basic relationships, is the one between us and our creator, G-d, Hashem. It is both intrinsic, like a parent/child, and passionate, like a spousal bond. In the high holiday season, we reflect on the potential bond we have and assess where we stand.

Rosh Hashanah is an opportunity for a new beginning, we think about the sweet possibilities for the future.

The rituals related to the day are all sensory experiences to help us access this holiday's message. The shofar's sound wakes us up from our patterns and routines. The sweet foods help remind us of the sweet possibilities. Visiting the water banks, we see that life can be refreshed.

Rosh hashanah is like pressing the restart button on the computer!

This new strength then serves as the HEAD, the guide, for our year!

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## SHANA TOVA!

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Not only do we want to access the message of Rosh Hashanah ourselves, we want our family, friends and community to feel the same. The expression we use is "shana tova". Shana Tovah means "Good Year", we wish each other that which we wish ourselves! During his holiday season, this is the expression we use when we talk to people. Also we can send cards to each other too!



## ALEPH ART ROOM

HIGH HOLIDAYS SERIES

AUGUST 29TH

WEDNESDAYS

3:30 - 5:00PM

415.419.7296

DIRECTOR: CHANA SCOP



## CYCLE

TODAY WE EXPLORED THE CONCEPT OF 'CYCLE'.

WHAT DOES 'CYCLE' MEAN? 'CYCLE' IS SOMETHING THAT REPEATS ITSELF OVER AND OVER AGAIN.



## HOLIDAY

WHAT DOES HOLIDAY MEAN?

EACH DAY IS IMPORTANT; BUT A HOLIDAY IS A SPECIAL DAY. IT IS A DAY THAT IS DIFFERENT THAN THE REST OF THE DAYS OF THE YEAR.

A JEWISH HOLIDAY IS A HOLY DAY.

# Rosh Hashanah is an opportunity for a new start...

What is so special about a new year?  
Why do we need to make a holiday out of it?

We understand that celebrating holidays that help us remember stories of great miracles. Like Chanukah, we won over the Greek -Syrians, or Passover, we left Egypt and slavery. But a holiday for the beginning of the year? Why? The year will start no matter what. What do we have to remember?

A new year is a good time for us to think about how we want our year to be; a

good year, a sweet year, a time for good things to happen.

It is up to us to do our best to make the year be good and sweet. We can work really hard to make good, responsible choices about how we will behave and act.

What kinds of things can we do?

Have there been things that were difficult to do last year, but we hope to do them really well this year?

Let's make a resolution.

Lets choose something in our life that we will be working on for this new year.

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## THE MITZVOT OF THIS HOLIDAY HELP US REMEMBER WHAT THIS HOLIDAY IS ALL ABOUT.

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- **Shofar** - It's deep sound is meant to "wake us up", to help us remember that we have some serious thinking to do, this is a new year with new possibilities. We must enjoy this wonderful opportunity
- **Apple and Honey** - Rosh Hashanah is the new year - a new beginning and we want to remember that we should do what we can to make it be a sweet year
- **Honey Cake** - For a sweet new year!
- **Round Challah with Raisins** - The circular shape reminds of the the cycle of the year! We fill it with raisins and dip it into honey to keep to the extra sweet theme!
- **Machzor** - When we take time to recite the prayers to Hashem, it is like we are having a private conversation with Hashem! We can talk to Hashem whenever and wherever, but prayer is a special time we take out of our day to do so. There are designated prayers which are gathered in a prayerbook, called a "siddur". On Rosh Hashanah and Yom Kippur, we use a special prayerbook, with special prayers that are about the theme of being better. This siddur is called a Machzor.

## CHANA'S FAVORITE HONEY CAKE

4 eggs  
1 1/2 Cups sugar  
1 cup oil  
1 cup honey  
1 cup strong Tea  
drop of lemon juice

1/2 tsp baking soda  
2 1/2 cup flour  
2 tsp. baking powder  
1 pinch salt  
cinnamon  
1/2 tsp. vanilla

Mix first 6 ingredients and mix. Then add next 6 ingredients and mix well. wet  
Bake at 300 for 1 hour.

To Register for High Holiday Services,  
& for Rosh Hashanah dinner:  
please go to

[www.chabadmillevally.com](http://www.chabadmillevally.com)

Join us for a beautiful community dinner  
on the first night of Rosh Hashanah

Sunday Night September 16

Mark you calendar:

**Sukkah Party**  
**Thursday October 4**  
at 5:00pm

"Spaghetti in the Sukkah!" A fun  
delicious Sukkah Party for all ages!  
Italian Cuisine! Italian Wine Tasting!  
Chana's Garlic Bread & More!