

DAYS

**ROSH
HASHANAH
SEDER GUIDE**



**THE NEW YEAR CEREMONY
IN FIVE STEPS**

ROSH HASHANAH SEDER GUIDE
The New Year Ceremony
in Five Steps

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We start the festive Rosh Hashanah meal with special foods that symbolize our intentions for the coming year.

Over the centuries, people have developed the use of Rosh Hashanah symbols to represent their hopes for the new year. These symbols incorporated whatever foods and objects were locally available, and many are still used today.

In the following pages, we've included a five part ceremony with the most common symbols as well as additional symbols for you to choose from. We've also left room for you to create your own symbols so you can shape your new year as a family.

Enjoy this special time together!

THE NEW YEAR CEREMONY IN FIVE PARTS

1 OPENING CEREMONY 5 mins

Setting the mood to welcome a new year

Candles | Wine | Gratitude

2 SWEET SYMBOLIC APPETIZERS 5-10 mins

Little bites of wishes and expectations

Challah in Honey | Apple in Honey | Fish-Head | Pomegranate Seeds | Dates

3 SAVORY SYMBOLIC APPETIZERS 5-10 mins

More bites of safety and protection

Beets | Carrots | Peas or Beans | Gourd

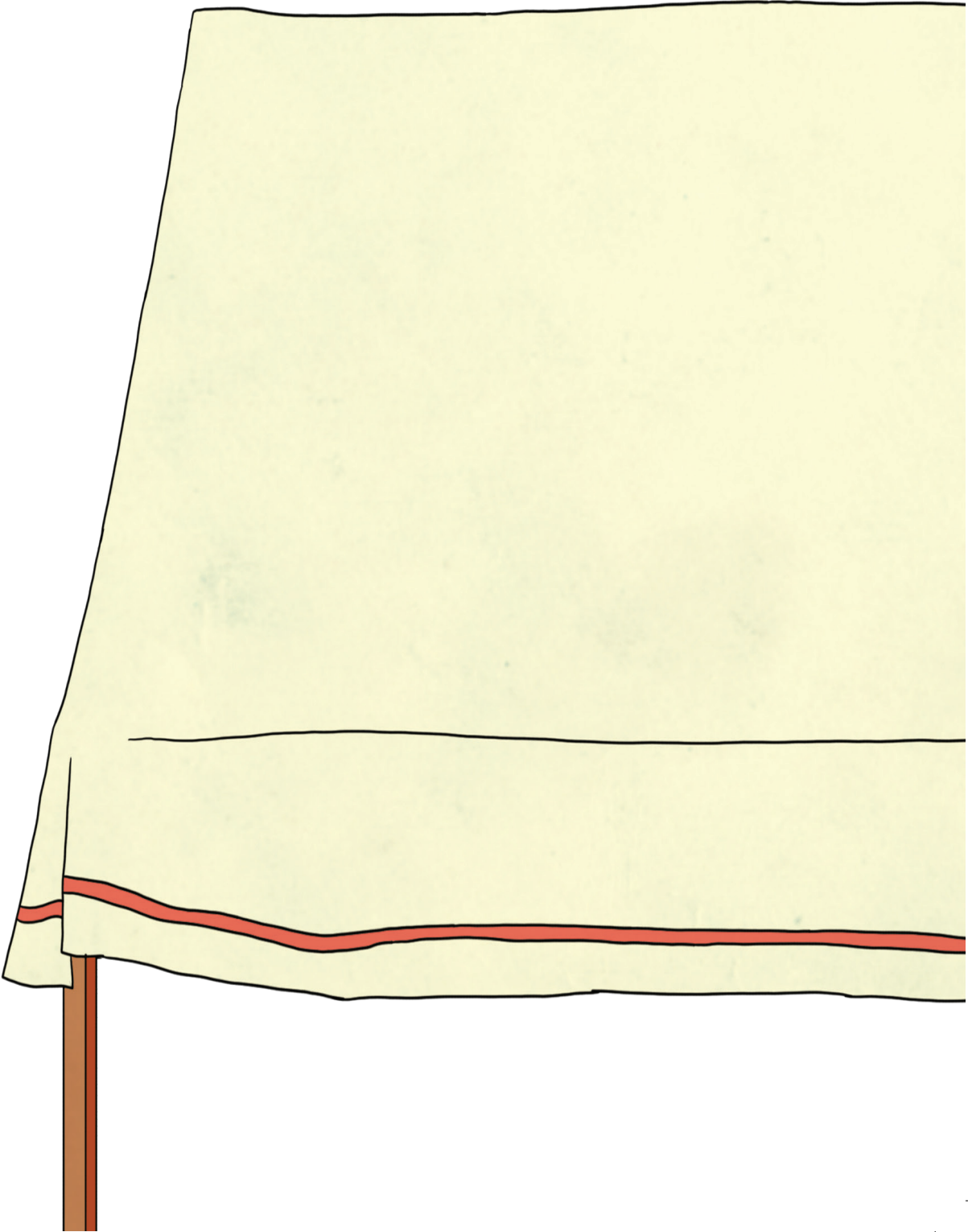
4 MAKE-YOUR-OWN SYMBOLIC APPETIZERS 5-10 mins

Personal family bites

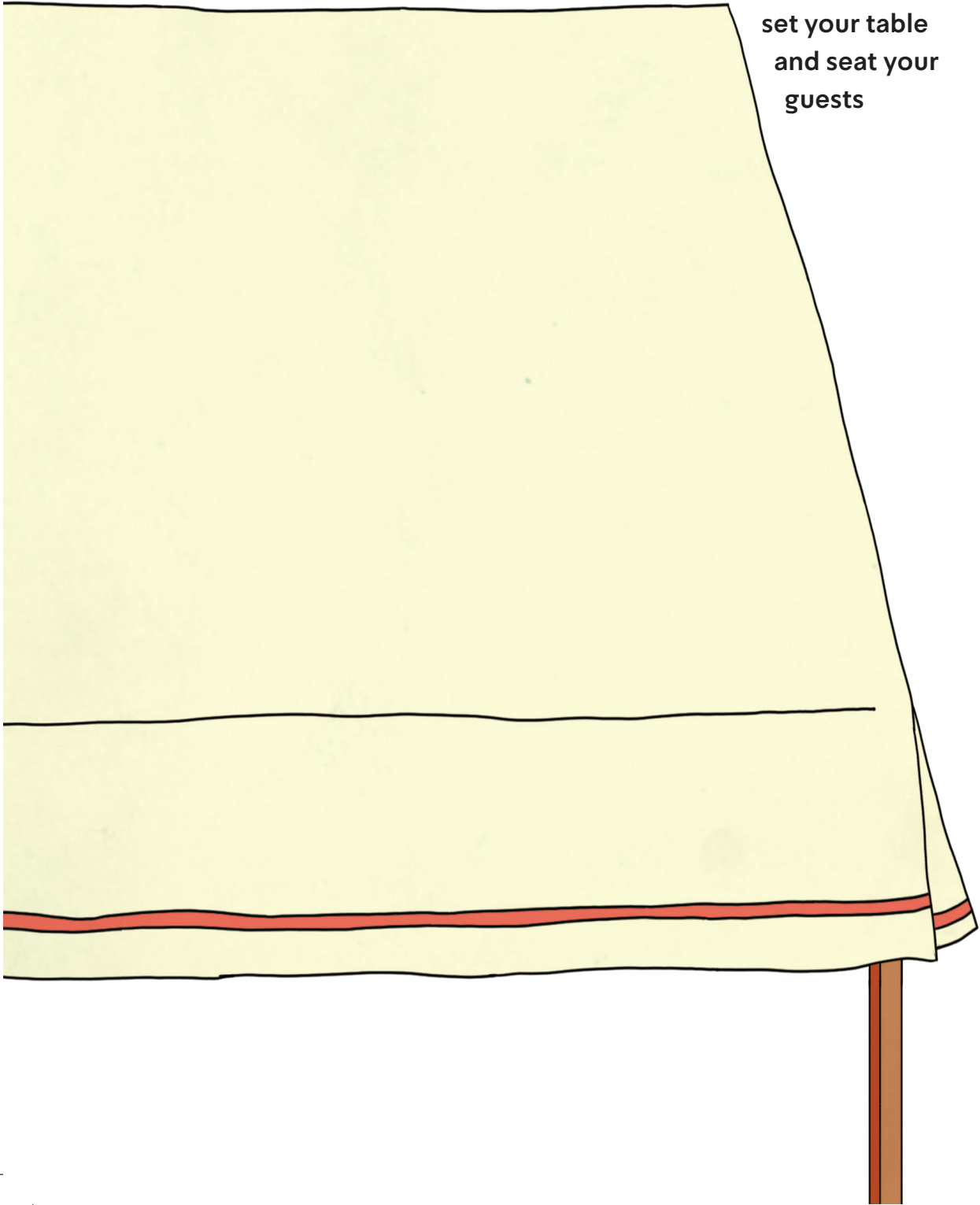
5 MEAL 30-60 mins

A festive meal

NEW YEAR CEREMONY TABLE



**Use the Ceremony
Table stickers to
set your table
and seat your
guests**



CANDLES

LIGHT UP THE HOLIDAY

You need: 2 candlesticks + a lighter.
Light 2 candles, cover your eyes
and say:

Blessed are You, Adonai
our God, Overseer of all
existence, who commands
us to light this candle
on this holy day.
— Amen



Hebrew:

בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב.
— אָמֵן

*Baruch Atah Adonai,
Eloheinu Melech Ha-Olam,
asher Ki-de-sha-nu be-miz-votav ve-
zivanu le-had-lik ner shel yom tov.*

Now uncover your eyes!

WINE MARKS THIS MEAL AS SPECIAL (KIDDUSH)

You need: A glass of wine
or grape juice.
Raise the glass and say:

Blessed are You,
Adonai our God, Overseer
of all existence, who
creates the fruit of the vine.
— Amen

Hebrew:

בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְרֵי הַגָּפֶן.
— אָמֵן

*Baruch Atah Adonai Elo-heinu Melech
Haolam Boreh Pree Ha'gafen.*



Now drink!

A blessing said over wine marks the beginning of a holiday meal. Special Shabbat text is added on Friday night, and Havdala text is added on Saturday night.

On Friday night, start here (otherwise, skip):

The sixth day. And the heavens and the earth and all their hosts were completed. And on the seventh day God finished His work which He had made, and He rested on the seventh day from all His work which He had made. And God blessed the seventh day and made it holy, for on it He rested from all His work which God created to make.

On a weekday, start here:

Blessed are You, Adonai (God),
Overseer of all existence,
who creates the fruit of the vine.
— Amen



Hebrew:

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם.
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי
מְכַל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ
אוֹתוֹ כִּי בּוֹ שָׁבֹת מְכַל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

*Vay-hi e-rev vay-hi vo-ker yom hash-shish-shi. Vay-chul-lu ha-sha-ma-yim ve-ha-'a-
retz ve-chol tze-va-'am. Vay-chal e-lo-him ba-yom hash-she-vi-'i me-lach-to a-sher
a-sah vai-yish-bot ba-yom hash-she-vi-'i mik-kol me-lach-to a-sher a-sah. Vay-va-rech
e-lo-him et yom hash-she-vi-'i vay-kad-desh o-to ki vo sha-vat mik-kol me-lach-to
a-sher ba-ra e-lo-him la-'a-sot.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגֶּפֶן.
— אָמֵן

Baruch Atah Adonai Elo-heinu Melech Haolam Boreh Pree Ha'gafen

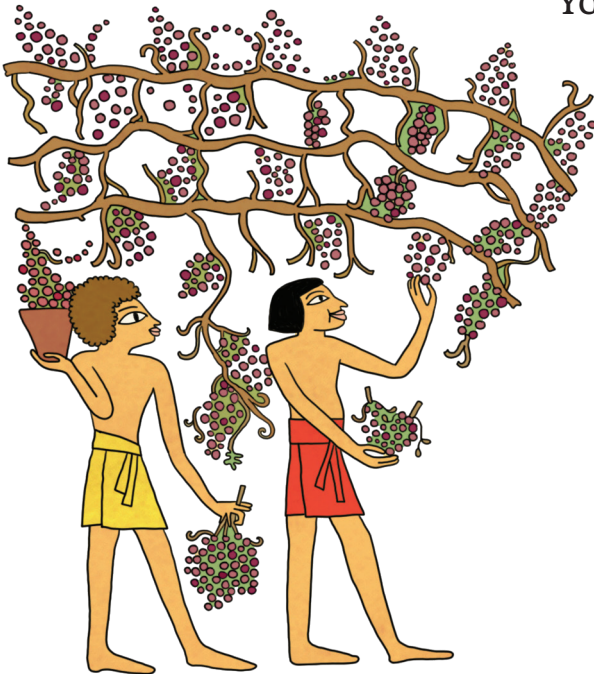
Now drink!

On Saturday night add this separation (Havdala) text:

Blessed are You, Adonai (God) who creates the lights of fire. Blessed are You, Adonai (God) Overseer of the Universe, who makes a distinction between sacred and profane, between light and darkness, between Israel and the nations, between the seventh day and the six work-days.

You have made a distinction between the holiness of the Shabbat and the holiness of the festival, and You have sanctified the seventh day above the six work-days.

You have set apart and made holy Your people Israel with Your holiness. Blessed are You, Adonai (God), who makes a distinction between holy and holy.



Hebrew:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ.
 בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחַל, בֵּין
 אוֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי
 הַמַּעֲשֶׂה. בֵּין קֹדֶשׁת שַׁבַּת לְקֹדֶשֶׁת יוֹם טוֹב הַבְּדֻלָּה, וְאֵת יוֹם
 הַשְּׁבִיעִי מְשֻׁשֶׁת יָמֵי הַמַּעֲשֶׂה קֹדֶשֶׁת. הַבְּדֻלָּה וְקֹדֶשֶׁת אֵת עַמְּךָ
 יִשְׂרָאֵל בְּקֹדֶשְׁתָּךְ. בְּרוּךְ אַתָּה יְיָ הַמְבַדֵּיל בֵּין קֹדֶשׁ לְקֹדֶשׁ.

*Ba-ruch at-tah hash-shem e-lo-hei-nu me-lech ha-'o-lam, bo-rei me-'o-rei ha-'esh. |r|
 nba-ruch at-tah hash-shem e-lo-hei-nu me-lech ha-'o-lam ham-mav-dil bein ko-desh
 le-chol, bein or le-cho-shech, bein yis-ra-'el la-'am-mim, bein yom hash-she-vi-'i le-
 she-shet ye-mei ham-ma-'a-seh. Bein ke-dush-shat shab-bat lik-dush-shat yom tov
 hiv-dal-ta, ve-'et yom hash-she-vi-'i mish-she-shet ye-mei ham-ma-'a-seh kid-dash-ta.
 Hiv-dal-ta ve-kid-dash-ta et am-me-cha yis-ra-'el bik-dush-sha-te-cha. Ba-ruch at-tah
 hash-shem ham-mav-dil bein ko-desh le-ko-desh.ext*



Now drink!

GRATITUDE FOR THIS MOMENT (SHEHECHEYANU)

Raise the glass again and say:

Blessed are You,
Adonai our God, Overseer
of all existence, who has
enabled us to be alive,
to exist, and to arrive,
at this very moment.
— Amen

Hebrew:

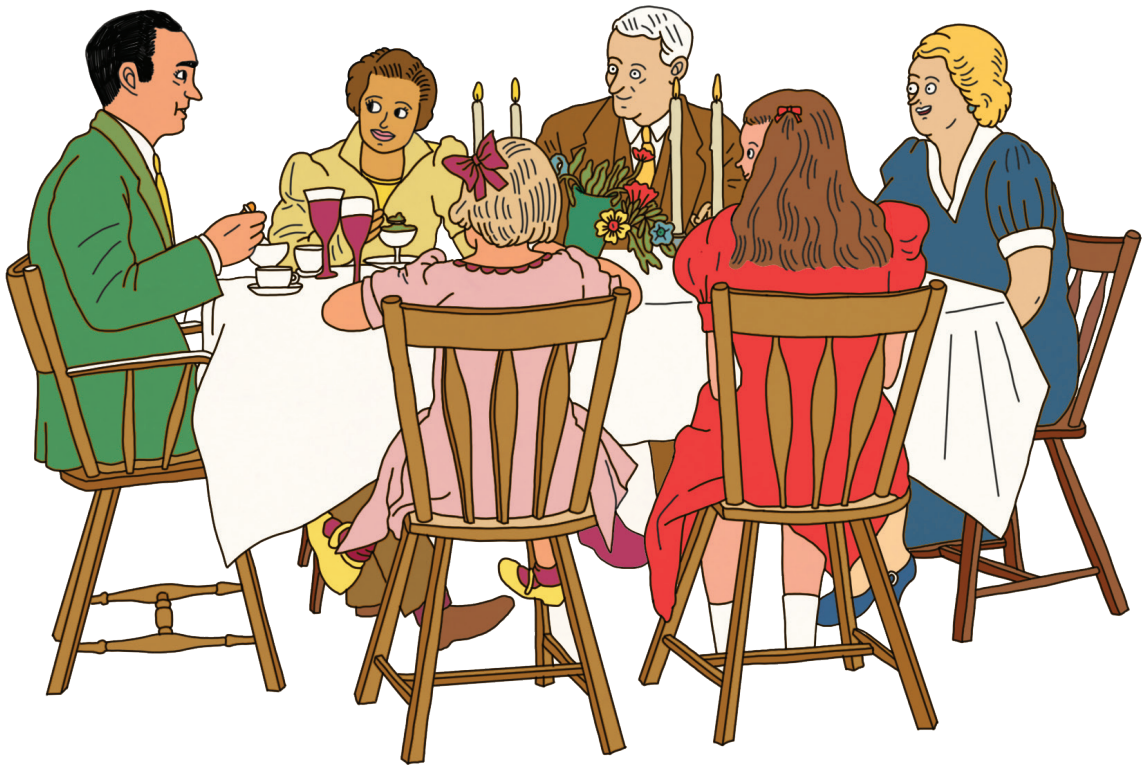
בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהַחַיִּימוּ וְקִימוּנוּ
וְהַגִּיעָנוּ לְזֶמַן הַזֶּה.
— אָמֵן

*Baruch Atah Adonai, Eloheinu Melech
Ha-Olam, sheh-he-chi-ya-nu ve-kimanu,
ve-hi-gi-anu lah-zman ha-zeh.*

Now drink!

1

OPENING CEREMONY



DIP CHALLAH IN HONEY TO MAKE THE YEAR SWEET

You need: A round challah
(to symbolize the cycle
of the year) + honey.
Spread honey on the bread and say:

Blessed are You, Adonai
our God, Overseer of all
existence, who has brought
forth bread from the earth.
— Amen

Hebrew:

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.
— אָמֵן

*Baruch Atah Adonai, Eloheinu Melech
Ha-Olam, Ha-motzi lechem min ha-aretz.*



Now eat!



*During the year we dip
the challah in salt,
but on Rosh Hashanah
we dip it in honey.*

DIP APPLE IN HONEY TO MAKE THE YEAR SWEET

You need: Freshly sliced
apples + honey.
Dip the apple in the honey and say:

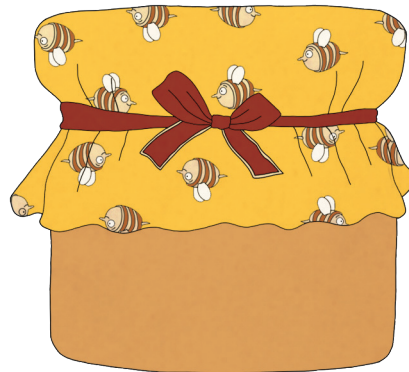
Blessed are You, Adonai
our God, Overseer of all
existence, who created fruit
of the tree.
— Amen

Hebrew:

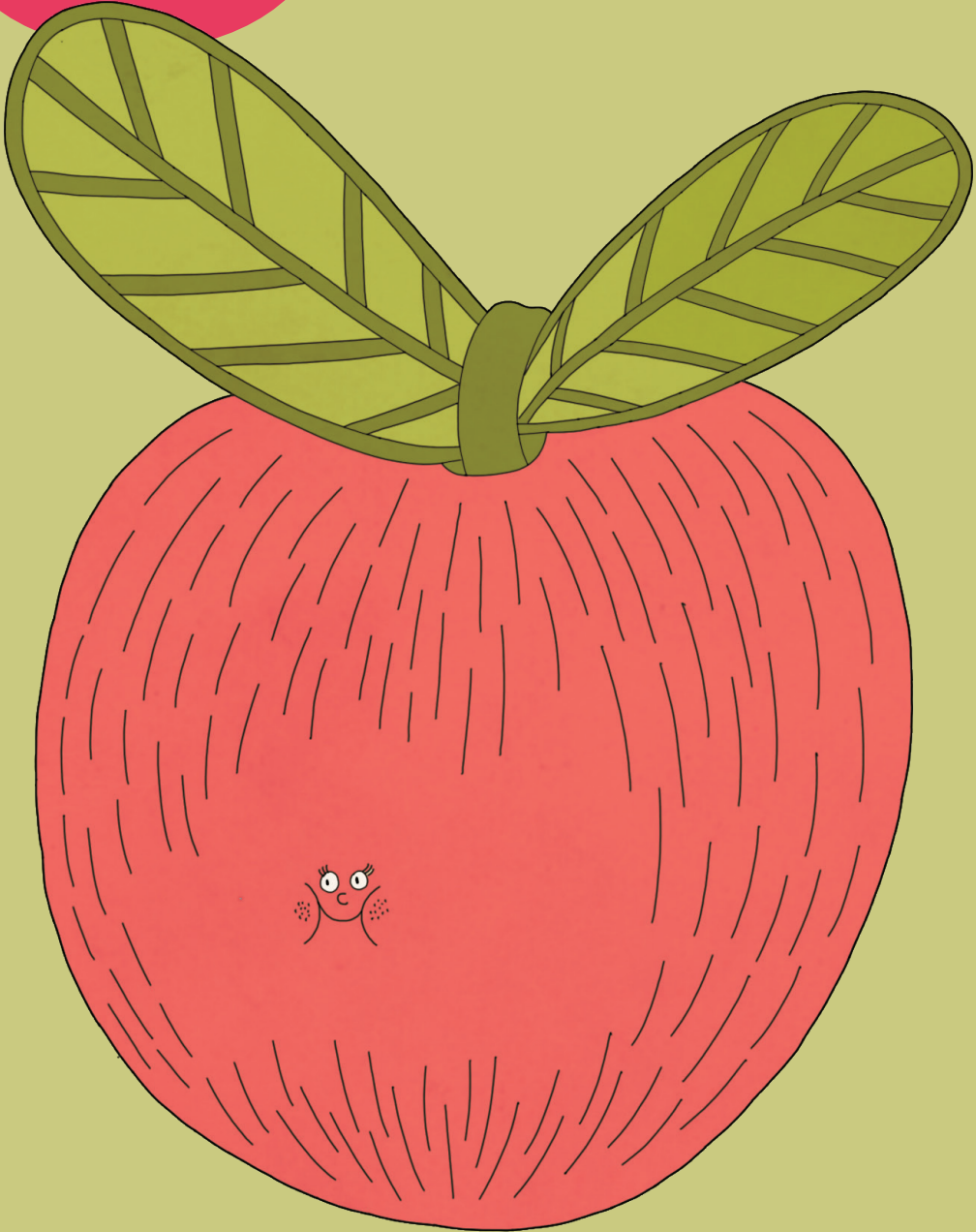
בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָעֵץ.
— אָמֵן

*Baruch Atah Adonai, Eloheinu Melech
Ha-Olam, boreh pri ha-etz.*

Now eat!



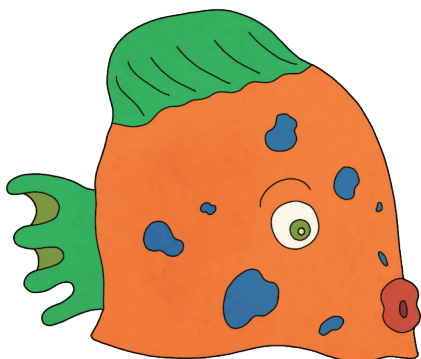
A little lemon juice
will keep
apple slices fresh.



A FISH-HEAD TO REMIND US TO BE THE HEAD, NOT THE TAIL

You need: A fish-head (cold and pre-cooked). You can substitute with a lettuce head. Even a toy will do. Present the fish, (you may also take a tiny bite) and say:

May it be so, our God,
Overseer of all existence,
who watched over our
ancestors, that we become
like the head
and not like the tail.
— Amen



Hebrew:

יהי רצון מלפניך ה' אלהינו
ואלהי אבותינו,
שנהיה לראש ולא לזנב.
— אמן

*Yehi ratzon mi-lefanecha Adonai
Eloheinu veh-Elohei avoteinu, sheh-
niyeh leh-rosh
veh loh leh-zanav.*

Now eat!



Do you always want to be the head?

POMEGRANATE SEEDS FOR A WEALTH OF GOODNESS

You need: Pomegranate seeds.
Hold a spoonful of seeds and say:

May it be so, our God,
Overseer of all existence,
that our year be rich and
full of blessings as the
pomegranate is rich
and full of seeds.
— Amen

Hebrew:

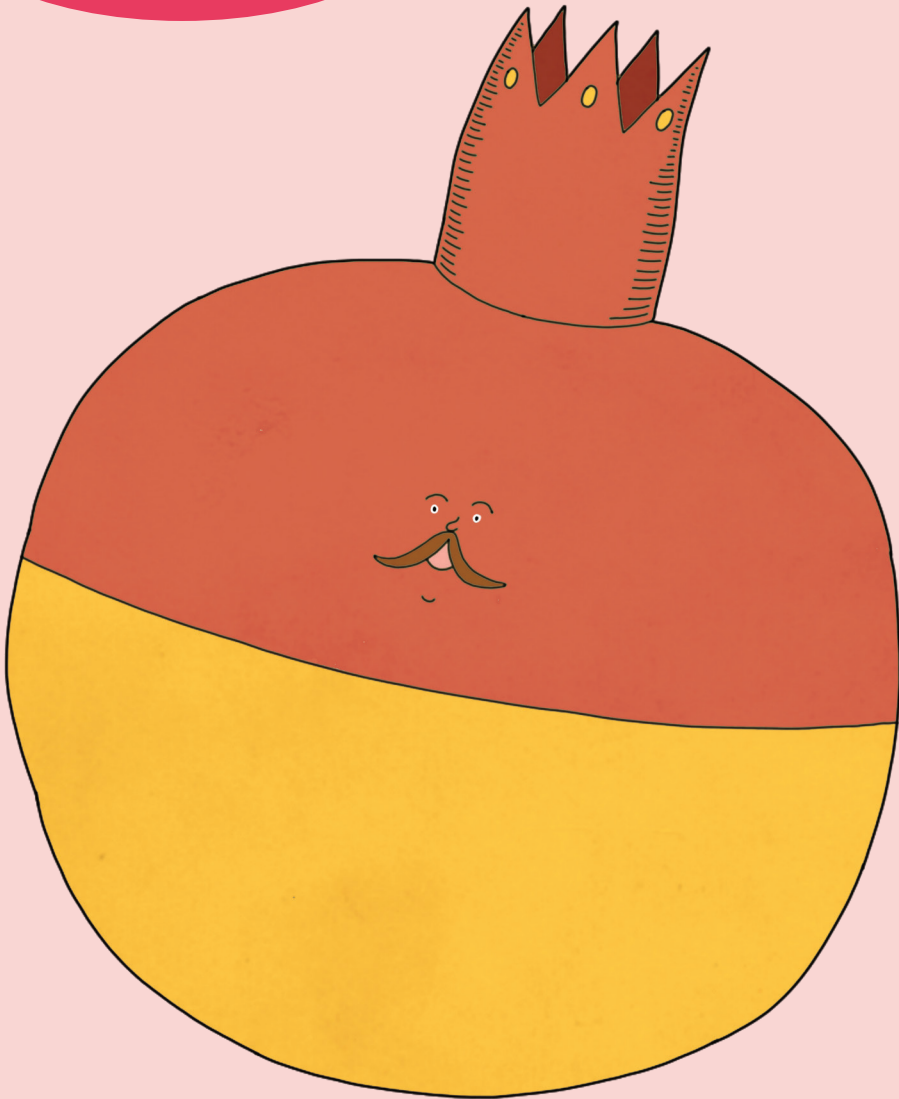
יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׁנֵהֵיחָה
מִלְאִים מִצְוֹת כְּרִמּוֹן.
— אָמֵן

*Yehi ratzon milfanecha Adonai eloheinu
v'elohei avoteinu, she'nihiyeh
m'lei'im mitzvot ka'rimon.*

Now eat!

*How many good deeds
did you do last year?*

*May our good deeds
be as numerous as the seeds
of the pomegranate.*



DATES

TO END OUR SORROW



You need: Dates.
Take a date and recite:

Blessed are You, Adonai
our God, Overseer of all
existence, who created fruit
of the tree.
— Amen

Hebrew:

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְרֵי הָעֵץ.
— אָמֵן

*Baruch Atah Adonai, Eloheinu Melech
Ha-Olam, boreh pri ha-etz*

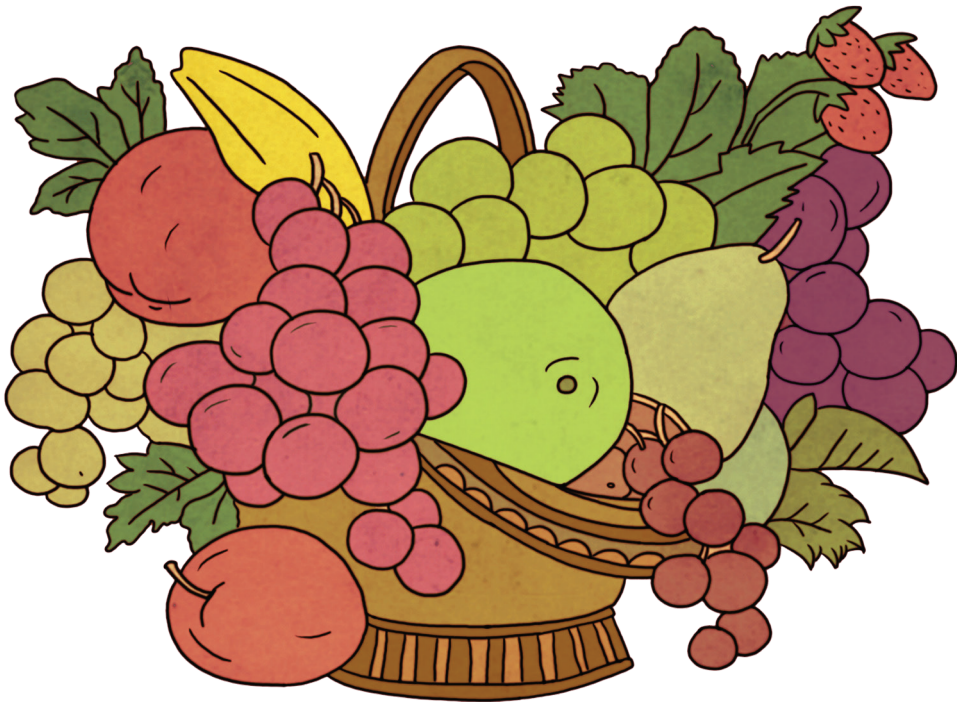
After eating the date,
take another one and say:

May it be your will, Adonai,
our God and the God of our
fathers, that there come
an end to our enemies,
haters and those who wish
evil upon us.
— Amen

Hebrew:

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂיִתְמוּ אוֹיְבֵינוּ
וְשׁוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רַעַתְנוּ.
— אָמֵן

*Yehi ratzon milfanecha Adonai eloheinu
v'elohei avoteinu,
sheyitamu oyveinu vesone'einu vechol
mevakshei ra'ateinu*



'Tamar', the Hebrew word for Date, means 'end'. We hope we can put an end to our sorrow.

BEETS

TO REMOVE OUR OBSTACLES

You need: Beets.
Take a beet and say:

May it be your will, Adonai,
our God and the God of our
fathers, that our enemies,
haters and those who wish
evil upon us shall depart.

— Amen

Hebrew:

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
שִׁיִּסְתַּלְקוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ
וְכָל מְבַקְשֵׁי רַעֲתָנוּ.
— אָמֵן

*Yehi ratzon milfanecha Adonai eloheinu
v'elohei avoteinu,
sheyistalku oyveinu vesone'einu vechol
mevakshei ra'ateinu*





'As se-lek,' the Hebrew word for beets sounds like the word for remove, to remove enemies.

PEAS OR BEANS FOR PROSPERITY



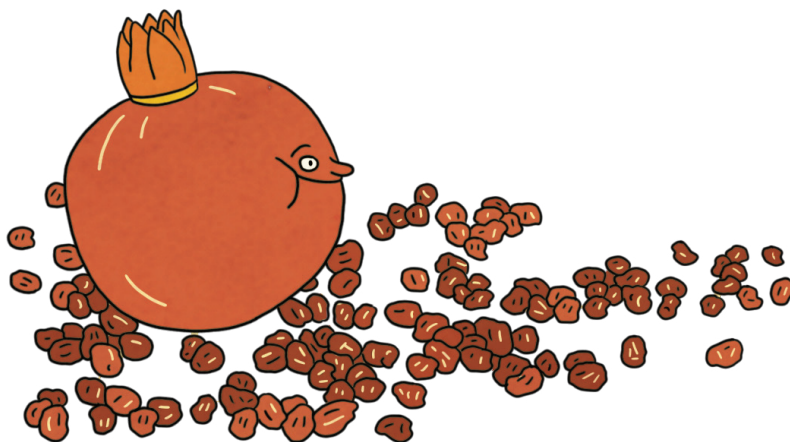
You need: Black-eyed peas,
green beans, or fenureek.

Hebrew:

Blessed are You, Adonai
our God, Overseer of all
existence, who created fruit
of the earth.
— Amen

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְרֵי הָאָדָמָה.
— אָמֵן

*Baruch Atah Adonai, Eloheinu Melech
Ha-Olam, boreh pri ha-adama.*



'Rubia', another name for string beans, sounds like the word 'rabim', which means 'many' in Hebrew. We eat beans in hope for prosperity.

Take some beans and say:

May it be your will, Adonai,
our God and the God of
our fathers, that that our
merits shall increase and
that You hearten us.

— Amen

Hebrew:

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
שִׁירְבוּ זְכוּתֵינוּ וְתִלְבְּנוּ.
— אָמֵן

*Yehi ratzon milfanecha Adonai eloheinu
v'elohei avoteinu, sheyirbu zachiyoteinu
utelabevenu*



GOURD

TO TEAR DOWN INJUSTICE IN OUR COMMUNITY

You need: Gourd (pumpkin).
Take a gourd and say:

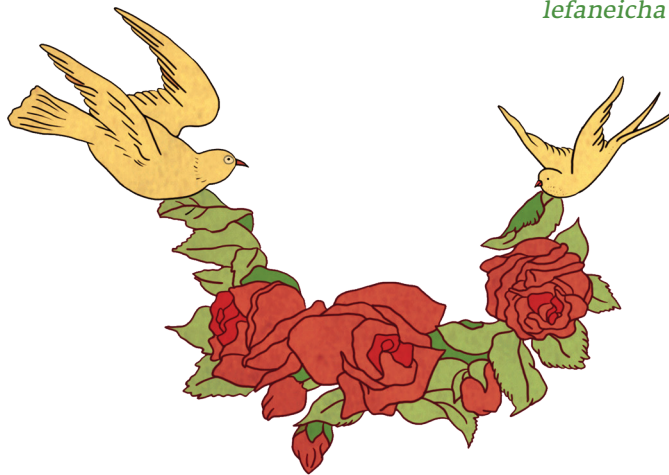
May it be your will, Adonai,
our God and the God of our
fathers, that the evil
of our verdicts be ripped,
and that our merits be
announced before you.

— Amen

Hebrew:

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
שֶׁתִּקְרַע רוּעַ גְּזֵר דֵּינֵנוּ,
וַיִּקְרְאוּ לְפָנֶיךָ זְכוּיֹתֵינוּ.
— אָמֵן

*Yehi ratzon milfanecha Adonai eloheinu
v'elohei avoteinu,
shetikra ro'a gzar dineinu, veyikar'u
lefaneicha zachiyoteinu*





'Kra,' the Hebrew word for gourd (or pumpkin), means 'tear.' We hope to 'tear down' any injustice in our community.

CARROTS

TO BRING ON A GOOD YEAR

You need: Carrots.
Hold a carrot and say:

May it be your will Adonai,
our God and God of our
fathers, that our evil decree
will be annulled and our
merits will be recalled.”

— Amen

Hebrew:

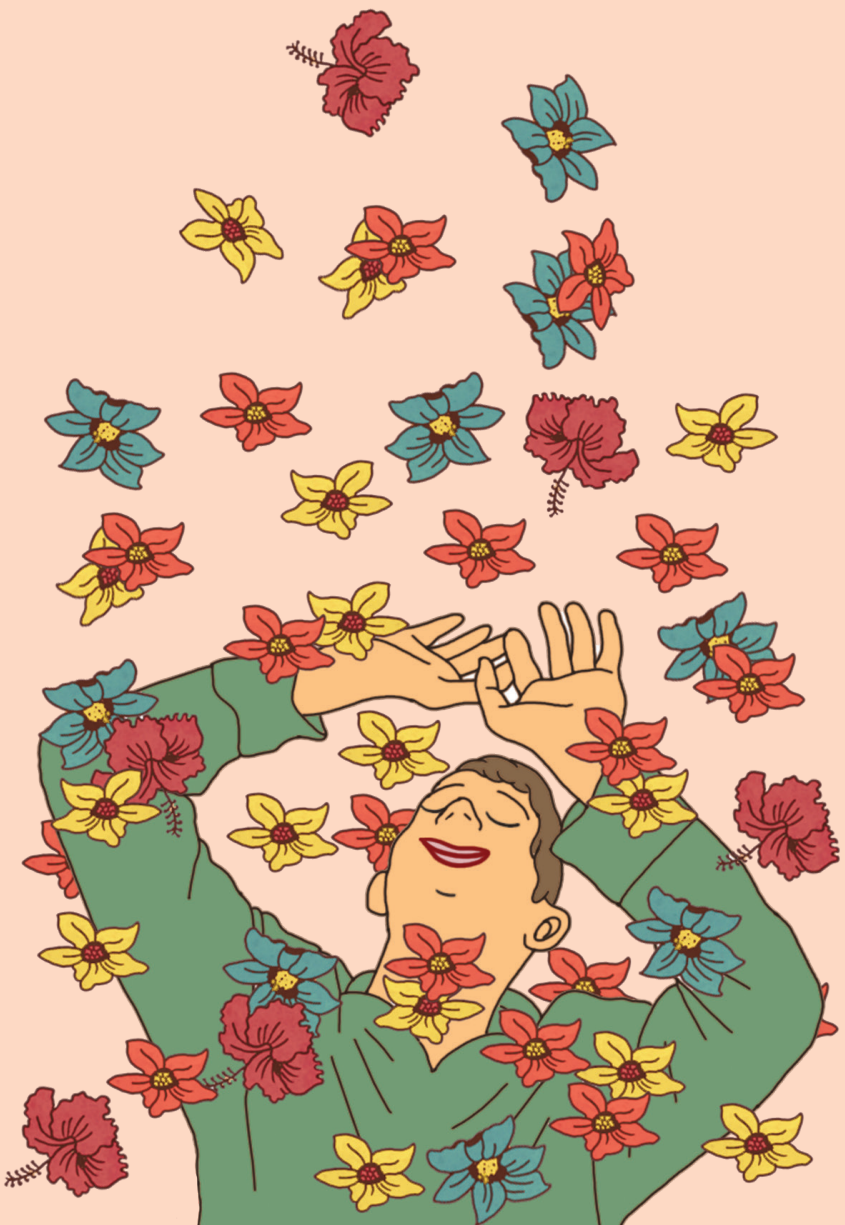
יהי רצון מלפניך ה' אלהינו
ואלהי אבותינו
שתגזור עלינו שנה טובה.
— אָמֵן

*Yehi ratzon milfanecha Adonai eloheinu
v'elohei avoteinu,
shetigzor aleinnu shanah tovah*

The Hebrew word for carrot, 'gezer' sounds like the Hebrew word 'ligzor', which means to cut. We eat carrots in hopes to cut out the bad news, and make it a new year!



SAVORY SYMBOLIC APPETIZERS



On the next few pages, there's room for you to add your own family symbols. Make them up, and involve a wordplay between the name of the symbol and the meaning.

Make up your own symbol

What do you need for the ceremony

4

MAKE-YOUR-OWN SYMBOLIC APPETIZERS

*Here are some examples:
Pear so that gramndma will not lose her pair of glasses.
Egg to make our family hikes more eggciting!*

Draw your own symbol

Make up your own symbol

What do you need for the ceremony

4

MAKE-YOUR-OWN SYMBOLIC APPETIZERS

Draw your own symbol

Make up your own symbol

What do you need for the ceremony

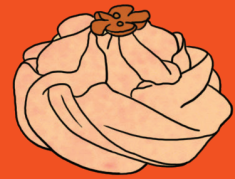
4

MAKE-YOUR-OWN SYMBOLIC APPETIZERS

Draw your own symbol

PREPARE A FESTIVE MEAL

Following the symbolic foods ceremony we sit down for a festive multi course meal to welcome the new year. Those who keep Kosher, usually stick to a non-dairy meal.







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