

# The High Holidays: Rosh Hashanah & Yom Kippur



## What & When:

**Rosh Hashanah**, the Jewish New Year, falls on the first two days of the Hebrew month of *Tishri*. Generally, *Rosh Hashanah* is celebrated some time in the month of September on our

calendar.

Ten days after *Rosh Hashanah*, Jews observe the holy day, **Yom Kippur** – the “day of atonement.” The days between *Rosh Hashanah* and *Yom Kippur* are called the “**Days of Awe**”. This is a time when Jewish people engage in personal reflection and repentance.

## Observances & Traditions of Rosh Hashanah:

- Candles are lit and special blessings are said in the evening prior to each day of the holiday.
- Blessings are said over *challah* (bread) and wine. A round *challah* is often served, symbolizing the circular nature of the year.
- On *Rosh Hashanah*, a festive meal is prepared, often consisting of sweet foods to symbolize a hope for a sweet new year. Apples dipped in honey and honey cake are traditional foods for *Rosh Hashanah*.
- The *shofar* (ram’s horn) is blown at religious services in the synagogue.
- On the first day of *Rosh Hashanah*, there is a tradition to go to a body of water and toss bread crumbs into the water while reciting a prayer as a symbol of casting away one’s sins before *Yom Kippur*. This ceremony is called **Tashlich** (Hebrew for “to cast off”).



## Observances & Traditions of Yom Kippur:

- A memorial candle may be lit before the holiday to remember relatives who have died. Residents at Lieberman Center and Haag Pavilion may request electric holiday candles to turn on in their room. A *Yizkor* (memorial) service is conducted on *Yom Kippur* day in the synagogue to honor loved ones who have died.
- *Yom Kippur* is a fast day. Healthy adults who observe this fast do not consume food or water for 25 hours. People who are frail are not required to fast on *Yom Kippur*. If you are concerned about someone

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If you have questions, please contact Susan Buchbinder, Director of Religious Life at 773-508-1695,  
or Rabbi Michael Schorin, Chaplain at 847-929-3253

who has expressed a wish to fast, please refer them to their rabbi or doctor.

- o After concluding *Yom Kippur* a meal is served called a "break-fast".

The Jewish High Holidays can be a stressful for families. For those living in the community, the preparation for the holiday can be very time consuming. For older people who live alone or in a health care facility, the absence of loved ones, either because of distance or death, can become very apparent this time of year.

In order to assist in brightening the holidays and serving spiritual as well as physical needs, CJE offers High Holiday services at both Lieberman Center in Skokie and Weinberg Community in Deerfield. All CJE clients and their families are welcome to attend holiday services at our residential facilities at no charge.

### **Greetings for the Jewish High Holidays:**

- **Traditional Greetings for Rosh Hashanah:**

- o *Good Yuntif* - "Happy Holiday" (Yiddish)
- o *Shana Tova* - "Good Year" (Hebrew)
- o *Shana Metukah* - "Sweet Year" (Hebrew)
- o *L'shana Tova Tikateivu* - "May you be inscribed for a good year" (Hebrew)

- **Traditional Greeting on Yom Kippur:**

- o *Good Yuntif* - "Happy Holiday" (Yiddish)
- o *Shana Tova* - "Good Year" (Hebrew)
- o *Gamar Tov* - "A good finish" [to your holiday] (Hebrew)

And "**Happy New Year**" in English always works well also...

For more information about the holiday go to:

1. [http://www.myjewishlearning.com/holidays/Jewish\\_Holidays/Rosh\\_Hashanah/Rosh\\_Hashanah\\_101.shtml?HYJH](http://www.myjewishlearning.com/holidays/Jewish_Holidays/Rosh_Hashanah/Rosh_Hashanah_101.shtml?HYJH)
2. [http://www.myjewishlearning.com/holidays/Jewish\\_Holidays/Yom\\_Kippur/Yom\\_Kippur\\_101.shtml?HYJH](http://www.myjewishlearning.com/holidays/Jewish_Holidays/Yom_Kippur/Yom_Kippur_101.shtml?HYJH)

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