



**HIGH HOLY DAYS**  
**HOME OBSERVANCE**  
**GUIDE**  
**2024 / 5785**

**~Blessings**

**~Customs**

**~Candle Lighting Times**

# Rosh Hashanah at Home

Rosh Hashanah begins at sundown on Wednesday, October 2 and concludes at sundown Friday, October 4, 2024.

## Tzedakah

We enter the New Year conscious of our blessings and our obligation to share them. We give tzedakah with intention:



Dear God, help us to turn –  
from callousness to sensitivity, from hostility to love,  
from pettiness to purpose, from envy to contentment,  
from carelessness to discipline, from fear to faith.

Turn us around, O God, and bring us back toward You.

Renew our lives, as at the beginning.

And turn us toward each other, God, for in isolation there is no life.

~Jack Riemer (Mahzor Hadash)



# Eruv Tavshilin

When Yom Tov falls on a weekday, cooking is permitted, but only to prepare food for that particular day. On Shabbat, all cooking is forbidden. Therefore, preparing food for a Shabbat that follows a Friday Yom Tov presents a difficulty. To allow cooking for Shabbat on the preceding Friday Yom Tov, on Wednesday before Yom Tov, perform the following ritual of eruv Tavshilin, the combining (eruv) of the cooking for Yom Tov and Shabbat

Before Yom Tov begins ((Wednesday afternoon), Take two prepared foods (traditionally a baked food and a cooked food (for example a Challah and a hard boiled egg or a piece off cooked chicken or fish) and recite the following:

*Baruch a-tah Adonai, E-lo-hay-nu melech  
ha-o-lam, a-she-er kid-sha-nu be-mitz-vo-tav  
ve-tzi-va-nu al mitsvat eruv.*

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ עַל מִצְוַת עֶרֶב.**

By means of this combining we are permitted to bake, cook, warm, kindle lights, and make all the necessary preparations for shabbat during the festival, we and all who live in t his city/locale

Set aside the two foods for eating on Shabbat during the day.  
The cooking for Shabbat may now be completed on Yom Tov.

## Festival Candles

As with Shabbat and festivals, Rosh Hashanah begins each night with the lighting of yom tov candles.

Light festival candles at home on Wednesday before 6:32 pm and on Thursday at 7:30 pm, reciting two blessings:

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam,  
a-she-er kid-sha-nu be-mitz-vo-tav  
ve-tzi-va-nu le-had-lik ner shel yom tov.*

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב.**

Blessed are you, Adonai our God, ruler of time and space who has made us holy through mitzvot by instructing us to light the festival lights.

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech  
ha-o-lam, .she-he-che-ya-nu, ve-ki-ye-manu ve-hi-  
gi-anu la-z'man ha-zeh.*

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
שֶׁהֲחַיֵּנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְנֵי הַזֶּה.**

Blessed are you, Adonai our God, ruler of time and space for granting us life, for sustaining us, and for bringing us to this moment.

# Blessing Children

On Festivals, as on Shabbat, parents bless their children:

For daughters:

יְשִׁמְךָ אֱלֹהִים כְּסָרָה רַבְקָה רָחֵל וְלֵאָה.

*Ye-sim-ech E-lo-him ke-Sarah,  
Rivka, Rachel ve-Leah*

For sons:

יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה.

*Ye-sim-cha E-lo-him  
ke-Ephraim v'chi-Menashe*

For all:

*Ye-va-rech-e-cha Adonai ve-yish-me-re-cha.*

*Ya-er Adonai pa-nav ei-le-cha viy-chu-ne-ka.*

*Yisa Adonai pa-nav ei-le-cha,*

*ve-ya-sem le-cha sha-lom.*

יְבָרְכֶךָ ה' וְיִשְׁמְרֶךָ;

יָאֵר ה' פְּנֵיו אֵלֶיךָ וַיַּחֲנֶךָ;

יִשָּׂא ה' פְּנֵיו אֵלֶיךָ וַיְשִׂם לְךָ שְׁלוֹם.

May God make you like Ephraim and Menashe.

May God make you like Sarah, Rebecca, Rachel and Leah.

May God bless you and protect you. May God's face shine toward you and show you favor. May God look favorably upon you and grant you peace.

## Kiddush

Festive meals on Rosh Hashanah include a special Kiddush

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech*

*ha-o-lam bo-rei p'ri ha-ga-fen*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא פְּרֵי הַגֶּפֶן.

Blessed are you Adonai our God, ruler of time and space, who creates fruit of the vine.

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech*

*ha-o-lam, a-sher ba-char ba-nu mi-kol am*

*ve-ro-me-ma-nu mi-kol la-shon ve-ki-de-sha-nu*

*be-mitz-vo-tav. Va-ti-ten la-nu Adonai, E-lo-hay-nu*

*be-a-ha-va et yom ha-zi-ka-ron ha zeh. Yom te-ru-a*

*mik-ra ko-desh ze-cher li-tzi-at mitz-ra-yim. Ki va-nu*

*va-char-ta ve-o-ta-nu ki-dash-ta mi-kol ha-a-mim*

*u-dvar-cha e-met ve-ka-yam la-ad. Ba-ruch a-tah*

*Adonai me-lech al kol ha-a-retz me-ka-desh*

*yis-ra-el ve-yom ha-zi-ka-ron.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל עַם וְרוֹמַמְנוּ מִכָּל

לְשׁוֹן, וְקִדְּשָׁנוּ בְּמִצְוֹתָיו. וַתֵּתֵן לָנוּ ה'

אֱלֹהֵינוּ בְּאַהֲבָה אֶת יוֹם הַזְּכוֹרוֹן הַזֶּה

יוֹם תְּרוּעָה מְקַרָּא קֹדֶשׁ, זְכוֹר לִי צִיּוֹת

מִצְרַיִם. כִּי בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ

מִכָּל הָעַמִּים וּדְבַרְךָ אֱמֶת וְקִיִּם לְעַד.

בְּרוּךְ אַתָּה ה', מֶלֶךְ עַל כָּל הָאָרֶץ

מְקַדֵּשׁ יִשְׂרָאֵל וְיוֹם הַזְּכוֹרוֹן.

Blessed are you, Adonai our God, ruler of time and space, who has chosen and distinguished us by sanctifying our lives with the commandments. With love, You have bestowed on us, Adonai our God, this Day of Remembrance, a day for the shofar sound, a day for holy assembly and for recalling the Exodus from Egypt. For You have chosen us, sanctifying us among all people, and Your faithful word endures forever. Blessed are you, Adonai, ruler of all the earth, who makes the people Israel and the Day of Remembrance holy.



# Handwashing and HaMotzi

After washing hands, recite the blessing:

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam a-sheer kid-sha-nu be-mitz-vo-tav ve-tzi-va-nu al ne-ti-lat ya-da-yim.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל  
נְטִילַת יַדַיִם.

Blessed are you, Adonai our God, ruler of time and space, who has made us holy through mitzvot by instructing us to wash our hands.

Recite this blessing over two round challot:

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam ha-mo-tzi le-chem min ha-a-retz.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Blessed are you, Adonai our God, ruler of time and space, who brings forth bread from the earth.



## Apples and Honey

Pick up a slice of apple, dip it in honey, and say:

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam bo-rei pe-ri ha-eitz.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְּרֵי הָעֵץ.

Blessed are you, Adonai our God, ruler of time and space, who brings forth fruit from the tree.



Eat the apple dipped in honey and recite this prayer:

*Ye-hi ra-tzon mil-fa-ne-cha, Adonai E-lo-hei-nu v'E-lo-hei a-vo-tei-nu, Yshe-te-cha-desh a-lei-nu sha-nah to-vah u-me-tu-kah.*

יְהִי רָצוֹן מִלְּפָנֶיךָ  
ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
שֶׁתַּחַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה.

May it be Your will, Adonai our God and the God of our ancestors, to renew for us a good and sweet year

On the second evening of Rosh Hashanah, many have the custom of eating a new fruit at this point in the meal, so that we can say Shechianu again on the second night. This fruit is often a pomegranate. The meal ends with birkat hamazon, the blessing after meals, with the appropriate insertions for Rosh Hashanah.



## Simanim--Good Omens

*Abaye said: ...A person should always be accustomed to seeing these on Rosh Hashanah... as each of these grows quickly and serves as a positive omen for one's actions during the coming year."*

*—Talmud Bavli, Horayot 12a*

Rosh Hashanah Simanim are the special foods served on the first night of Rosh Hashanah,. We say a short prayer about the symbolism of each of the following foods before eating them, as we pray for the blessings of a sweet year!



Dates: The Hebrew word for date is תמר (tamar). The word תם (tam) means to finish, end, or cease to exist. Hold up the date and recite:

*May it be Your will Adonai, our God and the God of our ancestors, that there come an end to our enemies, haters and those who wish evil upon us*



Pumpkin/Gourd: The Aramaic word for gourd is קרא (k'ra), which in Hebrew means to announce. It is related in sound to the word קרע (kara), meaning to tear. Hold up a piece of pumpkin or gourd and recite:

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



Beets: The Hebrew word for beet is סלק (selek) . The word silek, spelled the exact same way in Hebrew, means to depart or retreat. Hold up a beet and recite:

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

# Simanim--Good Omens



Carrots: The Hebrew word for carrot, גזר (gezer), sounds very much like g'zar, the Hebrew word for decree. Eating them on Rosh Hashanah is meant to express our desire that God will nullify any negative decrees against us. Hold up a carrot and recite:

*May it be Your will Adonai, our God and the God of our ancestors,  
that an negative decrees against us be nullified.*



Leeks/Scallions/Chives: The Aramaic work for a leek is כרתי (karati). In Hebrew, the word כרת (karet) means to cut down or cut off. Hold up a leek and recite:

*May it be Your will Adonai, our God and the God of our ancestors,  
that our enemies, haters, and those who wish evil upon us shall be cut down.*



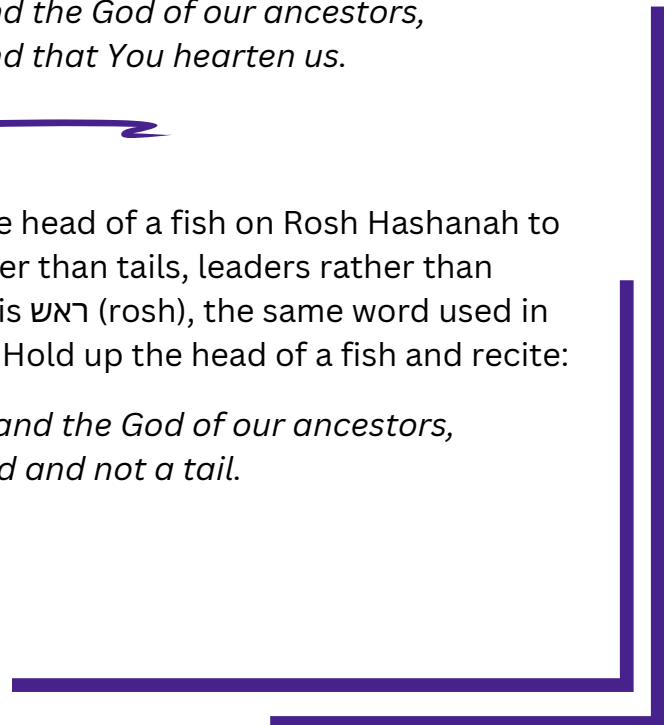
String Beans or Another Light Colored Bean: The Aramaic word used for this type of bean is רוביא (rubiah). The Hebrew word לוביא (lubiah) means to increase. Another pronunciation for this type of bean may be לב (lev), meaning heart. Hold up a string bean and recite:

*May it be Your will Adonai, our God and the God of our ancestors,  
that our merits shall increase and that You hearten us.*



Fish Head: Some communities use the head of a fish on Rosh Hashanah to symbolize the desire to be heads rather than tails, leaders rather than followers. The Hebrew word for head is ראש (rosh), the same word used in Rosh Hashanah, the head of the year. Hold up the head of a fish and recite:

*May it be Your will Adonai, our God and the God of our ancestors,  
that that we be a head and not a tail.*



# Yom Kippur at Home

Kol Nidre is Friday night, October 11.

Yom Kippur concludes at dark on Saturday, October 12, 2024.

Yom Kippur is the holiest and most solemn day of the year. Its central theme is atonement and reconciliation. Every act, every ritual, every observance and every prayer heightens and accentuates the meaning of the day. Yom Kippur is, therefore, the only festival during which the prohibition of work is as complete as on the Sabbath. Additional prohibitions include the abstention from eating, drinking, bathing, anointing ourselves, wearing leather soled shoes and having intimate relations.

Prior to beginning the fast of Yom Kippur, it is traditional to eat a festive meal so that one is prepared for the fast ahead.

## Tzedakah

Teshuva, tefillah and tzedakah have transformational power in our lives. We give tzedakah on erev Yom Kippur to accompany the work of teshuva and tefillah with which we will engage during this season. On Yom Kippur, we experience our own ephemeral nature; giving tzedakah on erev Yom Kippur, we remind ourselves that nothing is truly ours. In the words of Rabbenu Yona:

*I do not give of myself, not of my body and not of my property,  
but I give of the Holy Blessed One, for all belongs to God.*





# Festival and Yahrzeit Candles

It is customary to light yahrzeit candles, small candles of remembrance for your loved ones, prior to the lighting of the yom tov candles at which time the actual observance of Yom Kippur commences.

Candles are lit as for other holidays before Kol Nidre services and no later than 6:15 pm, using the following blessings:

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-  
lech ha-o-lam a-sher kid-sha-nu be-mitz-  
vo-tav, ve-tzi-va-nu le-had-lik ner shel  
shabbat v'yom ha-ki-pu-rim.*

Blessed are you, Adonai our God, ruler of time and space, who has made us holy through mitzvot by instructing us to light the Day of Atonement lights.

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-  
lech ha-o-lam she-he-che-ya-nu, ve-ki-ye-  
manu ve-hi-gi-anu la-z'man ha-zeh.*

Blessed are you, Adonai our God, ruler of time and space, for granting us life, for sustaining us, and for bringing us to this moment.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת וַיּוֹם הַכִּפּוּרִים.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
שֶׁהֵחִיבוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְנָהּ הַזֶּה.

## Blessing Children

For daughters:

יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רָחֵל וְלֵאָה.

*Ye-sim-ech E-lo-him ke-Sarah,  
Rivka, Rachel ve-Leah*

For sons:

יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה.

*Ye-sim-cha E-lo-him  
ke-Ephraim v'ki-Menashe*

For all:

*Ye-va-rech-e-cha Adonai ve-yish-me-re-cha.  
Ya-er Adonai pa-nav ei-le-cha viy-chu-ne-ka.  
Yisa Adonai pa-nav ei-le-cha,  
ve-ya-sem le-cha sha-lom.*

יְבָרְכֶךָ ה' וַיְשִׁמְרֶךָ;  
יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ;  
יֵשָׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

May God make you like Ephraim and Menashe.  
May God make you like Sarah, Rebecca, Rachel and Leah.  
May God bless you and protect you.  
May God's face shine toward you and show you favor.  
May God look favorably upon you and grant you peace.

# Sukkot at Home

The first two days of chag Sukkot are sundown Wednesday, October 16 through sundown Friday, October 18, 2024. The holiday continues for the rest of the week, concluding with Shemini Atzeret and Simchat Torah.

The third of the pilgrimage festivals, Sukkot's prominent ritual features are to build and then dwell in a Sukkah throughout the eight days and to own and bless the lulav and etrog each day of the holiday except on Shabbat.



## Ushpizin --Guests

During Sukkot it is customary to invite visitors to eat in your Sukkah. The inspiration for hospitality to guests goes back to Abraham. He would sit outside waiting for the opportunity to invite dusty wayfarers into the shade of his tent, and then run to prepare a meal of the choicest ingredients.

In addition to people invited in advance, we perform a short ceremony to welcome special Ushpizin (Aramaic for “guests”) from our Jewish texts. The full text for the invitation that they join us, including prayers that our fulfillment of the mitzvah of sukkah will be worthy of Divine favor, is printed in a full daily/festival siddur. Then, on the first day we say, “I invite to my meal the exalted guests, Abraham, Isaac, Jacob, Joseph, Moses, Aaron, and David. May it please you, Abraham, my exalted guest, that all the other exalted guests dwell with me and with you – Isaac, Jacob, Joseph, Moses, Aaron, and David.” On each day, a different one of the seven is singled out, in order. We can also invite the matriarchs and other important women of Israel – Sarah, Rachel, Rebecca, Leah, Miriam, Abigail, and Esther – either paired with the men or on their own.

Feeding others in our Sukkah serves as a reminder of our duty to give tzedakah. It is said that the Ushpizin would refuse to enter a sukkah where the poor are not welcome.



# Eruv Tavshilin

When Yom Tov falls on a weekday, cooking is permitted, but only to prepare food for that particular day. On Shabbat, all cooking is forbidden. Therefore, preparing food for a Shabbat that follows a Friday Yom Tov presents a difficulty. To allow cooking for Shabbat on the preceding Friday Yom Tov, on Wednesday before Yom Tov, perform the following ritual of eruv Tavshilin, the combining (eruv) of the cooking for Yom Tov and Shabbat

Before Yom Tov begins ((Wednesday afternoon), Take two prepared foods (traditionally a baked food and a cooked food (for example a Challah and a hard boiled egg or a piece off cooked chicken or fish) and recite the following:

*Baruch a-tah Adonai, E-lo-hay-nu melech  
ha-o-lam,a-sheer kid-sha-nu be-mitz-vo-tav  
ve-tzi-va-nu al mitsvat eruv.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ עַל מִצְוַת עֶרֶב.

By means of this combining we are permitted to bake, cook, warm, kindle lights, and make all the necessary preparations for shabbat during the festival, we and all who live in t his city/locale

Set aside the two foods for eating on Shabbat during the day.  
The cooking for Shabbat may now be completed on Yom Tov.



# Festival Candles

As with Shabbat, the first days of Sukkot begin each night with the lighting of yom tov candles. Light festival candles at home on Wednesday before 6:06 pm and on Thursday at 7:05 pm, reciting two blessings:

Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam  
a-sheer kid-sha-nu be-mitz-vo-tav,  
ve-tzi-va-nu le-had-lik ner shel yom tov.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב.

Blessed are you, Adonai our God, ruler of time and space,  
who has made us holy through mitzvot by instructing us to light the festival lights.

Ba-ruch a-tah Adonai, E-lo-hay-nu  
me-lech ha-o-lam she-he-che-ya-nu,  
ve-ki-ye-manu ve-hi-gi-anu la-z'man ha-zeh.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
שֶׁהֲחִינּוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה

Blessed are you, Adonai our God, ruler of time and space,  
for granting us life, for sustaining us, and for bringing us to this moment.

It is customary to light a long-burning or yahrzeit candle as well (without a blessing) so fire will be available to transfer for lighting candles on Thursday evening (no later than 7:07pm) or for cooking.

## Blessing Children

For daughters:

יְשַׁמְךָ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רָחֵל וְלֵאָה.

Ye-sim-ech E-lo-him ke-Sarah,  
Rivka, Rachel ve-Leah

For sons:

יְשַׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה.

Ye-sim-cha E-lo-him  
ke-Ephraim v'chi-Menashe

For all:

Ye-va-rech-e-cha Adonai ve-yish-me-re-cha.  
Ya-er Adonai pa-nav ei-le-cha viy-chu-ne-ka.  
Yisa Adonai pa-nav ei-le-cha,  
ve-ya-sem le-cha sha-lom.

יְבָרְכֶךָ ה' וְיִשְׁמְרֶךָ;  
יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ;  
יֵשֵׂא ה' פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

May God make you like Ephraim and Menashe.  
May God make you like Sarah, Rebecca, Rachel and Leah.  
May God bless you and protect you.  
May God's face shine toward you and show you favor.  
May God look favorably upon you and grant you peace.





# Kiddush

It is ideal to eat all meals while in the sukkah. While it is wonderful to have your own sukkah in which to dwell, it is highly encouraged to seize upon the opportunity to say the blessings of sukkah wherever possible, such as in the sukkah at the shul. The kiddush said on the first two days is the kiddush for festivals using the appropriate insertions for Sukkot.

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam bo-rei p'ri ha-ga-fen.*

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam, a-sher ba-char ba-nu mi-kol am ve-ro-me-ma-nu mi-kol la-shon ve-ki-de-sha-nu be-mitz-vo-tav. Va-ti-ten la-nu Adonai, E-lo-hay-nu be-a-ha-va et yom hag ha-su-kot ha-zeh. Z'man sim-cha-tei-nu, mik-ra ko-desh, ze-cher li-tzi-yat mitz-ra-yim. Ki va-nu va-char-ta ve-o-ta-nu ki-dash-ta mi-kol ha-a-mim, u-mo-a-dei kod-she-cha be-sim-cha uv-sa-son hin-chal-ta-nu. Ba-ruch a-tah Adonai me-ka-desh yis-ra-el ve-ha-ze-ma-nim.*

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.**

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל עַם  
וְרוֹמַמְנוּ מִכָּל לְשׁוֹן, וְקִדְּשָׁנוּ  
בְּמִצְוֹתָיו. וַתֵּתֵן לָנוּ ה' אֱלֹהֵינוּ  
בְּאַהֲבָה מוֹעֲדִים לְשִׂמְחָה, חַגִּים  
וְזִמְנִים לְשִׂשׁוֹן, אֶת יוֹם חַג הַסֻּכּוֹת  
הַזֶּה, זְמַן שִׂמְחָתְנוּ מִקְרָא קֹדֶשׁ,  
זְכָר לִיצִיאַת מִצְרָיִם. כִּי בָנוּ בְּחֵרַת  
וְאוֹתְנוּ קֹדֶשֶׁת מִכָּל הָעַמִּים,  
וּמוֹעֲדֵי קֹדֶשׁךָ בְּשִׂמְחָה וּבְשִׂשׁוֹן  
הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה ה', מְקַדֵּשׁ  
יִשְׂרָאֵל וְהַזְמַנִּים.**

Praised are you, Adonai our God, ruler of time and space, who creates fruit of the vine. Praised are you, Adonai our God, ruler of time and space, who has chosen and distinguished us by sanctifying our lives with Your commandments. Lovingly have You given us this our season for gladness, a day for holy assembly and for recalling the Exodus from Egypt. Thus have You chosen us, sanctifying us among all people, Your faithful word endures forever. Praised are You, Adonai, Ruler of all the earth who sanctifies the people Israel and the festivals.

# Special Sukkot Blessings

Before sitting down to drink, add the blessing for sitting in the sukkah (include this blessing each time you sit for a meal in a sukkah throughout the week of sukkot):

On the **first night**, the Sukkah blessing comes before the Shechiyanu.

Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech  
ha-o-lam a-sher kid-sha-nu be-mitz-vo-tav,  
ve-tzi-va-nu lei-shev ba-su-kah.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לֵישֵׁב בַּסֻּכָּה.

Blessed are you, Adonai our God, Ruler of time and space,  
who commands us to dwell in the sukkah.

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-  
lech ha-o-lam she-he-che-ya-nu, ve-ki-ye-  
manu ve-hi-gi-anu la-z'man ha-zeh.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
שֶׁהֲחִינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Blessed are you, Adonai our God, ruler of time and space,  
for granting us life, for sustaining us, and for bringing us to this moment.

On the **second night**, the shechiyanu comes before the Sukkah blessing.

*Ba-ruch a-tah Adonai, E-lo-hay-nu  
me-lech ha-o-lam she-he-che-ya-nu,  
ve-ki-ye-manu ve-hi-gi-anu la-z'man  
ha-zeh.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
שֶׁהֲחִינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Blessed are you, Adonai our God, ruler of time and space,  
for granting us life, for sustaining us, and for bringing us to this moment.

Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech  
ha-o-lam a-sher kid-sha-nu be-mitz-vo-tav,  
ve-tzi-va-nu lei-shev ba-su-kah.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לֵישֵׁב בַּסֻּכָּה.

Blessed are you, Adonai our God, Ruler of time and space,  
who commands us to dwell in the sukkah.

# Handwashing and HaMotzi

After washing hands, recite the blessing:

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam a-sher kid-sha-nu be-mitz-vo-tav ve-tzi-va-nu al ne-ti-lat ya-da-yim.*

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת  
יָדַיִם.**

Blessed are you, Adonai our God, ruler of time and space, who has made us holy through mitzvot by instructing us to wash our hands.

Recite the this blessing over two round challot:

Blessed are You, Adonai our God, ruler of time and space,  
who brings forth bread from the earth.

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech  
ha-o-lam ha-mo-tzi le-chem min ha-a-retz.*

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.**



The meal ends with birkat hamazon, the blessing after meals, with the appropriate insertions for Sukkot.



# Lulav and Etrog

Lulav and etrog, the four species that are a prominent ritual part of our celebration, are to be held, blessed and shaken each day of the festival except for Shabbat, beginning on the first morning of Sukkot.

To bless the lulav and etrog, begin by holding the lulav with the three branches in your right hand and the etrog in your left hand, at this point with the stem on the top, the pitom (the remnant of the flower) at the bottom. Recite the following blessing:

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech  
ha-o-lam a-sher kid-sha-nu be-mitz-vo-tav,  
ve-tzi-va-nu al ne-ti-lat lu-lav.*

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ עַל נְטִילַת לֻלָב.**

Blessed are you, Adonai our God, Ruler of time and space,  
who commands us to take hold of the lulav.



On the first occasion of blessing the lulav, add the following:

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-  
lech ha-o-lam she-he-che-ya-nu, ve-ki-ye-  
manu ve-hi-gi-anu la-z'man ha-zeh.*

**בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
שֶׁהֵחֵינּוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.**

Blessed are you, Adonai our God, ruler of time and space,  
for granting us life, for sustaining us, and for bringing us to this moment.

The etrog is then turned over with the stem now on the bottom, the pitom on top and together, the four species are waved in the four directions and upward and downward indicating God's presence in every corner of our world.



# Shemini Atzeret and Simchat Torah at Home

Shemini Atzeret begins sundown Wednesday night, October 23; Simchat Torah concludes sundown Friday, October 25, 2016.

These are the last two days of Sukkot, yet each has unique aspects of ritual as part of their celebrations. Shemini Atzeret is considered by the Talmud as a 'separate' festival, thus the rituals most prominent on Sukkot, dwelling in the Sukkah and waving the lulav, are no longer part of this day. Candles are lit and a festival meal follows as with the other festival days.

## Eruv Tavshilin

When Yom Tov falls on a weekday, cooking is permitted, but only to prepare food for that particular day. On Shabbat, all cooking is forbidden. Therefore, preparing food for a Shabbat that follows a Friday Yom Tov presents a difficulty. To allow cooking for Shabbat on the preceding Friday Yom Tov, on Wednesday before Yom Tov, perform the following ritual of Eruv Tavshilin, the combining (eruv) of the cooking for Yom Tov and Shabbat

Before Yom Tov begins ((Wednesday afternoon), Take two prepared foods (traditionally a baked food and a cooked food (for example a Challah and a hard boiled egg or a piece off cooked chicken or fish) and recite the following:

*Baruch a-tah Adonai, E-lo-hay-nu melech  
ha-o-lam, a-sher kid-sha-nu be-mitz-vo-tav  
ve-tzi-va-nu al mitsvat eruv.*

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ עַל מִצְוֹת עֶרֶב.

By means of this combining we are permitted to bake, cook, warm, kindle lights, and make all the necessary preparations for shabbat during the festival, we and all who live in t his city/locale

Set aside the two foods for eating on Shabbat during the day.  
The cooking for Shabbat may now be completed on Yom Tov.



# Festival and Yahrzeit Candles

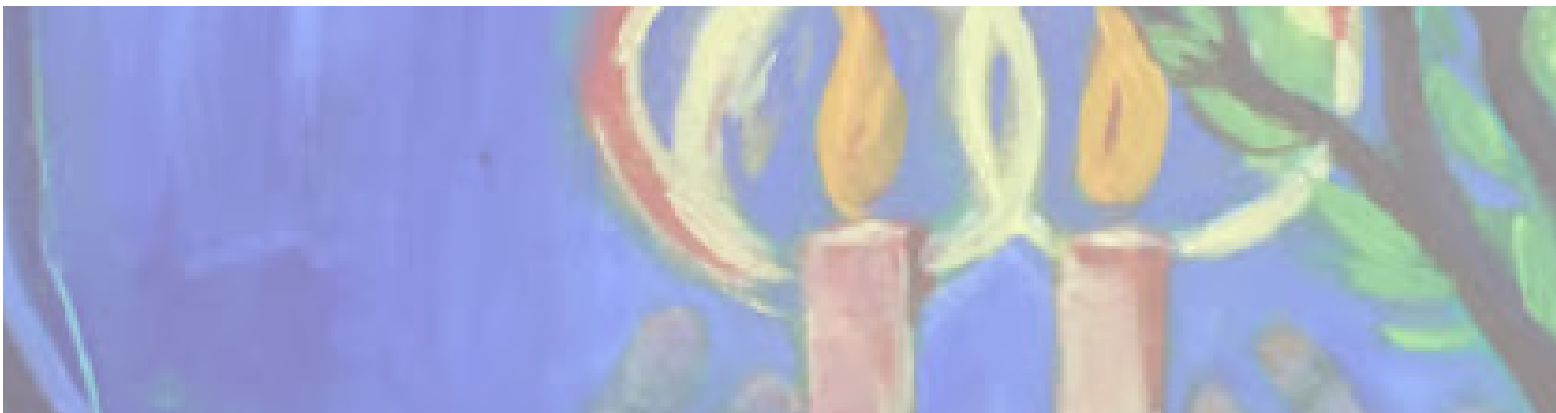
As with Shabbat, Shemini Atzeret and Simchat Torah begin each night with the lighting of yom tov candles. Light festival candles at home on Wednesday before 5:54pm and on Monday between 6:35 pm and 6:53 pm, reciting two blessings:

Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam , **בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,**  
a-sher kid-sha-nu be-mitz-vo-tav, **אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,**  
ve-tzi-va-nu le-had-lik ner shel yom tov. **וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב.**

Blessed are you, Adonai our God, ruler of time and space,  
who has made us holy through mitzvot by instructing us to light the festival lights.

Ba-ruch a-tah Adonai, E-lo-hay-nu **בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,**  
me-lech ha-o-lam she-he-che-ya-nu, **אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,**  
ve-ki-ye-manu ve-hi-gi-anu la-z'man ha-zeh. **שֶׁהֵחֵינּוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזִמְנָן הַזֶּה.**

Blessed are you, Adonai our God, ruler of time and space,  
for granting us life, for sustaining us, and for bringing us to this moment.



It is customary to light a long-burning or yahrzeit candle as well (without a blessing) so fire will be available to transfer for lighting candles on Thursday evening (no later than 6:55pm) or for cooking.

We say yizkor on Shemini Atzeret; many have the custom to light a yahrzeit candle to remember loved ones over the holiday.

# Blessing Children

*For daughters:*

ישמך אלהים כְּשָׂרָה רַבְּקָה רָחֵל וְלֵאָה.

*Ye-sim-ech E-lo-him ke-Sarah,  
Rivka, Rachel ve-Leah*

*For sons:*

ישמך אלהים כְּאֶפְרַיִם וְכִמְנַשֶּׁה.

*Ye-sim-cha E-lo-him  
ke-Ephraim v'chi-Menashe*

*For all:*

*Ye-va-rech-e-cha Adonai ve-yish-me-re-cha.  
Ya-er Adonai pa-nav ei-le-cha viy-chu-ne-ka.  
Yisa Adonai pa-nav ei-le-cha,  
ve-ya-sem le-cha sha-lom.*

יְבָרְכֶךָ ה' וְיִשְׁמְרֶךָ;  
יָאֵר ה' פָּנָיו אֵלֶיךָ וְיַחַנְּנֶךָ;  
יֵשָׂא ה' פָּנָיו אֵלֶיךָ וְיִשֶּׂם לְךָ שְׁלוֹם.

May God make you like Ephraim and Menashe.  
May God make you like Sarah, Rebecca, Rachel and Leah.  
May God bless you and protect you.  
May God's face shine toward you and show you favor.  
May God look favorably upon you and grant you peace.



# Kiddush

Festival meals include a special Kiddush

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech  
ha-o-lam bo-rei p'ri ha-ga-fen*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא פְּרֵי הַגֶּפֶן.

Blessed are you Adonai our God, ruler of time and space, who creates fruit of the vine.

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech  
ha-o-lam, a-sher ba-char ba-nu mi-kol am  
ve-ro-me-ma-nu mi-kol la-shon ve-ki-de-sha-nu  
be-mitz-vo-tav. Va-ti-ten la-nu Adonai,  
E-lo-hay-nu be-a-ha-va et yom ha-she-mi-ni  
chag ha-a-tzer-et ha-zeh. Z'man sim-cha-tei-nu,  
mik-ra ko-desh, ze-cher li-tzi-yat mitz-ra-yim. Ki  
va-nu va-char-ta ve-o-ta-nu ki-dash-ta mi-kol  
ha-a-mim, u-mo-a-dei kod-she-cha be-sim-cha  
uv-sa-son hin-chal-ta-nu. Ba-ruch a-tah Adonai  
me-ka-desh yis-ra-el ve-ha-ze-ma-nim.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
בָּחַר בְּנוּ מִכָּל עַם וְרוֹמַמְנוּ מִכָּל לְשׁוֹן,  
וְקִדְּשָׁנוּ בְּמִצְוֹתָיו. וַתִּתֵּן לָנוּ ה' אֱלֹהֵינוּ  
בְּאַהֲבָה מוֹעֲדִים לְשִׂמְחָה, חֲגִים וְזִמְנִים  
לְשִׁשׁוֹן, אֶת יוֹם הַשְּׁמִינִי חַג הָעֲצֵרֶת הַזֶּה,  
זְמַן שִׂמְחָתְנוּ מִקְרָא קֹדֶשׁ, זְכוֹר לִיצִיאַת  
מִצְרָיִם. כִּי בָנוּ בָחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל  
הָעַמִּים, וּמוֹעֲדֵי קֹדֶשׁךָ בְּשִׂמְחָה וּבְשִׁשׁוֹן  
הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה ה', מִקְדֵּשׁ יִשְׂרָאֵל  
וְהַזְּמַנִּים.

Praised are you, Adonai our God, ruler of time and space, who has chosen and distinguished us by sanctifying our lives with Your commandments. Lovingly have You given us this our season for gladness, a day for holy assembly and for recalling the Exodus from Egypt. Thus have You chosen us, sanctifying us among all people, Your faithful word endures forever. Praised are You, Adonai, Ruler of all the earth who sanctifies the people Israel and the festivals.





# Handwashing and HaMotzi

After washing hands, recite the blessing:

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam a-she- kid-sha-nu be-mitz-vo-tav ve-tzi-va-nu al ne-ti-lat ya-da-yim.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת  
יָדַיִם.

Blessed are you, Adonai our God, ruler of time and space, who has made us holy through mitzvot by instructing us to wash our hands.

Recite the this blessing over two round challot:

Blessed are You, Adonai our God, ruler of time and space,  
who brings forth bread from the earth.

*Ba-ruch a-tah Adonai, E-lo-hay-nu me-lech ha-o-lam ha-mo-tzi le-chem min ha-a-retz.*

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

The meal ends with birkat hamazon, the blessing after meals, with the appropriate insertions for Sukkot.



# Cinnamon Apple Challah Recipe

1 envelope active dry yeast (2 ¼ teaspoons)  
1¼ cup warm water (~100 degrees)  
3 ½ - 4 cups bread flour  
2 large eggs plus an extra yolk for the egg wash  
¼ cup vegetable oil  
1 tsp vanilla extract  
1 tsp cinnamon for the dough and  
1 tsp cinnamon for the apples  
½ cup plus 1 teaspoon sugar for the dough and  
1 tsp sugar for the apples  
1 teaspoon salt  
2 apples washed, peeled and diced into ½ inch pieces



Whisk yeast and 1 teaspoon sugar with warm water. Let it sit for 10 minutes until puffy.

Mix in two eggs, oil, vanilla, 1 tsp cinnamon, and 1/2 cup sugar into the yeast until all mixed. Then add the flour and salt a little at a time. Mix with your hands into a ball.

Knead dough for about 10 minutes until smooth and slightly sticky; add more flour if it is sticky.

Put the dough in a clean and warm bowl and cover with plastic wrap. Let it rise in a warm place for 2-3 hours until puffy and double in size.

Peel and chop up your apples into 1/2 inch sized pieces and sprinkle with remaining cinnamon and sugar.

Once dough is ready, divide into six sections and roll each one out into a flat piece on parchment paper. Sprinkle some apples at one end and roll up the long way making sure to avoid air bubbles.

Braid the strands

Cover with plastic wrap and let rise another 45 minutes or so until it's light and fluffy looking. Preheat oven to 350 F.

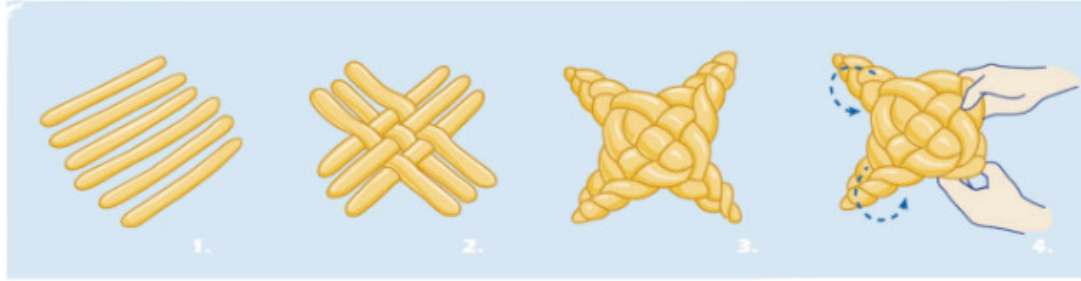
Whisk the last egg yolk with 1/2 tablespoon water and brush over the challah.

Bake for about 30 minutes until golden brown.

Serve with honey!

# How to Braid a Round Challah

From PJ Library



1. Shape the dough into six strands of equal length.
2. Lay three strands horizontally on a floured surface, then weave the other three strands into them vertically. Lift the bottom strands as needed to weave the top strands in. The ends of the strands will stick out.
3. Now braid the ends together on all four sides.
4. Gently tuck the braided edges underneath the middle section. Voila! A round challah!



שנה טובה

*Wishing you a happy new year!*

*From Beth Jacob Congregation*

# HIGH HOLY DAYS

## 2024/5785

**Rosh  
Hashanah**

Wednesday evening - Friday  
October 2-4

**Kol Nidre  
Yom Kippur**

Friday evening - Saturday  
October 11-12

**Sukkot**

Wednesday evening - Friday  
October 16-18

**Hol Hamoed  
Sukkot**

Friday evening-Tuesday  
October 18-22

**Hoshanah  
Rabah**

Tuesday evening - Wednesday  
October 22-23

**Shemini  
Atzeret**

Wednesday evening - Thursday  
October 23-24

**Simchat  
Torah**

Thursday evening - Friday  
October 24-25

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