

Rosh Hashanah Cheat Sheet


Bais Chana High Holiday Crash Course 5782/2021

(This list is meant to be used as a reminder/cheat sheet for the Rosh Hashana prep class. For more, search any of the terms below in the search bar of Chabad.org for definitions and a wealth of additional insights)

Schedule: Day before Rosh Hashana:

- ✓ **Selichot:** Final day to say this pre-Rosh Hashana, early morning prayer
- ✓ **No Shofar:** To separate *shofar* blasts of the month of Elul - which are a custom - from the *shofar* blasts on Rosh Hashanah - which is a biblically ordained mitzvah - there's no Shofar blown on the day before Rosh Hashanah.
- ✓ **Cemetery Visit:** There is a custom to visit the cemetery on Rosh Hashanah eve, especially the graves of the righteous, and ask G-d to forgive us in their merit.
- ✓ **Hatarat Nedarim:** Annulment of vows accidentally made this past year
- ✓ **Rosh Hashanah Shopping list** (Mostly optional. Not law, rather custom!)
 - 🍎 Round Challah
 - 🍍 Honey
 - 🍏 Apple
 - 🍎 Pomegranate
 - 🍎 New Fruit
 - 🍎 Carrots
 - 🍎 Other sweet foods 😊
 - ✗ Avoid excessively sour/bitter, like anything too vinegary/lemony
 - ✗ No walnuts or hazelnuts
- ✓ **🕯 Light a flame or candle that will remain lit throughout the 48 hours of the holiday:** As with other holidays, one may transfer fire from a pre-existing flame on Rosh Hashanah, (when Rosh Hashanah is not on Shabbat.) Therefore, before the onset of the holiday, make sure that you have a flame burning that will last throughout the holiday, such as a stove burner or a 48 hour candle, to use for the second night of candle-lighting and for cooking.

Schedule: First night of Rosh Hashana:

✓  **Candle-Lighting:** To usher in the holiday we light candles, preferably before sunset. (If it’s after sunset the candle must be lit from a pre-existing flame. If there’s no pre-existing flame, no fire should be lit on the holiday) Extinguishing a fire is not permitted on Yom Tov, so after you’ve lit the candles, let the match burn out on its own.

Married women light 2 and many have the custom to light an additional candle for each child in the family. Girls light one.

After lighting the candles, we recite the following blessings.

1. *Bah-rookh ah-tah ah-doh-noi eh-loh-hay-noo meh-lekh hah-oh-lahm ah-sheh ki-deh-shah-noo beh-mitz-voh-tahv veh-tzee-vah-noo leh-hahd-lik nehr shel (shehl shah-baht vih-) yohm hah-zi-kah-rohn.*

“Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments and has commanded us to light the candle of (Shabbat and) the Day of Remembrance.”

2. *Bah-rookh ah-tah ah-doh-noi eh-loh-hay-noo meh-lekh hah-oh-lahm sheh-heh-kheh-yah-noo veh-kee-mah-noo ve-hih-gee-ah-noo liz-mahn hah-zeh.*

“Blessed are You, Lord our G-d, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.”

✓ **Rosh Hashanah Greetings:** After returning from Shul on the first night of Rosh Hashanah, we greet each other with the following Blessing
Said to males: “Leshana Tova Tikatev Vetaichatem”
Said to females: “Leshana Tova Tikatevee Vetaichatemee”
It means “May you be inscribed and sealed for a good year”.

✓ **Festive Meal:** We have a meal with Kiddush, Challah and sweet, symbolic foods. Here are some of the symbolic foods we eat:

Rosh Hashana Menu:

✘ On Rosh Hashanah it is customary not to eat foods which are sour or tart. Instead, the focus is on sweet foods, symbolizing our desire to have a sweet year, blessings and abundance. Therefore, the custom is to not prepare dishes that taste vinegary or lemony.

✘ It is customary not to eat nuts on Rosh Hashanah, as the numerical value of the Hebrew word for nuts ("egoz") is the same as the Hebrew word for sin ("chet").

Round Challah:

- 1) Symbolizing the cycle of the year, as Rosh Hashanah is the head of the New Year.
- 2) A crown, symbolizing our crowning G-d as our King
- 3) A spiral going up; representing our desire that our prayers ascend directly upwards and be accepted before G-d.

 We dip the Challah in honey for a sweet year!

Apple in Honey:

On the first night of Rosh Hashana, After Kiddush and Challa, we dip a piece of sweet apple into honey. Before eating it we say:

- 1) Ba-ruch a-tah Ado-nai E-lo-hei-nu me-lech ha-olam bore pri ha-etz.
"Blessed are You, L-rd our G d, King of the universe, who creates the fruit of the tree."
- 2) 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."

Head of a Fish, Ram, or other Kosher animal:

- 1) Symbol: our desire to be at the "head" and not the tail this year.
- 2) Fish have no eyelids- so does G-d always watch over us.
- 3) Fish multiply quickly, so should our good deeds multiply.

Pomegranate:

- 1) We wish to have a year full of mitzvot and good deeds just as a pomegranate is filled with luscious seeds.
- 2) The top of the pomegranate resembles a crown, in line with the theme of crowning G-d as our King.

Carrots: Many have the custom of eating a carrot dish,

- 1) In Yiddish the word for carrots, meren, means to multiply. We want to multiply our Mitzvos, and our blessings for the coming year.
- 2) Carrots in Hebrew is Gezer, we ask Hashem to please tear any "Gzairah"-verdict that is not good.


Schedule: First Day of Rosh Hashana:

- ✓ **SHOFAR:** The main mitzvah of Rosh Hashanah is hearing the sound of the Shofar. Usually this happens in a Shul near you, but if you cannot get to a shul, see if a local congregant can come blow the shofar at your home.
- ✓ **Rosh Hashana prayers:**
- ✓ **Festive meal with Kiddush and Challah**
- ✓ **Tashlich:** On the first day of Rosh Hashanah after the Mincha service, we visit a river bank, or any flowing body of water, (that contains fish) and recite the Tashlich prayers. There, we “cast away our misdeeds” into the water, and resolve to act properly from now on. If one cannot do Tashlich on the first day, he may do so up until Yom Kippur.

Throughout Rosh Hashana:

- ✓ ☆ **Reciting Psalms:** Every moment of Rosh Hashanah is precious. Reciting Psalms or other prayers or studying Torah are beautiful ways to spend free time.
- ✗ ☆ **Snooze-free day:** This time is so special that we even try to minimize our sleep and avoid frivolous talk and activity.

Schedule: Second Night of Rosh Hashana:

✓  **Candle-Lighting:** On the second night of Rosh Hashanah we light candles AFTER nightfall. Make sure this candle is only lit from a pre-existing flame, no new fire should be lit on the holiday.

On this second night, while reciting the second blessing “Shehecheyanu” keep in mind the new fruit you’ll eat during the meal. The fruit should be on the table during candle lighting.

After lighting the candles, we recite the following blessings.

1. *Bah-rookh ah-tah ah-doh-noi eh-loh-hay-noo meh-lekh hah-oh-lahm ah-sheh ki-deh-shah-noo beh-mitz-voh-tahv veh-tzee-vah-noo leh-hahd-lik nehr shel (shehl shah-baht vih-) yohm hah-zi-kah-rohn.*
“Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments and has commanded us to light the candle of (Shabbat and) the Day of Remembrance.”
2. *Bah-rookh ah-tah ah-doh-noi eh-loh-hay-noo meh-lekh hah-oh-lahm sheh-heh-kheh-yah-noo veh-kee-mah-noo ve-hih-gee-ah-noo liz-mahn hah-zeh.*
“Blessed are You, Lord our G-d, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.”

✓ Second Night Menu addition:

 New Fruit:

On the second night of Rosh Hashanah, a "new fruit," i.e., a seasonal fruit which we have not yet tasted since its season began, should be present on the table when the holiday candles are kindled and during the kiddush. This fruit is eaten following the kiddush, before washing for bread. Before partaking of the fruit we say the following blessing:
Ba-ruch a-tah Ado-nai E-lo-hei-nu me-lech ha-olam bore pri ha-etz.

✓  Have a Happy, SWEET New Year!!!  