



## Rosh Hashanah - October 2 - October 4, 2024

Rosh Hashanah, meaning “head of the year” in Hebrew, is the Jewish New Year, observed on the first two days of the Hebrew month of Tishrei, typically falling in September or October. It marks the beginning of the High Holy Days, a period of introspection, repentance, and renewal leading up to Yom Kippur, the Day of Atonement. Rosh Hashanah is a time for reflection, prayer, and spiritual renewal, symbolized by the blowing of the shofar, a ram’s horn, to awaken the soul and inspire repentance. Traditional customs include attending synagogue services, sharing festive meals with family and friends, and partaking in symbolic foods such as apples dipped in honey, symbolizing hopes for a sweet and fruitful year ahead. Rosh Hashanah is also a time for expressing gratitude, seeking forgiveness, and setting intentions for personal and collective growth in the coming year.

### HOW CAN WE CELEBRATE?

- **Bake round challah**, a traditional bread
- Eat **apples and honey**
- Light **candles**
- **Reflect** on what the new year might bring
- Learn a traditional greeting. **Shana Tovah** (Shah - Nah - Toe - Vah) means “**good year**”