

OUR ROSH HASHANAH SEDER



For centuries, Sephardi Jewish families have gathered to celebrate a special Rosh Hashanah ceremony with a plate or meal of symbolic foods. Each food is eaten after requesting a specific kind of Divine blessing that sounds like the name of that food in Hebrew.



Before eating dates (*tamar*):
May it be your will, God, that hatred
will end. (*Tamar* resembles the word
for end, *yitamu*.)

*...may the dates we look forward to
be filled with goodness instead of
evil!*

Before eating pomegranate:
May we be as full of mitzvot as the pomegranate
is full of seeds.

*...this year may no more seeds of racial violence
be sown in our land!*



Before eating apple:
May it be Your will, God, to renew for us a
good and sweet year.

*...may we APPL(E)Y ourselves to choose
leaders who stand for goodness and sweetness!*

Before eating string beans (*rubia*):
May it be Your will, God, that our merits
increase. (*Rubia* resembles the word for
increase, *yirbu*.)

*...may we be kind and compassionate
to all our fellow BEANS!*



Before eating pumpkin or gourd (*k'ra*):
May it be Your will, God, to tear away all
evil decrees against us, as our merits are
proclaimed before you. (*K'ra* resembles
the words both for tear and
proclaimed, *likro*.)

...may we squash the pandemic that is afflicting the world!

Before eating spinach or beet leaves (*selek*):
May it be Your will, God, that all the enemies
who might beat us will retreat, and we will beat
a path to freedom (*Selek* resembles the word for
retreat, *yistalku*).

*...let us beat down the evil in the world and
listen to the beat of love!*





Before eating leeks, chives, or scallions
(*karti*):

May it be Your will, God, that our enemies be
cut off. (*Karti* resembles the word for cut
off, *yikartu*.)

*...may evil leak out of everyone's heart and be
replaced by understanding!*

Since Rosh Hashanah means the head of the year, we eat foods that
symbolize our wish to be heads, not tails in the year to come.
Traditionally, families ate the head of a fish or sheep. You may want to
instead enjoy a head of lettuce, or a more whimsical option involves
gummy fish.



May it be Your will, God, that our heads remain clear and focused on creating a better world this year!

...may our heads be filled with peace and tranquillity!