



This Rosh Hashanah Seder was created for you to enjoy family time with those who may be near and far. It provides an easy and meaningful way for families to share a meal and timely conversations this High Holiday season, either in person or via Zoom (or other online platform). It is appropriate for family members from ages 4-120.

The Seder revolves around the blessings that are said on Rosh Hashanah at or before a holiday meal. The blessings are paired with four different names for Rosh Hashanah to provide a structure for learning, sharing, connection, and fun. There are parts for family members to read, activities to do, blessings to say, and questions to discuss. And there is food to eat, too, of course! Use the blessings sheet included in the CBT *Kehillah* High Holiday Bag to follow the blessings.

Follow these instructions:

- ◊ Invite parents, grandparents, family & friends to a Rosh Hashanah Seder. Send login information, if needed. Share Rosh Hashanah Seder and High Holidays Blessing Sheet. (Find PDFs of documents at bnaitzedek.org at the High Holidays tab)
- ◊ Assemble materials: Copies of the Seder, Blessing Sheet, Apples & Honey, Kiddush Cup, Wine or Grape Juice, Round Challah & Cover
- ◊ Find the Number **1** on the Seder to get started
- ◊ Adapt it as you wish: consider adding songs, shofar blowing, breakout rooms, and your family's Rosh Hashanah traditions

בְּתִיאָבוֹן!

*B'tayavon!* Bon Appetit!

## *Yom HaDin*

The Day of Judgment

יום הדין

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### Read:

The Kiddush is a prayer that helps us to make time holy. We recite it on Shabbat and holidays over grapes, the fruit of the vine, that have blossomed in Israel since ancient times.

### Do:

Raise your Kiddush cup filled to the brim with wine or grape juice and recite the blessing. Drink up. *L'chaim* (to life)!

### Read:

*Yom HaDin*, the Day of Judgment, provides us with sacred time to look back at our behavior and thoughts over the past year and determine how we choose to be a better version of ourselves.

### Discuss Connection Question:

If you could do one more act of kindness this coming year, what would that kindness be and how would you do it?



## *Yom T'ruah*

Day of Blasting

יום תרועה

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### Read:

We recite the *Shehecheyanu* prayer at the start of a holiday, when we celebrate a special occasion or upon doing something for the 1st time. The prayer expresses our gratitude for reaching this joyous moment.

### Do:

To welcome the holiday and taste the sweetness of the New Year, we dip yummy apples into sweet honey. First, recite the blessing over fruit of the earth. Then recite the *Shehecheyanu* prayer. Dip, eat and enjoy!

### Read:

*Yom T'ruah*, Day of Blasting, encourages us to break through the noise in our lives, listen to others who need our attention, and use the power of our voice to seek meaningful change in small or big ways.

### Discuss Connection Question:

If you could use your voice to change one thing this coming year, what would that one thing be and what would you say?

## HaYom Harat Olam

This Day the World  
was Created



### Read:

The round challah that we prepare and bless on Rosh Hashanah reminds us that the year is round and time continues on. We pray for goodness in our life and the lives of everyone.

### Do:

Wash your hands and say the blessing. Then uncover the challah, raise the plate, and say the blessing over the bread, a food from the earth, that nourishes us. Eat and enjoy!

### Read:

*HaYom Harat Olam*, the Day the World was Created, is a time for appreciating all that nature provides to sustain us. It is our sacred task to care for the earth and tend to it.

### Discuss Connection Question:

What is one thing from nature that fills you with awe and wonder? Share what it is and how it makes you feel.



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## היום הַרְאָת עַזְלָם

## Yom HaZikaron

The Day of Remembering

## יום הזיכרון

3



### Read:

On Rosh Hashanah we pray that God remembers us. Not to be confused with the Modern Israeli holiday when we remember Israel's fallen, on this *Yom HaZikaron*, we are keenly aware of our own link in the chain of Jewish peoplehood.

### Do:

The tradition of blessing children dates back to Jacob blessing his grandchildren. Place your hand on your children's heads and recite the ancient prayer for kindness, protection, and peace.

### Read:

*Yom HaZikaron*, the Day of Remembering, is a day that families celebrate together near and far. We are entrusted with the sacred task of passing our tradition on to the next generation.

### Discuss Connection Question:

What Jewish ritual, holiday, food, story or wisdom would you like to pass down to the next generation? Share what it is and how you would pass it along.