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# LET THERE BE LIGHT

Warm your home with the  
radiance of the holiday.

[mitzvahsociety.org](http://mitzvahsociety.org)





## STEP 1

Light 18 minutes before sunset. Find the exact times at [RoshHashanah.org](http://RoshHashanah.org).



## STEP 2

Before beginning, it's customary to give charity.



## STEP 3

Light the candles, then wave your hands in three circular motions over the flames, welcoming the holiness of the New Year.

Recite the blessing:

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

*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 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 the Day of Remembrance.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַחַיִּי  
וְקִיּוּמֵנוּ וְהַמְּעַשֵּׂנוּ לְזִמּוֹן הַיּוֹם

*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.

→ After lighting, cover your eyes for a few minutes—it's the perfect time to ask G-d for anything you need



# TIME MADE HOLY

Wine (or grape juice) is the drink of choice to mark a festive occasion. On holidays we start the meal with a sanctifying prayer.

[mitzvahsociety.org](http://mitzvahsociety.org)





## STEP 1

Start by putting challah on the table and covering it with a napkin.



## STEP 2

Fill your cup with wine or grape juice and hold it in the right palm of your hand.



## STEP 3

Say the kiddush blessing out loud:

סְבִרֵי מִרְגָּנוּ.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא  
פְּרֵי הַגֶּפֶן:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
בָּחַר בְּנוּ מִכָּל עָם וְרוּמְמָנוּ מִכָּל לְשׁוֹן  
וְקִדְּשָׁנוּ בְּמִצְוֹתָיו, וַתִּתֵּן לָנוּ ה' אֱלֹהֵינוּ  
בְּאַהֲבָה אֶת יוֹם הַזִּכְרוֹן הַזֶּה, יוֹם תְּרוּעָה  
מִקְרָא קֹדֶשׁ זָכָר לַיְצִיאַת מִצְרָיִם, כִּי בְנוּ  
בְחֵרָת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים, וְדִבְרָךְ  
אֲמַת וְקִיָּם לְעַד. בְּרוּךְ אַתָּה ה', מֶלֶךְ עַל

כָּל הָאָרֶץ מְקֹדֵשׁ יִשְׂרָאֵל וַיּוֹם הַזִּכְרוֹן:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֵחֵינוּ  
וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזְמַן הַזֶּה:

*Savri Moronon,*

*Barukh atah Adonai Eloheinu melekh  
ha'olam, borei peri ha'gafen.*

*Barukh atah Adonai Eloheinu melekh  
ha'olam asher bakhar banu m'kol am,  
v'romemanu m'kol lashon v'kidishanu  
b'mitzvotav. Vatiten lanu Adonai  
Eloheinu b'ahava et Yom HaZikaron  
ha'zeh. Yom zichron teruah mikra  
kodesh, zekher le'yitziat mitzrayim. Ki  
vanu vakharta v'otanu kidashtah m'kol  
ha'amim, u'devarkha emet v'kayam  
la'ad.*

*Barukh atah Adonai melekh al kol  
ha'aretz, Yisrael v'Yom HaZikaron.*

*Baruch Atah Adonoi Eloheinu  
Melech haolam shehecheeyanu  
v'kiyimanuvihigiyanu lizman hazeh.*



# MAKE IT SWEET

Jews are the “apple” of G-d’s eye, and dipping a sweet slice into honey on the first night of Rosh Hashanah reminds G-d how we want our year to be: extra sweet!

[mitzvahsociety.org](http://mitzvahsociety.org)



## NIGHT 1



### APPLE AND HONEY

Before eating fruit, we make this blessing:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ

*Ba-ruch a-tah Ado-nai E-lo-hei-nu me-lech ha-olam bo-re pri ha-etz.*

Blessed are You, L-rd our G-d, King of the universe, who creates the fruit of the tree.

Before eating the apple and honey, add this "pretty please" prayer for a super sweet year:

יְהִי רָצוֹן שְׂתַחֲדֵשׁ עֲלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה

*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.

## NIGHT 2



### NEW YEAR NEW FRUIT

On the second night of Rosh Hashanah, we eat a fruit we haven't tasted yet this season. It's kept on the table while lighting candles, then passed around for everyone to taste after Kiddush.

Before eating fruit, say the previous blessing for fruit. Afterwards, recite the blessing said on new things:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַחַיִּים וְקוֹמָנוּ וְהַגִּיעָנוּ לְזִמְנוּ הַזֶּה

*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.



# THE ULTIMATE MENU

G-d finished creating the world—it's time to celebrate! After lighting holiday candles, the festivities begin with a lavish feast full of unique holiday foods.

[mitzvahsociety.org](http://mitzvahsociety.org)





## STEP 1

All year long we are used to fresh, delicious challah, but on Rosh Hashanah we eat it with a twist—literally. Instead of braiding the loaves, strands are spiraled into a **round shape**, symbolizing new year blessings that go on forever.

Here's how to wash hands before eating bread:



## STEP 2

Fill a cup with water, then pour three times on each hand, right hand first.

Recite the blessing:

ברוך אתה ה' אלהינו מלך העולם, אשר  
קדשנו במצוותיו, וצונו על נטילת ידים

*Ba-ruch a-tah Ad-onai, E-lo-hei-nu  
me-lech ha-olam, a-sher ki-desh-an-u  
be-mitz-vo-tav ve-tziv-anu al ne-til-at  
ya-da-yim.*

Blessed are you, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and commanded us concerning the washing of the hands.



## STEP 3

Washing hands and eating bread is one long ritual. We refrain from speaking between the blessing on washing and the eating of bread.



## STEP 4

The leader of the table recites the blessing out loud.

Recite the blessing:

ברוך אתה ה' אלהינו מלך  
העולם, המוציא לחם מן הארץ

*Ba-ruch atah A-do-nai, E-lo-hei-  
nu Melech Ha-Olam, hamotzie  
le-chem min ha-ar-etz.*

Blessed are You, L-rd, our G-d,  
King of the universe, who brings  
forth bread from the earth.



## STEP 5

Dip the challah in honey before eating, for a year that's sweet as can be.



# A PIERCING CRY WITH A POIGNANT MESSAGE

mitzvahsociety.org



The shofar serves as an alarm clock, awakening our spirit and reminding us of the very real and powerful voice of our soul.

## WHAT IS A SHOFAR?

A shofar is a trumpet made from the horn of a kosher animal with the marrow removed. The central mitzvah of Rosh Hashanah is to hear the shofar being blown.

## WHEN AND HOW TO BLOW THE SHOFAR

The laws of blowing the shofar are quite complex, and should be done by one who is proficient and skilled. It is blown on both days of Rosh Hashanah, during the Musaf prayers, however the shofar is not blown when Rosh Hashanah falls out on Shabbat.

## WHY DO WE BLOW THE SHOFAR?

The shofar signifies the coronation of G-d as our king. Like in the times of old, when rulers were coronated with the blast of the trumpet, the

shofar announces our commitment and resolve to be a dedicated and better Jew.

The shofar also serves as an alarm clock as it were, awakening our spirit and reminding us of the very real and powerful voice of our soul. Mirroring the visceral cry of our Neshama (the Jewish soul), it shakes us from complacency and uncovers our inherent and innate connection with the Divine.

The shofar gives us hope, foreshadowing the sound of the "great shofar" that will call together the Jewish people from all corners of the earth at the time of the coming of Moshiach.

## FIND A SHOFAR BLOWING NEAR YOU

Contact your local Chabad Rabbi to find out when and where the shofar will be blown this year.

# A DAY TO REMEMBER

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Saying the "Yizkor" prayer, which literally means "remember" strengthens our connection between us and parents who passed away.



On Yom Kippur we take the time to remember our loved ones who have passed. Judaism teaches us that the souls of our loved ones exist in a state of freedom and goodness beyond our physical state. Judaism also tells us that our relationship and connection remain active and dynamic. Saying the "Yizkor" prayer, which literally translates as "remember", does not just serve as a reminder of those who have passed, but honors their memory and celebrates their legacy. While the physical bond may have been lost, the spiritual soul connection stays strong.

The Lubavitcher Rebbe encouraged the following thought exercise. Imagine your loved one was in a happy place, one of freedom and serenity; while you can't communicate with them by text or email, you can send them packages. Imagine the comfort of knowing you can still impact and connect with the ones you love. This is the power of Yizkor. A time of reflection, and a time to send them a gift. Every good deed you do in their honor, every prayer and action that honors their legacy is a gift or 'package' that sends your love and care.

Light a remembrance candle before Yom Kippur begins, that should remain lit throughout the holiday. After the holiday, we give charity in honor of the deceased, bringing light to the world and merit to their departed souls.

The Yizkor prayer is recited on the morning of Yom Kippur.

יִזְכֹּר אֱלֹהִים נְשִׁמַת אָבִי מוֹרִי (פְּלוּנִי בֶן פְּלוּנִי) שְׁהַלַּךְ  
לְעוֹלָמָו בְּעֶבֶר שְׂאֵנִי נוֹדֵר צְדָקָה בְּעֵדוֹ.

וּבְשֹׁכֵר זֶה תְּהֵא אֲרוּחָה בְּצִרוּר הַחַיִּים עִם נְשִׁמַת  
אֲבֹרָהֶם, יִצְחָק וְיַעֲקֹב, שָׂרָה, רַבְקָה, רַחֵל וְלֵאָה וְעַם שְׂאֵר  
צַדִּיקִים וְצַדִּיקָנוֹת שְׁבָנוּ עַדוֹ וְנֹאמַר אָמֵן.

*Yizkor E-lohim Nishmat (father avi mori)  
(mother imi morati) [Name of the Deceased]  
(father – She-halach l'olamo),(mother  
-Shehol'chah l'olamah), Ba-avur sheb'li neder  
Etain tz'dakah ba-adah.*

*Bis-char ze T'hay nafshah tz'uruh Bitz-ror  
hacha-yim Im nish-mot Avraham, Yitzchak  
v'Yaakov, Sarah, Rivkah, Rachel v'Lay-ah,  
V'im sh'ar tzadikim v'tzidkaniyot Sheb'Gan  
Eden.*

*V'nomar: Amayn.*

אֵב הַרְחֵמִים, בְּרַחֲמֵי הַעֲצוּמִים, הוּא יִקְדֹּשׁ בְּרַחֲמִים, הַחֲסִידִים וְהַיְשָׁרִים וְהַתְּמִימִים, קַהֲלוֹת הַקֹּדֶשׁ שְׂמֵרוּ נַפְשָׁם עַל קִדְשׁ  
הַשֵּׁם, הַנְּאֻחָבִים וְהַנְּעִימִים בְּחֵיבָהֶם, וּבְמוֹתָם לֹא נִפְרְדוּ, מִנְּשָׁרִים קָלוּ, וּמֵאֲרִיזוֹת גְּבוּרוֹ, לְעִשׂוֹת רַצוֹן קוֹנֵם וְחַפֵּץ צוּרֵם. וְיִבְרַם  
אֱלֹהֵינוּ לְטוֹבָה עִם שְׂאֵר צַדִּיקֵי עוֹלָם, וְיִנְקֹם נַקְמַת דָּם עֲבָדָיו הַשְּׂפוּהָ. כְּתוּב בְּתוֹרַת מֹשֶׁה אִישׁ הָאֱלֹהִים: הַרְגִּינוּ גּוֹיִם עִמּוֹ, כִּי  
דָם עֲבָדָיו יִקּוּם, וְנִקְם יִשִּׁיב לְצִרוֹ, וְכַפֵּר אֲדָמָתוֹ עִמּוֹ: וְעַל יְדֵי עֲבָדֶיךָ הַנְּבִיאִים כְּתוּב לֵאמֹר: וְנִקְיִתִי דָמָם לֹא נִקְיִתִי, וְיִ שְׂכָן בְּצִיּוֹן:  
וּבְכַתְּבֵי הַקֹּדֶשׁ נֹאמַר: לָמָּה יִאֲמְרוּ הַגּוֹיִם אִיֵּה אֱלֹהֵיהֶם, וְיָדַע בְּגוֹיִם לְעֵינֵינוּ נַקְמַת דָּם עֲבָדֶיךָ הַשְּׂפוּהָ: וְאֹמְרוּ: כִּי דָרַשׁ דָּמִים  
אוֹתָם וְכֵן, לֹא שָׂכַח צַעֲקַת עַנְוִים: וְאֹמְרוּ: יְדִין בְּגוֹיִם מְלֵא גִּוְיוֹת, מַחֲץ רֹאשׁ עַל אֲרֶץ רְבֵה: מִנְּחַל בְּדָרְךָ יִשְׁתָּהּ, עַל כֵּן יָרִים רֹאשׁ: