

## THE HOLIDAY EDITION

For grades 3-5



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CANDLE LIGHTING

Rosh Hashana: rôsh' hè-shô'nè  
(noun) – The Head of the Year.

Head of the year? Rosh Hashana is the Jewish 'New Year', so why not call it that? What does "Head of the Year" mean?

Actually, it is very important to recognize that Rosh Hashana is more than the *first* day of the year – it's actually the "Head" of the Year. Just like the head – the brain – guides the body, Rosh Hashana has the power to guide our entire year in the right direction.

How? Rosh Hashana is a time for **new beginnings**; it's a time to learn from our mistakes and start fresh. It's a time to leave behind the parts of our lives that shouldn't come with us into the future.

Rosh Hashana is a day when we ask ourselves: Is there a bad habit which I need to work on? A part of my behavior that I need to improve?

Although, we should be examining our behavior and improving our conduct all year round, the Torah tells us that, on Rosh Hashana, Hashem gives us *extra* help toward reaching our goals of being better people.

Like we do on all Holidays, we **light candles** on Rosh Hashana. We also recite **Kiddush** (a prayer – announcing the Holiday - over a cup of wine), we eat **challah** and have a delicious meal.

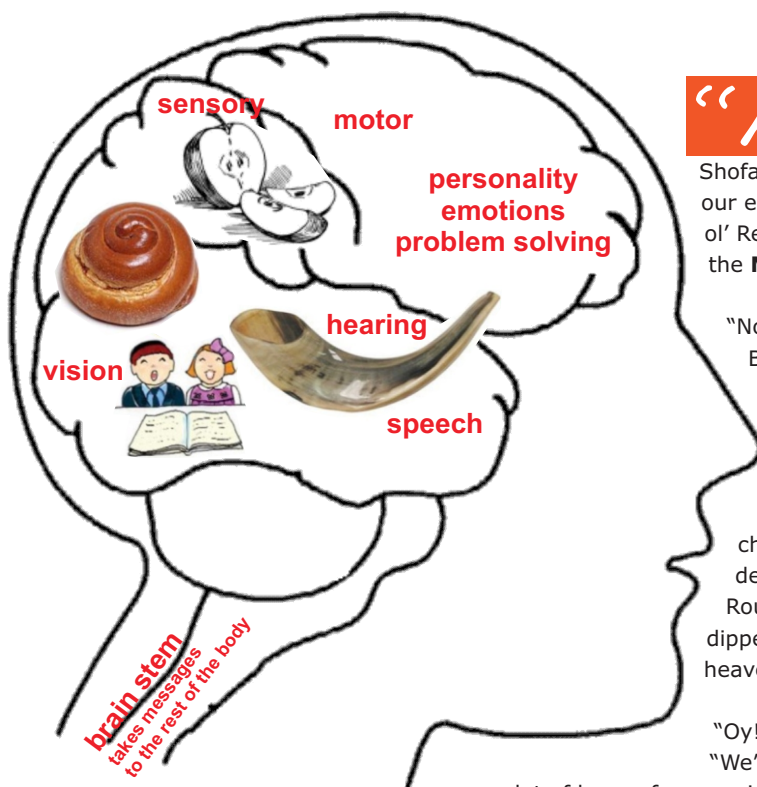
On Rosh Hashana, go to the **synagogue**. Gathering together as a community feels good; we're

# THE DIALOGUE

A WEEKLY MAGAZINE FOR THE CHABAD HEBREW SCHOOL COMMUNITY

## IT'S ROSH HASHANA!

By: Malkie Herson & Dena Torgeman



“A hhh, the powerful sounds of the Shofar. Now that’s music to our ears. Did ya hear that, ol’ Red?” the **Ears** said to the **Mouth**.

“No, silly. I can’t *hear*! But uhhmm, excuse me a moment while I finish up this bite,” answered the **Mouth**. “Oh, you just gotta – chomp chomp – taste this delectable challah. Round, filled with raisins, dipped in honey. It’s heaven in a bite!”

“Oy!” yelled the **Fingers**, “We’re all sticky! That was a lot of honey for one piece of challah!”

“Oooof!” sniffed the **Nose**, “do you guys smell that sweet honey cake baking in the oven? What a divine scent!”

“We don’t smell a thing – but look over there!” said the **Eyes**. “Do you see the people gathered together in shul? Look at their beautiful outfits!”

The **Brain** paid close attention. These experiences were all sending signals up to the **Brain**. Like electricity running through wires, the sounds, the smells, the tastes, the sights – all gathered by the various body parts – were flooding the senses. And it was the **Brain’s** job to make sense of it all!

all there because we all want to have a good year. We share a goal. It's nice to be with people who share your goal.

At the Services, the Rabbi/Cantor blows a special horn called the **Shofar** (ram's horn). When you listen to the Shofar blowing, you'll notice that there are 100 Shofar blasts in all. Those 100 blasts are a combination of three different types of 'Shofar-sounds', each calling out to us: "Rosh Hashanah is a gift. Focus on its message. Don't sleep though this experience."

On Rosh Hashanah, a time when we think about the sweet possibility of a new beginning, and our hopes for a sweet new year, we **eat sweet foods**. We eat a piece of apple dipped in honey, honey cake, sweet carrots, etc. Many Jews also eat pomegranates, a fruit with many, many seeds, which brings to mind the *many* good deeds that we hope to do in this coming year.

Another practice of this special holiday is the '**Tashlich**' prayer service, which takes place by a river. As we stand at the riverside, we think about how we want to improve our behavior. It's like we want our not-so-good-behavior to float away on the river's waters. And, just as water helps us clean dirt off of our bodies, we ask for Hashem's help to clean the 'dirt' of bad habits off of our personalities.

In light of these messages, our wish to each other during this times is:  
**Shana Tova! A Good Year!**

## ©PROJECT ECHAD! WHOLE JUDAISM FOR THE WHOLE CHILD

A Curriculum developed for the Breitman Family Hebrew School at the Chabad Jewish Center in Basking Ridge, NJ

The **Brain** sorted through the various data and reached a conclusion: It was Rosh Hashanah! The head of the year! All the practices and foods of Rosh Hashanah were reminding the **Brain** that this is a sweet time of year. "But, why?" thought the **Frontal Lobe**, the part of the brain that does the thinking. "Ah," it said to itself, "when a person behaves properly and lives up to his or her potential, that is so sweet!"

The **Brain** was excited to tell the **Heart** this vital information. The **Heart** felt a deep warmth and was overcome with excitement. "Our potential is sweet!" the **Heart** said. "We – the body – make up a unique, extraordinary individual who has the ability to really do good in this world." The **Brain** nodded in agreement. It was time to gather all the body parts.

The **Ears** humming, the **Mouth** munching, the **Fingers** wiggling, the **Nose** scrunching, the **Eyes** squinting, and all the other parts that made up the body came together, gathering around as directed by the **Brain**.

"It's Rosh Hashanah, everybody!" the **Brain** announced. Everyone began to cheer wildly. "Wait, wait!" called out the **Heart**, trying to quiet everyone down. "We have an important job to do. Let's really commit to being the best person we can be!"

And so, with the help of his **5 Senses**, and with the power of the **Thinking Brain** and **Feeling Heart**, the person got the message. He knew that he really and truly had the ability within him to make be the best he can be!

He felt it in every part of him:  
This was going to be a sweet and wonderful year!



## THE DIALOGUE

### QUESTIONS FOR DISCUSSION

◆ In this story, the brain (the mind) is receiving messages from the rest of the body. What messages is the brain getting? How are these messages related to Rosh Hashanah?

◆ "Mind over matter" is an expression that means that our mind (brain) has the power to control our speech, our actions, and even our thoughts! That means, if we feel like doing something wrong, our mind can actually "convince" us not to! Can you think of a time that you used your mind to control yourself? How did it feel?

◆ On Rosh Hashanah, we surround ourselves with sweetness. This helps us remember that our lives can indeed be sweet. What kinds of things can we do in this new year that will sweeten our own lives, and the lives of others?