

LET THERE BE LIGHT

mitzvahsociety.org

ב"ה

1



Warm your
home with the
radiance of the
holiday.



CHABAD

MITZVAH
SOCIETY



STEP 1

Light 18 minutes before sunset. Find the exact times at 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
וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזֶמֶן 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.



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

START OFF WITH A BANG (1)

mitzvahsociety.org

ב"ה

2



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



CHABAD

MITZVAH
SOCIETY



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:

*Vay'chulu Hashamayim v'haaretz,
v'chawl ts'vaam. vay'chal elohim
bayom hash'vii, m'lachto asher asa
vayishbot bayom hash'vii, mikawl
m'lachto asher asa. Vay'varech elohim
et yom hash'vii, vay'kadeish oto ki vo
shavat mikawlm'lachto asher bara
elohim laasot.*

Savri Moronon,

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

*Barukh atah Adonai Eloheinu melek
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 HaShabbat
ha'zeh v'et)Yom HaZikaron ha'zeh.
Yom zichron teruah b'ahava 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 melek al kol
ha'aretz, mekadesh haShabbat v'Yisrael
v'Yom HaZikaron.*

*Baruch Atah Adonoi Eloiheinu
Melech haolam shehecheeyanu
v'kiyimanuvihigyanu lizman hazeh.*

START OFF WITH A BANG (2)

mitzvahsociety.org

ב"ה

2



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



CHABAD

MITZVAH
SOCIETY



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:

יוֹם הַשַּׁשִּׁי. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל
צָבָאָם: וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי
מְלֹאכְתּוֹ אֲשֶׁר עָשָׂה. וַיִּשְׁבֶּת בַּיּוֹם הַשְּׁבִיעִי
מִכָּל מְלֹאכְתּוֹ אֲשֶׁר עָשָׂה:

וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ
אֹתוֹ. כִּי בּו שַׁבַּת מִכָּל מְלֹאכְתּוֹ אֲשֶׁר בָּרָא
אֱלֹהִים לַעֲשׂוֹת:

סְבִרִי מֶרְנָן.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא
פְּרִי הַגֶּפֶן:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
בָּחַר בָּנוּ מִכָּל עָם וְרוֹמְמָנוּ מִכָּל לְשׁוֹן
וְקִדְּשָׁנוּ בְּמִצְוֹתָיו, וַתֵּתֶן לָנוּ ה' אֱלֹהֵינוּ
בְּאַהֲבָה אֶת יוֹם (לִשְׁבֶּת הַשַּׁבָּת הַזֶּה וְאֶת יוֹם)
הַזְּכָרוֹן הַזֶּה, יוֹם (לִשְׁבֶּת זְכוֹרוֹן) תְּרוּעָה (לִשְׁבֶּת
בְּאַהֲבָה) מִקְרָא קֹדֶשׁ זִכָּר לִיציאת מִצְרַיִם,
כִּי בָנוּ בַּחֲרִית וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים,
וַיְבָרֶךְ אֶמֶת וְקִיָּם לְעַד. בָּרוּךְ אַתָּה ה',
מֶלֶךְ עַל כָּל הָאָרֶץ מִקְדָּשׁ (לִשְׁבֶּת הַשַּׁבָּת וְ)
יִשְׂרָאֵל וַיּוֹם הַזְּכָרוֹן:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֵחֵינּוּ
וְקִיָּמנוּ וְהִגִּיעָנוּ לְזִמְנוֹ הַזֶּה:

MAKE IT SWEET

mitzvahsociety.org

ב"ה

3



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!



CHABAD

MITZVAH
SOCIETY



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, we make this blessing:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא 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.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהַחַיִּים וְקִיּוֹמָנוּ וְהַגִּיעָנוּ לְזֶמֶן 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.

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

יְהִי רָצוֹן שְׁתַּחֲדָשׁ 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.

THE ULTIMATE MENU (1)

mitzvahsociety.org

ב"ה

4



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.



CHABAD

MITZVAH
SOCIETY



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.



STEP 2

We eat sweet, juicy **pomegranates** that are bursting with seeds, reminding us how all Jews are full of good deeds.



STEP 3

We taste the **head of a fish** (or ram!) for a year of staying ahead.



STEP 4

The Yiddish word for **carrots** also means "multiply"—how we want our merits to grow.

Here's how to wash hands before eating bread:



STEP 5

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

Recite the blessing:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם

*Ba-ruch a-tah Ad-onai, E-lo-hei-nu
me-lech ha-olam, a-she- 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.

THE ULTIMATE MENU (2)

mitzvahsociety.org

ב"ה

5



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.



CHABAD

MITZVAH
SOCIETY



STEP 6

Shhh! Washing hands and eating bread is one long ritual, so no talking in between.



STEP 7

The leader of the table recites the blessing out loud.

Recite the blessing:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

*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 8

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



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



CHABAD

MITZVAH
SOCIETY

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. The shofar is not blown 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 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 Mashiach.

FIND A SHOFAR BLOWING NEAR YOU

Contact your local Chabad Rabbi to find out when and where the Shofar will be blown this year. Visit [Chabad.org/centers](https://www.chabad.org/centers) to get in touch.

LEVELING UP FOR THE NEW YEAR

mitzvahsociety.org

ב"ה

7



"New year, new me" may be an overused cliché, but if approached correctly can lead to measured and fulfilling growth. Take this opportunity to reflect on the new year and its possibilities.



CHABAD

MITZVAH
SOCIETY



New year, new me" may be an overused cliché, but if approached correctly can lead to measured and fulfilling growth. Take this opportunity to reflect on the new year and its possibilities. Try to think of a practical and attainable way you will approach the new year as a better Jew, and how you can grow in your commitment and relationships.

Choose an idea from the options below, or fill something in on your own:



**PUTTING ON
TEFILLIN**



**LIGHTING CANDLES
ON FRIDAY NIGHT**



**GIVING
CHARITY**



**STARTING A NEW
TORAH CLASS**

OTHER: