

Rosh Hashanah Seder

Temple Israel Portsmouth

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“There is a world of difference between a holiday and a holy day.” *(Sidney Greenberg)*

“Festivals act as lodging for travelers making their way through the year. These festival inns are special accommodations not solely for rest or retreat from the world, but also places to halt and take our bearings to make sure we are traveling and not going around in circles.”

(Michael Strassfeld)

The idea of a Rosh Hashanah seder is not a new innovation. The connection between Rosh Hashanah, foods and blessings have been around since Talmudic times. The first reference is from Nehemiah 8:9-10: Today is holy to the Lord your God, do not mourn and do not cry... go, eat choice foods and drink sweet drinks and send portions to whoever has nothing prepared, for the day is holy to our Lord’.”

Rabbi Abaye commented: Now that you have said that an omen is a significant thing, a person should always be accustomed to seeing/eating at the beginning of the year, on Rosh HaShanah, a gourd, green beans, leek, beets and dates.

It is said that in the 10th century when the Babylonian scholar Hai Gaon left the synagogue on Rosh Hashanah, his students would bring him a basket filled with different fruits over which he recited various blessings and biblical verses.

Candlelighting

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת וְשֶׁל יוֹם טוֹב

*Barukh Atah Adonai Eloheinu Melekh ha-olam asher kid'shanu b'mitzvotav v'tzivanu
l'hadlik ner shel Shabbat v'shel Yom Tov.*

Blessed are You Adonai our G-d, Source of the Life of the Universe, who makes us holy with *mitzvot* and commands us to kindle the lights of Shabbat and of the festival day.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהִתְיַבֵּנוּ וְקִיַּמָּנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה

*Barukh atah Adonai, Eloheinu Melekh Ha'olam sheheh^uyanu,
v'kiyamanu, v'higayanu lazman hazeh.*

Blessed are You, Adonai our God, Sovereign over all,
Who has kept us alive and sustained us and brought us to this season.

Shalom Aleichem

*Shalom aleichem mal'achei hasharet
Mal'achei elyon, mimelech mal'chei ham'lachim
Hakadosh baruch hu.*

שְׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָּׁרֵת
מַלְאֲכֵי עֲלִיוֹן מִמְלֶכֶת מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בָּרוּךְ הוּא

*Bo'achem l'shalom mal'achei hashalom,
Mal'achei elyon, mimelech mal'chei ham'lachim /
Hakadosh baruch hu.*

בּוֹאֲכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם
מַלְאֲכֵי עֲלִיוֹן מִמְלֶכֶת מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בָּרוּךְ הוּא

*Barchuni l'shalom mal'achei hashalom,
Mal'achei elyon, mimelech mal'chei ham'lachim /
Hakadosh baruch hu.*

בָּרְכוּנִי לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם
מַלְאֲכֵי עֲלִיוֹן מִמְלֶכֶת מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בָּרוּךְ הוּא

*Tzeitchem l'shalom mal'achei hashalom,
Mal'achei elyon, mimelech mal'chei ham'lachim
Hakadosh baruch hu.*

צֵאתְכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם
מַלְאֲכֵי עֲלִיוֹן מִמְלֶכֶת מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בָּרוּךְ הוּא

Peace to you, ministering angels, messengers of the Most High,
sent by the Sovereign, the sovereign of all sovereigns,
the Holy One, whom we bless.

Come in peace, angels of peace, messengers of the Most High,
sent by the Sovereign, the sovereign of all sovereigns,
the Holy One, whom we bless.

Bless me with peace, angels of peace, messengers of the Most High,
sent by the Sovereign, the sovereign of all sovereigns,
the Holy One, whom we bless.

Go in peace, angels of peace, messengers of the Most High,
sent by the Sovereign, the sovereign of all sovereigns,
the Holy One, whom we bless.

Blessing for children

*Yivarechecha Adonai v'yishmerecha
Ya'er Adonai panav eilecha vichuneka
Yisa Adonai panav eilecha v'vasem lecha shalom*

יְבָרֵכְךָ יְהוָה וְיִשְׁמְרֶךָ
יֵאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֶּךָ
יֵשָׁא יְהוָה פָּנָיו אֵלֶיךָ וַיָּשֶׂם לְךָ שְׁלוֹם

May G-d bless you and keep you.

May G-d shine light upon you and be gracious to you.

May G-d be lifted up to you and grant you peace.



Festival Kiddush

On Shabbat begin here:

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם: וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה, וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי
מְכַל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ, כִּי בּוֹ שָׁבַת מְכַל מְלַאכְתּוֹ, אֲשֶׁר
בָּרָא אֱלֹהִים לַעֲשׂוֹת

*Vay'khulu hashamayim v'ha'aretz v'khol tz'va-am. Vay'khal Elohim bayom hash'vi-i m'lakhto
asher asah. Vayishbot bayom hash'vi-i mikol m'lakhto asher asah. Vay'varekh Elohim et yom
hash'vi-i vay'kadeish oto, ki vo shavat mikol m'lakhto asher bara Elohim la'asot.*

The heaven and the earth were finished, and all their array. On the seventh day God finished the work that God had been doing, and God ceased on the seventh day from all the work that God had done. And God blessed the seventh day and declared it holy, because on it God ceased from all the work of creation that God had done.



ברוך אתה, יי, אלהינו
מלך העולם,
בורא פרי הגפן.

*Baruch Atah Adonai, Eloheinu
Melech Ha'olam,
borei p'ri hagefen.*

Blessed are You God, Sovereign of the Universe,
who creates the fruit of the vine.

<i>Baruch Atah Adonai, Eloheinu</i>	ברוך אתה, יי, אלהינו
<i>Melech Ha'olam, asher bachar</i>	מלך העולם, אשר בחר-
<i>banu mikol am, v'rom'manu mikol</i>	בנו מכל עם, ורוממנו מכל
<i>lashon, v'kid'shanu b'mitzvotav.</i>	לשון, וקדשנו במצותיו.
<i>Vatiten lanu, Adonai Eloheinu,</i>	ותתן לנו, יי אלהינו,
<i>b'ahavah et [Yom HaShabbat</i>	באהבה את [יום השבת
<i>hazeh v'et] Yom HaZikaron hazeh,</i>	הזה ואת] יום הזכרון הזה,
<i>yom [zichron] t'ru'ah [b'ahavah],</i>	יום [זכרון] תרועה [באהבה],
<i>mikra kodesh, zeicher litziyat</i>	מקרא קדש, זכר ליציאת
<i>Mitz'rayim. Ki vanu vachar'ta,</i>	מצרים. כי בנו בחרת,
<i>v'otanu kidash'ta mikol ha'amim,</i>	ואותנו קדשת מכל העמים,
<i>ud'var'cha emet v'kayam la'ad.</i>	ודברך אמת וקים לעד.
<i>Baruch Atah Adonai, Melech al kol</i>	ברוך אתה, יי, מלך על כל
<i>ha'aretz, m'kadeish [HaShabbat v']</i>	הארץ, מקדש [השבת ו]
<i>Yisrael v'Yom HaZikaron.</i>	ישראל ויום הזכרון.

Blessed are You G-d, Source of the Life of the Universe, who chose us and enlightened us to make us holy through Your commandments. G-d, You have graciously given us in love this day of Shabbat and this day of Remembrance, a day of recalling the shofar's sound in love, calling it holy in remembrance of our People's going out from Egypt. Your word is true and everlasting. Blessed are You G-d, Source of the Life of the Universe, who sanctifies Shabbat and Israel and the day of Remembrance.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁהַחַיְנוּ וְקִיָּמָנוּ וְהַגִּיעָנוּ לְזֶמֶן הַזֶּה

*Barukh atah Adonai, Eloheinu Melekh Ha'olam
shehehayanu, v'kiyamanu, v'higayanu lazman hazeh.*

Blessed are You, Adonai our God, Sovereign over all,
Who has kept us alive and sustained us and brought us to this season.

Today is the Birthday of the World



שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'ma Yisrael, Adonai Eloheinu, Adonai ehad

Hear O' Israel, Adonai is our G-d, Adonai is One

Blessings over Food

A blessing for fruit

בורא פרי העץ



Baruch Atah Adonai, Eloheinu בָּרוּךְ אַתָּה, יי, אֱלֹהֵינוּ
Melech Ha'olam, מֶלֶךְ הָעוֹלָם,
borei p'ri ha-etz. בּוֹרֵא פְרֵי הָעֵץ.

Blessed are You Adonai our G-d, Source of the Life of the Universe,
who creates the fruit of the tree.



Apples in Honey – A Wish for Sweetness

תפוח

Y'hi ratzon mil'fanecha יְהִי רָצוֹן מִלְּפָנֶיךָ
Adonai Eloheinu, יי אֱלֹהֵינוּ,
Shetichadesh aleinu שֶׁתַּחֲדֹשׁ עָלֵינוּ
shanah tovah u'metukah. שָׁנָה טוֹבָה וּמְתוּקָה:

May it be G-d's will to renew us with a year of goodness and sweetness.

Pomegranate – A Wish for Mitzvot

רמון



Y'hi ratzon mil'fanecha יְהִי רָצוֹן מִלְּפָנֶיךָ
Adonai Eloheinu, יי אֱלֹהֵינוּ,
She-ni-he-yeh m'le'im שֶׁנִּהְיֶה מְלֵאִים
mitzvot ka-rimon. מִצְוֹת כְּרִמּוֹן:

May it be G-d's will that our good deeds be as numerous
as the seeds of a pomegranate.

Let Us Sing

Hinei mah tov u'mah na'im
shevet ahim gam yahad.

הִנֵּה מַה טוֹב וּמַה נְעִים
שֵׁבֶת אֲחִים גַּם יַחַד.

Oh how good and how pleasant it is
for brothers and sisters to sit together as one.



Spinach or beets

called in Hebrew *selek* which can also mean “to remove decisively.”

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָאֲדָמָה

Baruch Atah Adonai Eloheinu Melekh ha-olam borei pri ha-adamah.

Blessed are You Adonai our G-d, Source of the Life of the Universe,
Creator of the fruit of the earth.



יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
שִׁסְתַּלְקוּ שׁוֹנְאֵינוּ

*Y'hi ratzon milfanekha Adonai Eloheinu v'Elohei avoteinu
she- yis-talku soneinu.*

May it be G-d's will that our external enemies and inner demons flee.



Carrots or Squash which are called respectively,
Gezer (decree) or *Kara* (tear up or read).

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
שִׁיקְרֵה רֵעַ גֵּזֶר דִּינֵנוּ וְיִקְרְאוּ לְפָנֶיךָ זְכוּתֵינוּ

*Y'hi ratzon milfanekha Adonai Eloheinu v'Elohei avoteinu
she-yikara ro'a **gezar** dinneinu, v'yikaru l'fanekha z'khuyoteinu*

May it be G-d's will that any evil decrees against us be torn up
and our good merits be read out before You.



Head of (gummy) fish or head of lettuce

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
שְׁנֵהֶיָּה לְרֹאשׁ וְלֹא לְזָנָב

*Y'hi ratzon milfanekha Adonai Eloheinu v'Elohei avoteinu
she- ni-hi-yeh l'Rosh v'lo l'zanav*

May it be G-d's will that we will be like the head and not the tail,
seeking to be leaders in doing mitzvot, so that our actions
increase holiness and justice in the world and bring peace.



עוֹלָם חֶסֶד יִבְנֶה
Olam Chesed Yibaneh
Yai dai dai... (x4)

I will build this world from love... yai dai dai
And you must build this world from love... yai dai dai
And if we build this world from love... yai dai dai
Then G-d will build this world from love... yai dai dai



Dates

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
שֶׁיִּתַּמּוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רָעָתֵנוּ

*Y'hi ratzon mil'fanekha Adonai Eloheinu, v'Elohei avoteinu
she-yi-tamu oyveinu v'soneinu v'khol m'vak-shei ra'ateinu.*

May it be Your will, Adonai our God,
that this new year be a peaceful year for us and for all the world.

Oseh Shalom

*Oseh shalom bimromav
Hu ya'aseh shalom aleinu
V'al kol Yisrael, v'al kol yoshvei tevel. V'imru:
amen.*

May the one who creates peace on high
bring peace to us, to all Israel and all who
dwell on the earth. And we say: Amen.



Ahat Sha'alti

אַחַת שְׂאֲלָתִי מֵאֵת-יְהוָה אוֹתָהּ אֲבַקֵּשׁ
שְׁבִטִי בְּבֵית-יְהוָה, כָּל-יְמֵי חַיִּי,
לְחַזוֹת בְּנוֹעַם-יְהוָה, וּלְבַקֵּר בְּהִיכָלוֹ

*Ahat sha'alti me'eit Adonai, otah avakesh
Shivti b'veit Adonai, kol y'mei hayai,
Lahazot b'noam Adonai, u'l'vakeir b'heikhalo*

One thing I ask from the Lord, one thing I desire
That I might dwell in Your house all the days of my life
To behold the graciousness of the Lord, and to enter G-d's sanctuary.

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דִּי בְּרָא כְּרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְכָל בֵּית
יִשְׂרָאֵל, בְּעָגְלָא וּבְזִמְנוֹ קָרִיב, וְאָמְרוּ: אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֻלְמָיָא.
וְיִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעָלְמָא מִן כָּל
בְּרַכְתָּא וְשִׁירָתָא תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאָמְרוּ בְּעֻלְמָא,
וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Yitgadal v'yitkadash sh'mei raba
b'alma di-v'ra, hiratei, v'yamlikh malkhutei
b'hayei hon u'v'yomeikhon u'v'hayei d'khol beit
yisrael,
ba'agala u'vizman kariv, v'im'ru: "amen."

**Y'hei sh'mei raba m'varakh l'alam ul'almei
almaya.**

Yitbarakh v'yishtabakh, v'yitpa'ar v'yitromam
v'yitnaseh, v'yithadar v'yit'aleh v'yit'halal
sh'mei d'kud'sha, b'rikh hu!
l'eila min-kol-birkhata v'shirata, tushb'hata
v'nehemata da'amiran b'alma, v'im'ru: amen.

Y'hei shlama raba min-sh'maya v'hayim aleinu
v'al-kol-yisrael, v'im'ru: amen.
Oseh shalom bimromav, hu ya'aseh shalom
aleinu v'al kol-yisrael, v'al kol yoshvei tevel,
v'imru: amen.

May God's great name be exalted and hallowed
throughout the created world, as is God's wish.
May God's sovereignty soon be established, in
your lifetime and in your days, and in the days
of all the House of Israel. Amen.

**May God's great name be acknowledged
forever and ever!**

May the name of the Holy One be
acknowledged and celebrated, lauded and
worshipped, exalted and honored, extolled
and acclaimed—though God, who is
blessed, is truly far beyond all
acknowledgment and praise or expressions
of gratitude or consolation ever spoken in
the world. Amen.

May abundant peace from heaven, and life,
come to us and to all Israel. And we say:
Amen. May the One who brings peace on
high, bring peace to us, to all Israel and to
all who dwell on earth. And we say: Amen.



Round Challah dipped in honey

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Barukh atah Adonai, Eloheinu Melech ha-olam, hamotzi lehem min ha'aretz.

Blessed are You, Adonai our G-d, Sovereign of the universe,
who brings forth bread from the earth.



L'shanah tovah tikateivu v'teihateimu

May you be inscribed and sealed for a good year!

Rosh HaShanah Table Talk:
Our Personal Year-at-a-Glance

Ask the people at the table to think for a minute about some of these questions and share an answer to at least one.

What was your greatest achievement/ disappointment?

What has “past” in your life and what is being “born” or “reborn”?

What event in other people’s lives brought you the greatest joy/ heartache?

Who did you most admire and why?

Name one mitzvah you are proud of having participated in.

Name one New Year’s resolution or commitment which you would like to make for the coming year?