

## What we learned this week...

Dear Parents,

It was nice to start the year all together and with what better way than with a story. The story Morah Malkie told was an old-world story that helped focus us on the power of education at a young age and how it steeps itself deep in our psyches.

Each class began with a getting-to-know-you activity, to build our classroom community. Then, we delved into Rosh Hashanah...

Rosh Hashanah is the time for us to take a step back and reflect about our past year and to think about the potential of the next year...it can be sweet. What does a "sweet year" mean? How can we activate a sweet year? How can we behave in sweet ways so that our year, and those around us feels sweet? What is our relationship with G-d? How can we make that sweet? Etc. At this time of year, we should remind ourselves of all the many special qualities, talents, gifts we each possess. Then we try to commit to use these gifts in our upcoming year to make this year a great year and impact the world for good. We ask Hashem to help us in this goal and in return continue to be blessed with many good things. Of course, we discussed the many rituals and practices of this special holiday, including the round challah, the Shofar, the pomegranate, apple and honey, the Tashlich prayer and the symbolism behind each one.

Each week, we will be posting THE DIALOGUE, an online magazine written for our Hebrew School families. There are three age levels available. Be sure to check out this week's 'Dialogue' @ [chabadcentral.org](http://chabadcentral.org) Shana Tova!

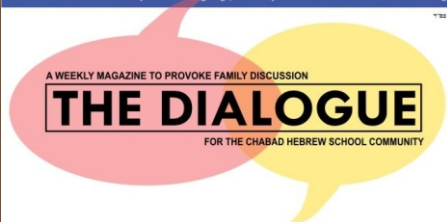


The SHOFAR WORKSHOP with Rabbi Mendy and Rabbi Yitzchok provided our parentbody with a background of the shofar - its place in Rosh Hashanah services, its historical context, how it's made, and its philosophical symbolism.

"I've heard the Shofar sound every year, for as long as I can remember. It never occurred to me to consider Shofar as anything more than 'a Jewish thing-we-do'. I am new to Hebrew School, have never come to Chabad classes. I am excited to hear the Shofar this year through the perspective you shared and look forward to coming to more adult education classes."

MONTHLY HEBREW SCHOOL FOR ADULTS  
with Rabbi Mendy on topics relevant to our families  
Next: September 23, 9:00-11:00am  
Topic: The High Holidays, who cares?

Coffee and pastries will be served



**REMINDER:** Please send your child with a hard pencil box with black or blue pens, colored pencils, scissors, markers, glue stick and a sharpener. Thank you!

## Upcoming Events

### Rosh Hashanah September 17 & 18



**September 17**  
Services 9:00am  
Youth Services 10:30am-1pm  
Shofar Blowing 11:30am  
Kiddush Luncheon 1:30pm  
Tashlich 2:30-3pm\*  
Evening Services 6:30pm

**September 18**  
Services 9:00am  
Youth Services 10:30a,-1pm  
Shofar Blowing 11:30am  
Kiddush Luncheon 1:30pm

\*Tashlich- Walk to the river to celebrate this powerful ceremony

# How to make Rosh Hashanah come alive for our children

Rosh Hashanah, the start of the Jewish new year, is steeped in Jewish rituals and traditions, family time and Jewish memories. Rosh Hashanah is celebrated by going to services, hearing the sound of the Shofar, performing Tashlich Service at the riverside, and – of course – festive meals, with a distinct menu. Such a sensory holiday... oh, the possibilities for us to create connections for our children to their heritage!

## Getting into the Rosh Hashanah Groove:

Set provocations to encourage your children to ask questions. Then, explore the answers together.

- At Hebrew School, we've discussed some of the themes of the holiday – what opportunity does a fresh start provide, what qualifies as a 'sweet year', our relationship with a Loving G-d, our responsibilities to the world we live in, etc. Keep these conversations going at home! (Please see 'The Dialogue' at [ChabadCentral.org](http://ChabadCentral.org) for conversation starters.)
- Bring the child into the process: Planning the menu and guest list, shopping for the foods, setting the table, even choosing their outfits in advance are all easy strategies to help our children feel part of it all.

## The Rosh Hashanah Meal:

Imagine this scene: Everyone dressed in special holiday clothing, standing together at a beautifully-set Rosh Hashana table and lighting the holiday candles. The holiday has begun in sanctity...

At the meal, there are designated foods that symbolize the themes of the day. Everyone tastes the foods and talks about what these may represent.

- **Round Challah:** Instead of the usual braided challah, we eat a round challah. The round shape symbolizes the cycle of the year. Standing at the onset of the new year, we prime ourselves to make it a sweet one...which is why we add sweet raisins to the Challah. "May our new yearly cycle be filled with sweetness."
- **Apple dipped in honey:** With a special blessing, we eat a piece of apple dipped in honey. "Please G-d, we trust in You and pray that you grant us a sweet new year. We commit to trying to fill our year with sweet behaviors and to make those around us feel good, too."
- **Pomegranates:** Pomegranates are symbolic of 'plenty'. There are a lot of seeds in a pomegranate. "Please, G-d, may we have a year of plenty: plenty of good health, financial security, good friendships, spirituality...etc." Open the pomegranate together. Count the seeds. What are things that we want "plenty of"? How can we use these things to make the new year a good one?
- **Head of a fish:** Yup, you read right! Some of the custom to feature a fish's head on the holiday table. "May we be a leader in our lives, not a follower."

## Synagogue & Shofar:

- How wonderful it could be for our children to spend some time in the synagogue – just soaking in the atmosphere and hearing the praying and singing, and especially the blowing of the Shofar.
- Conversations with our children exploring what the benefits of prayer is, the expected decorum, how this has been done for millennia...are all important perspectives that can help them better appreciate this experience.
- Discuss the deep sound produced by the Shofar. The Shofar's sound is a "wake up call". What does that mean? To what do we want to wake ourselves up? What can we do to help ourselves remain "awake"? How can we carry the sound of the Shofar forward into our year?

## Tashlich:

An central theme of Rosh Hashanah is "fresh new starts". The Tashlich prayer service, held at a body of water, brings this theme to life. Before coming to Tashlich, we can discuss with our children the kinds of negative baggage or behaviors that would be beneficial for us to symbolically send along the water's flow. The fish inside the water, with their open eyes, represents G-d's constant protection of us.

With prayers for a healthy, sweet new year.

# High Holidays at Chabad

An experience beyond words.



## SERVICES & CELEBRATIONS

### ROSH HASHANAH

**September 16**  
Evening Services 6:30pm

**September 17**  
Services 9:00am  
Youth Services 10:30am - 1pm  
Shofar Blowing 11:30am  
Kiddush Luncheon 1:30pm  
"Tashlich"\* 2:30-3pm  
Evening Services 6:30pm

\*Tashlich: Walk to the river to celebrate this powerful ceremony

**September 18**  
Services 9:00am  
Youth Services 10:30am - 1pm  
Shofar Blowing 11:30am  
Kiddush Luncheon 1:30pm

### YOM KIPPUR

**September 25**  
Kol Nidrei Service 6:00pm

**September 26**  
Services 9:30am  
Youth Services 10:30am - 1pm  
Yizkor 12:15pm  
Adult Ed 3:30-4:30pm  
"Break-the-Fast"\* 7:11pm

\*Celebrate the culmination of the Yom Kippur Experience

### SUKKOT & SIMCHAT TORAH

**September 30 at 11:30am** Please see [www.ChabadCentral.org](http://www.ChabadCentral.org) for full listing of prayer schedule, including Yizkor

**Sukkah Raising & BBQ**  
Bring your drill and appetite as we build our community Sukkah

**October 7 at 9:30am**  
**Adult Breakfast & Class in the Sukkah**  
**7pm Adult Sukkah Party**

**October 8 Torah Dancing**  
**6pm YOUTH:** Stories, song, games & nosh!  
**7pm COMMUNITY:** Say "L'chaim!" & dance with the Torah in traditional Hakafot Service.



All Events listed above will be held at the Chabad Jewish Center, 3048 Valley Road in Basking Ridge  
All are welcome. No membership required. RSVP at [WWW.ChabadCentral.org/RSVP](http://WWW.ChabadCentral.org/RSVP)