

STEPHEN
WISE TEMPLE

A FAMILY SEDER

for Rosh Hashanah

סֵדֶר לַיִל רֵאשׁ הַשָּׁנָה



High **Holy** Days

AT HOME



The Rosh Hashanah *Seder* is an ancient custom, first mentioned in the Talmud. It is especially prominent in the Sephardi/Mizrachi world but is increasingly observed in Ashkenazi homes as well.

We gather around the holiday table and recite blessings over various foods. It is a joyous (and yummy) ritual that includes Hebrew word-play which imbues every tasty morsel with meaning. There are different traditions regarding the exact order of the Rosh Hashanah *Seder*. The important thing is enjoy the holiday meal, to spend time with family and friends, and to be reminded of the higher purpose of these Days of Awe: to become better, more loving, more giving people inspired to make the world a better place!

Shanah tovah u'm'tuka!

A handwritten signature in black ink that reads "Yoshi". The signature is stylized, with a large, sweeping "Y" and a cursive "oshi".

Rabbi Yoshi Zweiback



Tacheil shanah u'virchoteiha. תַּחִיל שָׁנָה וּבִרְכוֹתֶיהָ.

May a year of blessing begin.

Sh'ma

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.
בָּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד.

*Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.
Baruch sheim k'vod mal'chuto l'olam va'ed.*

Hear O Israel, Adonai is our God, Adonai is One.
Blessed is God's glorious sovereignty forever and ever.

Candlelighting

Baruch Atah Adonai, Eloheinu

Melech Ha'olam, asher kidshanu

b'mitzvotav, v'tzivanu l'hadlik neir

[shel Shabbat v'] shel Yom Tov.

בָּרוּךְ אַתָּה, יְיָ, אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר
[שֶׁל שַׁבָּת וְ] שֶׁל יוֹם טוֹב.

Blessed are You God, Sovereign of the Universe, who makes us
holy through Your commandments and commands us to kindle the
lights of [Shabbat and] Yom Tov.

Kiddush

קידוש



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.

ברוך אתה, יי, אלהינו
מלך העולם, אשר בחר-
בנו מכל עם, ורוממנו מכל
לשון, וקדשנו במצותיו.
ותתן לנו, יי אלהינו,
באהבה את [יום השבת
הזה ואת] יום הזכרון הזה,
יום [זכרון] תרועה [באהבה],
מקרא קדש, זכר ליציאת
מצרים. כי בנו בחרת,
ואתנו קדשת מכל העמים,
ודברך אמת וקיים לעד.
ברוך אתה, יי, מלך על כל
הארץ, מקדש [השבת ו]
ישראל ויום הזכרון.

*Baruch Atah Adonai, Eloheinu
Melech Ha'olam, asher bachar
banu mikol am, v'rom'manu mikol
lashon, v'kid'shanu b'mitzvotav.
Vatiten lanu, Adonai Eloheinu,
b'ahavah et [Yom HaShabbat
hazeh v'et] Yom HaZikaron hazeh,
yom [zichron] t'ru'ah [b'ahavah],
mikra kodesh, zeicher litziyat
Mitz'rayim. Ki vanu vachar'ta,
v'otanu kidash'ta mikol ha'amim,
ud'var'cha emet v'kayam la'ad.
Baruch Atah Adonai, Melech al kol
ha'arets, m'kadeish [HaShabbat v']
Yisrael v'Yom HaZikaron.*

Blessed are You God, Sovereign of the Universe, who chose us and
enlightened us among all peoples, making us holy
through Your commandments.

God, 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.

For You chose us and made us holy amongst the nations. Your
word is true and everlasting. Blessed are You God, Sovereign of the
Universe, who sanctifies [Shabbat and] Israel
and the Day of Remembrance.

Shehechyanu

שהחינו

Baruch Atah Adonai, Eloheinu

ברוך אתה, יי, אלהינו

Melech Ha'olam, shehechyanu

מלך העולם, שהחינו

v'kiy'manu v'higiy'anu lazman hazeh. וקימנו והגיענו לזמן הזה.

Blessed are You God, Sovereign of the Universe, who gives us life,
sustains us, and enables us to reach this season.



Dates — A Wish for Peace

תמר

Y'hi ratzon mil'fanecha

יהי רצון מלפניך

Adonai Eloheinu,

יי אלהינו,

She-yi-tamu oyveinu v'soneinu שיתמו אויבנו ושונאינו

v'chol m'vak-shei ra'ateinu.

וכל מבקשי רעתנו:

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

Pomegranate – A Wish for Mitzvot

רמון



Y'hi ratzon mil'fanecha

יהי רצון מלפניך

Adonai Eloheinu,

יי אלהנו,

She-ni-he-yeh m'le'im

שנהיה מלאים

mitzvot ka-rimon.

מצות כרמון:

May it be Your will, Adonai our God,
that we be as full of good deeds
as the pomegranate is full of seeds.

Beans – A Wish for Prosperity/Tzedakah

רוביא

Y'hi ratzon mil'fanecha

יהי רצון מלפניך

Adonai Eloheinu,

יי אלהנו,

sheyirbu zechuyoteinu.

שירבו זכויותינו:

May it be Your will, Adonai our God,
that we be blessed with all we need in the new year.

Pumpkin /Gourd – A Wish for Happiness

קרא



Y'hi ratzon mil'fanecha

יהי רצון מלפניך

Adonai Eloheinu,

יי אלהנו,

she-tikra ro'a g'zar dineinu

שתקרא רע גזר דיננו

v'yikaru l'fanecha zechuyoteinu. ויקראו לפניך זכויותינו:

May it be Your will, Adonai our God,
that we be blessed with happiness.



Beets – A Wish for Freedom

סלק

Y'hi ratzon mil'fanecha

Adonai Eloheinu,

She-yistalku oyveinu

v'soneinu v'chol

m'vakshei ra'ateinu.

יְהִי רָצוֹן מִלְּפָנֶיךָ

יְיָ אֱלֹהֵינוּ,

שֶׁיִּסְתַּלְקוּ אוֹיְבֵינוּ

וְשׁוֹנְאֵינוּ וְכָל

מְבַקְשֵׁי רַעֲתֵנוּ:

May it be Your will, Adonai our God,
that we be blessed with freedom.

Fish Head – A Wish for Leadership

ראש



Y'hi ratzon mil'fanecha

Adonai Eloheinu,

shenih'yeh l'rosh

v'lo l'zanav.

יְהִי רָצוֹן מִלְּפָנֶיךָ

יְיָ אֱלֹהֵינוּ,

שֶׁנִּהְיֶה לְרֹאשׁ

וְלֹא לְזָנָב:

May it be Your will, Adonai our God,
that we will be heads and not tails,
leaders instead of followers.

Leeks/Scallions – A Wish for Friendship

כרתי



Y'hi ratzon mil'fanecha

יהי רצון מלפניך

Adonai Eloheinu,

יְיָ אֱלֹהֵינוּ,

Sheyikartu oyveinu

שִׂיכַרְתּוּ אוֹיְבֵינוּ

v'soneinu v'chol

וְשׁוֹנְאֵינוּ וְכָל

m'vakshei ra'ateinu.

מְבַקְשֵׁי רָעֵתֵנוּ:

May it be Your will, Adonai our God,
that we be blessed with friendship.

Apples in Honey – A Wish for Sweetness

תפוח

Y'hi ratzon mil'fanecha

יהי רצון מלפניך

Adonai Eloheinu,

יְיָ אֱלֹהֵינוּ,

Shetichadesh aleinu

שֶׁתַּחֲדֹשׁ עֲלֵינוּ

shanah tovah u'metukah.

שָׁנָה טוֹבָה וּמְתוּקָה:

May it be Your will, Adonai our God,
that we be blessed with freedom.

* We then dip the apple in the honey, recite the prayer below,
and enjoy the sweet flavor we associate with the New Year!

A blessing for fruit

בורא פרי העץ



Baruch Atah Adonai, Eloheinu

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ

Melech Ha'olam,

מֶלֶךְ הָעוֹלָם,

borei p'ri ha-etz.

בוֹרֵא פְרֵי הָעֵץ.

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

Hamotzi — For Bread**לחם**

*Baruch Atah Adonai Eloheinu
melech ha-olam, Hamotzi
lechem min ha'aretz.*

בָּרוּךְ אַתָּה, יְיָ, אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, הַמוֹצִיא
לֶחֶם מִן הָאָרֶץ:

Praised be our Eternal God, Ruler of the universe,
who brings forth the bread from the earth.

***The Priestly Benediction*****ברכת כהנים**

*Eloheinu v'Eilohei avoteinu
v'imoteinu, barcheinu
bab'rachah ham'shuleshet
hak'tuvah baTorah,
ha'amurah mipi
Aharon u'vanav kohanim
am k'doshecha ka'amur:*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ, בְּרַכְנוּ
בְּבִרְכַּת הַמְּשֻׁלֶּשֶׁת
הַכְּתוּבָה בַּתּוֹרָה,
הָאֲמוּרָה מִפִּי
אַהֲרֹן וּבָנָיו כֹּהֲנִים
עִם קְדוּשַׁתְךָ כְּאֲמֹר:

MASCULINE FORM

*Y'varech'cha Adonai v'yishm'recha.
Kein y'hi ratzon.
Ya'eir Adonai panav eilecha
vichuneka.
Kein y'hi ratzon.
Yisa Adonai panav eilecha
v'yaseim l'cha shalom.
Kein y'hi ratzon.*

יְבָרְכֶךָ יְיָ וְיִשְׁמְרֶךָ.
כֵּן יְהִי רָצוֹן.
יֵאֵר יְיָ פָּנָיו אֵלֶיךָ וַיְחַנֶּךָ.
כֵּן יְהִי רָצוֹן.
יֵשָׂא יְיָ פָּנָיו אֵלֶיךָ
וַיִּשֶׂם לְךָ שָׁלוֹם.
כֵּן יְהִי רָצוֹן.

FEMININE FORM

Y'varchech Adonai v'yish'm'rech.

Kein y'hi ratzon.

Ya'eir Adonai panav eilai'ich vichuneich.

Kein y'hi ratzon.

Yisa Adonai panav eilai'ich

v'yaseim lach shalom.

Kein y'hi ratzon.

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.

כֵּן יְהִי רָצוֹן.

יָאֵר יי פָּנָיו אֵלֶיךָ וַיְחַנֵּךְ.

כֵּן יְהִי רָצוֹן.

יֵשׂא יי פָּנָיו אֵלֶיךָ

וַיִּשֶׂם לָךְ שָׁלוֹם.

כֵּן יְהִי רָצוֹן.

Our God and God of our ancestors, bless us with the threefold blessing as it is written in the Torah for Your holy People:

May God bless you and keep you.

May it be so.

May God cause God's light to shine upon you
and be gracious unto you.

May it be so.

May God favor you and give you peace. (Numbers 6:24-26)

May it be so.

May the new year be filled with an abundance of blessings.

May the new year be filled with love and peace.

May the new year be a good year for us all!

שָׁנָה טוֹבָה וּמְתוּקָה!

Shanah Tovah u'Metukah!

STEPHEN

WISE TEMPLE

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