

September | Elul/Tishrei | אלול/תשרי

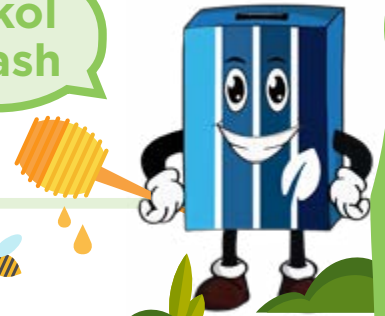
October | Tishrei/Cheshvan | תשרי/חשוון

Hebrew Phrase: Hakol Dvash
הכל דבש

Literal translation:
It's all honey

It means:
Everything is perfect

Hakol
Dvash



Jewish High Holidays

Rosh Hashanah

First and second day of the month of Tishrei

This year: The evening of September 15-17

Rosh Hashanah, which means “the head of the year”, is the Jewish New Year as well as the creation of the world. A lot of the symbolism around the holiday involves sweet things. We eat apples and challah dipped in honey in the hopes of having a “sweet” new year, one that is filled with love, happiness, joy, and celebration.

A special horn called a shofar is blown to signal the start of the New Year.

People greet one another: Shana tova u'metukah – “a good and sweet year”



Did You Know?

- There is a great tradition on the second day of Rosh Hashanah of eating a new fruit of the season.
- Apples, honey, and pomegranates are not the only symbolic foods enjoyed on Rosh Hashanah. Some people eat dates, string beans, beets, pumpkins, leeks – and even fish heads. Sephardic Jews often hold Rosh Hashanah Seders.
- During the Rosh Hashanah holiday, many people observe a fun outdoor tradition called tashlich - Hebrew for “casting off/ throwing off” - where they gather together at a body of flowing water and throw some thing symbolic in the water. Follow this easy [Guide to Tashlich](#) for your own ceremony.
- Some people have been known to watch the clock during the t'ki'ah g'dolah (blowing the shofar in one breath) and time how long it lasts.
- It is customary to wear white on Yom Kippur, and some choose to wear sneakers, not leather shoes.

Yom Kippur

The tenth day of Tishrei

This year:
The evening of September 24-25

Yom Kippur is the “Day of Atonement”; it is one of the most solemn days of the Jewish year and is a fast day. It gives us an entire day to focus on our behavior toward other people, the world, our inner-selves, and G-d. We say, “I am sorry” and try to find ways to behave better in the year ahead.

- People greet each other: G'mar tov – This is a shortened version of G'mar Chatima tova “A good finishing seal”
- Ketiva v'chatima tova “A good writing and sealing” – We are written in the Book of Life on Rosh Hashanah and sealed on Yom Kippur.
- Tzom kal “Have an easy fast”



Jewish High Holidays

Sukkot

15- 22 of Tishrei

This year: The evening of Friday, September 29 - Friday October 6, 2023

Sukkot is a week-long celebration of the fall season. It is a little like Thanksgiving, a festival for giving thanks for many things, like food and shelter. The holiday celebrates the farmer's yearly harvest, which takes place in the fall. Sukkot also commemorates the huts in which the Jewish people lived during their years in the desert after they left slavery in Egypt. They wandered for 40 years through the desert, living in temporary shelters/huts. During Sukkot, Jewish families build a temporary little hut or shelter in their yard, called a Sukkah. Families decorate their sukkah with leaves, fruits and vegetables and artwork that kids prepared for the holiday. It is a tradition to eat meals in the sukkah; some people even sleep in the sukkah during the weeklong celebration.



People greet one another:
Chag Sameach - "Joyous holiday"

Learn more about Sukkot with Jumpin' Jerusalem's video: [Click here](#)



Did You Know?

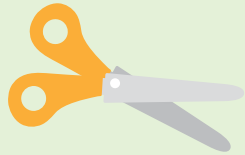
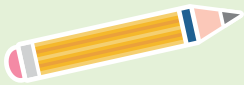
- While the summer season is ending, September in Israel is still bursting with festivities, events and great activities, from musicals in Tel Aviv to taking a City of David tour or visit the Kotel (Western Wall) for Selichot prayers.
- In October, the weather is cooling down, it is a perfect time to visit Israel, and there is so much to do! Many restaurants, bars and cafes join in the tradition to serve food in a Sukkah.
- Israel comes alive with parades, street parties and music festivals throughout the week of the holiday of Sukkot.
- The Jerusalem March takes place every year on Sukkot; a special march through the city takes place-featuring visitors, including many non-Jews, from around the world.

JNF Project

The Successful Aliyah program currently serves 200 Ethiopian children and youth with focus on improving literacy, preparing homework, promoting volunteer work and values, and meeting other Ethiopian immigrants who have moved to Israel. After operating for 13 years out of one small room, Successful Aliyah has recently been granted several large spaces in a public building and require support to transform these spaces into a welcoming and fun centre for youth. [Learn more about this project here](#)



Blue's Favourite Activities



1. The Rosh HaShanah Hope Tree

[Link to Activity](#)



2. Turn plastic bottles into gift boxes

[Link to Activity](#)



3. The Rosh Hashanah Hope Tree

[Link to Activity](#)



4. Count the pomegranate seeds



5. Welcome to our Sukkah Sign

[Link to Activity](#)



Blue's Playlist For the High Holidays



 Song 1

 Song 3

 Song 2

 Song 4



Blue's Recipes!



Spiced Honey Cake

It is a simple cake made with flour and great honey and occasionally some spices.



[Click here for recipe](#)

Shawarma Spiced Cauliflower

sliced into a neat slab—a "steak"—makes this dish a standout



[Click here for recipe](#)

Stuffed Vegetable Platter

Assorted stuffed vegetables with rice and meat. This dish is not only gorgeous on any table but tastes delicious.



[Click here for recipe](#)

Freekeh and Mangold Salad

Inspired by the culinary and viniculture of Israel's diverse cuisine.



[Click here for recipe](#)

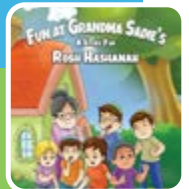
Roasted Fennel with Delicate Squash and Apples

The seasons are changing, the air is crisp, and cozy dishes are the name of the game.



[Click here for recipe](#)

Blue's Favourite Books



1. **Fun at Grandma Sadie's: A story for Rosh Hashanah** by Sara Mazor
2. **Once Upon an Apple Cake - A Rosh Hashanah Story** by Elana Rubenstein
3. **Yom Kippur Shortstop** by David Adler
4. **The Best Sukkot Pumpkin Ever** by Laya Stienberg
5. **The Very Best Sukkah: A Story from Uganda** by Shoshana Nambi

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