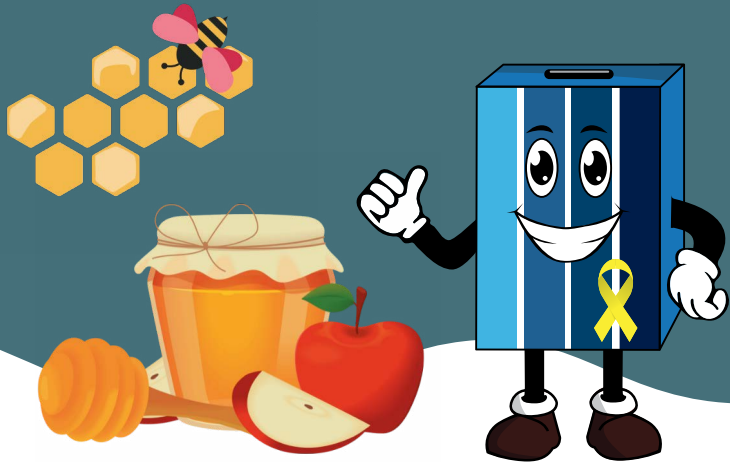


October - Elul/Tishrei (אלול/תשרי) November - Cheshvan (חשוון)



Hebrew Phrase:

Od nedah yamim tovim miele
עוד נדע ימים טובים מאלה

(We shall have better days ahead of us!)

High Holidays

The High Holidays have, been for centuries, been a time where Jewish families all over the world come together and give many people in the Jewish community a warm feeling of connection and solidarity.

Rosh Hashanah

First and second day of the month of Tishrei
Evening of October 2-4, 2024

Rosh Hashanah is the name of the Jewish New Year, it means "beginning of the year". The festival lasts for 2 days but the date changes from year to year, this is because the dates of the Jewish festivals come from the Hebrew calendar - the lunar calendar - which is different from the Gregorian calendar that's used in most western countries.

Rosh Hashanah celebrates G-d creating the world, it also symbolizes a time for people to make a fresh start and the days that follow it to reflect on the past year and ask for forgiveness for anything work they feel they have done. It is a time for festive gatherings with family and friends with traditional meals that feature sweet foods, as a symbolism for a sweet year ahead such as carrots, beets or spinach, honey cake and black-eyed peas. A special horn called a shofar is blown to signal the start of the new year.

People greet one another:
Shana tova u'metukah - (good and sweet year)



Starting November 2024, you can access these great activities and other Israel games in our new Digital Blue Box app! Stay tuned for more info.



Yom Kippur

The tenth day of Tishrei
Evening of October 11-12, 2024

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 God. We say “I am sorry” and try to find ways to behave better in the year ahead.

It’s customary - though not mandatory - to wear white on Yom Kippur. Some choose to wear sneakers or other rubber-soled shoes out of deference to the ancient practice of avoiding leather shoes, which were a symbol of luxury.

People greet each other:

- **Gmar tov**
(shortened version of G’mar Chatima tova) (A good finishing seal)
- **Ketiva v’chatima tova**
(A good writing and sealing)
- **Tzom kal** (Have an easy fast)



Did You Know

- There is a great tradition on the second day of Rosh Hashannah of eating a new fruit of the season.
- Many communities hold a “Rosh Hashanah Seder” during which blessings are recited over a variety of symbolic dishes.
- On Rosh Hashanah, it is traditional to eat a round Challah that symbolizes the cycle of life and the passage of time from year to year.
- During the Rosh Hashanah holiday, many people observe an outdoor tradition called tashlich which is the Hebrew word for “casting off/throwing off”.
- The Shofar is one of the world’s oldest known wind instruments.
- There is a belief that pomegranate we eat on Rosh Hashanah contains 613 seeds, these represent each of the commandments that a Jewish person is supposed to keep.
- Major League Baseball pitcher Sandy Koufax was Jewish. He decided not to pitch in game 1 of the World Series because it fell on Yom Kippur.

Remembering October 7

As we approach the one year anniversary of October 7, parents are faced with the challenging task of communicating October 7, looking for an approach that is sensitive and caters to the needs of young children.

Hadasah Ben Ari, an Israeli mother of 7 decided to share what happened on October 7 with the next generation of children in Israel and Jewish communities abroad, from the point of view of our “wonderful heroes and heroines”. Ben Ari, a professional writer and editor, shared these stories on social media and with the help of many volunteers, this project includes close to 120 stories. These heroes and heroines give the children strength and a sense of unity that is very much needed today.

THE HEROES
OF OCTOBER 7th

READ FACEBOOK
STORIES HERE

Please read these
guiding notes before
sharing stories with
your children here



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Sukkot

15 - 22 of Tishrei
Evening of October 11-12, 2024

On the 15th of Tishrei, just 5 days after Yom Kippur, we welcome the holiday of Sukkot, Literally in English “booth”, a festival of thanksgiving: for the food we have harvested, the homes we are privileged to call our own and for the natural world that surrounds us. Families build their own Sukkah (a ‘booth’ or ‘hut’) where they eat, gather with friends and even sleep (weather permitting) during this seven day holiday in order to remember the temporary booths in which the Israelites lived during their desert journey to The Promised Land.

Learn more about
the holiday:

[Click Here](#)



On Sukkot we shake four kinds of plants known in Hebrew as Arbah Minim (literally, the ‘four species’.) They represent the oneness of Israel and the harvest. They are: *Aravot*- willows, *Lulav*- palm branch, *Etrog*- Citron, and *Hadassim*- Myrtle.

After Sukkot, on the 23rd of Tishrei, we celebrate Simchat Torah, where we finish reading the Torah cycle and start again from the beginning; it’s a celebration with dancing and singing in the synagogue. Its name means being happy about the Torah.

Did You Know

- This year, the month of October is full of fantastic activities to check out while traveling in Israel. The weather is cooling down, and there is so much to do! Many restaurants, bars and cafes join in the tradition to serve food in a Sukkah.
- The International Storytelling Festival takes place in Givatayim in October.
- 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 through the city featuring visitors from around the world.
- November in Israel usually marks the beginning of the country’s cultural season, with mild winter weather to match.
- Yitzchak Rabin Memorial Day (evening of November 12-13) is a great time to visit the Yitzchak Rabin Center, which weaves the history of the state of Israel through his life story.



JNF Project

Contribute \$18 or More
Plant a Tree in Israel

#StandWithJNFCanada
Plant a Tree • Send a Message

Following the unjustified revocation of our charitable status, JNF Canada is launching a grassroots campaign to show the Canadian government that our community stands united and strong in support of our crucial work in Israel to help those in need. Tree cards will be sent to the Prime Minister and the Minister of Revenue, letting them know that a tree will be planted as part of our campaign. Your contribution will help reforest the north of Israel, following the devastating attacks by Hezbollah, while sending a clear message of support of Israel.



How You Can Help:

Make a Contribution
Every \$18 contribution
sends two tree cards

Share the Campaign
Share our post on:



www.jnf.ca/StandWithJNFCanada

Blue's Favourite Activities

Rosh Hashanah Hope Tree

[Link to Activity](#)



Apple Shaped Boxes

[Link to Activity](#)



Honey Ice Cream in a Bag

[Link to Activity](#)



Build a Mini Edible Sukkah

[Link to Activity](#)



DIY Sukkah Greeters

[Link to Activity](#)



Blue's Recipes!



Apple Cake with Pomegranate Glaze

[Link to Recipe](#)



Chicken tagine with apricot and almonds

[Link to Recipe](#)



Trimmers Blintzes with Cardamom Yogurt Sauce







[Link to Recipe](#)



Israeli Couscous with Seven Vegetables:

[Link to Recipe](#)

Blue's High Holiday Playlist

-  Festival Songs For Kids
Rosh Hashanah Song
-  Dip Your Apple - Fountainheads
Rosh Hashanah
-  The Maccabeats - Bashana Haba'a -
Rosh Hashanah
-  Lets Build A Succah (Succot Song)
-  Sukkot - I Can See the Stars 2 -
Morah Leah
-  T-time 4 Kidz: Simchat Torah!



Blue's Favourite Books

- The Apple Tree's Discovery**
by Peninnah Schrem and Rachael Eckstein Davis
- Talia and the Rude Vegetables**
by Linda Elovitz Marshall
- What a Way to Start a New Year!
A Rosh Hashanah story**
by Jacqueline Jules
- Chelmsford for the Holidays**
by Valerie Estelle Frankel
- The Hardest Word -
a Yom Kippur Story**
by Jacqueline Jules

