



# Rosh Hashanah



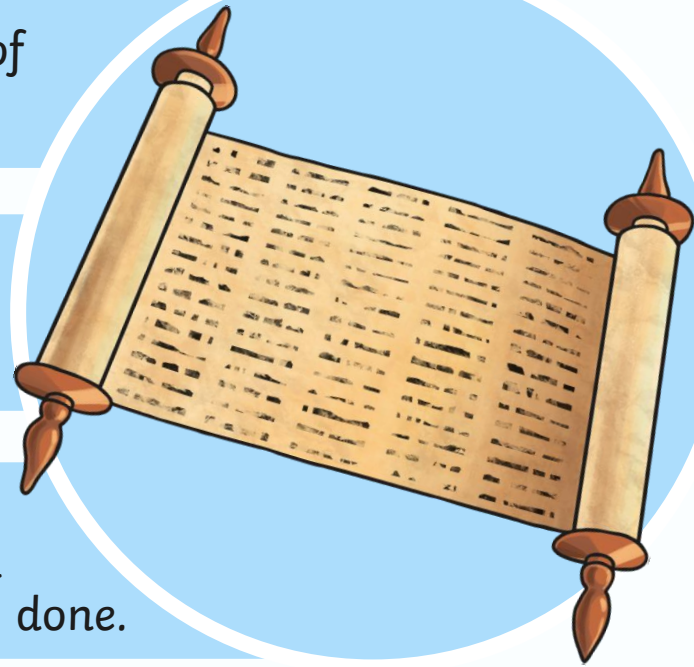
# What is Rosh Hashanah?

Rosh Hashanah is a Jewish New Year festival, which lasts for two days at the end of September. The words 'Rosh Hashanah' mean 'the head of the year'.

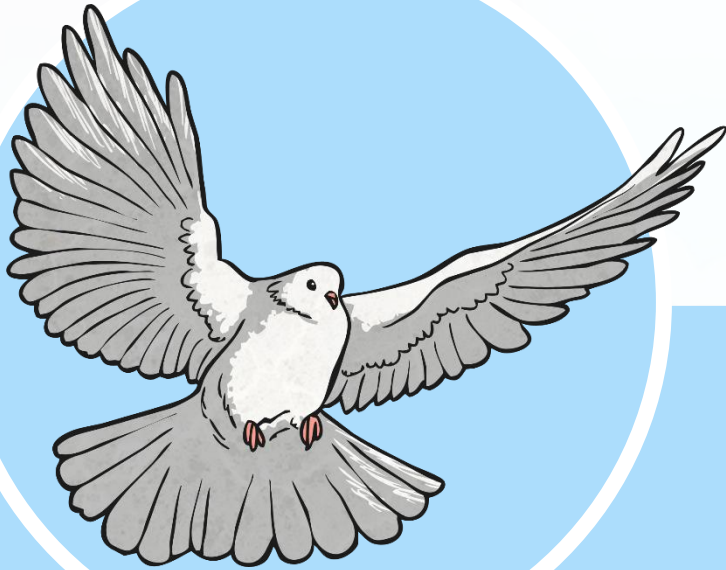
It also commemorates when the whole of creation was made by God.

It is an important time for Jewish people to reflect on the previous year and embrace the new year coming.

It is a time of judgement. Jewish people believe that at Rosh Hashanah, God will judge the good and bad deeds they have done.



# A Time of Forgiveness



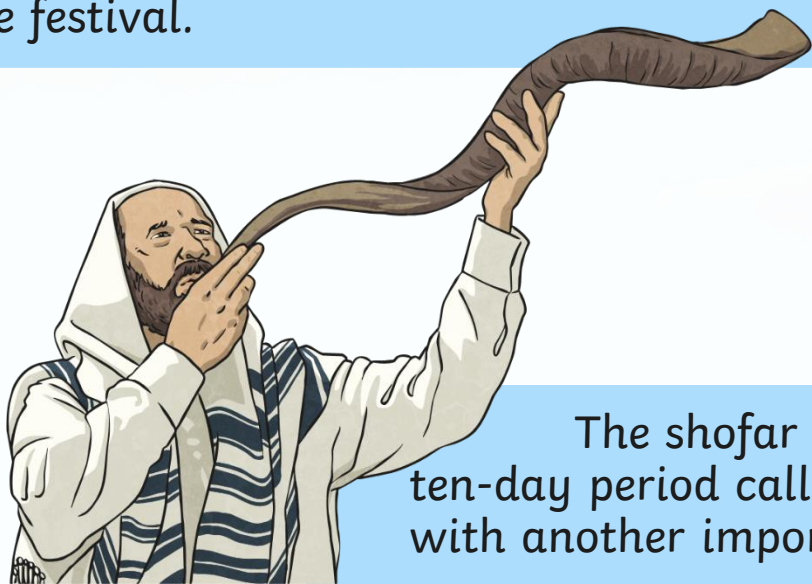
Rosh Hashanah is a time for people to think about what is important to them in life and to reflect on what they have achieved in the past year.

It's a time for people to ask God for forgiveness for things they may have done wrong.

This time of reflection is important as it allows people to move forward into the next year unburdened by mistakes and to work on becoming a better person.

# A Time to Pray

During Rosh Hashanah, Jewish people spend time at the synagogue, praying for forgiveness and reflecting on their lives. The sound of the *Shofar* – a ram's horn – can be heard as it is blown as part of the festival rituals during the service. One hundred notes are blown each day of the festival.



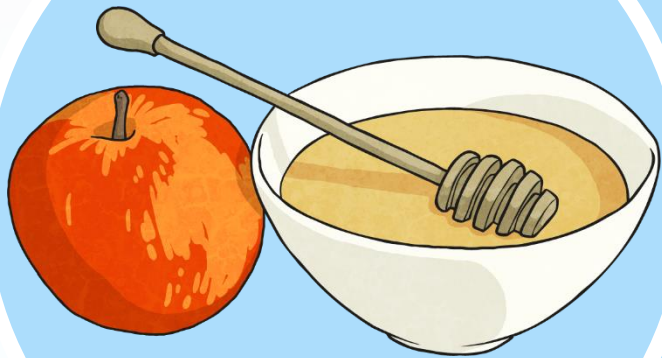
The shofar is blown to mark the start of a ten-day period called the Days of Awe, which ends with another important festival called *Yom Kippur*.

# Special Foods

After the service, the family will share a special meal where foods important to this time are eaten.



Apples dipped in honey are eaten as a symbol of the sweet New Year that each Jewish person hopes lies ahead.



A sweet carrot stew called a tzimmes is served.

# Special Foods

Hallah (or Challah) bread in a round loaf symbolises a circle of life and of the year.



There is often a pomegranate on the table because of a tradition that pomegranates have 613 seeds, one for each of the commandments that a Jewish person should try to keep.

# A Rosh Hashanah Greeting

People will say to one another 'L'shanah tovah' which means 'For the New Year'.

