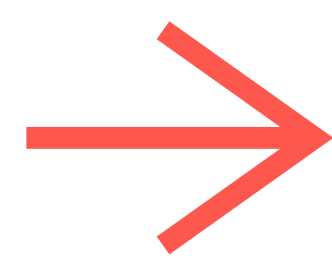


# HOLIDAY HELLOS

Learning about our neighbors one tradition at a time!

Spiritual Life  
at DU



**HELLO**  
my name is

## Rosh Hashanah

[Tradition: Judaism]

### Mood?

Prayer, reflection, Unity,  
Gratitude, Hope,  
Community

### Some greetings

"**Shanah Tovah**" (wish for a good year)  
"**Gmar Chatimah Tovah**"! (wish to have  
one's good outcome 'sealed'- often shared  
around Yom Kippur)

### Some foods (may differ by denomination or region)

Apples +Honey: A symbol of wishing for a sweet new year.  
Challah: Round challah symbolizes the cycle of the year &  
the continuity of life.  
Kugel: A sweet or savory dish served on special days

### A bit about me!

Rosh Hashanah is the Jewish New Year,  
marking the beginning of the High Holy Days.

It typically falls in September or early October,  
based on the Hebrew calendar, which is  
lunar-based. The holiday is a time of reflection,  
prayer, and repentance, as well as a  
celebration of creation.

Traditionally, families gather for festive meals  
that include symbolic foods, such as apples  
dipped in honey, to represent wishes for a  
sweet new year. The shofar, a ram's horn, is  
blown during services to awaken the spirit and  
signal the start of the new year.

[[https://www.youtube.com/watch?v=V-kZ\\_Y5z0qo](https://www.youtube.com/watch?v=V-kZ_Y5z0qo)]

### Some tips:

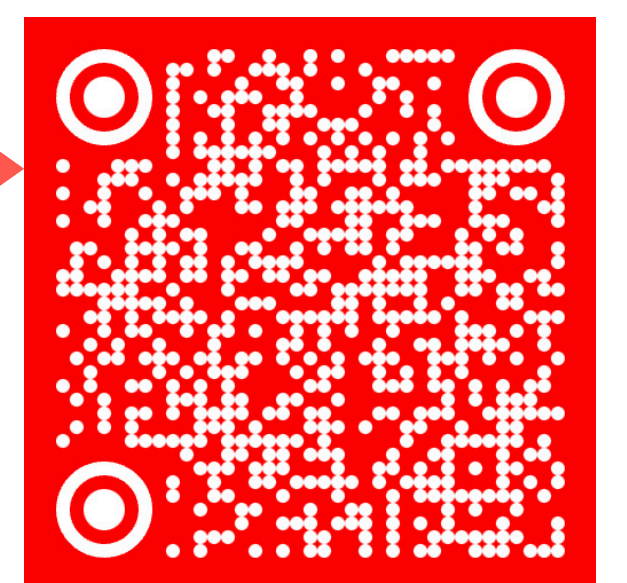
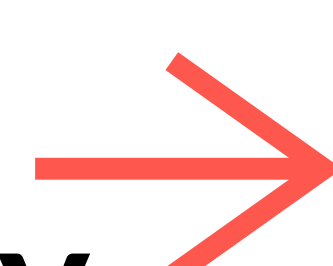
The holiday marks the start of a  
season of holidays for about a  
month, including Yom Kippur and  
Sukkot!

### Possible accommodations

- Community members may have busier than average schedules with pre-holiday preparations
- Community members may be traveling to spend time with friends and family
- Work restrictions for some from sundown of the first day through sundown of the last day

### SPIRITUAL STORYTELLING

Share YOUR  
favorite holiday  
memories/insights!



See what others  
shared!

