

Apple & Honey – the Jewish New Year By Laraine Kaminsky

Sept 2012



Expert Forum



In most of the Northern Hemisphere, September post-Labour Day is the demarcation between summer holidays ending and the school year beginning.

September is the month of new beginnings for many children and students.

It is frequently the month in which there is a renewal and "start-up" of processes at home and in the work place.

On the lunar calendar the Jewish New Year begins this year at sunset on September 16th.

The Jewish New Year - Rosh Hashannah- which literally means the "head of the year", is celebrated with symbolic foods- apples and honey, a round challah with raisins- and synagogue services where the shofar is blown.

The High Holidays of Rosh Hashannah and Yom Kippur, ten days later, are the most significant Jewish Holidays of the year.

As with all religions, there is a continuum of observance and depending where one is on that continuum, people may require two or three days off of work.

Since all Jewish Holidays commence at sunset on the previous day, there is a concern to get home and prepare oneself, home and family prior to sunset.

Yom Kippur, Day of Atonement, begins this year at sunset on September 25th and ends with the shofar blowing at sunset on the 26th.

This is THE holiest day on the Jewish Calendar and the one that most Jewish people observe by attending services and fasting from sunset to sunset. The fast is generally broken in community with family and friends.

Whether you are starting up a new season, project or process, a new phase/chapter in life, may you find health, happiness and good fortune this Fall or Spring.