



The High Holidays:

Tasting the sweetness of the moment

The Jewish calendar is based on agrarian life cycles. Almost every major holiday connects in some way to either planting, cultivating, or harvesting crops. In this moment of Rosh Hashanah, Yom Kippur, and Sukkot, we are both metaphysically and agriculturally at the "head of the new year" which marks the beginning of the cycle of sowing, growth, and harvest.

It's a Jewish custom to eat foods which symbolize our desire for a sweet year. Apples dipped in honey is a traditional choice because this pairing is ultra sweet, Israel is described in the Torah as the land of "milk and honey," apples are harvested at this time of year, and because they are round, they denote the cyclical nature of life and blessings without end.

It's also traditional to eat "new fruit" this time of year, or in other words, fruit that you haven't tasted in a long time because it's been out of season until now. Tasting "new fruits" helps us to celebrate the newness of the year and inspires us to mark time with meaning. Apples, pomegranates, or even tropical fruit you don't often eat are great examples of "new fruits."



4 steps to mark High Holiday time with sweetness

1

Prepare your "new fruit!" Set out a dish of honey (or the more biblically accurate date syrup) alongside it.

2

Take a moment of breath. Over the last year, where did you gain the most wisdom? When did you "taste" the most sweetness? Moving into the new year, in which area of your life would you like to set some special intention? Consider these prompts as a jumping off point to reflect on privately or with friends and family.

3

Say the *Shehecheyanu* blessing, marking this moment as sacred:

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיְמָנוּ וְהִגִּיעָנוּ לְזִמְנָן הַזֶּה.
Baruch atah, Adonai Eloheinu, Melech haolam, shehecheyanu, v'kiy'manu, v'higiyanu laz'man hazeh.

Blessed are You, connector of everything and everyone, thank you for sustaining our lives and bringing us to this exact moment in time and space.

4

Dip your fruit, take a bite, and enjoy! You can also take this moment to turn toward your partner, child, friend, or family member and bless them with wishes for a sweet new year.

May your year be sweet, fruitful, healthy, and filled with contentment and promise.

-Team Honeymoon Israel

