

# WTHigh Holidays?!



A quick refresher on  
the upcoming Jewish holidays

honeymoon | israel™  
It's about the journey

# ROSH HASHANAH

## ראש השנה



### What is it?

Who doesn't love a New Year's party?! Rosh Hashanah is the start of the year on the Jewish calendar, celebrating the birthday of the word.

### Associated themes:

- Introspection
- Celebration
- Creation
- Cycles of time
- Sweetness

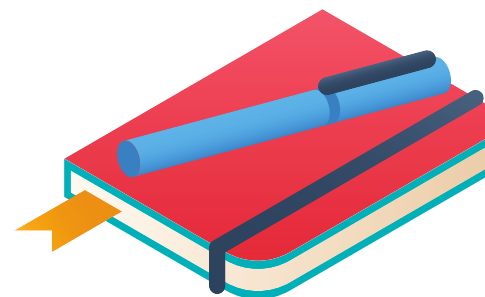
### Our traditions are meant to:

- Invite a sweet year
- Start us off on a clean slate
- Awaken us to the moment

### What people do to observe it:

People often go to synagogue, join together with family and friends for a festive meal, and set intentions for a year of growth

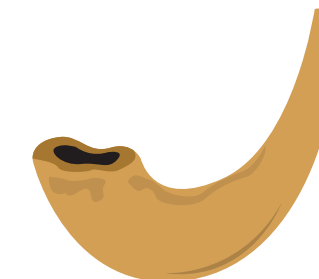
### The visuals/gear of Rosh Hashanah:



Journal for self-reflection



Round foods/  
sweet foods



*Shofar*/ram's horn  
to wake us up!

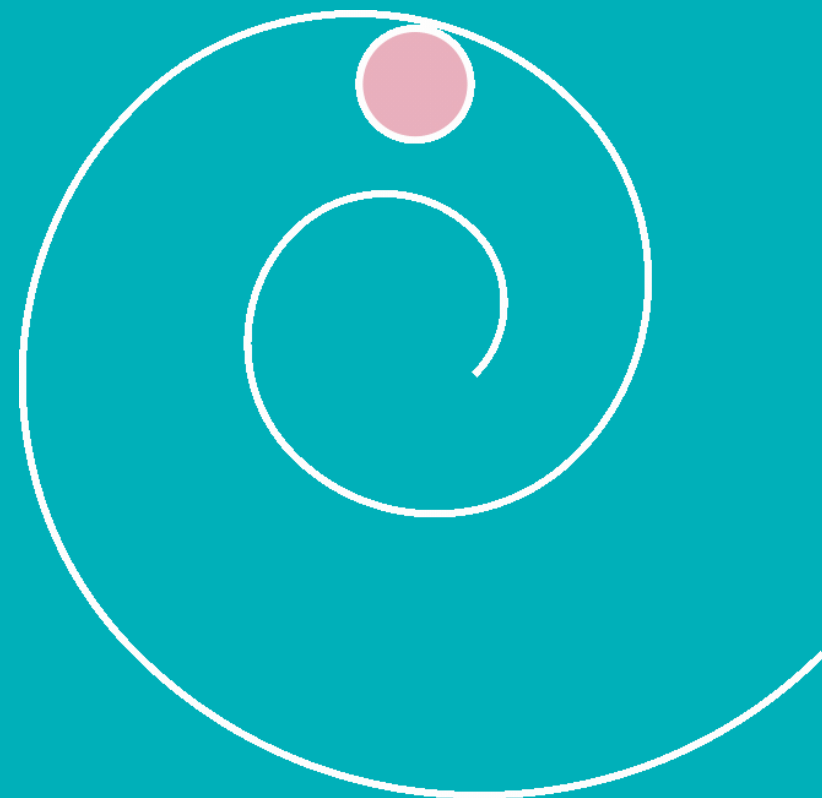


Festive meal with  
friends and family

# TEN DAYS OF "RETURNING"

עשרת ימי תשובה

ASERET YEMAY TESHUVAH



## What is it?

The 10 Days of Returning are the 10 days between Rosh Hashanah and Yom Kippur. We spend this time "getting our spiritual acts together" by setting intentions and actively repairing our relationships to each other and to the world.

## Associated themes:

- Forgiveness
- Honesty
- Vulnerability
- Self-awareness
- *Tzedakah*/acts of justice
- Repentance

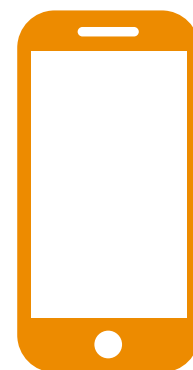
## Our traditions are meant to:

- Mark time with meaning
- Right our wrongs
- Help us to be our best selves

## 3 steps to "returning"

1. A change of mind
2. A feeling of regret
3. A determination to change, along with an effort to repair the effects of one's misdeed.

## The visuals/gear of The Ten Days of Returning:



A way to get in touch with folks



Time and space to reflect



Doing acts of justice



Lowering caffeine levels in preparation for Yom Kippur fasting

# YOM KIPPUR

## יום הכיפורים



### What is it?

Yom Kippur is 25 hours of focused attention on everything we've been thinking about and praying for over the last 10 days. It is solemn, yet joyous! Like a retreat for the soul where we come into contact with our truest selves.

Communal prayer is critical on Yom Kippur.

### Associated themes:

- Purity
- Communal accountability
- Release
- Life
- Focus

### Our traditions are meant to:

- Show us we aren't alone
- Provide comfort & reassurance
- Address our human complexities

### How we observe:

Many of us bring our focus to the quality of life we want to lead by refraining from food, electronics, gossip, and sexual relationships. Many attend synagogue services. After 25 hours of this focused attention, it's customary to break the fast with a festive meal.

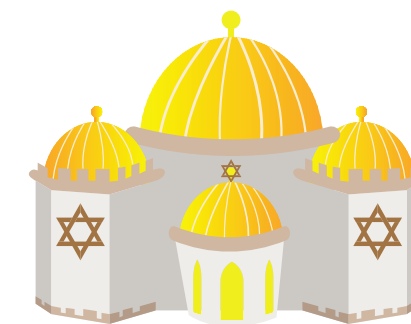
### The visuals/gear of Yom Kippur:



Wearing white clothes



Wearing a *tallit*/prayer shawl



As much time in community prayer space as possible



Festive meal to break your fast

# SUKKOT

## סוכות



### What is it?

This holiday is named for the cool fort you get to build outside your home, the *sukkah*. Because it's a celebration of the autumn bounty, *Sukkot* is called "the festival of joy."

### Associated themes:

- Harvest
- Hospitality
- Joy
- Shelter
- Human fragility
- Environmental awareness
- Renewal

### Our traditions are meant to:

- Remind us about our exodus from Egypt
- Help us mark seasonal shifting
- Help us to feel close to the earth

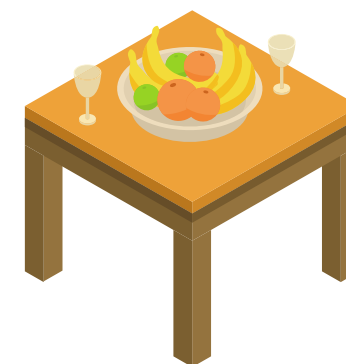
### How we observe:

One of the main rituals is spending as much time as possible inside a *sukkah*. It must have at least three walls and a natural roof where you can see the sky.

### The visuals/gear of Yom Kippur:



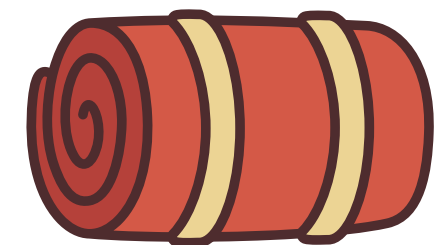
Lulav & etrog (native plants of Israel)



Fruit and wine to enjoy in the sukkah



Paper chains, fairy lights, and other sukkah decor



Sleeping bags, for the adventurous!