

JEWISH HIGH HOLY DAYS

ראש השנה 5784 Rosh Hashanah

Sunset Friday 15th September -
Sunday 17th September 2023

יום כפור Yom Kippur

Sunset Sunday 24th September -
Monday 25th September 2023



jewish
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council



Rosh Hashanah
ראש השנה



About



An integral feature of Rosh Hashanah is the sounding of the ‘shofar’, the ram’s horn. This normally takes place towards the end of the morning service, however, in some communities this will only occur on the second day of celebration as this year Rosh Hashanah also falls on Shabbat. Some of the prayers in the Rosh Hashanah service differ from the regular weekly and Shabbat prayers, to focus more on the quest for repentance that is a feature of this festival, and it continues until the conclusion of Yom Kippur ten days later. The covers of the Torah scrolls are usually changed to white, to emphasise the yearning for purity.

It is traditional on the eve of Rosh Hashanah to eat apple dipped in honey, to symbolise the hope for a sweet year ahead. Similarly honey cake is a traditional food at this time. In some traditions a Fish Head is eaten to represent the top of the year (rather than the tail at the bottom). Pomegranates have many seeds to represent the many (613) commandments. This Rosh Hashanah it is the year 5784.

Suggested message for constituents or social media post:



Shana tovah u’metukah – wishing all my Jewish constituents a happy and healthy new year.



Several hours before sunset on Friday 15th September



RECIPES

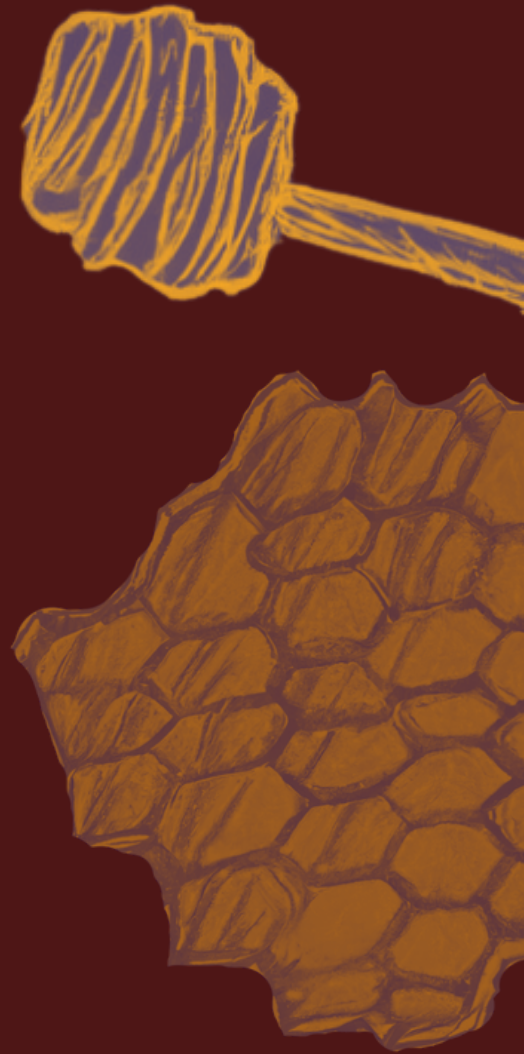
Honey Cake

Ingredients:

450g honey or golden syrup
275 ml water
200 g caster sugar
225 ml sunflower or vegetable oil
450 g self-raising flour
1 teaspoon baking powder
2 teaspoons ground ginger
2 teaspoons cinnamon
2 teaspoons cardamom
1 teaspoon ground cloves
1/2 teaspoon ground nutmeg or
1 1/2 teaspoons mixed sweet spice

Method:

- Pre-heat the oven to 160°C
- Grease a large baking tin or foil tin measuring approximately 13" x 10" with a little oil.
- Heat the honey water, sugar and oil in a large saucepan until the sugar has dissolved.
- Mix together the dry ingredients, varying the amount of spice accordant to taste.
- Leave the liquid mixture to cool slightly, then fold in the dry ingredients into the saucepan. Mix thoroughly and pour into the prepared tin.
- Bake at 160°C for 35 minutes.
- The above quantities might be halved to fill a standard size cake tin.



The background features a light blue gradient with several large, overlapping teal shapes. One shape in the top right corner is a dark teal, roughly triangular shape. A larger, lighter teal shape curves across the middle of the page. A prominent, dark teal shape on the left side curves from the top towards the bottom, resembling a stylized horn or a thick brushstroke.

Yom Kippur
יום כפור

About

Yom Kippur is the Day of Atonement and considered to be the holiest day of the Jewish calendar. It brings to an end the Ten Days of Repentance that began with Rosh Hashanah. Yom Kippur is a 26 hour fast from nightfall to nightfall.

It is a day that provides Jews with an opportunity to reflect on their failings and commit to improving their lives in the coming year. The service to start Yom Kippur, called Kol Nidrei, is the most solemn evening in Jewish tradition. The following day there are services in the synagogue from morning until sunset, including a Yizkor (Memorial) service at which Jews recall departed loved ones.

In the Torah we are told that Yom Kippur is a day to 'afflict your soul'. This is interpreted as meaning that Jews should abstain from all life's comforts, which include washing, the wearing of luxury items (such as leather footwear) and, of course, the consumption of food and drink from sunset to sunset.

On this day practice between different denominations of Judaism such as Orthodox, Masorti, Liberal or Reform Judaism are mostly similar.

Suggested message for constituents or social media post:



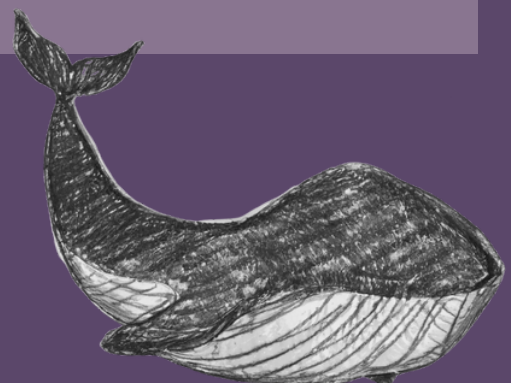
Wishing all my Jewish constituents who observe Yom Kippur an easy fast.

Best time to post:



Several hours before sunset on Sunday 24th September

The Book of Jonah is read on Yom Kippur



The JLC

The JLC connects and coordinates the Jewish charitable sector, strengthens and supports leadership across our community, and magnifies and amplifies the collective voice of our member organisations.

If you would like to find out more about the festival of Rosh Hashanah and Yom Kipur by visiting the My Jewish Learning's [educational resource here](#) and [here](#).

Contact the JLC:

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resources for 2023 go to
www.thejlc.org/hhd23

