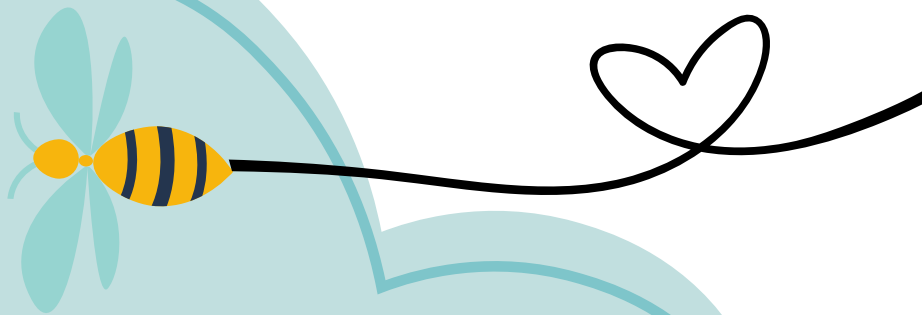




Rosh Hashana

COMPANION BOOKLET



Everything you need for a
beautiful and meaningful New Year celebration.



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A Message from Naomi & Vivi

Dear Friends,

As we welcome the Jewish New Year, we take a moment to reflect on the blessings that surround us.

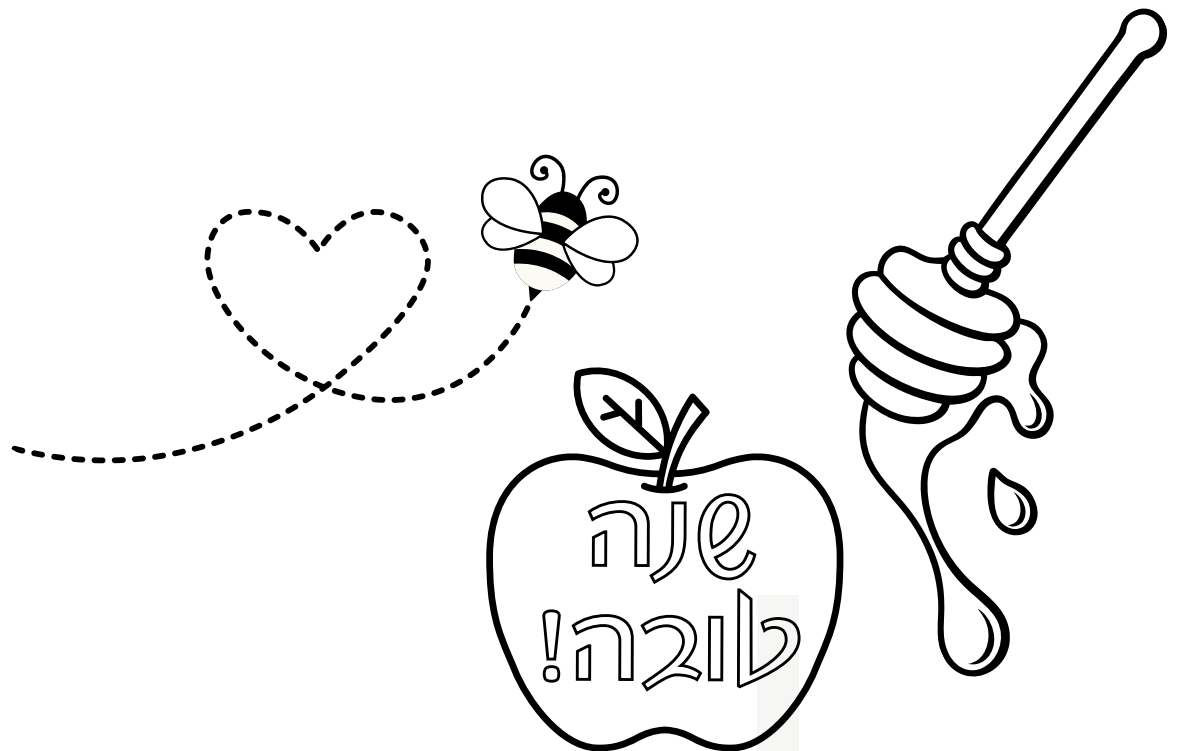
At Ten Gav, we are reminded every day that small acts of care can make a life-changing difference. A helping hand at the right moment can bring comfort to families facing some of their most difficult moments.

This holiday season, we wish you and your loved ones a year filled with health, happiness, and peace.

Thank you for being part of our community and for helping bring kindness and compassion to so many families across Israel.

Shanah Tovah U'Metukah,

Naomi & Vivi

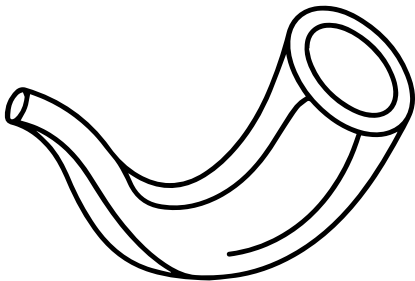


What is Rosh Hashana?

Rosh Hashanah, meaning “Head of the Year,” marks the beginning of the Jewish New Year. It is a time to pause, reflect on the year that has passed, and look ahead with hope and intention for the year to come.

Rosh Hashanah invites us to think about who we are, the choices we have made, and the kind of year we hope to create. It is a time for reconnecting with family, strengthening relationships, expressing gratitude, and opening our hearts to new beginnings.

The Sound of the Shofar



During Rosh Hashanah, we listen to the sound of the shofar, a ram's horn that has been blown for thousands of years. Its powerful sound calls us to look inward, consider the year ahead, and think about how we can grow, improve, and bring more kindness into the world.

Why Do We Say “Shanah Tovah”?

The traditional greeting “Shanah Tovah U’Metukah” means “A good and sweet year.” It is a heartfelt wish that the coming year brings health, happiness, peace, and meaningful moments to those around us.



The meaning behind the Simanim

One of the most beloved traditions of Rosh Hashanah is eating simanim, symbolic foods that represent our hopes and prayers for the new year. Each food carries a special meaning, turning the holiday meal into more than just a celebration; it becomes a table filled with blessings and wishes for the future.

Apple & Honey - A Sweet New Year

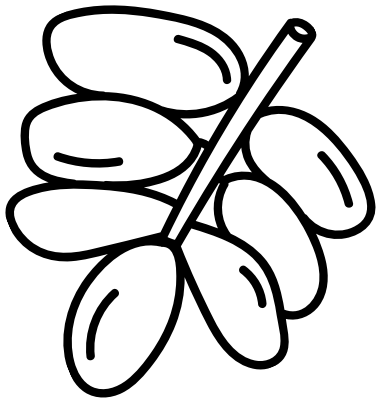
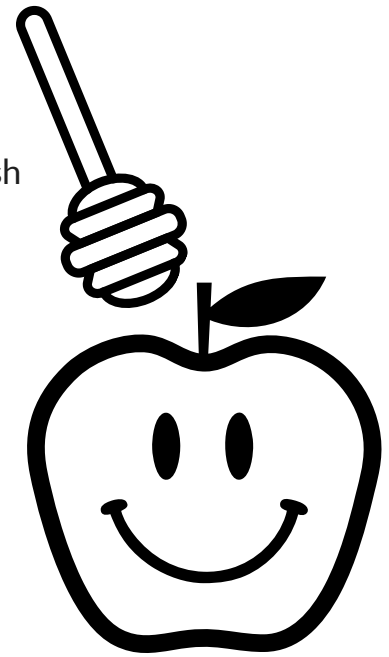
יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹקֵי אֲבוֹתֵינוּ שֶׁתַּחַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה
Yehi ratzon milfanecha Adonai Eloheinu v'Elohei avoteinu, shetechadesh
aleinu shanah tovah u'metukah.

Meaning:

May it be Your will that we have a good and sweet new year.

Did you know?

Apples and honey became a Rosh Hashanah tradition because apples were considered a symbol of beauty and renewal, while honey represented sweetness and blessing.



Dates - A Year of Peace and Blessings

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹקֵי אֲבוֹתֵינוּ שֶׁיִּתְמוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רָעָתֵנוּ
Yehi ratzon milfanecha Adonai Eloheinu v'Elohei avoteinu, sheyitamu
oyveinu v'soneinu v'chol mevakshei ra'ateinu.

Meaning:

May our enemies and those who wish us harm come to an end.

Did you know?

The Hebrew word for date, tamar, is connected to the word tam - meaning complete or finished - representing the hope for difficulties to end.



Pomegranate - A Year Filled With Blessings

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹקֵי אֲבוֹתֵינוּ שְׁנֵהֲיָה מְלָאִים מִצְוֹת כְּרִמּוֹן
Yehi ratzon milfanecha Adonai Eloheinu v'Elohei avoteinu,
shenihiye mele'im mitzvot karimon.

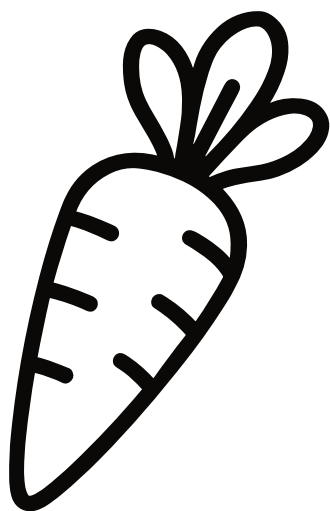
Meaning:

May we be filled with good deeds and mitzvot like a pomegranate is filled with seeds.



Did you know?

The pomegranate is often said to contain 613 seeds, the same number as the mitzvot in the Torah - although the exact number of seeds varies from fruit to fruit!



Carrots - Increase and Success

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹקֵי אֲבוֹתֵינוּ שְׂיִרְבוּ זְכוּתֵינוּ
Yehi ratzon milfanecha Adonai Eloheinu v'Elohei avoteinu,
sheyirbu zechuyoteinu.

Meaning:

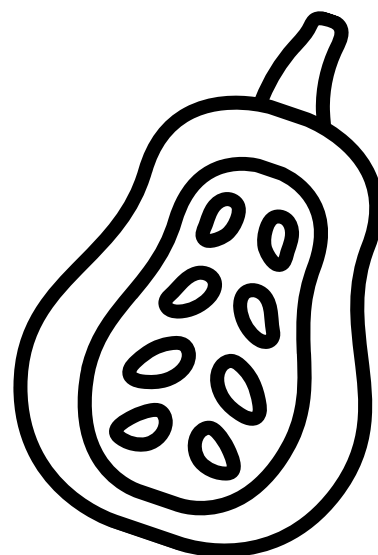
May our merits increase.

Pumpkin / Gourd - Strength and Protection

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹקֵי אֲבוֹתֵינוּ שֶׁתִּקְרַע רוּעַ גֶּזֶר דִּינֵנוּ
Yehi ratzon milfanecha Adonai Eloheinu v'Elohei avoteinu,
shetikra roa gezar dineinu.

Meaning:

May the negative decree against us be torn away.



Fish - Growth and Prosperity

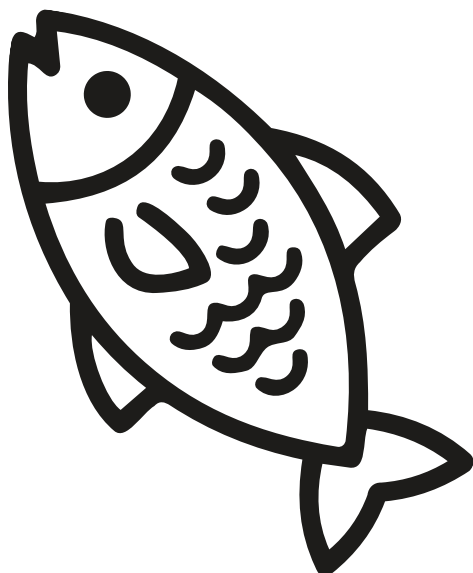
יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׁנַפְרָה וְנִרְבֶּה כְּדָגִים
Yehi ratzon milfanecha Adonai Eloheinu v'Elohei avoteinu,
she'nifreh v'nirbeh kadagim.

Meaning:

May we be fruitful and multiply like fish.

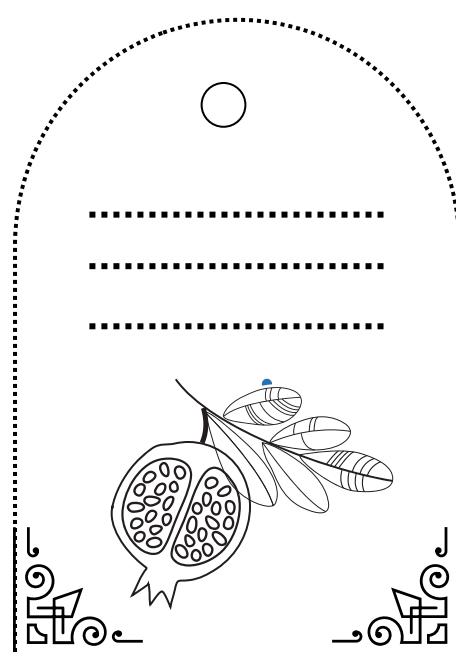
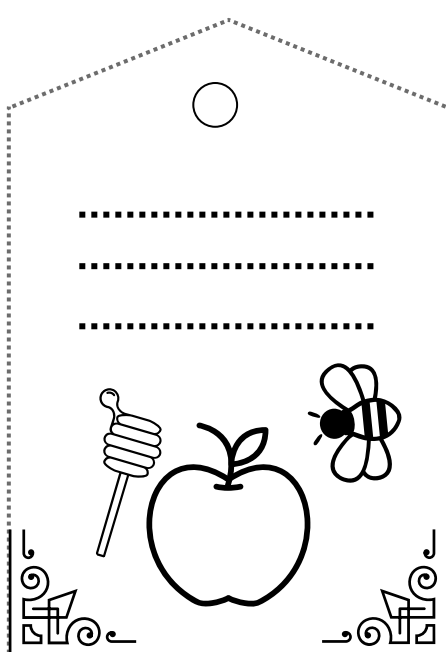
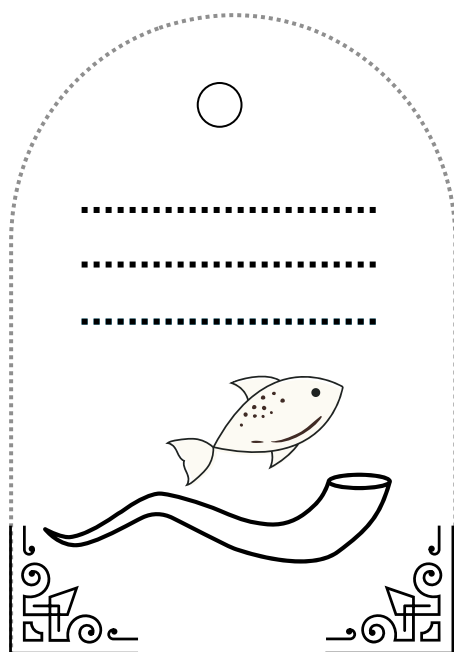
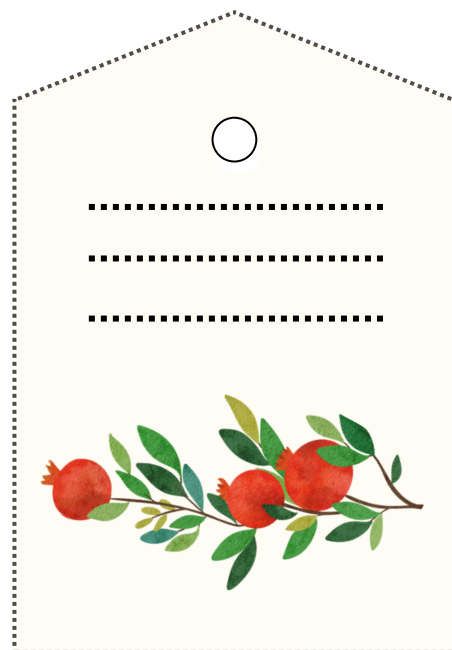
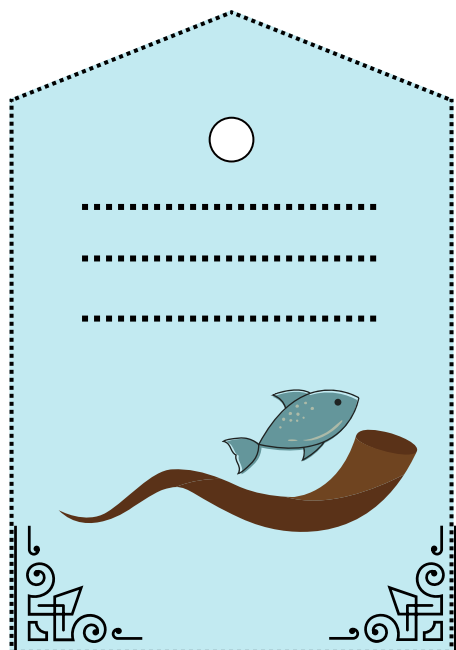
 Did you know?

Some families serve a whole fish, including the head, as a reminder of the blessing: "May we be a head and not a tail."



Gift Tags

Color and print!



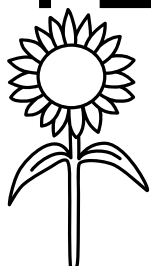
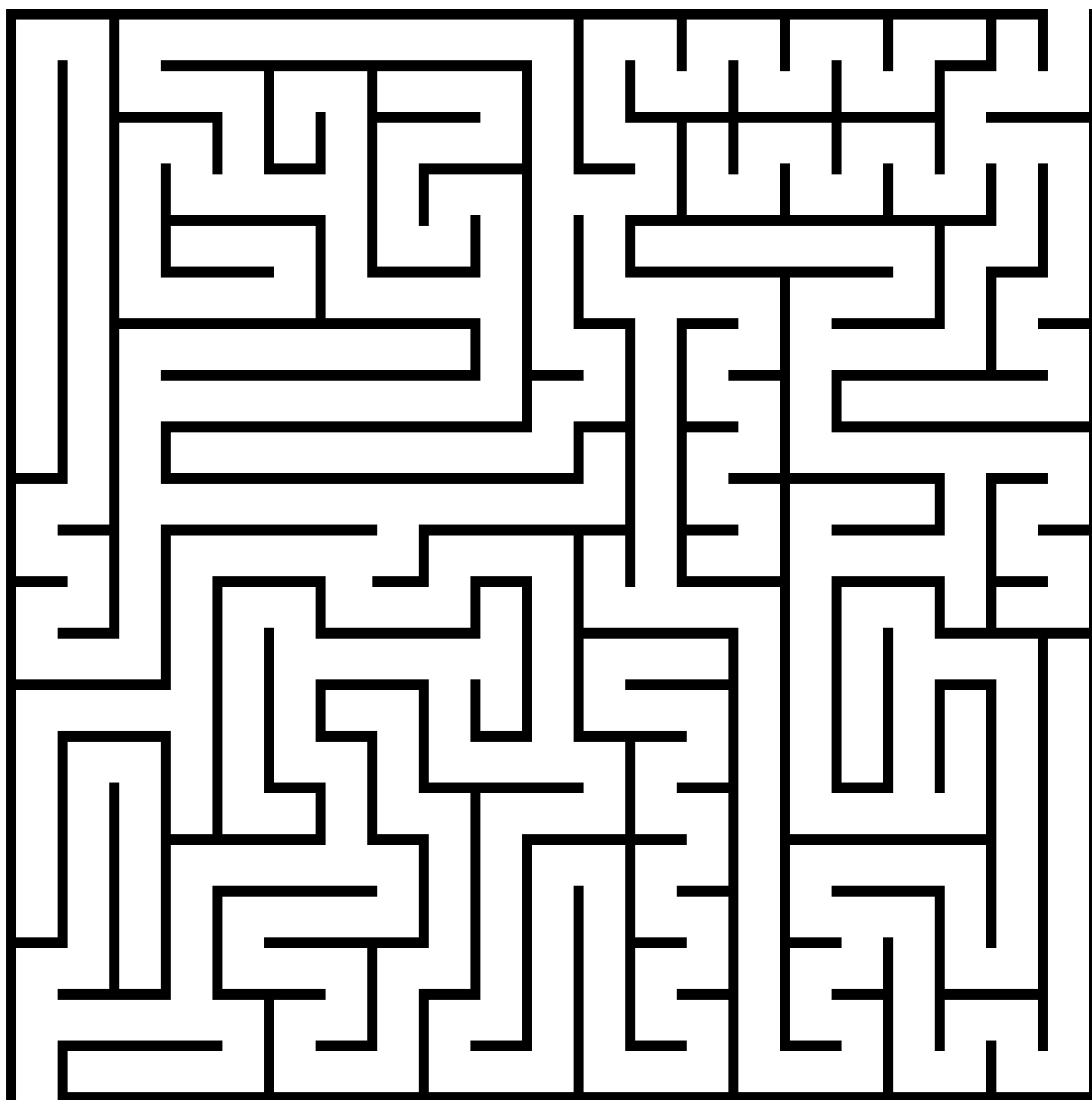
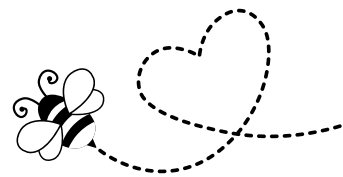
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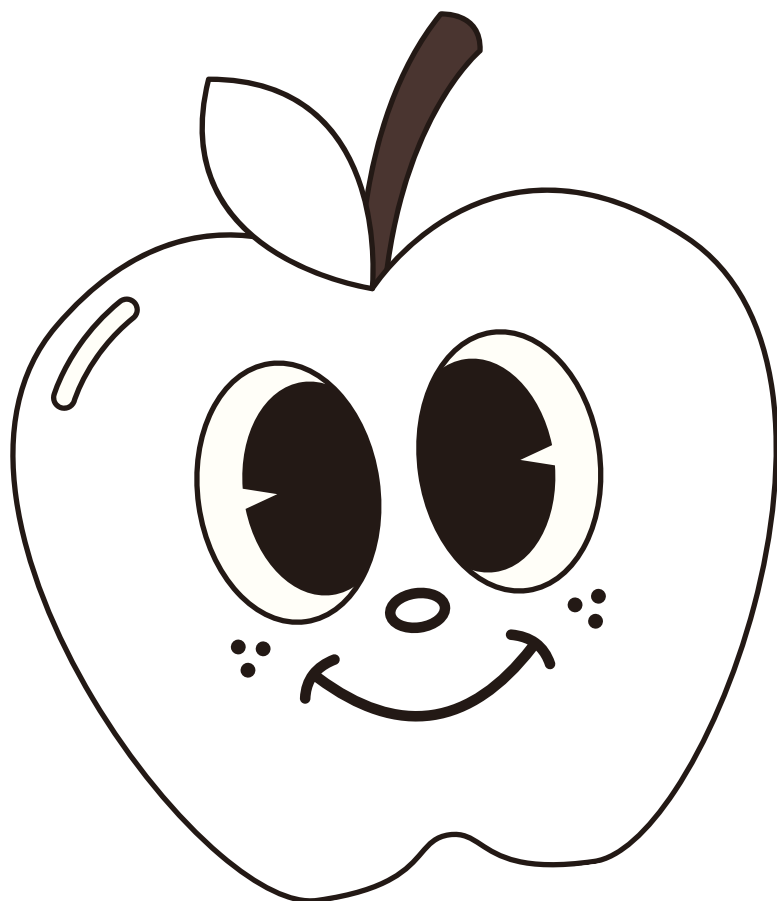
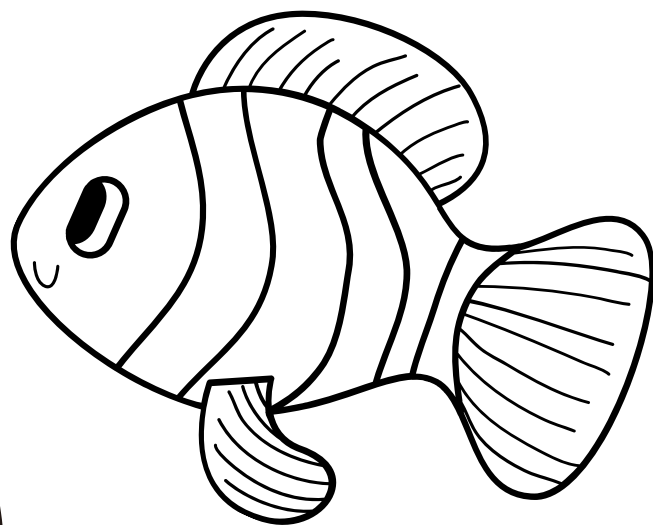
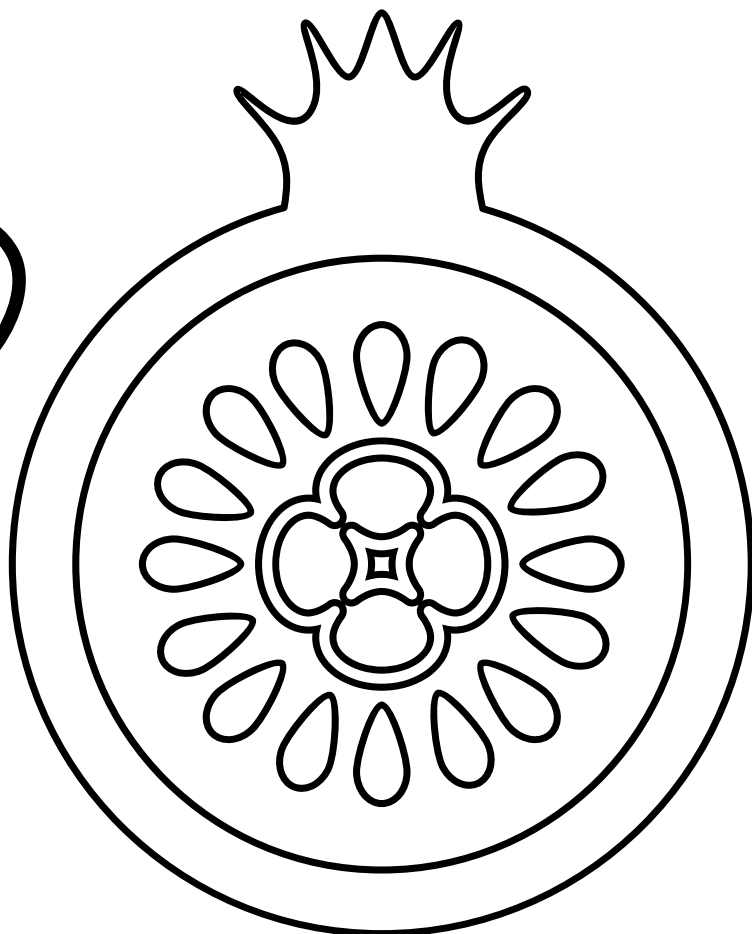
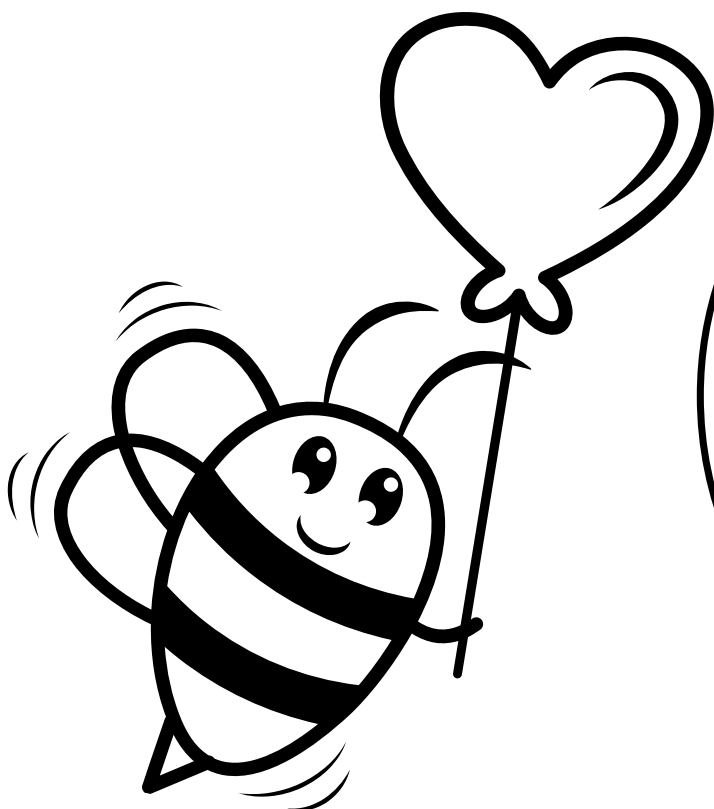
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Maze

Help the bee find the flower.





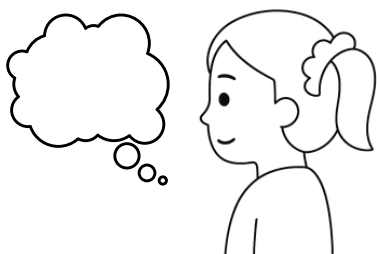
Gratitude Page

Conversation starters for around the holiday table.



Looking Back

What was your happiest memory this year?
What challenge taught you the most?
Who made your life better this year?



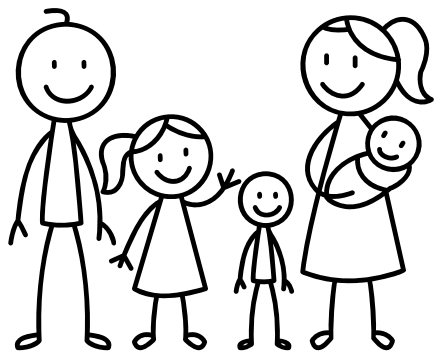
Looking Forward

What would you like to learn this year?
How would you like to grow?
What habit would you like to build?



Gratitude

Name one person you appreciate.
What's one small thing you're grateful for?
What act of kindness inspired you?



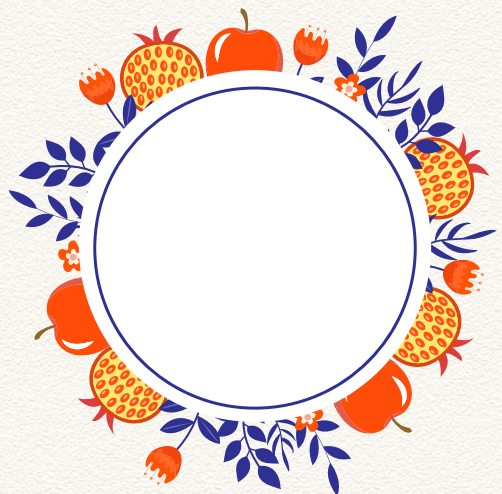
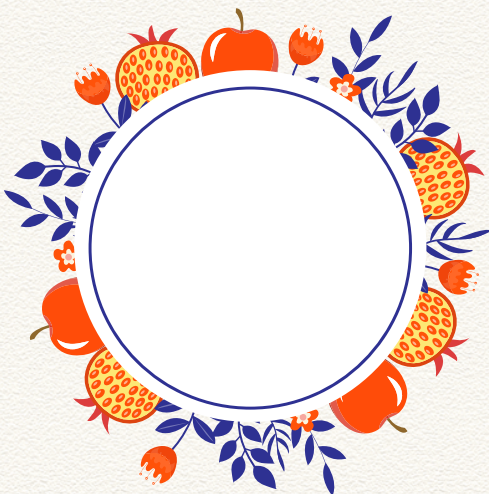
Family

What's your favorite family tradition?
What's one tradition you'd like to start?



Rosh Hashana PLACE CARDS

Cut your cards along the dotted line
and write your guests' names in the frame.



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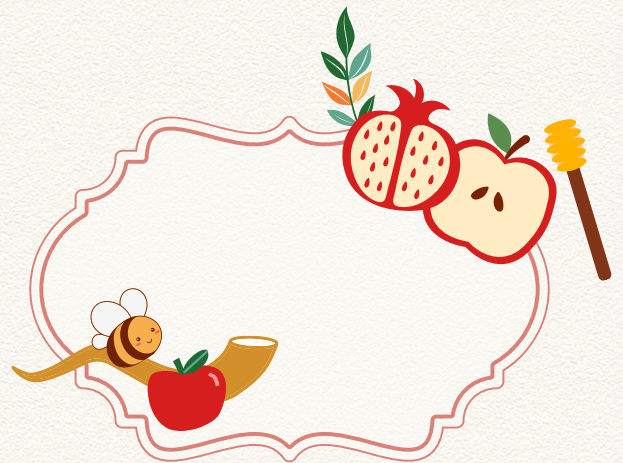
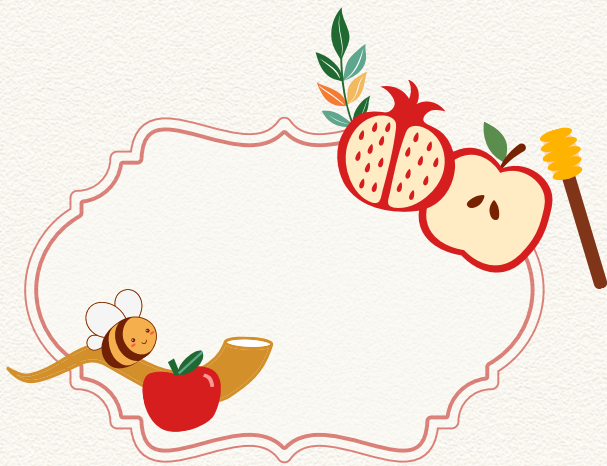


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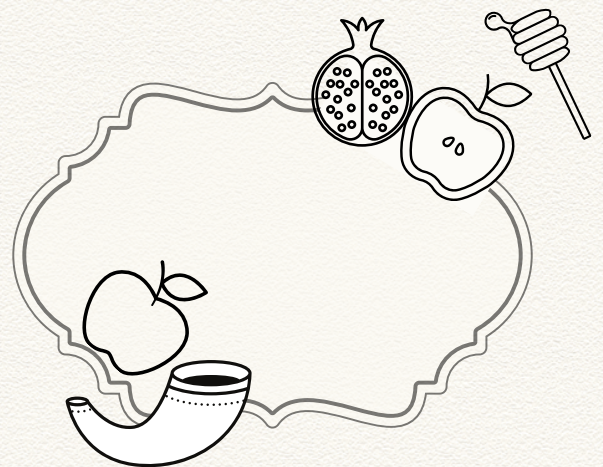
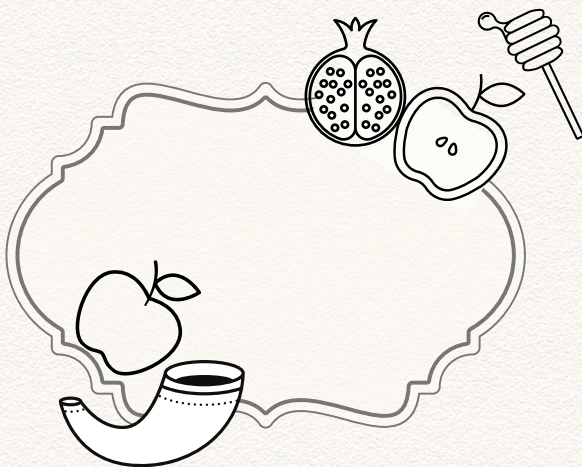
Rosh Hashana PLACE CARDS

Cut your cards along the dotted line
and write your guests' names in the frame.



Rosh Hashana PLACE CARDS

Color and cut your cards along the dotted line
and write your guests' names in the frame.



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Acts of kindness for the New Year

Kindness does not always require a grand gesture.

Here are a few simple ways to begin the new year by spreading kindness:



Visit Someone Who May Feel Alone



Take time to visit an elderly neighbor, a friend, or someone who could use a little extra company. A conversation, a cup of coffee, or simply knowing someone cares can make a meaningful difference.



Invite Someone to Your Holiday Table



Rosh Hashanah is a holiday centered around gathering together. Consider inviting someone who may otherwise spend the holiday alone and share the warmth and joy of your family table.



Reach Out to Someone You Love



The new year is the perfect time to reconnect. Call a relative or friend you haven't spoken to recently and let them know you are thinking of them.



Volunteer in Your Community



Give your time and talents to a cause that matters to you. Whether it is helping at a local organization, supporting a neighbor, or joining a community initiative, every contribution counts.

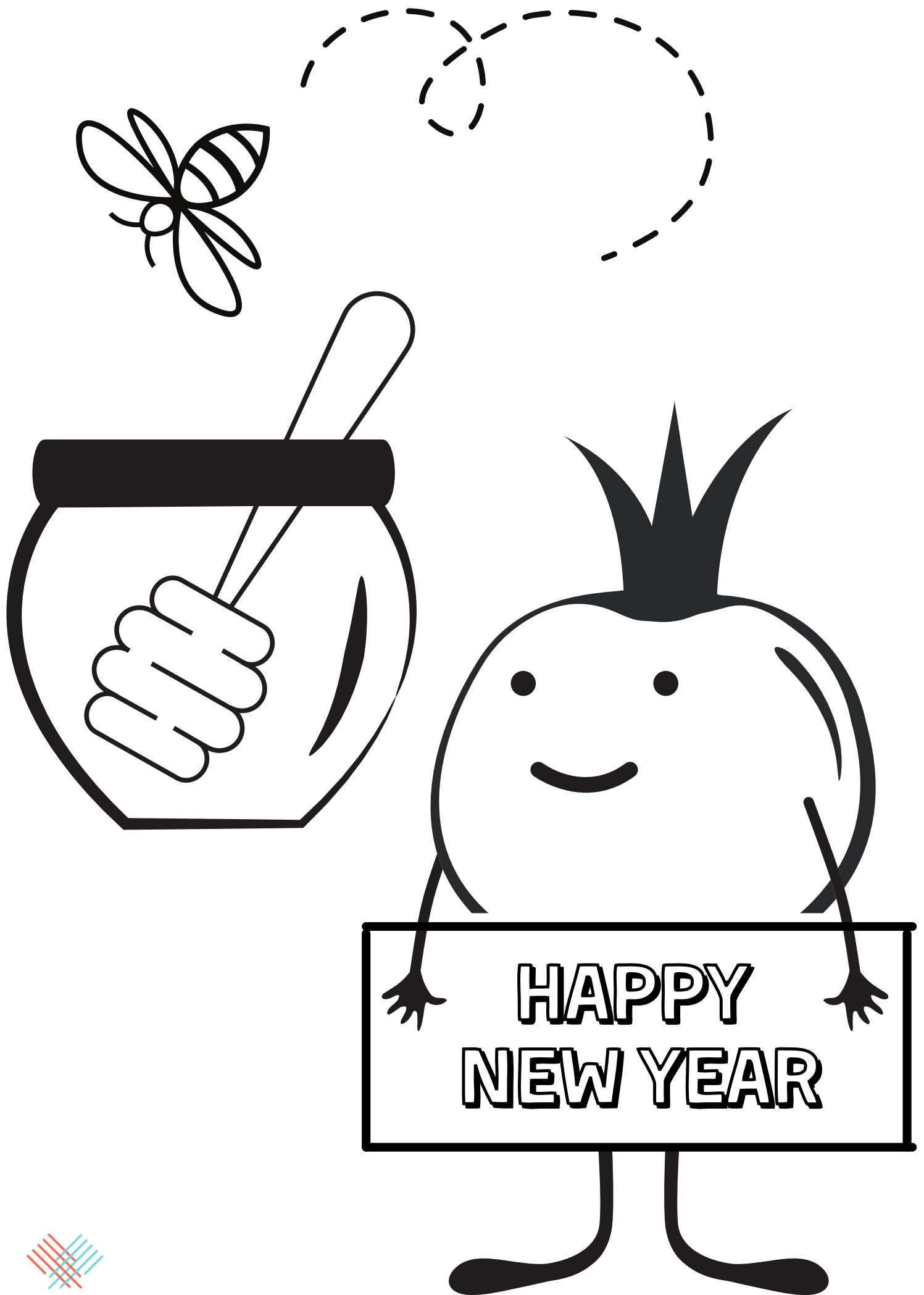


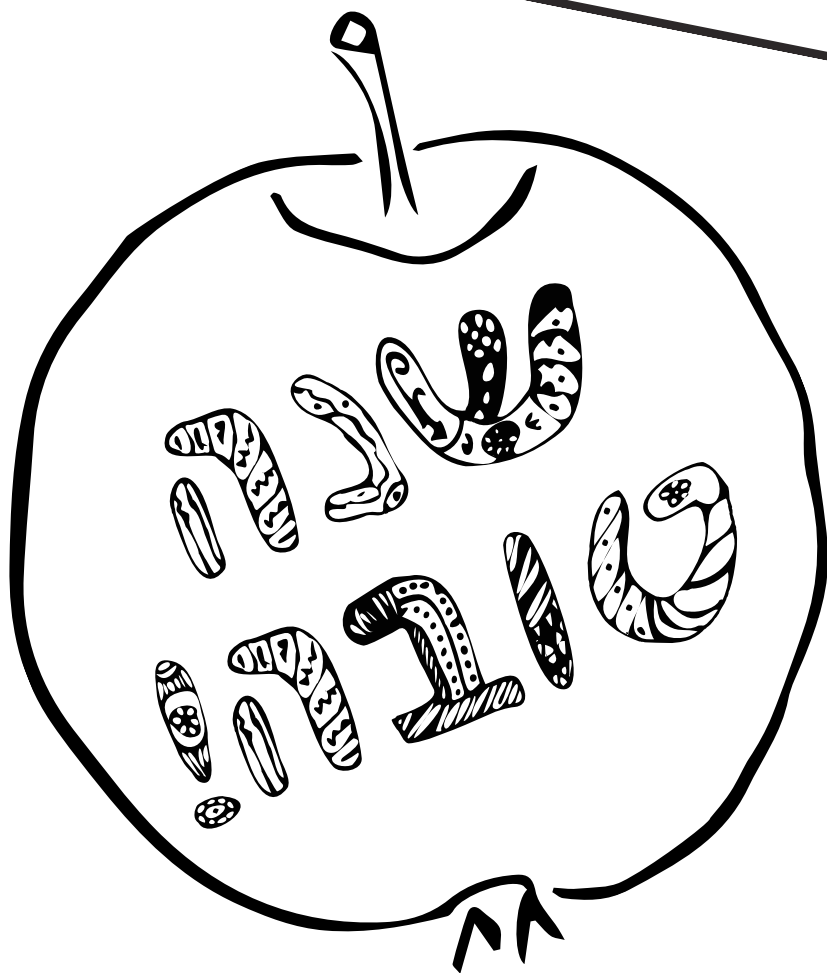
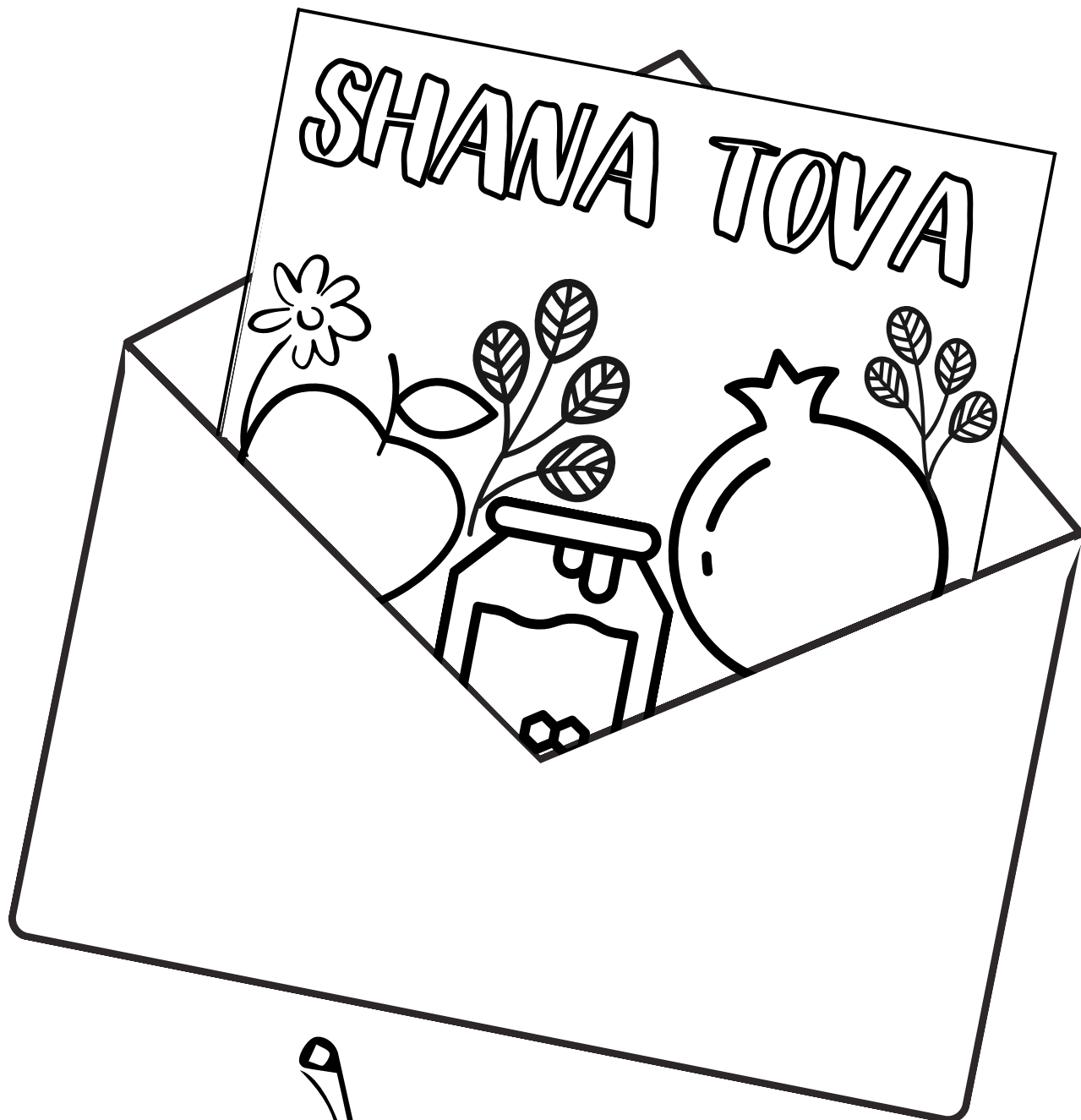
Cook a Meal for Someone Who Needs Support



A homemade meal is a simple way to show care. Prepare extra food for a new parent, an elderly neighbor, a friend going through a difficult time, or someone who could use a little help.







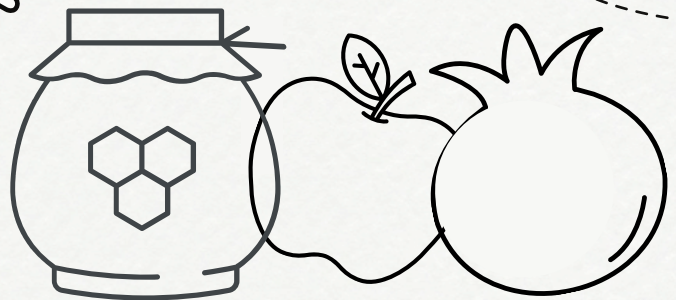
GREETING CARDS



SHANA TOVA

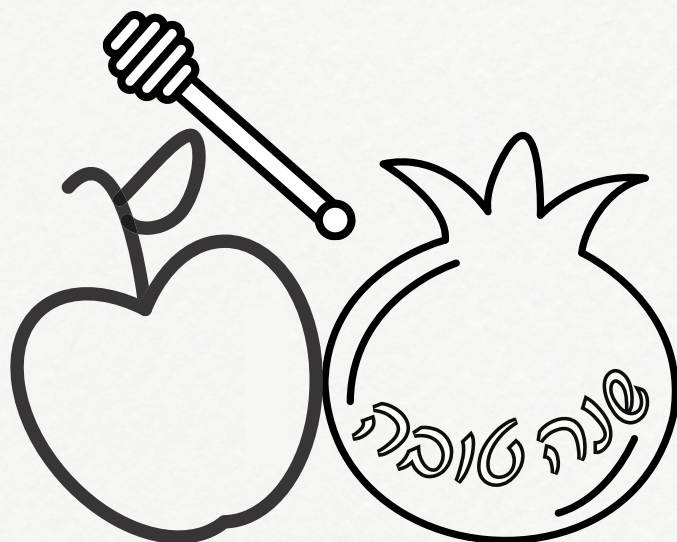


שנה טובה ומתוקה





HAPPY NEW YEAR!



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SHANA TOVA



ten gav תן גב



A Sweeter Year Begins With Kindness

Rosh Hashanah reminds us that every new beginning brings an opportunity to reflect, to reconnect, and to choose the kind of year we want to create.

As we enter a new year, may we remember that we all have the ability to make a difference.

Shanah Tovah U'Metukah

With warm wishes,
The Ten Gav Family

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Ten Gav is an internet crowd-funding platform that matches donors to individuals and families with modest needs that have been submitted for backing by social services professionals in Israel.