

ROSH HASHANAH CUSTOMS *(continued)*

the *challah* in honey, and distributes it to the assembled. An apple dipped in honey is also served, and the family wishes each other “a sweet and good new year!” On the afternoon of the first day of Rosh Hashanah (or the second, if the first day is Sabbath), Jews gather near a natural body of water to symbolically “cast all sins into the depths of the sea.” This custom is called *Tashlich* meaning “you will cast,” and expresses our desire to be rid of all our sins.

TESHUVAH - REPENTANCE

The focus of the Days of Awe (*Yomim Noraim*) is repentance. Indeed, the 10 days commencing with Rosh Hashanah and concluding with Yom Kippur are known as “The 10 Days of Repentance” (*Aseret Ymei Teshuvah*). *Teshuvah*, literally means, “return,” because during these special holy days, when our Father in heaven draws closer to us, He beckons us, His wayward children, to return home. In order to return, we must repent in a four-step process: (1) We must recognize our sins and not deny or rationalize them. (2) We must truly feel remorse for having thwarted G-d’s commands, particularly since He has always been so kind, understanding, and forgiving of our past misdeeds. (3) We must make practical resolutions to change our behavior so that we may not continue to sin and, thus, create the conditions for spiritual growth and, finally; (4) we must confess our sins to G-d and seek forgiveness from our fellowman. Only then may we hope for atonement and forgiveness on Yom Kippur.

Rosh Hashanah

The Days of Awe

September 7-8, 2002



**Join Rabbi Evan Steele for Rosh Hashanah Services
in the Rainbow Room.**

Friday, September 6 - Candlelighting at 7:00 p.m.

Service: Shabbat, Sept. 7 at 10 a.m.

Candlelighting: Shabbat, Sept. 7 at 8:00 p.m.

Service: Sunday, September 8 at 10 a.m.

Presented by the Department of Pastoral Care
Rabbi Zev Schostak, Director

GURWIN
JEWISH GERIATRIC CENTER

Caring for those who cared for us