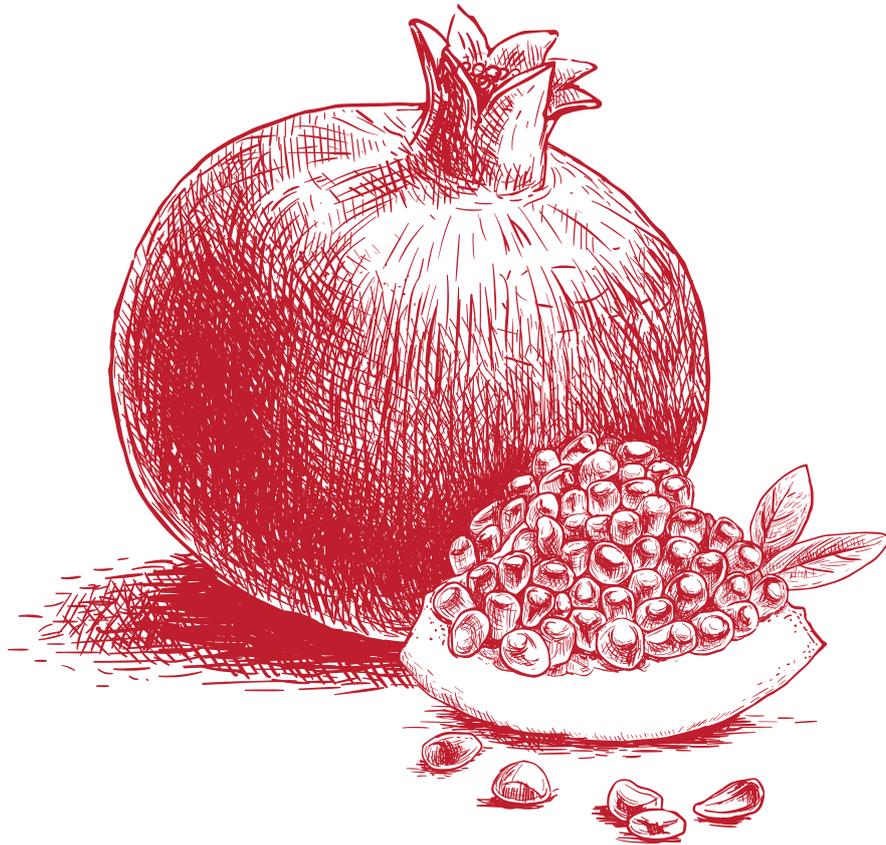




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Simanim (“Signs”) for A Good & Sweet New Year

After chanting kiddush, washing, and breaking bread, the following foods are eaten.

Recite each prayer while holding the particular food in the right hand, immediately before it is eaten.

In Chabad (and many others have the custom), on the first night of Rosh Hashanah it is customary to eat the apple first even if there are fruits from the seven species on the table.

APPLE & HONEY

Dip an apple in honey and say:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ

Blessed are You, L-rd our G d, King of the universe, who creates the fruit of the tree.

יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׁתַּחַדֵּשׁ עֲלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה

May it be Your will, L-rd our G d and the G d of our fathers, that You renew for us a good and sweet year.



תפוח בדבש

DATE

Date (**tamar**) is related to the word **תם (tam)** - to **end**.

Take a date and recite:

יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂיִתַּמּוּ אוֹיְבֵינוּ וְשׁוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רָעָתֵנוּ

May it be Your will, L-rd our G d and the G d of our fathers, that there come an **end** to our enemies, haters and those who wish evil upon us.



תמר

POMEGRANATE

Take the pomegranate and say:

יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׁנַהֲיֶה מִלְּאִים מִצּוֹת כְּרֵמוֹן

May it be Your will, L-rd our G d and the G d of our fathers, that we be filled with mitzvot like a pomegranate [is filled with seeds].



רימון

GOURD or PUMPKIN

Gourd or pumpkin (**kara**) is related to the word **קרע (kra)** - to **rip** apart, and also **קרא (kra)** - to **announce**.

Take a piece of the gourd or pumpkin and say:

יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂתִקְרַע רוּעַ גְּזֵר דִּינֵנוּ, וְיִקְרָאוּ לְפָנֶיךָ זְכוֹתֵינוּ

May it be Your will, L-rd our G d and the G d of our fathers, that the evil of our verdicts be **ripped**, and that our merits be **announced** before you.



קרא

LEEK

Leek (**karti**) Related to the word **כרת** (**karet**) - to **cut**.

Take a piece of the leek and say:

יְהִי רְצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁיִּכְרְתוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מִבְקְשֵׁי רַעְתָּנוּ

May it be Your will, L-rd our G d and the G d of our fathers, that our enemies, haters, and those who wish evil upon us shall be **cut** down.



כרתי

BLACK-EYED BEANS

Black eyed beans (**rubia/ lubia**) is related t the words, **רב** (**rav**) - **many**, and **לב** (**lev**) - **heart**.

Take some black-eyed beans and say:

יְהִי רְצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁיִּרְבוּ זְכוּתֵינוּ וְתִלְבְּבוּ

May it be Your will, L-rd our G d and the G d of our fathers, that our merits shall **increase** and that You **hearten** us.

לוביא / רוביא



BEETS

Beets (**silka**) isrelated to the word **סלק** (**slak**) - to **depart**

Take a piece of the beet and say:

יְהִי רְצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁיִּסְתַּלְקוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מִבְקְשֵׁי רַעְתָּנוּ

May it be Your will, L-rd our G d and the G d of our fathers, that our enemies, haters and those who wish evil upon us shall **depart**.



סלקא

HEAD OF A RAM or FISH

Take a piece of the head and say:

יְהִי רְצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁנִּהְיֶה לְרֹאשׁ וְלֹא לְזָנָב

May it be Your will, L-rd our G d and the G d of our fathers, that we be a **head** and not a tail.

(The following is added only over the head of a ram:

...And You shall remember for us the binding and the ram of our forefather Isaac, the son of our forefather Abraham, peace be onto them.)

ראש כבש או דג



Almost everyone knows the custom of eating an apple dipped in honey on Rosh Hashanah night, combining our prayers to the Almighty for “a good and sweet year” with a physical, edible sign, connecting the physical and G-dly worlds.

However, many are unaware of the custom that Abaye teaches us in the Babylonian Talmud (Kritot, 6:A) to eat many other foods, specifically chosen as their name in Hebrew is related to another word which is used in a play on words in an accompanying prayer that conveys our desires and wishes for the upcoming year (Shulchan Aruch, Orech Chayim 583:1).

In order to help you and your family focus your prayers we are sending you this list of symbolic foods and accompanying prayers.

Please see this list as a starting point. Since the time of the Gaonim in the 13th century, Jews have been making their own prayers based on foods in their country and the local language, and we recommend you and your family make your own personal signs and prayers (i.e. eat a fruit - may all of our dreams come to fruition, or lettuce - let us all be inscribed in the Book of Life).

We hope that by eating the following symbolic foods and saying their accompanying prayers you and the entire family will have your prayers answered and be inscribed by the Almighty for a year of health, prosperity, happiness, love of G-d and the entire Jewish nation.



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