A FAMILY SEDER
for Rosh Hashanah
סדר ליל ראש השנה
High Holy Days
AT HOME
The Rosh Hashanah Seder is an ancient custom, first mentioned in the Talmud. It is especially prominent in the Sephardi/Mizrachi world but is increasingly observed in Ashkenazi homes as well.

We gather around the holiday table and recite blessings over various foods. It is a joyous (and yummy) ritual that includes Hebrew word-play which imbues every tasty morsel with meaning. There are different traditions regarding the exact order of the Rosh Hashanah Seder. The important thing is enjoy the holiday meal, to spend time with family and friends, and to be reminded of the higher purpose of these Days of Awe: to become better, more loving, more giving people inspired to make the world a better place!

*Shanah tovah u’m’tuka!*
Tacheil shanah u’virchoteiha.

May a year of blessing begin.

Sh’ma

Sh’may Yisrael, Adonai Eloheinu, Adonai Echad.
Baruch sheim k’vod mal’chuto l’olam va’ed.

Hear O Israel, Adonai is our God, Adonai is One.
Blessed is God’s glorious sovereignty forever and ever.

Candlelighting

Baruch Atah Adonai, Eloheinu
Melech Ha’olam, asher kidshanu
b’mitzvotav, v’tzivanu l’hadlik neir
[shel Shabbat v’] shel Yom Tov.

Blessed are You God, Sovereign of the Universe, who makes us holy through Your commandments and commands us to kindle the lights of [Shabbat and] Yom Tov.
Baruch Atah Adonai, Eloheinu
Melech Ha’olam, borei p’ri hagefen.

Blessed are You God, Sovereign of the Universe, who creates the fruit of the vine.

Baruch Atah Adonai, Eloheinu
Melech Ha’olam, asher bachar banu mikol am, v’rom’manu mikol lashon, v’kid’shanu b’mitzvotav.

Vatiten lanu, Adonai Eloheinu, b’ahavah et [Yom HaShabbat hazeh v’et] Yom HaZikaron hazeh, yom [zichron] t’ru’ah [b’ahavah], mikra kodesh, zeicher litziyat Mitz’rayim. Ki vanu vachar’ta, v’otanu kidash’ta mikol ha’amim, ud’var’cha emet v’kayam la’ad.

Baruch Atah Adonai, Melech al kol ha’aretz, m’kadeish [HaShabbat v’]
Yisrael v’Yom HaZikaron.
Blessed are You God, Sovereign of the Universe, who chose us and enlightened us among all peoples, making us holy through Your commandments.

God, You have graciously given us in love [this Day of Shabbat and] this Day of Remembrance, a Day of [recalling] the shofar’s sound [in love], calling it holy in remembrance of our People’s going out from Egypt.

For You chose us and made us holy amongst the nations. Your word is true and everlasting. Blessed are You God, Sovereign of the Universe, who sanctifies [Shabbat and] Israel and the Day of Remembrance.

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**Shehechiyanu**

Baruch Atah Adonai, Eloheinu

Melech Ha’olam, shehechiyanu

v’kiy’manu v’higiy’anu lazman hazeh.

Blessed are You God, Sovereign of the Universe, who gives us life, sustains us, and enables us to reach this season.

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**Dates — A Wish for Peace**

Y’hi ratzon mil’fanecha

Adonai Eloheinu,

She-yi-tamu oyveinu v’soneinu

v’chol m’vak-shei ra’ateinu.

May it be Your will, Adonai our God, that this new year be a peaceful year for us and for all the world.
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Pomegranate – A Wish for Mitzvot

Y’hi ratzon mil’fanecha
Adonai Eloheinu,
She-ni-he-yeh m’le’im
mitzvot ka-rimon.

May it be Your will, Adonai our God, that we be as full of good deeds as the pomegranate is full of seeds.

Beans – A Wish for Prosperity/Tzedakah

Y’hi ratzon mil’fanecha
Adonai Eloheinu,
sheyirbu zechuyoteinu.

May it be Your will, Adonai our God, that we be blessed with all we need in the new year.

Pumpkin /Gourd – A Wish for Happiness

Y’hi ratzon mil’fanecha
Adonai Eloheinu,
She-tikra ro’a g’zar dineinu
v’yikaru l’fanecha zechuyoteinu.

May it be Your will, Adonai our God, that we be blessed with happiness.
Beets – A Wish for Freedom

Y’hi ratzon mil’fanecha
Adonai Eloheinu,
She-yistalku oyveinu
v’soneinu v’chol
m’vakshei ra’ateinu.

May it be Your will, Adonai our God, that we be blessed with freedom.

Fish Head – A Wish for Leadership

Y’hi ratzon mil’fanecha
Adonai Eloheinu,
shenih’yeh l’rosh
v’lo l’zanav.

May it be Your will, Adonai our God, that we will be heads and not tails, leaders instead of followers.
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Leeks/Scallions – A Wish for Friendship

כרתית

Y’hi ratzon mil’fanecha
[יחי רצון ملفסנה]
Adonai Eloheinu,
[אדונא אלהינו]
Sheyikartu oyveinu
[שיקרטו אויבינו]
v’soneinu v’chol
[שבנו והכל]
m’vakshen ra’ateinu.
[מבךשה ראתנו] - May it be Your will, Adonai our God, that we be blessed with friendship.

Apples in Honey – A Wish for Sweetness

תפוח

Y’hi ratzon mil’fanecha
[יחי רצון ملفסנה]
Adonai Eloheinu,
[אדונא אלהינו]
Shetichadesh aleinu
[שטייחدراج עלינו]
shanah tovah u’metukah.
[שנה טובה ומתוקה]

May it be Your will, Adonai our God, that we be blessed with freedom.

* We then dip the apple in the honey, recite the prayer below, and enjoy the sweet flavor we associate with the New Year!

A blessing for fruit

בוראו פרי העץ

Baruch Atah Adonai, Eloheinu
[ברוך אתה אלהינו]
Melech Ha’olam,
[מלך העולם]
borei p’ri ha-etz.
[בורא פרי העץ]

Blessed are You God, Sovereign of the Universe, who creates the fruit of the tree.
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Hamotzi — For Bread

Baruch Atah Adonai Eloheinu melech ha-olam, Hamotzi lechem min ha’arets.

Praised be our Eternal God, Ruler of the universe, who brings forth the bread from the earth.

The Priestly Benediction

Eloheinu v’Eilohei avoteinu v’imoteinu, barcheinu bab’rachah ham’shuleshet hak’tuvah baTorah, ha’amurah mipi Aharon u’vanav kohanim am k’doshecha ka’amur:

MASCUILINE FORM

Y’varech’cha Adonai v’yishm’recha. Kein y’hi ratzon.
Ya’eer Adonai panav eilecha vichuneka. Kein y’hi ratzon.
Yisa Adonai panav eilecha v’yaseim l’cha shalom. Kein y’hi ratzon.
Our God and God of our ancestors, bless us with the threefold blessing as it is written in the Torah for Your holy People:

May God bless you and keep you.
*May it be so.*

May God cause God’s light to shine upon you
and be gracious unto you.
*May it be so.*

May God favor you and give you peace. (Numbers 6:24–26)
*May it be so.*

May the new year be filled with an abundance of blessings.
May the new year be filled with love and peace.
May the new year be a good year for us all!

*Shannah Tovah u’Metukah!*

Adapted from *A Family Seder for Rosh Hashanah* by Lisa Baydush