



Beets – A Wish for Freedom

סלק

Y'hi ratzon mil'fanecha יהי רצון מלפניך
 Adonai Eloheinu, יי אלהנו,
 She-yistalku oyveinu שישתלקו אויבנו
 v'soneinu v'chol ושונאינו וכל
 m'vakshei ra'ateinu. מבקשי רעתנו:

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

Fish Head – A Wish for Leadership

ראש



Y'hi ratzon mil'fanecha יהי רצון מלפניך
 Adonai Eloheinu, יי אלהנו,
 shenih'yeh l'rosh שנהיה לראש
 v'lo l'zanav. ולא לזנב:

May it be Your will, Adonai our God,
 that we will be heads and not tails,
 leaders instead of followers.

Leeks/Scallions – A Wish for Friendship

כרתי



Y'hi ratzon mil'fanecha יהי רצון מלפניך
 Adonai Eloheinu, יי אלהנו,
 Sheyikartu oyveinu שיכרתו אויבנו
 v'soneinu v'chol ושונאינו וכל
 m'vakshei ra'ateinu. מבקשי רעתנו:

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 יהי רצון מלפניך
 Adonai Eloheinu, יי אלהנו,
 Shetichadesh aleinu שתחדש עלינו
 shanah tovah u'metukah. שנה טובה ומתוקה:

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

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

שנה טובה ומתוקה!

Shanah Tovah u'Metukah!

Rosh Hashanah Seder Nashuva!



Dates – A Wish for Peace

תמר

Y'hi ratzon mil'fanecha יהי רצון מלפניך
 Adonai Eloheinu, יי אלהנו,
 She-yi-tamu oyveinu v'soneinu ושייתמו אויבנו ושונאינו
 v'chol m'vak-shei ra'ateinu. וכל מבקשי רעתנו:

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

Pomegranate – A Wish for Mitzvot

רמון



Y'hi ratzon mil'fanecha יהי רצון מלפניך
 Adonai Eloheinu, יי אלהנו,
 She-ni-he-yeh m'le'im שנהיה מלאים
 mitzvot ka-rimon. מצות כרמון:

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

רוביא

Y'hi ratzon mil'fanecha יהי רצון מלפניך
 Adonai Eloheinu, יי אלהנו,
 sheyirbu zechuyoteinu. שירבו זכותינו:

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

קרא



Y'hi ratzon mil'fanecha יהי רצון מלפניך
 Adonai Eloheinu, יי אלהנו,
 she-tikra ro'a g'zar dineinu שתקרא רע גזר דיננו
 v'yikaru l'fanecha zechuyoteinu. ויקראו לפניך זכותינו:

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



*Something to Talk About —
Nashuva Holy Conversations*



1. What's one thing from the past year you're most proud of?
2. What's something new you'd like to try in the year ahead?
3. The Book of Life image reminds us that every day matters. What's one day from last year or any year you'll never forget?
4. What is your favorite memory from the Holy Days when you were growing up or even in the recent past? Please share.
5. What is the most meaningful experience you've had at Nashuva?
6. If you could send one blessing of love to someone right now, whom would it be for? And what would you say?
7. What's a simple act of kindness or love you received this past year or any year that stayed with you?
8. What's one prayer, one hope you have for this the new year?
9. What's a new joy or experience you'd love to welcome into your life this year?
10. Can you describe a place you have visited that filled you with awe? Where was it? What did you feel?