



Shana Tova - Happy New Year

Rosh Hashanah Blessings for the Holiday's Meal

Rosh Hashanah is the seed of the whole year. The traditional blessings at the beginning of the meal symbolize wishes and prayers for the coming year.

1) תָּמַר Dates

In Hebrew, the word for a Date is Tamar; it contains two words *Tam*, which means “the end of” and *Mar* “bitter”. The Date is the symbol for our wish to end a year of bitterness in our lives and convert it into a sweet New Year.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
ha'olam melekh Eloheinu Adonai ata Barukh

בוֹרֵא פְּרֵי הָעֵץ:

ha'ets peri bore

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֵלֵינוּ אֲבוֹתֵינוּ שֶׁיִּתְּמוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ
vesoneinu oyveinu she'yitamu avoteinu vElohei Eloheinu Adonai milfaneikha ratson yehi

וְכֹל מִבְּקֵשֵׁי רַעֲתָנוּ.

ra'atenu mevakshei vekhol

2) כָּרְתִי - פְּרֹסֶה Leek

Leek in Hebrew is *Karti*, the root of this word is ‘to cut of’. Here we make a wish to cut of all the forces and entities of darkness from this world and all of those who try to harm us.

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֵלֵינוּ אֲבוֹתֵינוּ
avoteinu vElohei Eloheinu Adonai milfaneikha ratson yehi

שֶׁיִּכְרְתוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכֹל מִבְּקֵשֵׁי רַעֲתָנוּ.

Ra'atenu mevakshei vekhol vesoneinu oyveinu she'yikartu



Beets סלקא - סלק (3)

In Hebrew, the word *Selek* contains the same root as the Hebrew word for “remove” or “to get rid of.” This blessing is about our wish to *remove* the enemies of the Light from our lives.

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
avoteinu vElohei Eloheinu Adonai milfaneikha ratson yehi

עֲיִסְתִּלְקוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מִבְּקָשֵׁי רְעֵתָנוּ.
ra'atenu mevakshei vekhol vesoneinu oyveinu she'yistalku

Black-eyed peas or Fenugreek Rubiya - רוּבִיָּא (4)

The Aramaic word *Rubiya* has the same root as ‘*Rov*’ that means ‘*plenty*’ or ‘*many*’.
Here we make a wish to have a year with a plenty of merits.

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
avoteinu vElohei Eloheinu Adonai milfaneikha ratson yehi

עֲיִרְבוּ זְכוֹתֵינוּ וְתִלְבְּנוּ.
utelabevenu zakhiyoteinu she'yirbu

Gourd קרא - דְּלַעַת (5)

The Aramaic word for “Gourd” is *kara*, which has the same root as the Hebrew word that means “to tear.” Here we make a wish to tear any bad decree that might be awaiting us for the New Year and replace it with our good deeds.

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
avoteinu vElohei Eloheinu Adonai milfaneikha ratson yehi

עֲתִקְרַע רוּעַ דְּזָר דִּינֵנוּ וְיִקְרָאוּ לְפָנֶיךָ זְכוֹתֵינוּ.
zakhi'yoteinu lefanekha ve'yikar'u dinenu gezar roa shetikra



6 רמון Pomegranate

The **pomegranate** contains 613 seeds by average, the exact same number of precepts prescribed by the Torah. Eating the Pomegranate is a symbol for our wish to live lives that are full with spiritual contentment and achievements.

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ

avoteinu vElohei Eloheinu Adonai milfaneikha ratson yehi

שְׁנֵהֲיָה מִלְּאִים מִצְוֹת כְּרֵמוֹן.

karimon mitsvot mele'im sheni'heye

7 רֹאשׁ כֶּבֶשׂ Lamb or Fish's Head

The blessing over the **head of a lamb** (or a fish), is a symbol for our wish to be the creators in our lives, the cause (head) and not the effect (tail).

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׁנֵהֲיָה לְרֹאשׁ וְלֹא לְזָנָב

lezanav velo lerosh sheni'heye avoteinu vElohei Eloheinu Adonai milfaneikha ratson yehi

וְהִתְזַכֵּר לָנוּ (עֲקֵדָתוֹ) אֵילֹוֹ שֶׁל יִצְחָק אָבִינוּ עָלֵינוּ הַשְּׁלוֹם בֵּן אֲבָרָהָם אָבִינוּ

avinu Avinu ben hashalom alav avinu Yits'hak shel veilo akedato lanu vetizkor

עָלֵינוּ הַשְּׁלוֹם.

hashalom alav

8 תפוח ודבש Apple and Honey

The Apple is known, according to Kabbalah, to be a symbol of wholeness. The visible manifestation of that inner, metaphysical, force is that an Apple can have all main three colors that represent circuitry: White, Right Column, Hesed (Plus). Red. Left Column, Gevura (Minus). Green, Central Column, Tiferet (Neutral). Bringing balance to ourselves and restoring the circuitry will 'balance' our judgments and 'sweeten' them according to Kabbalistic terminology. This is when we make a wish for a balanced, sweet year from beginning to its completion.

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ

avoteinu vElohei Eloheinu Adonai milfaneikha ratson yehi

שְׁתַּחֲוֶה עָלֵינוּ שָׁנָה טוֹבָה וּבִמְתוּקָה בִּירֵאשִׁית הַשָּׁנָה וְעַד אַחֲרֵית הַשָּׁנָה.

hashana aharit ve'ad Hashanah mereshit umetuka tova shanah aleinu shetehadesh