



Hashem loves us!

He wants us to live a good life—a meaningful life.

All people like to help others and to do good things. This makes us feel happy and proud of ourselves. That is a 'good life'.

A good and meaningful life is about making a difference to the people and the world around you—to really bring goodness and happiness to others.

Words to Know

Mitzvot. Mitzvot are commandments from Hashem about how to live a meaningful and Jewish life.

Ask your Rabbi or teacher to tell you more about mitzvot.

Hashem loves us. He really wants us to have this 'good life'. So He helps us—He tells us what to do so that we have this 'good life'. These instructions are called mitzvot.



Hashem gave us the High Holidays as a gift.

Hashem placed holidays throughout the year, so that we can take a break from our busy lives and think about Him. Through this we can focus on what He wants us to do. Every Jewish holiday has a special energy to help us work on a particular part of our character. The mitzvot of the holiday are tools to help us become better people.

In this month of Tishrei, we have serious holidays and happy holidays. These holidays give us time to stop our busy lives and focus on our relationships—with ourselves, with Hashem and with others. There is time to think about how we want our lives to be, time to make changes in our lives and time to celebrate our relationship with Hashem by doing His special mitzvot. It is also a special time to rejoice with family and friends. This special time is truly a gift from Hashem.

Words to Know

The High Holidays—Rosh Hashanah, Yom Kippur, Sukkot and Simchat Torah—are all in the Jewish month of Tishrei (TISH-RAI), which comes out around September and October every year.

Tishrei is the first month of the Jewish calendar year. What we do in this month gives us strength to do good deeds throughout the upcoming year.

About this book

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Introduction

Hashem Loves Us	1
We All Make Mis-takes	2
How Do We Love Hashem Back?	3
Fixing Mis-takes with Teshuva	4

Rosh Hashanah

Getting Ready for Rosh Hashana	5
Rosh Hashana Greetings	6
Rosh Hashana – How to Celebrate	7
Rosh Hashana at Home	8
Candle Lighting	10
Kiddush	11
Rosh Hashana in the Synagogue ..	12
The Shofar	14
Prayer – 13 Attributes of Mercy	17
Prayer – Yihu Malkemu	18
Prayer – Umetenah Tokef	20
Reading from the Torah	21
Prayer – Priestly Blessings	24
Prayer – Kaddish	25
Tashlich at the Water	26

Yom Kippur

10 Days of Teshuva	28
The Day Before Yom Kippur	29
Adults Don't Eat on Yom Kippur	30
Act Like the Angels	31
Prayer – Kol Nidrei	32
Saying Shema Out Loud	34
Prayer – Regretting our Mis-takes ...	34
Yom Kippur in Temple Times	36
Prayer – Yizkor	37
Jonah: On the High Seas	37
Last service: Neilah	38

Sukkot

Happy Holiday of Sukkot	39
The Sukkah	40
Arba Minim: The 4 Kinds	42
Simchat Torah	44

Are you ready?	46
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Dear Readers,

The High Holidays – Rosh Hashana, Yom Kippur and Sukkot – are an exciting time. There are so many new experiences. As with most things in life, you appreciate it even more when you know what is going on. So we present you with this book that has answers to many questions about the High Holidays.

For those unfamiliar with a synagogue, we have included pictures and explanations of the many Jewish objects found in the synagogue. (see page 12).

In Rosh Hashanah and Yom Kippur, many Jews spend a lot of time in the synagogue praying for a happy and healthy new year. Many of these prayers may be new to you. We have included the more famous ones in this booklet. Instructions about how to say the prayer are also in this book.

How to use this book

This book can be used by children (and adults) of many ages. The words of most basic information is in a larger size. For the youngest children, this may be enough. Details and other interesting tidbits are printed a bit smaller and are meant for those who want to know even more about the holiday or prayer.

So read through this booklet, find out a bit more about these exciting holidays, and celebrate the Jewish New Year.

When reading throughout this booklet, you may find words that are new to you. These are explained in the Words to Know boxes. In this booklet, we use the word Hashem when referring to G-d.

Since this is a Jewish book that contains prayers, we have designed it like a Holy Hebrew book, such as a siddur. This book should be read from right to left.

Share this book with the adults in your life

Share this book with the adults in your life. Learn together with them about exciting holidays of this month. Learn with family, celebrate with family.

שנה טובה