



The Shofar Sounds

By Clare and Freddie

Editorial

Welcome to our Cheder newsletter. We are going to publish a newsletter every festival. We would like contributions from everyone in the Cheder. We want drawings and articles that you have done. This month's newsletter is about Rosh Hashanah and Yom Kippur. We hope you like it. Rosh Hashanah is on the 1st and 2nd of Tishrei (23rd and 24th of September). Yom Kippur is on the 10th of Tishrei.

From Clare and Freddie.

Food traditions

- ✍ **Apple and honey**, this is so we have a sweet new year.
 - ✍ **Pomegranates**, the seeds represent the 613 mitzvot.
 - ✍ **Round challah**, this represents how the years go round. We eat challah with honey.
 - ✍ **A fish head**, so people can say I'd like to be like the head and not the tail.
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Sins

The ten days of repentance

by Freddie

On Rosh Hashanah we begin to think how we acted during the past year. Even though we did many good things, we are sorry we did not do more. We want to ask forgiveness from Hashem for the wrong things we have done.

But before we can ask Hashem for forgiveness we always say sorry to the victim of our bad deeds. The Hebrew word for repentance is Teshuva.

The ten days we spend asking for forgiveness are also the ten days until the big fast of Yom Kippur. These days are called Yamim Noraim,

Useful Facts

Rosh Hashanah is also called Yom Hadin which means day of judgement, Yom Hazikaron which means day of remembering and Yom Teruah which means day of



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WHY WE BLOW THE SHOFAR... by Clare

We blow the **shofar** because of the story of **Abraham** and **Isaac**. A long time ago **G-d** said to **Abraham** to sacrifice his son **Isaac** to show his trust in **G-d**. So **Abraham** went up a mountain and tied **Isaac** on an alter. He took out his knife about to kill **Isaac** when an **angel** came down and stopped him. **Abraham** then noticed a **ram** tangled in a bush. He decided to sacrifice the **ram** instead of **Isaac**.

The **shofar** is made from a **rams** horn which reminds us of the story.

The **shofar** is blown during **morning prayers (shacharit)** in the month of **Elul**. It,s also blown on **Rosh Hashannah** and at the very end of **Yom Kippur**. It is not blown on Shabbat. It is a mitzvah to hear the **shofar** being blown. The **shofar** makes four special sounds:

A photograph of Rabbi Rose blowing the Shofar in Cheder



Tekiah, the sound of telling people to pay attention;

Teruah, the sound of calling people together;

Shevarim, the sounds of different hopes people have for a good year;

Tekiah gedolah, the sound of people welcoming the new year.



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Taschlich

by Clare

On Rosh Hashonah we go to a flowing river and we throw breadcrumbs into the water. The breadcrumbs are like our sins. Last year we went with Jane and Isaac and the Rosens to some water near where Jane lives. I had breadcrumbs in my pocket. After Jane said a blessing we threw the breadcrumbs into the water, and then the swans and geese came to see what we were throwing. I was very scared and ran away.

Taschlich by Rabbi Rose

In Stockholm we performed Taschlich at a flowing river. However the flowing river was underneath a railway bridge and rather than going down to the river we stood on the railway bridge with the trains running past.

Yom Kippur

Yom Kippur is the Day of Atonement 10 days after Rosh Hashonah when we ask G-d for forgiveness. We light candles and go to Shul. The evening service is called Col Nidre. Grown ups fast on Yom Kippur to help them think about the things they have done wrong. We sing a special prayer called Avinu Malkenu, asking G-d to forgive us. The fast is ended when we hear the shofar sound Tekiah Gedolah.

The Story of Jonah and the Big Fish. A story of forgiveness for Yom Kippur. By Freddie

Jonah was a man with the grumps which was cool, except when things didn't go his way. One day Hashem said to him "Jonah I've got a job for you." "That's nice" said Jonah "Okay what is it?" "I want you to go to Nineveh" answered Hashem "I want you to tell the people to stop being wicked and start being good, or I will destroy their city". Jonah didn't want to do the job because he didn't like the people so he ran away. He got on a boat and the next night there was a big storm. Jonah knew he was wrong and told the sailors he was bad luck and they must throw him overboard. He threw himself overboard and the storm stopped. Jonah was swallowed by a big fish and stayed in the fish for three days and then the fish spat him out onto a beach near Nineveh. Jonah had been praying to G-d and he knew he had to go to Nineveh.

He went to Nineveh and talked to the people He told them to stop being mean and horrible and told them that G-d had given them a second chance. The King of Nineveh decided to set a good example and repents. And everyone followed him. Jonah was angry with G-d because he had wanted him to destroy Nineveh and he sat down in the hot sun.

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He grew hotter and hotter and G-d felt sorry for him and grew him a tree to make shade for him. Jonah said "That's a nice tree" and felt less cross. In the night G-d made the tree shrivel up and die and Jonah got hot and crosser. Jonah was sorry it died. G-d explained to Jonah that he had created the people of Nineveh and he liked them and didn't want them to die and so gave them a chance to be sorry. "I felt the same about you.

I gave you a second chance and in the end you did what I asked". Jonah was less grumpy

We read the story on Yom Kippur to remind us about forgiveness and G-d always

The book of life is closed at the end of Yom Kippur: by Hannah.



| A WORD SEARCH | | | | | | | | | | |
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| Rosh Hashannah | A | P | P | L | E | F | A | S | T | E |
| Yom Kippur | B | Y | A | B | A | H | A | E | E | H |
| Jonah | R | V | O | E | W | T | F | G | H | C |
| Apple | A | P | Y | M | Y | E | N | O | H | I |
| Honey | H | R | E | D | K | T | Y | Y | B | L |
| Shofar | A | H | A | E | P | P | B | T | F | H |
| Taschlich | M | A | U | F | I | R | P | R | N | S |
| Abraham | W | N | V | B | O | E | W | U | M | A |
| Fast | Q | O | F | V | F | H | A | S | R | T |
| | I | J | F | P | O | Y | S | D | U | S |