

High Holiday Family Service



POPUPSHUL

Start the family service by asking everyone (even adults) to bring one prop for show and tell. Ask everyone what they brought, and why?

הִנֵּה מָה טוֹב וּמָה נְעִים שֵׁבֶת אַחִים גַּם יָחַד.
(sing) Hineh Mah tov umah na'im shevet achim gam yachad.

A
prayer
for
getting
along!

(sing) Don't walk in front of me, I may not follow
Don't walk behind me, I may not lead
Just walk beside me and be my friend
And together we will walk in the ways of Hashem
וְאָהַבְתָּ לְרַעְיָךְ כָּמוֹךָ זֶה כָּלֵל גָּדוֹל בַּתּוֹרָה
V'ohavta L're'acha Kamocha, zeh klall gadol ba'Torah

"Modeh Ani"

מוֹדֵה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם, שֶׁהַחַיּוֹת בִּי נִשְׁמָתִי בְּחֶמְלָה. רַבָּה אֱמוּנָתְךָ.
(sing TTO you are my sunshine) Modeh anee lefanecha melech chai vekayam,
she-he-chezarta bee nishmatee b'chemla, raba emunatecha.

A
prayer
of
thanks

Oh every morning, when I'm through sleeping,
I open up my eyes and say,
Thank you Hashem for, my neshama,
and for giving me another day.

Blessings on the Torah:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ
בָּרוּךְ אַתָּה ה' נוֹתֵן הַתּוֹרָה.

Baruch atah Ado-nair elo-heinu melech ha'olam asher bachar banu mecall ha'amim v'natan lanu et Torahto. Baruch atah Ado-nai notein haTorah.

A
prayer
for the
Torah

תּוֹרָה צִוָּה-לָנוּ מִשָּׁה מוֹרָשָׁה קְהֵלֶת יַעֲקֹב:

(Sing) Torah Torah Torah X2
Torah tzevah lanu Moshe

(high) Morasha K'helat Yaakov x3
Torah tzevah lanu Moshe

Use the morning blessings to get active, stand up and use motions!

Morning Blessings

Blessing on Eyesight:

ברוך אתה יי אלהינו מלך העולם, פוקח עורים.
Baruch atah Ado-nai elo-heinu melech ha'olam poke'ach ivreem.

Blessing on Clothing:

ברוך אתה יי אלהינו מלך העולם, מלביש ערמים.
Baruch atah Ado-nai elo-heinu melech ha'olam malbish arumeem.

Blessing on Energy:

ברוך אתה יי אלהינו מלך העולם, הנותן ליצה כח.
Baruch atah Ado-nai elo-heinu melech ha'olam ha'notayn la'ya'ef koach.

Blessing for being able to stand up straight

Baruch atah Ado-nai elo-heinu melech ha'olam ZOKAYF KEFFUFIM.

Blessing for everything we have

Baruch atah Ado-nai elo-heinu melech ha'olam SheAsah Lee Kol Tzorkee.

King David says that we should make 100 blessings each day, which part of your day would you say a blessing on?

Your blessing...

The Shema

(sing) Put your right hand in the air, in the air,
Put your right hand in the air, in the air,
Put your right hand in the air, but don't keep it over there,
Put your right hand over your eyes, over your eyes.

שְׁמַע, יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

וְאֶהְבֶּתָּ, אֵת יְיָ אֱלֹהֵינוּ, בְּכָל-לִבְבְּךָ וּבְכָל-

נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה

אֲשֶׁר אֶנְכִי מְצַוְךָ הַיּוֹם--עַל-לִבְבְּךָ. וְשִׁנַּנְתָּם

לְבָבֶיךָ, וְדִבַּרְתָּ בָם, בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֹתְךָ

בְּדֶרֶךְ, וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וְקָשַׁרְתָּם לְאוֹת

עַל-יָדְךָ; וְהָיוּ לְטֹטְפֹת, בֵּין עֵינֶיךָ

וּכְתַבְתָּם עַל-מַזְזוֹת בֵּיתְךָ, וּבְשַׁעְרֶיךָ.

Shemah yisrah-el Ado-nai elo-heinu, ado-

nai echad. Baruch sheim k'vod malchuto

I'olam va-ed. Veohavta eit Ado-nai Elo-

hecha, b'chol I'vavecha uv'chol nafshecha

uv'chol m'odecha. V'hayoo had'vareem ha-

ayleh asher anochi metzav'cha hayom al

livavecha. Visheenantam livanecha

videebartam bahm, b'shivtecha b'veitecha

uv'lechtecha vaderech uv'shochbecha

uv'kumecha. Ookshartam I'ot al yadecha,

v'hayoo litotafot bayn aynecha. Ooch-tav-

tam al mezuzot beitecha, ooveesh'arecha.

Hear O Israel, the Lord is our Hashem, the Lord is one. Blessed is the name of the glory of His sovereignty forever and ever.

And you shall love the Lord your Hashem with all your heart, with all your soul, and with all your might. And these words, which I command you today, shall be upon your heart. And you shall teach them to your children and you shall speak of them, when you sit in your home, and when you walk on the way, upon your laying down and upon your rising. And you shall bind them as a sign upon your arm, and they shall be a reminder between your eyes. And you shall inscribe them on the doorposts of your house and on your gates.

The Amidah, Silent Prayer:

Take three steps backward, then three steps forward. Remain standing with feet together.

Bend the knees at "Baruch", bow at "atah", straighten up at "Hashem"

ברוך אתה ה' אלהינו ואלהי אבותינו. אלהי יצחק. ואלהי יעקב. האל הגדול הגבור והנורא
אל עליון. גומל תסדים טובים. וקונה הכל. וזוכר תסדי אבות. ומביא גואל לבני בניהם למען שמו באהבה

Baruch atah Ado-nair elo-heinu v'elo-hay avotaynu. Elo-hay Avraham,elo-hay Yitzchak, v'elo-hay Yaakov. Ha-El
Ha'gadol v'hanora E-l E-lyon homel chasadim tovim v'koneh hakol v'zocher chasdei avot, u'mavi goel l'bnay
b'nayhem l'ma'an sh'mo b'ahavah.

זכרנו לחיים. מלך חפץ בחיים. וכתבנו בספר החיים. למענה אלהים חיים

Zachreinu l'chaim, melech chafetz b'chaim, v'katveinu b'sefer ha'chaim, l'ma'an'cha elo-him chaim.

Remember us for life, O King Who desires life, and inscribe us in the Book of Life for Your Sake, O Living G-d.

מלך עוזר ומושיע ומגן: ברוך אתה ה', מגן אברהם.

Melech ozer u'moshea o'magen. Baruch atah ado-nai magen Avraham.

The "Amidah" is a time for you to close your eyes and talk (pray) privately to Hashem using your own words, so after you finish praying together stay standing on your own for one minute and offer your own prayer quietly to yourself.

When done take three steps backward, bow to the left, bow to the right, and bow to the middle and sing:

(sing) Oseh Shalom Bemormav; Hu YaAseh Shalom Aleynu, V'Al kol Yisroel V'imru Amen!

Yaaseh Shalom, Yaaseh Shalom

Shalom Aleynu V'al Kol Yisroel (x2)

(Sing) Our father our King

Aveenu Malkeinu, Chaneinu V'aneinu (x2) kee ein banu Maasim. Asai Eemanu, Tzedakah

VaChessed(x2) Vehosheainu.

ותשובה ותפלה וצדקה מעבירין את רע הגזר

U'teshvua u'tefilla u'tzedaka ma'avirin et roah hagizayra.

**“Repentance, prayer and charity remove the evil of the
decree!”**

Torah skit for Rosh HaShana

(NARRATOR #1 and NARRATOR #2 enter. NARRATOR #1 carries a Bible.)

NARRATOR #1 Ready for imagination time travel?

NARRATOR #2 I'm so curious to see if Abraham can really keep trusting Hashem.

(NARRATOR #1 holds the Bible up, while he and NARRATOR #2

both open the Bible together, eyes wide, excited and looking around wondering what will happen.)

(ABRAHAM and SARAH step out, SARAH holding a baby.)

NARRATOR #2 Oh! Abraham and Sarah finally have their baby! Hashem did not forget to keep His promise and reward them.

NARRATOR #1 They named the baby boy – Isaac.

Abraham was 100 and Sarah was 90 years old

SARAH (looking sweetly down at baby)

Hashem has certainly given me great joy!

ABRAHAM Come, let us hold a great feast!

(SARAH nods happily, but then thinks of something sad.)

SARAH All right, but- I need you to get rid of Hagar. She has been making fun of me.

ABRAHAM But Hagar has given me a son, also.

SARAH I do not want her son to be around our son, Isaac, who is your rightful heir.

ABRAHAM Let me ask Hashem what I should do.

(SARAH exits while ABRAHAM prays.)

NARRATOR #1 Hashem told Abraham not to worry, but to do as Sarah asked – and send Hagar away.

(ABRAHAM gets up and exits.)

NARRATOR #2 So Abraham just sent Hagar and her son out into the wilderness with a bit of bread and water?

NARRATOR #1 Well, as Hagar and her son were close

to death, Hagar called out to Hashem for help.

And Hashem looked after them, as He promised, that this son, Ishmael, would also become a great nation. And now – we jump ahead a few years –(this is the Torah reading for the second day of Rosh Hashana)

(As NARRATOR #1 turns a page in the Bible, ABRAHAM enters, holding the hand of ISAAC, now a boy.)

NARRATOR #2 That must be Isaac.

(ABRAHAM kneels in prayer. ISAAC copies his father.)

HASHEM'S VOICE Abraham! Take your son, Isaac – your only son, whom you love. You will go to the place where I tell you, and offer him there as a burnt offering.

NARRATOR #2 What?! Doesn't Abraham think that strange?

NARRATOR #1 Back then, there were people with some strange religions, who would burn their children as sacrifices to their Hashems.

NARRATOR #2 But why would Hashem tell him to do this?

NARRATOR #1 It was a test. Hashem was testing Abraham.

NARRATOR #2 Usually a lamb as a burnt offering to Hashem. But Hashem is asking Abraham to offer his son.

NARRATOR #1 That is taking the idea of "giving everything to Hashem" to a whole new level!

(ABRAHAM gets up and takes ISAAC'S hand. Very sadly, ABRAHAM looks down at ISAAC.)

ISAAC I see you have the fire and the wood, but where is the lamb for the burnt offering?

ABRAHAM Hashem will provide the lamb.

(ABRAHAM leads ISAAC out.

NARRATOR #2 cringes in fear.)

NARRATOR #2 I can't look! What is going to happen?

NARRATOR #1 Trusting and putting his faith in Hashem, Abraham was just about to kill Isaac, when - Hashem provided a ram to sacrifice- instead of Isaac.

HASHEM'S VOICE Abraham! Do not harm your son, for I know that you fear Hashem, since you have not withheld your only son from Me.

NARRATOR #2 Phew! So Hashem provided an offering in place of Isaac.

NARRATOR #1 Exactly!

(ABRAHAM enters with his hand around ISAAC'S shoulders, talking to ISAAC.)

ABRAHAM Hashem keeps His promises, and always - provides all that we need.

NARRATOR #2 Phew! So Hashem provided an offering in place of Isaac.

NARRATOR #1 Exactly!

(ABRAHAM enters with his hand around ISAAC'S shoulders, talking to ISAAC.)

ABRAHAM Hashem keeps His promises, and always - provides all that we need.

NARRATOR #1 And much more than food and clothing,

Dear family,

The family service is about you, the parents and grandparents, and not the kids! Because you carry the responsibility of transmitting Judaism to the next generation that is sitting here with you today. Moses was the first to have this responsibility, then it went to Joshua. Jewish leadership is defined as the ones responsible for passing the torch of Torah to the next generation, and today that's you. The memories and traditions that you create are the ones your children will imitate when it's their turn. So, don't tire or bore you are truly planting roots today, and God willing, you will see a ton of NACHAS in the years to come.

Kids, your parents have high hopes for you. They want you to be healthy, happy, rich, friendly, accomplished, spiritual, creative, charitable, fair, honest. This list can go on forever. So what do they really want? They want you to get along with those around you. Your family your friends, your teachers. When you get along with people you are happiest. COVID divided us, it put masks between us, shields to separate us. You can't see a smile or a frown and you don't know if you should give a hug, a handshake or just stay far back. All this distancing means that we need to do more to come together and support each other. Look at your friend and say these words to them: "What can I do for you?" Start right now...and then let's have the shofar service.

Shana Tova!

Rabbi T

Shofar Song:

I like to hear the shofar blast
 Sometimes slow and sometimes fast!
 I like to hear the shofar blast
 Happy, happy happy new year!
 T'ki-ah (echo)
 Sh'va-rim-im (echo)
 T'ru-ah ha ha ha ha ha ha ha (echo)
 4. T'ki-ah g'dolah-(chorus)
 Happy, happy happy new year! X3

Suggestion: have the kids act out some of these shofar thoughts. Alternatively have participants share "Shehecheyanu moments" a milestone moment worth blessing that happened this year.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֵחֵינּוּ וְקִיַּמְנוּ וְהִגִּיעֵנוּ לְזֶמַן הַזֶּה.

Baruch atah Ado-nair elo-heinu melech haolam she'hechyanu v'higiyanu v'kiyimanul'zman hazah.

SHOFAR THOUGHTS 10 Ideas to Consider During Shofar Blowing

אע"פ שתקיעת שופר בראש השנה גזירת הכתוב רמז יש בו כלומר: עורר ושינוי משנתכם ונדרמים הקיצו מתרדמתכם וחפשו במעשיכם וחזרו בחשובה וזכרו בראשכם אלו השוכחים את האמת בהבלי הזמן... והטיבו דרכיכם ומעלליכם ויעזוב כל אחד מכם דרכו הרעה ומחשבתו אשר לא טובה... (רמב"ם הלכות תשובה ג'ד)
Even though the sounding of the shofar on Rosh Hashanah is a decree from God, it still contains a personal message: It is as if the shofar's call is telling us, "AWAKEN FROM YOUR SLUMBER! Examine your actions, return to your true selves, and remember your Creator. Those who forget the truth in the vanities of time... Look inside yourselves. Improve your ways and your actions, and abandon the negativity in your life..."
- Rambam, Laws of Teshuva 3:4



IT IS CUSTOMARY TO SOUND TRUMPETS AT THE CORONATION OF A NEW KING. THE SHOFAR OF ROSH HASHANA IS HOW WE RECOGNIZE AND ACCEPT GOD'S KINGSHIP.



JUST AS A KING MAY PROCLAIM A PERIOD OF FORGIVENESS BEFORE HE PUNISHES WRONGDOERS, SO TOO, THE SHOFAR BLAST PROCLAIMS, "WHOEVER WISHES TO REPENT - LET THEM DO SO NOW. IF THEY DO NOT, THEY CANNOT COMPLAIN LATER."



AT MOUNT SINAI WHEN THE JEWS ACCEPTED THE TORAH, "THE SOUND OF THE SHOFAR CONTINUALLY INCREASED AND WAS VERY GREAT" (EXODUS 19:19). ON ROSH HASHANA, THE SHOFAR REMINDS US TO RENEW OUR COMMITMENT TO TORAH.



THE SHOFAR REMINDS US OF THE GREAT AND AWESOME FUTURE DAY OF JUDGMENT, WHICH ZEPHANIAH (1:16) DESCRIBES AS A DAY OF SHOFAR BLOWING AND SHOUTING.



THE SHOFAR, A RAM'S HORN, REMINDS US OF AKEIDAS YITZCHAK, THE BINDING OF ISAAC (SEE GENESIS 22), WHEN AVRAHAM SACRIFICED A RAM IN LIEU OF HIS SON. WE PRAY THAT THIS MEMORY SHOULD ASCEND BEFORE GOD FOR THE GOOD.



THE SHOFAR MAKES US YEARN FOR THE GATHERING OF THE EXILES OF WHICH WILL BE ACCOMPANIED BY THE BLAST OF THE SHOFAR (SEE ISAIAH 27:13).



THE SOUND OF THE SHOFAR INSPIRES FEAR AND TREMBLING IN THE HEARTS OF ALL WHO HEAR IT - AS THE PROPHET ASKS, "CAN A SHOFAR BE BLOWN IN A CITY, AND THE PEOPLE NOT TREMBLE?" (AMOS 3:6).



THE SHOFAR RECALLS THE RESURRECTION OF THE DEAD, WHICH WILL BE ACCOMPANIED BY THE SOUNDING OF A SHOFAR (SEE ISAIAH 18:3).



IN BIBLICAL TIMES, WHEN PROPHETS WOULD CALL FOR SPIRITUAL TRANSFORMATION AND REPENTANCE, THEIR CRIES WERE ACCOMPANIED BY A SHOFAR (SEE EZEKIEL 33:2-3).



THE SHOFAR REMINDS US TO PRAY FOR THE REBUILDING OF THE DESTROYED HOLY TEMPLE, OF WHICH THE PROPHET (JEREMIAH 4:19-20) LAMENTED: "I SHALL NOT BE SILENT, FOR THE SOUND OF THE SHOFAR HAVE YOU HEARD, O MY SOUL, THE SHOUT OF WAR. DESTRUCTION UPON DESTRUCTION HAS BEEN PROCLAIMED..."



These 10 ideas are from Rabbi Saadia Gaon, as found in the Aoudraham, Laws of Rosh Hashana. Translations adapted from the Artscroll Rosh Hashana Machzor and Chabad.org.

Blessing of the Children:

For a son:

יְשִׁמְךָ אֱלֹהִים Ye'simcha Elohim
 כְּאַפְרַיִם וְכִמְנַשֶּׁה: ke-Ephraim ve'chi-Menashe
 May God make you like Ephraim and Menashe.

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ: Ye'varech'echa Adonoy ve-yish'merecha.
 יֵאָר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ: Ya'eir Adonoy panav eilecha viy-chuneka.
 יֵשָׂא יי פָּנָיו אֵלֶיךָ Yisa Adonoy panav eilecha,
 וַיִּשֶׁם לְךָ שְׁלוֹם: ve-yaseim lecha shalom.
 May God bless you and watch over you.
 May God shine His face toward you and show you favor.
 May God be favorably disposed toward you,
 and may He grant you peace.

For a daughter:

יְשִׁמְךָ אֱלֹהִים Ye'simech Elohim
 כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה: ke-Sarah, Rivka, Rachel ve-Leah
 May God make you like Sarah, Rebecca, Rachel and Leah.

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ: Ye'varech'echa Adonoy ve-yish'merecha.
 יֵאָר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ: Ya'eir Adonoy panav eilecha viy-chuneka.
 יֵשָׂא יי פָּנָיו אֵלֶיךָ Yisa Adonoy panav eilecha,
 וַיִּשֶׁם לְךָ שְׁלוֹם: ve-yaseim lecha shalom.
 May God bless you and watch over you.
 May God shine His face toward you and show you favor.
 May God be favorably disposed toward you,
 and may He grant you peace.

May it be the will before our Father in heaven, that He put in your heart the love of Him and fear of Him. That the fear of G-d will be on your face all your days so that you do not sin. May your craving be for Torah learning and fulfillment of Mitzvot. May your eyes gaze toward truth. May your mouth speak wisdom and your heart meditate with awe. Your hands should be busy with Mitzvot. Your feet should run to do the will of your Father in heaven. May you be given sons and daughters righteous men and righteous women, who will engage themselves with Torah and Mitzvot all their days. May your source (of posterity) be blessed. May He arrange your livelihood in a permissible fashion, with contentment and abundance from His generous hand, and not through the gifts of flesh and blood; a livelihood (that through it) you will be free to serve G-d. You should be written and sealed for a good and long life with all the righteous of Israel. Amen"

Symbolic foods for Rosh Hashana: have the food prepared in advance

Apple dipped in honey:

May it be the will before You, Hashem our G-d, and the G-d of our forefathers, that You renew for us a year that is good and sweet.

Fish (head) candy:

May it be the will before You, Hashem our G-d, and the G-d of our forefathers, that we be as a head and not as a tail.

Pomegranate:

May it be the will before You, Hashem our G-d, and the G-d of our forefathers, that we have as many merits as a pomegranate has seeds

“Adon Olam”

Adon olam, asher malach,
b'terem kol y'tzir nivra.
L'et na'asah v'cheftzo kol,
azai melech sh'mo nikra.

V'acharey kichlot hakol,
l'vado yimloch nora.
V'hu haya, v'hu hoveh,
v'hu yih'yeh b'tifara.
V'hu echad, v'eyn sheni
l'hamshil lo, l'hachbira.
B'li reishit, b'li tachlit,
v'lo ha'oz v'hamisrah.
V'hu Eli, v'chai go'ali,
v'tzur chevli b'et tzarah.
V'hu nisi umanos li,
m'nat kosi b'yom ekra.

B'yado afkid ruch
b'et ishan v'a'irah.
V'im ruch g'viyati,
Adonai li v'lo ira

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ.
בְּטֶרֶם כָּל יִצִּיר נִבְרָא
לֵיעַת נַעֲשֶׂה בְּחֶפְצוֹ כָּל. אֲזַי
מָלַךְ שְׁמוֹ נִקְרָא
וְאַחֲרֵי כִכְלוֹת הַכֹּל. לְבָדוֹ
יְמָלֶךְ נוֹרָא
וְהוּא הָיָה וְהוּא הֵנָּה. וְהוּא
יְהִיָּה בְּתִפְאָרָה
וְהוּא אֶחָד וְאֵין שֵׁנִי
לְהַמְשִׁיל לוֹ לְהַחֲבִירָה
בְּלִי רֵאשִׁית בְּלִי תַחְלִית
וְלוֹ הֶעֱזָ וְהִמְשִׁרָה
וְהוּא אֵלֵינוּ וְחַי גּוֹאֲלֵנוּ
וְצוֹר חֲבָלֵינוּ בְּעֵת צָרָה
וְהוּא נָסִי וּמְנוֹס לִי. מְנַת
כּוֹסֵי בַּיּוֹם אֶקְרָא
בְּיָדוֹ אֶפְקִיד רוּחִי. בְּעֵת
אִישָׁן וְאַעִּירָה
וְעַם רוּחִי גּוֹיָתִי. ה' לִי וְלֹא
אִירָא