



Celebrating September

Labor Day
September 6

Rosh Hashanah
September 8-10

Cemetery Visiting Day
September 12

Yom Kippur
September 17-18

Succot
September 22-29

**Shemini Atzeret
Yizkor**
September 30

Simchat Torah
October 1

Rosh Hashanah



Rosh Hashanah occurs on the first and second days of Tishri. In Hebrew, Rosh Hashanah means, literally, "head of the year" or "first of the year." Rosh Hashanah is commonly known as the Jewish New Year. This is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year. More on this concept at Days of Awe.

The name "Rosh Hashanah" is not used in the Bible to discuss this holiday. The Bible refers to the holiday as Yom Ha-Zikaron (the day of remembrance) or Yom Teruah (the day of the sounding of the shofar). The holiday is instituted in Leviticus 23:24-25. The shofar is a ram's horn which is blown somewhat like a trumpet. One of the most important observances of this holiday is hearing the sounding of the shofar in the synagogue. A total of 100 notes are sounded each day. There are four different types of shofar notes: tekiah, a 3 second sustained note; shevarim, three 1-second notes rising in tone, teruah, a series of short, staccato notes extending over a period of about 3 seconds; and tekiah gedolah. The Bible gives no specific reason for this practice. One that has been suggested is that the shofar's sound is a call to repentance. The shofar is not blown if the holiday falls on Shabbat.

No work is permitted on Rosh Hashanah. Much of the day is spent in synagogue, where the regular daily liturgy is somewhat expanded. In fact, there is a special prayerbook called the machzor used for Rosh Hashanah and Yom Kippur because of the extensive liturgical changes for these holidays.

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Rosh Hashanah

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A popular observance during this holiday is eating apples dipped in honey, a symbol of our wish for a sweet new year. We also dip bread in honey (instead of the usual practice of sprinkling salt on it) at this time of year for the same reason.

Another popular practice of the holiday is Tashlikh ("casting off"). We walk to flowing water, such as a creek or river, on the afternoon of the first day and empty our pockets into the river, symbolically casting off our sins. Small pieces of bread are commonly put in the pocket to cast off. This practice is not discussed in the Bible, but is a long-standing custom. Tashlikh is normally observed on the afternoon of the first day, before afternoon services. When the first day occurs on Shabbat, many synagogues observe Tashlikh on Sunday afternoon, to avoid carrying (the bread) on Shabbat.

Religious services for the holiday focus on the concept of G-d's sovereignty.

The common greeting at this time is L'shanah tovah ("for a good year"). This is a shortening of "L'shanah tovah tikatev v'taihatem" (or to women, "L'shanah tovah tikatevi v'taihatemi"), which means "May you be inscribed and sealed for a good year."

You may notice that the Bible speaks of Rosh Hashanah as occurring on the first day of the seventh month. The first month of the Jewish calendar is Nissan, occurring in March and April. Why, then, does the Jewish "new year" occur in Tishri, the seventh month?

Judaism has several different "new years," a concept which may seem strange at first, but think of it this way: the American "new year" starts in January, but the new "school year" starts in September, and many businesses have "fiscal years" that start at various times of the year. In Judaism, Nissan 1 is the new year for the purpose of counting the reign of kings and months on the calendar, Elul 1 (in August) is the new year for the tithing of animals, Shevat 15 (in February) is the new year for trees (determining when first fruits can be eaten, etc.), and Tishri 1 (Rosh Hashanah) is the new year for years (when we increase the year number. Sabbatical and Jubilee years begin at this time).



**Wishing all Residents
A Happy Rosh Hashanah**

YOM KIPPUR



Yom Kippur is probably the most important holiday of the Jewish year. Many who do not observe any other Jewish custom will refrain from work, fast and/or attend synagogue services on this day. Yom Kippur occurs on the 10th day of Tishri.

The name "Yom Kippur" means "Day of Atonement." It is a day set aside to atone for the sins of the past year. This day is, essentially, a last chance to demonstrate your repentance and make amends.

Yom Kippur atones only for sins between man and G-d, not for sins against another person. To atone for sins against another person, you must first seek reconciliation with that person, righting the wrongs you committed against them if possible. That must all be done before Yom Kippur.

Yom Kippur is a complete Sabbath; no work can be performed on that day. Participants are supposed to refrain from eating and drinking (even water) on Yom Kippur. It is a complete, 25-hour fast beginning before sunset on the evening before Yom Kippur and ending after nightfall on the day of Yom Kippur. These restrictions can be lifted where a threat to life or health is involved. Children under the age of nine and women in childbirth (from the time labor begins until three days after birth) are not permitted to fast. Older children and women from the third to the seventh day after childbirth are permitted to fast, but are permitted to break the fast if they feel the need to do so. People with other illnesses should consult a physician and a rabbi for advice.

Most of the holiday is spent in the synagogue, in prayer. In Orthodox synagogues, services begin early in the morning and continue until about 3 PM. People then usually go home for an afternoon nap and return around 5 or 6 PM for the afternoon and evening services, which continue until nightfall. The services end at nightfall, with the blowing of the tekiah gedolah, a long blast on the shofar.

It is customary to wear white on the holiday, which symbolizes purity and calls to mind the promise that our sins shall be made as white as snow. Some people wear a kittel, the white robe.

SUKKOT



Sukkot, a Hebrew word meaning "booths" or "huts", refers to the Jewish festival of giving thanks for the fall harvest, as well as the commemoration of the forty years of Jewish wandering in the desert after Sinai. Sukkot is celebrated five days after Yom Kippur on the 15th of Tishrei, and is marked by several distinct traditions. One tradition, which takes the commandment to "dwell in booths" literally, is to build a sukkah which means "covering" or "shelter." These huts are constructed as temporary shelters. The roof is covered with foliage, which is spaced to let in the light. Fruits and vegetables, including apples, grapes, corn, and pomegranates, are hung inside the hut. The families eat their meals in the huts under the evening sky. In Israel, where it does not usually rain during this season, families observe Sukkot by eating and sleeping in the sukkah for seven days.

SHEMINI ATZERET & SIMCHAT TORAH

Shemini Atzeret is the final day of festivities at the end of Sukkot. It is followed by Simchat Torah, the holiday that marks the conclusion of the annual reading of the Torah and its beginning again--amid dancing, song, and celebration.

Plaza September High Holiday Schedule:

Thursday, September 9, 2010, 9:00 am
Rosh Hashanah Services

Friday, September 10, 2010, 9:00 am
Rosh Hashanah Services

Saturday, September 11, 2010, 9:00 am
Shabbat Services

Friday, September 17, 2010, 6:00 pm
Erev Yom Kippur Kol Nidre Service

Saturday, September 18, 2010, 9:00 am
Yom Kippur Service

Note: All services will be led by Mr. Aaron Liebman

DOROT

University Without Walls
To Your Health Series

Brings learning, laughter, friendship and support for seniors in their own home using the telephone.

Check out the website at www.doratusa.org

Or call Fran Rod, M.A. at 973- 763- 1511
Coordinator, Caregivers' Connections/To Your Health Outreach Coordinator, University Without Walls/To Your Health DOROT, Inc.

JVS Creative Maturity Expo

Sunday November 21
Aidekman Family Campus
Whippany, NJ

Invite your family members to attend this event!
More Information will come at a later date.

JCHC WEBSITE

Don't forget to check out the JCHC website for the latest JCHC news and information. The website can be found at www.jchcorp.org

Mixed-up Rosh Hashanah

Unscramble the letters to reveal a word associated with Rosh Hashanah.

1. IRHSTI _____
2. NEHTVES _____
3. FOSRAH _____
4. LMENSO _____
5. YDAS FO WEA _____
6. SYREPRA _____
7. TESESNSEW _____
8. TERS _____
9. NAAHS VOAT _____
10. GEMTUJDN _____
11. MEMRBNACEER _____
12. LDAHOIY _____
13. WESHIJ _____
14. PELPSA _____
15. CHLITSHA _____
16. DEAH FO HET ERAY _____
17. NYEHO _____
18. LAHCLAH _____

Answers: 1. TISHRI 2. SEVENTH 3. SHOFAR 4. SOLEMN 5. DAYS OF AWE 6. PRAYERS 7. SWEETNESS 8. REST
9. SHANA TOVA 10. JUDGMENT 11. REMEMBRANCE 12. HOLIDAY 13. JEWISH 14. APPLES 15. TASHLICH
16. HEAD OF THE YEAR 17. HONEY 18. CHALLAH

September 2010 Plaza

Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:45 Trader Joes in Florham Park	2 TBA: Boardwalk in Belmar 1:00 Word Games 7:30 PM TENANT BOARD MEETING	3 9:00 SHOPRITE 10:00 SHOPRITE BANKS & POST OFFICE, PHARMACY 1:00 ONEG SHABBAT 7:30 SHABBAT WITH RABBI ZOREF	4 9:00 AM SHABBAT SERVICE 11:00 AM KIDDUSH 7:00 MOVIE
5 11:00 BRUNCH 2:00 MOVIE	6 Labor Day Office & Dining Room Closed	7 11:00 EXERCISE 2:00 PM CURRENT EVENTS 6:30 PM LIBRARY	8 Erev Rosh Hashanah 6:57 Office Closes 1:00pm 9:00 SHOPRITE 10:00 SHOPRITE Dining Room Open	9 Rosh Hashanah Day 1 Office Closed Services 9:00 am Dining Room Open	10 Rosh Hashanah Day 2 Office Closed Services 9:00 am Dining Room Open	11 9:00 AM SHABBAT SERVICE 11:00 AM KIDDUSH 7:00 MOVIE
12 TBA: Cemetery Visit 11:00 BRUNCH 2:00 MOVIE	13 10:00 Blue Star Shopping Center 10:15 TOWN BUS 11:00 TAI CHI 7:45 BINGO	14 11:00 EXERCISE 2:00 PM CURRENT EVENTS 6:30 PM LIBRARY	15 Walmart & Rt 22 Shopping 1:00 Joe Ruffalo Vision Program	16 10:45 Livingston & Shorthills Mall 1:00 My Favorite Things	17 Erev Yom Kippur 6:42 9:00 SHOPRITE 10:00 SHOPRITE BANKS & POST OFFICE, PHARMACY Office Closes 1:00pm Early Dinner Kole Nidre 6:00 pm	18 Yom Kippur 9:00 AM SERVICE Fast Ends 7:51 pm
19 11:00 BRUNCH 2:00 MOVIE	20 10:00 Burlington Coat Factory Lunch at Pancake House 10:15 TOWN BUS 11:00 TAI CHI 7:45 BINGO	21 11:00 EXERCISE 2:00 PM CURRENT EVENTS 6:30 PM LIBRARY	22 Fall Begins Erev Succot 6:34 9:00 SHOPRITE 10:00 SHOPRITE	23 Succot Day 1 Office Closed Dining Room Open	24 Succot Day 2 Office Closed Dining Room Open	25 Succot 9:00 AM SHABBAT SERVICE 11:00 AM KIDDUSH 11:45 AM 2nd Shabbat Service 7:00 MOVIE
26 Succot 11:00 BRUNCH 2:00 MOVIE	27 Succot 10:15 TOWN BUS 10:45 Rt 10 Shopping, Farmers Market & Lunch at Irvings 11:00 TAI CHI 7:45 BINGO	28 Succot 11:00 EXERCISE 2:00 PM CURRENT EVENTS 6:30 PM LIBRARY	29 Hoshana Rabba Candles Lit at 6:22 9:00 SHOPRITE 10:00 SHOPRITE	30 Shemini Atzeret Office Closed Services 9:00 am Yizkor 10:00 am Dining Room Open	OCTOBER 1 Simchat Torah Office Closed Service 9:00 am Dining Room Open	