

EAT HONEY & BE HUNGRY

*A Relatively Short & Unusually Accessible
Guide to Rosh Hashannah and Yom Kippur*

Brought to you by the

**JEWISH RENAISSANCE
PR★JECT**

DEAR PEOPLE OF THE TRIBE:

Welcome to JRP's new guide to Rosh Hashanah and Yom Kippur!

We know you're super busy with classes and life, so we went ahead and pulled together a few sources and ideas to help you navigate this big season in the Jewish calendar. We'll try and keep it relatively short but unusually accessible. In the spirit of the holidays, we hope this guide will provoke you to:

Reflect on life. What type of person do you aspire to be? What type of life do you want to be living?

Make amends. Say, "I'm sorry" to everyone who needs to hear it from you and try to forgive those who may have done you wrong.

Recharge Spiritually. Fill-up on gratitude and courage and try to connect with *something bigger than yourself*.

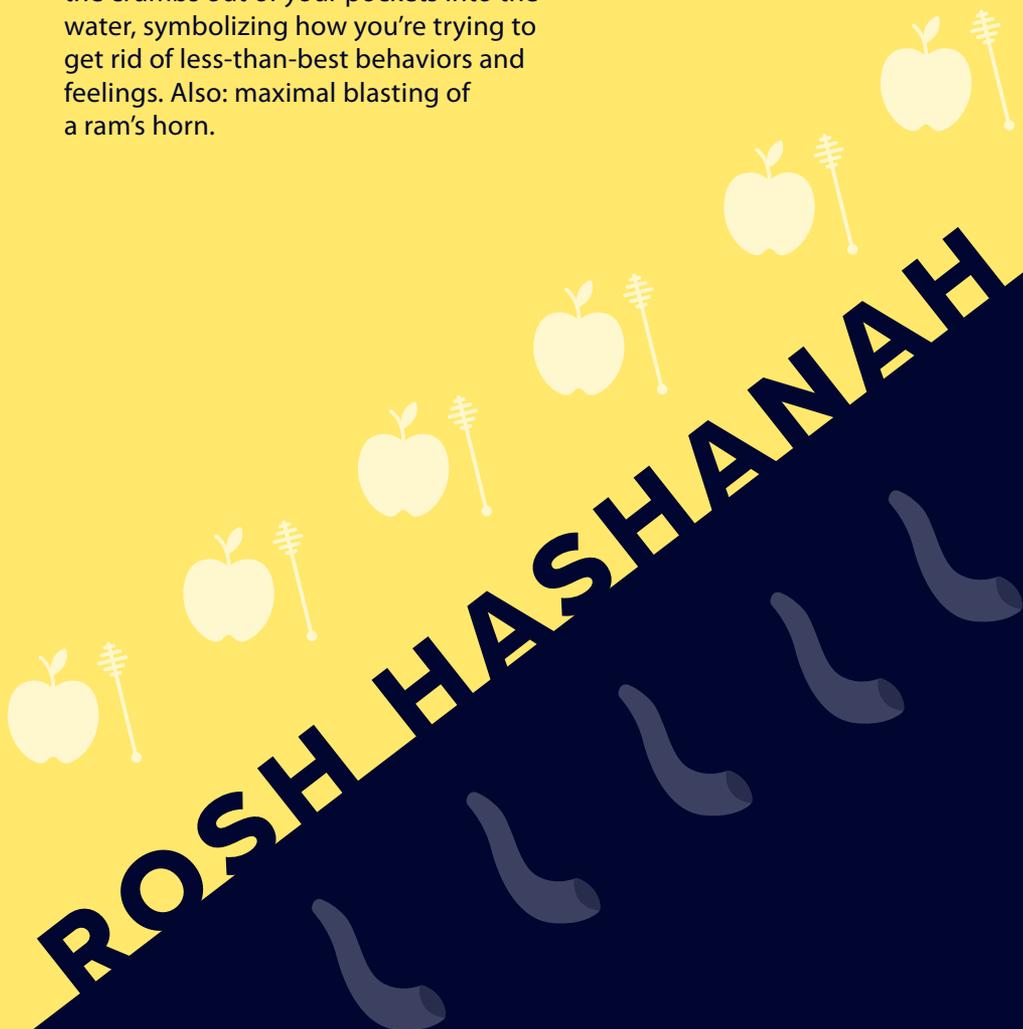
Want to host your own holiday meal? Need a High Holiday concierge? Send us an email and say hello: hello@jrp.com

*Here's to a good and sweet New Year!
Shannah Tovah u'Metukah!*

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OK, WHAT ARE WE DEALING WITH?

Jewish New Year. You're looking at a two day festival with time for personal reflection but mostly you're eating really huge meals (think brisket and cake) gathering with friends, and just feeling good. The optimal state of consciousness is something like, "Life is such an awesome blessing, thank you for all these wonderful people and this amazing world". At some point you head down to a river and empty the crumbs out of your pockets into the water, symbolizing how you're trying to get rid of less-than-best behaviors and feelings. Also: maximal blasting of a ram's horn.





YOM KIPPUR

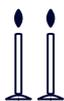
AND TEN DAYS
LATER, IT'S



The Day of Atonement. 25 hours of intense personal reflection and making amends. No food or drink. No leather shoes. No sex. No work. You dress in white (think angels, but also how they dress the dead) and you take a really deep journey into the most private recesses of who you are. You confront stuff that you've been keeping hidden even from yourself. By this point, you should have already made up with the folks in your life who needed to hear an apology from you. On Yom Kippur you're seeking forgiveness from your own self, and, if you can go there, seeking forgiveness from Hashem (= God). End the fast surrounded by your best friends and a large numbers of bagels. Maybe make a lechayim or two, toasting to well being, love, and the possibility of renewal.

BRINGING IT HOME

Rosh Hashanah: A spiritual giant and gastronomic heavy weight. It's safest when done around a big table with lots of drinks and good fare. Now, there's a couple of levels to the rituals of a Rosh Hashannah meal, but basically, it's not really that complicated. All you gotta do is:



Light **candles**
(*lehadlik ner*)



Drink sweet **wine**
(*lechayim*)



Eat round **challah** (Jewish brioche) dipped in honey (*hamotzi*)

BUT WHY NOT TAKE IT TO THE NEXT LEVEL?



Dip a slice of **apple** in honey and eat it.
Say: May we be blessed with a good and sweet year.



Slice open a **pomegranate**, pick out a handful of seeds and munch 'em. Say: May our merits increase like the uncountable number of seeds in a pomegranate.



Place the head of a **fish** on your table.
Say: May we be blessed to be as the head, and not as the tail.



Ingredients

- ✓ 1 pound medium noodles or fine noodles
- ✓ 6 eggs
- ✓ ½ cup sugar
- ✓ ½ melted margarine [or butter]
- ✓ 1 tsp salt
- ✓ ½ cup raisins
- ✓ 1 tsp cinnamon
- ✓ Can of crushed pineapple
- ✓ 6 apples grated

For Topping

1 cup breadcrumbs or Honey Bunch Of Oats
½ stick margarine [or butter] to mix together for topping

If you say one blessing, make it the Shehecheyanu. Part ecstatic shout of joy. Part earnest expression of gratitude. You can't go wrong with this one:

ברוך אתה יהוה אלהינו מלך העולם שהחיינו וקימנו והגיענו לזמן הזה:

*Barukh atah Adonai, Eloheinu
melekh ha'olam, shehecheyanu,
ve'kiyamanu, ve'higiyanu la'zman ha'zeh.*

Blessed are you, Adonai, our God,
King of the Universe, who gives us life,
and sustains us, and enables us
to reach this moment.



(WEIRD, WE KNOW. BUT WHAT ARE YA
GIONNA DO? TRADITION.)

Bubbie's **APPLE KUGEL**

Instructions

- 1** Boil Noodles 'til just tender
- 2** Mix all ingredients
- 3** Put 1/2 in greased lasagna or kugel pan Pyrex
- 4** Add grated apples on top of noodles
- 5** Top with rest of mixture
- 6** Bake 1/2 hour at 350
- 7** Take out and add topping
- 8** Put apple slices in artistic manner on top
- 9** Bake another 1/2 'til golden

Nothing says "Life ain't so bad anyways" than a hefty slice of Eastern European kugel. Sometimes sweet, other times savory, you're bound to impress your Rosh Hashannah date if you put a kugel on the card table. Here's a rendition of the celebrated pudding from the kitchen of Phyllis Weinstock, bubbie to *Alix Steerman* (C'19).

SPIRITUAL ALARM CLOCK: THE SHOFAR

It's during this season that the shofar (magic saxophone crafted from ram horn) is taken from its case to be played in the streets and synagogues of the world. Its animal-like sound calls us to awaken and to take a good, hard look at ourselves, to examine our deeds, look well into our souls, and to mend our ways for the coming year.

The shofar has three distinct notes:

TEKIAH

A cry intended to disturb the peace, calling us to open our eyes to see those around us who are victims of human injustice.

TERUAH

A pensive and sad wail which echoes the moans of the world, the pain that surrounds us and is also within us.

SHEVARIM

A series of screams that summon us to do battle. "Charge!" calls the shofar. "Go out confront the challenges. Go out and transform your world."

The shofar blasts always end with one long note (*Tekiah Gedolah*), the symbol of liberation and peace. It sends us a message of hope. This year, when you hear the sound of the shofar, try to hear it in a different way. Let it take you beyond the simple level of its music and let it speak to you. What is it telling you this year?



THE SCIENCE *of* SAYING YOU'RE #SORRY

In the vocabulary of Rosh Hashannah and Yom Kippur, perhaps no word is more significant than this one: *Teshuva*. Often translated as “repentance”, *Teshuva* really means to return, or to answer. *Teshuva* is the act (or process) whereby we leave behind patterns of less-than-best behavior and return to a life guided by our highest aspirations. *Teshuva* is when we answer the inner voice that is calling out to us to become better, more balanced, essentially good people.

On a practical level, doing *Teshuva* has come to mean seeking forgiveness from those who you may have (intentionally or not) harmed, and granting it to those who may have (intentionally or not) harmed you. Here are some important one-liners from the master of *Teshuva* himself, the great medieval philosopher, Maimonides:

Even if a person only upset his friend by saying stuff about him, he must seek his forgiveness (and do so over and over again) until he forgives him.

It is forbidden for a person to be hardhearted and refuse to grant forgiveness. People should be easily pacified, but hard to anger.

When the person who wronged another asks for forgiveness, his friend should forgive him with a complete heart and a willing spirit. Even if he aggravated and wronged him severely, he should not seek revenge or bear a grudge.

“You know, your life should never be at a point, if possible, where you see somebody who you were friends with out in the world and you avert your face and hope that you don’t see them...that you don’t want to deal. I mean, life’s too fucking short to have that shit out in the world, when sometimes you know all it takes is just to sit down and face the fire, you know: What’s up? What is up? Where we at? How can we make this right?” — Marc Maron, WTF Podcast

SHOULD I GO TO SERVICE

Insanely long (Time to reflect on life) • I'll have no idea what's going on (The shofar

cool anymore) • I will have to face difficult questions (Possibility of greater wellbeing and balance) •

FASTING 101: YOM KIPPUR STYLE



Elevate



Hydrate

Morning of the fast, start drinking water like a fish. Some people give up coffee and alcohol a week prior to Yom Kippur...but let's be honest: that's not happening. Eat hearty, but not-too-salty foods in the hours before the fast. Frankly, you want to be heading into the fast with demonstrably clear peepee.

are boring (Check out Rabbi Josh's services) • It's not cool (Being cool is not that

ES A Cost/Benefit Analysis



r does not blast in Hebrew) • I won't know anyone (I'll be surrounded by hundreds

Each of us has arrived here on this earth with a particular, unique contribution to make. In the Jewish imagination, we say that every one of us has a particular tikkun to offer: a particular act of healing and repair that we will bring the world. On Yom Kippur, we are all tasked with cleansing ourselves, and as best we can, articulating exactly what that tikkun is going to be. You have permission to skip class.



Contemplate

Use the day of Yom Kippur to actively think about all that's going on in your life. Don't spend the entire day watching Netflix in bed. (You can do that for an hour or two in the afternoon). Get together with a friend and talk through what's going on in your mind. Find a quiet spot in the grass for a little lifescan action. Are you living up to all the expectations you have for yourself? What changes need to be made?

of other Jews who also might not know anyone) • I'm not that religious (Try being spiritual) • I have class all day

a (Extremely valid reason to skip class) • I won't be fasting (Nobody will care) • Services

21 NEW YEAR'S RESOLUTIONS FOR THE

(AND EVERYONE ELSE, TOO!)

- 1** Speak to the homeless.
- 2** Social media fasts every Friday night through Saturday early evening.
- 3** Simple gratitude mantra recited every morning – whether you mean it or not.
- 4** Keep a small running list of friends who need to be “thought of” and think about them (even briefly) each day.
- 5** Always greet passersby with a bright countenance and, if appropriate, greetings.
- 6** Presume that most changes that’ll take place in your life will come about almost entirely by serendipitous or mysterious means and only very partially as a result of your will or intentionality.
- 7** Abandon spiritual teachers who suggest they have the answers. Seek spiritual teachers who ask the best questions.
- 8** Resist popular temptations to wear dark sunglasses inside.
- 9** Don’t sleep with a phone close to your bed.
- 10** It’s OK not to be a “God person” but then you must have another spiritual mechanism that reminds you, “You’re not the center of this universe – It’s not all about you.”

CLASS OF 2021

- 11** If a beggar walks into Starbucks and folks are ignoring him or her, calmly greet this person and without any fanfare buy them a cup of coffee.
- 12** In moments of despair: retreat, forgive, and refocus.
- 13** Try and learn the personal story of one new individual every day.
- 14** As you walk through the streets on your way to wherever, keep in mind that you might be called upon at any moment to intervene on behalf of another person's wellbeing and safety.
- 15** Recite 100 expressions of gratitude and wonder each day.
- 16** Elitism is not an aspiration.
- 17** Living a happy life is not the goal. Living a meaningful life is the goal. And often the pursuit of meaning is very difficult.
- 18** When trying to attend to the question, "How good do I really need to be?" have the chutzpah to insist, "Really fucking good".
- 19** Be known for zealously seeking to understand what's going on inside people before judging them.
- 20** Don't own too many shoes.
- 21** Smile often.



JEWISH RENAISSANCE PR★JECT

JRP is a startup for students looking to redesign the possibilities of Jewish life on and off campus.



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