

Upcoming Events

Happiness & Humor Group

Friday, September 1, 11:30 am

Light refreshments will be served.

Contact Dr. Susan Mathieu, Senior Adult Coordinator, at x1721.

Zena & Pauline Gatov Gallery

September 7-October 20

The Art of Deanna Alevy

Conversational Hebrew

Sept. 5, 12, 19, 26, Oct. 3, 17

This class focuses on both reading and basic conversational skills. Knowledge of Aleph-Bet needed for this class. Taught by Shlomit Jackson **\$36**

Honey & Apple Tasting

Tuesday, September 12, noon

Meet Shlomit Jackson, our Director of Jewish Life and Culture, at Lazy Acres, 2080 N. Bellflower Blvd, LB, for a tasting of different varieties of apples, and also kosher honey, to get ready for Rosh Hashanah.

Senior Outreach

Tuesday, September 19

Volunteers pack and deliver holiday baskets to skilled nursing facilities and homebound seniors. Contact Dr. Susan Mathieu, Senior Adult Coordinator, at x1721.

Rosh Hashanah Holiday Table

Wednesday, September 20, 9am

Join us in the AJCC Promenade for apples and honey, which signify our wish for a sweet new year. Shanah Tovah!

Senior Rosh Hashanah Luncheon

Wednesday, September 20, noon

The lunch is underwritten by the Teddy & Sam Roska Fund. Free

Rosh Hashanah — AJCC Closed

Thursday, September 21

92Y Broadcast

Thursday, September 28, 7pm

As part of a series of prerecorded broadcasts from New York City's 92nd St. Y. *Lasting Effects: How the Six Day War Transformed the Middle East*. Free



High Holiday Pocket Guide

שנה טובה ומתוקה

Shana Tovah U'Metukah
A good and sweet new year to all!

**The AJCC will be closed
Thursday, September 21,
for Rosh Hashanah, and
Saturday, September 30,
for Yom Kippur.**

The Jewish High Holidays, also called the Days of Awe or the 10 Days of Repentance, refer to the 10-day period which begins on Rosh Hashanah (Jewish New Year) and ends on Yom Kippur (Day of Atonement.)

These solemn days are a time to reflect on the past year and ask for forgiveness and for a good year to come.

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 **Alpert Jewish
Community Center**
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Rosh Hashanah

What is Rosh Hashanah?

Rosh Hashanah (literally “head of the year”) is the celebration of the Jewish New Year.

When is Rosh Hashanah?

Rosh Hashanah is observed on the first day of the Hebrew month of Tishrei. This year will mark the Jewish Year 5778.

How do I say it?

ROSH hah SHA nah

How is it celebrated?

Special customs include:

- Attend synagogue
- Hear the shofar
- Send and receive greeting cards
- Eat round challah
- Dip apples in honey for a sweet new year
- Symbolically cast away sins by throwing breadcrumbs into a body of water

What is the holiday greeting?

Shanah Tovah (Shă NĀH tōh VĀH):

May you have a good year

Dictionary:

Shofar: An ancient musical instrument crafted from a ram’s horn. Hearing the sound of the shofar is one of the highlights of Rosh Hashanah.

Challah: An egg bread eaten on the Sabbath and other festive times. It can be shaped into a long braid or into a round shape symbolizing the cycle of life.



Yom Kippur

What is Yom Kippur?

Yom Kippur is the Jewish “Day of Atonement” and refers to the annual observance of fasting, prayer and repentance. This solemn day is a time to reflect on the past year, ask for forgiveness and for a good year to come.

When is Yom Kippur?

This year, Yom Kippur is celebrated from sundown on Friday, September 29 until sundown on Saturday, September 30.

How do I say it?

YOHM key Poor

How is it celebrated?

- Fast from food and drink for the entire 25 hours of the holiday
- Refrain from certain activities
- Pray/Ask for forgiveness
- Hear the shofar

What are the holiday greetings?

Tzohm Kal (Tsōm Kāl): May you have an easy fast.

G'mar Chatima Tova

(Gěh MAR khăh tee MĀH tōh VĀH):

May you be inscribed for a good life.

Dictionary:

Atonement: Acknowledging personal misdeeds (and falling short of one’s potential) then asking those we’ve wronged for forgiveness.

Repentance: Once our misdeeds are recognized, we commit to do better in the future.