



Listening

The only commandment that is unique to Rosh Hashanah is listening to the sound of the shofar. We connect to one another by listening and sharing – but did you know that 85% of what we learn comes from our listening?

If you could receive from God the gift of listening to anything, what would you like to listen to?

Shofar - שופרות



Days of Awe

The 10 days between Rosh Hashanah and Yom Kippur are called the Days of Awe.

God is always there for us, but during this time, God especially invites us to build and grow our relationship with Him. It's like a king leaving his palace so that anyone can walk up to him and be close.

If you had the choice, would you rather approach God or have God approach you?

Majesty – מלכויות



Light in the Darkness

In the Hebrew calendar, each new month begins with a new moon, when the sky is dark and a sliver of light appears. Rosh Hashanah is celebrated on the new moon of the month of *Tishrei*. Each new day in the Hebrew calendar begins at nightfall, in darkness. Jewish tradition reminds us to look for light in moments that feel dark.

What is a dark moment or challenge that you've had, which you now can see also included light or a blessing?

Renewal – התחדשות



The Magic of Forgiveness

Forgiving others doesn't just help them; it helps us, too. When we let go of old hurts, we make room in our hearts for fresh feelings of hope and strength. When you forgive someone, you free yourself of the hurt you feel toward them.

There might be times when we will want to explain why we won't yet accept an apology. But relationships and our life will magically benefit when we accept peace offerings, even when it's hard to forgive someone who hurt us.

Would you rather someone forgave you or someone asked you for forgiveness?

Forgiveness – מחילה





You Are a Star!

On Rosh Hashanah we eat an apple dipped in honey, with a wish for a sweet new year. Why an apple?

If you cut an apple widthwise (against the core) you get to see a star inside the apple. When you have apples in honey, it can remind you that you are a star. God makes each person a star!

What helps you remember you are a star? Who helps you remember? Whom do you help remember that they're a star, too? How?



Being Remembered – זיכרון



Wake Up and Rest

The High Holidays are a wake-up call – but the Creation story, when God rested on Shabbat, tells us that rest is important for life and creativity! The Hebrew words for “year” (*shanah*) and “sleep” (*sheinah*) are connected (they have the same root). It can be surprising to learn that good sleep can help people think and feel well.

When has a good night's sleep been helpful to you? What steps can you take to get good sleep more regularly?



Rosh Hashanah – ראש השנה



Who You Become

A car's windshield shows you where you're going, and a car's rearview mirror shows you where you're coming from. It's not a coincidence that the windshield is big and the rearview mirror is small. It's important to remember our past mistakes – but only in order to learn from them, because who we were is not nearly as important as who we're going to become.

Do you think it's more important to journal about your past or to journal about what kind of person you want to be?



Freedom to Redirect Ourselves – תשובה



The Power of Bees

It takes about 800 bees a lifetime of work to make one pound of honey – with each bee producing only 1/12 of a teaspoon of honey in its lifetime. All the bees' hard work leads to supermarket shelves stocked with jars and jars of honey. When we work as a team and help each other, our power is magnified many times over.

Would you rather achieve a little on your own or a great deal by working together with others?



Honey – דבש



A Direct Line to God

Imagine that there is a giant pit in the middle of the park, and your basketball keeps falling into it. To get the pit filled in, you call the president. He picks up on the first ring, listens to your complaint, and fixes it...because you're the president's child! We are God's children, and prayer is our direct line to God.

Would you rather God gave you everything you wanted, or only some things so that you would need to put in effort and pray for the rest?

**Clarifying & Expressing
Our Yearning – תפילה**



Share Your Light

Can we afford to give others time, money, clothes, toys, food, and other things that are important to us? It has been proven scientifically that givers are happier and more successful people. Just as a candle can light other candles without losing any of its own light, we can share our light – our possessions, our time, and our energy – and shine even brighter!

When did you or someone you know give something to others instead of personally using it or saving it in case they'd need it at another time?

Just Generosity – צדקה



INSTRUCTIONS

Family Cards for the High Holidays

By Dr. Ronit Ziv-Kreger, Momentum's Director of Education and Leadership, with Rosy Hollander

SUGGESTIONS FOR USE

Printing Instructions:

- The cards are formatted for printing at home.
- They can be printed on regular or thicker paper.
- Print the pages and cut out each card on the lines.
- There are 40 cards for adults (ages 17+), 10 for teens (ages 11-16), 40 for kids (ages 7-10), and 20 for young ones (ages 4-6).

How to Use the Teen Cards

Top 10

Can these cards inspire a family playlist? You bet. No matter when you break out the cards, we challenge you to pick a song inspired by each one and create your very own 10-track Ultimate High Holiday Playlist. Need some inspo? Try "Live Your Story" by Auli'i Cravalho, "Who Am I" by Casting Crowns, "Dip Your Apple" by Fountainheads, "I forgive You" by Kelly Clarkson, or "Tupelo Honey" by Van Morrison.

If you can't stop, take an extra challenge, and make a playlist for the kid cards, a 20-track or even a 40-track. Send the playlist back to Momentum and we'll

combine them and offer them next year far and wide. Send to ErinR@MomentumUnlimited.org.

Questions to Ponder

Each card has a teaching connected to the High Holidays. Following the teaching, there's one or more questions for reflection and conversation. Many questions are structured using the "would you rather" format. This is meant to encourage discussion and debate between two different perspectives, and the benefits of each.

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