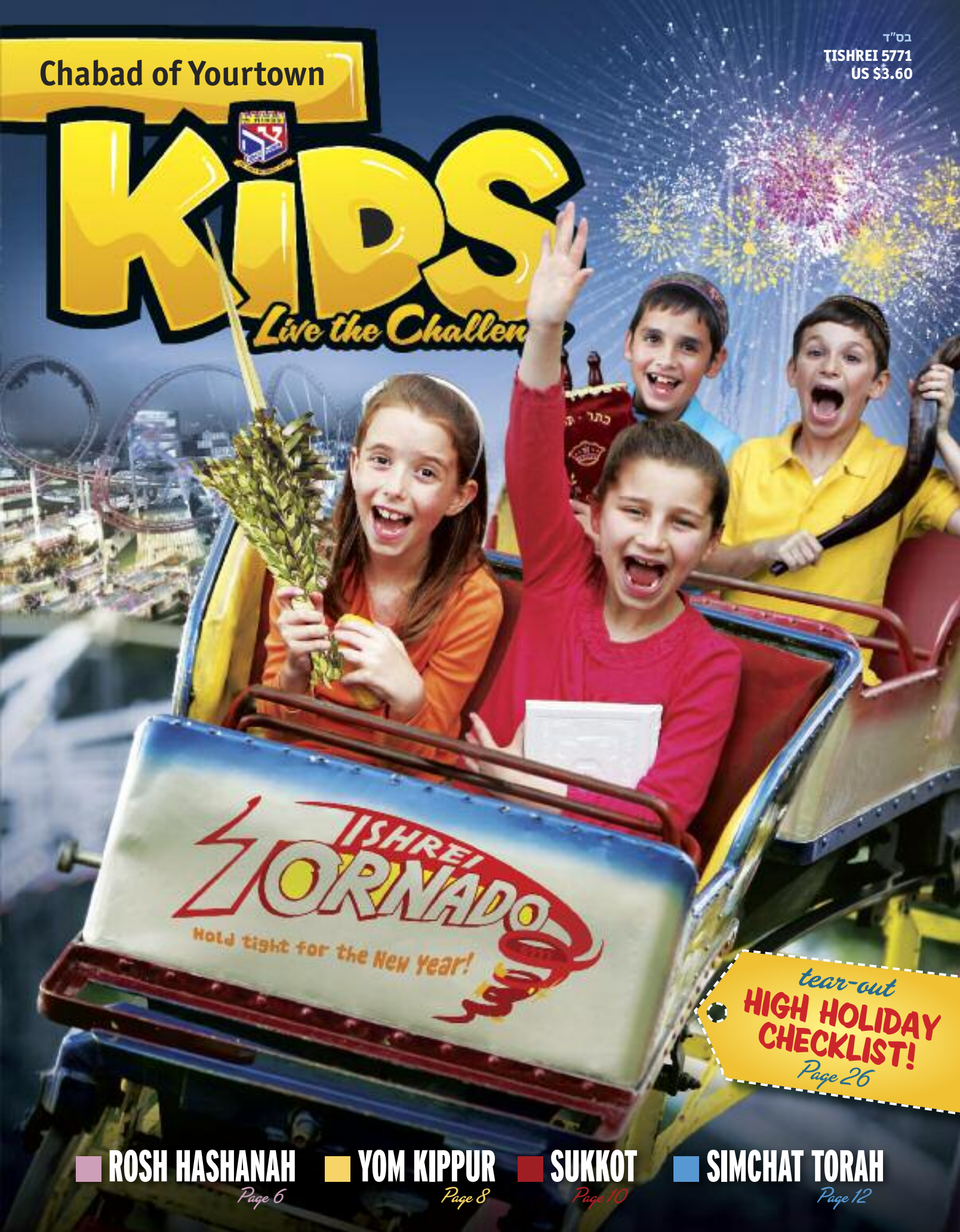


Chabad of Yourtown

בס"ד
TISHREI 5771
US \$3.60

KIDS

Live the Challenge



tear-out
**HIGH HOLIDAY
CHECKLIST!**
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"Everyone should picture the entire world as equally balanced between good and evil, and realize that through his good deeds he can tip the balance of the world to good and bring rescue and deliverance."

—The Rebbe



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Because He Cares!

20. Joey

Will the real Joey please stand up?

23. Pearl in the Pot

Make your own Pom Granita!

24. Just for Fun

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28. What's Wrong...

in this Holiday scene?

HEY KIDS!

Tishrei is here with a host of festivals and festivities sure to keep you on your toes for an entire month—so hold on tight! The month-long marathon kicks off with the blasting of the Shofar on Rosh Hashanah, when we reflect on the year past and make resolutions for the upcoming year. Onto Yom Kippur, during which we fast and pray for a happy, healthy, sweet New Year. Then comes Sukkot, during which we eat in a Sukkah as a sign of our trust in G-d as the protector of the Universe. The culminating holiday is Simchat Torah, when we celebrate the completion of the annual Torah-reading cycle by dancing with the Torah scroll.

From praying to fasting and from feasting to dancing, there are so many Mitzvot that make this month super-special. Check out the pages of this magazine to find out how you can celebrate the holidays, and be sure to come to synagogue as often as you can over the holiday month together with other Jewish kids!

Don't forget to fill in the online checklist for a chance to win some awesome prizes. Wishing you a fantastic, super-sweet, healthy, happy and exciting New Year!

Go to Chabadofyourtown.org/Challenge to complete the Tishrei checklist and win some amazing prizes!

Rabbi Shimmy Weinbaum

TISHREI CALENDAR & CANDLE LIGHTING TIMES:

ROSH HASHANAH

9/8/2010
Light candles 0:00pm
9/9/2010
Shofar 00:00 pm
Light candles* after 0:00pm
9/10/2010
Shofar 00:00 pm
Light Candles* before: 0:00pm
9/11/2010
Shabbat ends: 0:00pm

YOM KIPPUR

9/17/2010
Light candles 0:00 pm
Fast begins 0:00 pm
Kol Nidrei 0:00 pm
9/18/2010
Yizkor 00:00 pm
Neilah 0:00 pm
Yom Kippur/Fast ends 0:00 pm

SUKKOT

9/22/2010
Light candles 0:00pm
9/23/2010
Light candles* after 0:00pm
9/24/2010
Light Candles* before: 0:00pm
9/25/2010
Shabbat ends 0:00pm

**SHMINI ATZERET
SIMCHAT TORAH**

9/29/2010
Light candles 0:00pm
Hakafot 0:00 pm
9/30/2010
Yizkor 00:00 am
Light candles* after 0:00 pm
Hakafot 0:00 pm
10/01/2010
Hakafot 00:00am
Light Candles* before: 0:00pm
10/02/2010
Shabbat Ends at: 0:00pm

* Light only from a pre-existing flame

COMPLETE THE HIGH
HOLIDAY CHECKLISTS AND

WIN!



ROSH HASHANAH

- Listen to Shofar blowing.
- Participate in festive holiday meal.
- Dip an apple in honey.
- Taste a new fruit, any fruit you haven't eaten in the last year.
- Perform the *Tashlich* ritual, ask your rabbi for details.

GIRLS ONLY:

- Light candles* before sunset on Sept. 8, after nightfall on Sept. 9, and before sunset on Sept. 10.

Win this Levitron™
Ion Anti-Gravity Globe!



YOM KIPPUR

- Apologize, in person, by email, phone or snail mail, to anyone you might have upset over the last year.
- Enjoy a festive holiday meal before Yom Kippur—fill up on some good nutritious food that will keep you going for as long as you fast.
- GIRLS ONLY:** Light candles* before sunset of September 17.
- Attend services. Ask your rabbi about children's services this Yom Kippur.
- Wear only non-leather shoes.
- GIRLS OVER 12 AND BOYS OVER 13:** Don't eat or drink on Yom Kippur.

Win a real **Yemenite Shofar!**

SUKKOT

- Eat in a Sukkah. If your family hasn't built one, make sure to visit the Chabad Sukkah and have a snack inside!
- Bless and shake the four kinds: *Lulav*, *Etrog*, *Hadasim* and *Aravot*, (See page 26 for details and blessings).

GIRLS ONLY:

- Light candles* before sunset on Sept. 22, after nightfall on Sept. 23 and before sunset on Sept. 24.

Win this Coleman
**SunDome®
3-Person
Tent!**

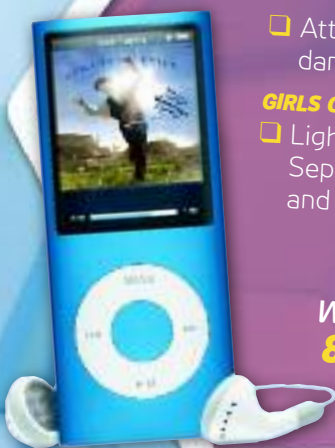


* See page 26
for blessings.

SHEMINI ATZERET & SIMCHAT TORAH

- Attend services, where you can dance and rejoice with the Torah.
- GIRLS ONLY:** Light candles* before sunset on Sept. 29, after nightfall on Sept. 30, and before sunset on October 1.

Win this Apple
8GB iPod Nano!



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This magazine contains G-d's name, please treat with respect.



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Jewish HEROES

Yonah

YONAH

A.K.A. Jonah
Period: 7th century BCE, almost 2,800 years go.
Father: Amitai
Occupation: Prophet
Famous For: Surviving in the belly of a huge fish for 3 days and 3 nights.



© 2014 Jewish Photo

Not too far away from the land of Israel, where the great prophet Yonah lived, was the capital city of Ashur (or Assyria), called Ninveh. It was a grand city, but the people were committing terrible deeds, they lied and stole from their own neighbors. G-d was extremely distraught by their actions. He decided to send Yonah to deliver a message to the people telling them that they must repent lest their city be destroyed.

Yonah wasn't too happy about this mission. He worried that the people would not believe him. Instead of traveling to Ninveh, Yonah boarded a ship bound for the far-away city of Tarshish, hoping to get off the hook.

Soon after the ship set sail, a terrible storm began to brew. The winds howled, the waves crashed against the ship, and all on board began to fear for their lives. It looked as if the ship was about to capsize. Frightened passengers thrust their belongings overboard, hoping to stabilize the ship, but to no avail.

As the storm raged, Yonah descended to the bottom of the ship and fell asleep, only to be awakened by the ship's captain who bellowed at him: "Why do you sleep? Get up! Call out to your G-d! Maybe He will have mercy on us..."

Overcome with fear, the captain and the passengers decided to draw lots in the hopes of discovering who had brought this terrible misfortune upon them. Sure enough, the lot fell on Yonah, who recognized that his attempt to run away from G-d and shirk his responsibility was the cause of this crisis.

Yonah suggested that he be thrown overboard. Not willing, at first, the crew tried with all their might to reach dry land. But the winds grew harsher and stronger and the waves became more threatening. Finally, the crew threw Yonah overboard. Immediately, the storm subsided.

The captain bellowed at him: "Why do you sleep? Get up! Call out to your G-d! Maybe He will have mercy on us..."

No sooner had Yonah landed in the sea when a large fish swallowed him whole. For three long days and nights Yonah remained in the enormous belly of the fish. As he sat inside the fish Yonah cried to G-d, praying to be saved. Moved by his cries, which came from a sincere desire to mend his ways, G-d commanded the fish to release the prophet and Yonah was coughed up onto dry land.

This time, when G-d told Yonah to travel to Nineveh and persuade the people there to repent, Yonah did not miss a beat. His trip was a success; the people of Nineveh agreed to leave their evil ways and to start anew. G-d accepted their sincere repentance.

The story of the prophet, Yonah is recorded in the Book of Yonah. Its timely and powerful message is read in synagogue every Yom Kippur – the Day of Atonement, reminding the Jewish people of the importance of repentance and of G-d's great capacity for forgiveness.

Information Age EXPLOSION!

Imagine you were born a hundred years ago, in the early 1900s. Now imagine that a stranger told you that he could answer any question in the world. Would you believe him? Of course not!

Fast-forward to 2010, when, if someone told you that he or she could answer any question you think up, you'd hardly be surprised. With search engines like Google and YAHOO! and with so many means of communication, from email to skype, these days we can find answers to even the most difficult questions. Accumulating knowledge wasn't always this easy, though.

Almost a thousand years ago, a learned and righteous Jew called Rashi lived in France (his full name was Rabbi Shlomo Yitzchaki). Rashi did not have a phone, computer or car. He didn't have any printed books but he had many handwritten scrolls- the equivalent of thousands of pages in a book. What he had was the Torah, the Talmud and a burning curiosity about the world around him.

Rashi studied the entire Torah many times over. He also analyzed every page of the 5,894-page Talmud. Then, his three daughters wrote down his famous commentary on nearly every page of the Torah and the Talmud. Rashi's immense Torah knowledge enabled him to have an extraordinary understanding of science and knowledge of history, all of which, with his fluency in many languages and the stories he heard from his teachers, he used to explain difficult passages. Today, Rashi is considered the greatest Jewish commentator ever to have lived.

Since the times of Rashi, we've accumulated knowledge and skills that have enabled us to accomplish what was once unthinkable. We've found ways to see things that were once invisible (think of the microscope and the scanner), to travel across distances that were once impossible to cross (think of airplanes and spaceships), and to accumulate information that was once inaccessible- all with the touch of a key.

One way to understand this tremendous progress is that you don't need to be a giant to see something that is very far away. Instead, you can stand on the shoulders of a giant—as we all are, on the shoulders of Rashi and generations of great people. In fact, it's not much of a stretch to say that the Sages of old paved the way for today's information age. Sure, they knew nothing of computers or texting, but by passing on their knowledge and skills, they gave us the tools to improve our world. Now, we too can pave the way for the future—for the redemption, when the Torah tells us, "The world will be filled with knowledge of G-d, just as the waters cover the sea."

Imagine an information explosion of the very best kind. The knowledge that will cover the Earth in the times of Moshiach will lead to a world of true peace, because we'll all know what really matters, and we'll all know how to do what's right!



Haim's Hollering Horns

While you'll certainly be able to hear the **Shofar** being blown at synagogue, it's always nice to have one of your very own. Try blowing on one of Haim's beautiful rams' horns and see if you can manage the three notes that will be resounding from the shofar throughout Rosh Hashanah: *Tekiah* is a long, unbroken note, *Shevarim* is a note broken into three parts and *Teruah* is a note that's broken into nine parts (in fact, Rosh Hashanah is often referred to as *Yom Teruah* or *Day of the Shofar's Call*). But you have to hold the note all the way through, think you can?

Did you know that **kosher fish** must have fins and scales (though these won't be visible on good old gefilte fish, which is made of a mixture of matzoh meal, eggs and ground kosher fish)?

Kosher fish include tuna, salmon, tilapia and sea bass, and so much more. Choose your favorite fish to begin the New Year in style. And don't forget to have a **fish head** included in your order. Get your year off to the right start by staying **aHEAD** of the game.

Ben's Bakery



Challah is a must for every holiday, but the New Year gets its own special version, a round-shaped Challah (instead of the long braided kind) to symbolize the yearly cycle that begins on Rosh Hashanah. Get your Challah with raisins, if you like, for an added dose of sweetness. And don't forget to pick up some desserts while you're here. Look out for honey cakes to infuse your New Year with all things sweet!



Rosh Hash



This is one holiday when sweet is good, and sweeter is better, so buy plenty of **honey** to go around. There'll be lots of dipping, and probably some sticky dripping but it's all for the best. Have a sweet New Year!

Pomegranates

are a hot item for this holiday, because each one sports hundreds of seeds (a total of 613, according to some, which is the number of Mitzvot in the Torah) that represent the good deeds and merits of every single Jew. Buy a few to go around, spread the goodness and enjoy this delicious fruit!

Apples are another Rosh Hashanah favorite, and they'll be dripping with sweetness, literally, when you dip them in honey this holiday.

And, don't miss Penina's **New Fruits** for the New Year stand. Choose a fruit—or two, or three—that you haven't had since last Rosh Hashanah: a star fruit, a prickly pear, dragonfruit or fresh figs and dates—whatever you like best. Rosh Hashanah is the holiday of new beginnings and what better way to celebrate than by taking a juicy bite out of a delicious new fruit? Don't forget to make the special blessing on new things, see page 26, blessing number 4).

Over at the vegetable aisle are baskets of **carrots**. Do you prefer yours baby, raw or cooked? Get whatever suits your palate, because carrots in Yiddish is *mer'n*, which also means more or multiply, and on Rosh Hashanah we resolve to increase in our good deeds for the upcoming year. Buy a whole bunch, and let those merits expand!

Rosh Hashanah Market



YOM KIPPUR



YOM KIPPUR

*Helps ensure a
Happy & Sweet
New Year!*

A Yom Kippur rich in
prayer and self-reflection
will help get you sealed
in the book of

life

May You Be Sealed in the
Book of

life

For a
**Happy, Healthy
& Sweet New Year!**



*Whole-hearted
Prayers*

Countless grams
per Yom Kippur.

*Whole-hearted
Prayers*



**CONTAINS NO FOOD OR DRINK
FOR GIRLS OVER 12 AND BOYS OVER 13**



YOM KIPPUR



INGREDIENTS:

• Pre-Yom Kippur **apologies** (includes phone calls, letters or emails to anyone you may have upset during the past year).



• Pre-fast **festive meal** (concludes before sunset on September 17).



• **Candle lighting** (for girls, before sunset of September 17).



• **White clothing** (on Yom Kippur we want to be like angels, pure and guilt-free!).



• **Non-leather** footwear (includes one pair of: canvas sneakers, crocs or non-leather shoes or sandals).



• A **machzor** or special prayer-book for the Yom Kippur **Prayers**, (includes: self-reflection, a combination of repentance, apologizing for mistakes you made in the past year; resolutions, or things you want to improve on for the New Year. May include prayers in any language, but always from the heart!).



• Blasting of **Shofar** marking the end of Yom Kippur.

Nutrition Facts For The Soul

Serving Size: One 25-hour period, from sunset of September 17 through nightfall of September 18

Amount per serving

	% Daily Value*
Repentance	100%
Prayer	100%
Charity	100%

*Percentage based on recommended yearly value.

CONTAINS NO FOOD OR DRINK

For girls over 12 and boys over 13



An Excellent Source of Positive Energy

Yom Kippur gives us an energy boost, allowing us to do many good deeds and Mitzvot during the entire year!

How would you like to spend 7 whole days in a homemade booth under the stars? Sounds like fun, but it's not always easy to leave the comforts of home and rough it up outdoors. Once a year Jewish people demonstrate their faith in G-d by moving into the Sukkah for the entire holiday of Sukkot (some people even sleep in the Sukkah!). The Sukkah reminds us of how G-d protected the Jewish people during their 40 years of wandering through the desert.



Here at my Sukkah-wall-stall we've got walls to suit your unique sense of style. Check out our wood walls, fiberglass panels and waterproof fabrics. Remember, your sukkah must have **two whole walls and a piece of a third wall**—these may be anywhere from 32 inches to 30 feet high.

You choose, I'll measure, cut and package so that you can set up your Sukkah in no time at all!



WALLS

Get coverage for your booth here!

I have all sorts of *s'chach* (raw, unfinished vegetation) for your Sukkah roof—from bamboo poles and narrow strips of lumber to evergreen branches, reeds, cornstalks and even our special ready-to-use *s'chach* mats. (Remember, branches still attached to a tree can't be used as *s'chach*!) Make sure to purchase enough *s'chach* so that you won't have large gaps in the roof—your *s'chach* should block most of the sun, although it won't protect you from the rain!

THE SUKKAH DEPOT



S'CHACH

THE SUKKAH DEPOT
ALL YOUR SUKKAH NEEDS!
THE BEST PRICES IN TOWN!
NEED HELP? JUST ASK!

DID YOU KNOW?

Each of the four kinds represents a different kind of Jew. By uniting the four kinds, shaking them together and reciting the blessing, we are making a gesture toward uniting the entire Jewish people.

Here are the characteristics of the four kinds, and what each represents:



The **ARAVAH** represents the Jew who does not know much about either Torah study or the fulfillment of the Mitzvot.



The **HADAS** has a smell but no taste, symbolizing the Jew who performs many Mitzvot but is not well-versed in Torah study.



The **LULAV** has a taste but no smell, which represents the Jew who studies Torah but does not perform Mitzvot.



The **ETROG** symbolizes the Jew who performs Mitzvot and studies Torah, which is what we all aspire to do!

When we shake these four together we combine the talents and energies of different types of Jews, showing that through unity we bring strength to the Jewish people!



Sukkah furniture for sale!

Choose from our impressive line of tables, chairs and other furniture to make your Sukkah extra inviting this year. We've also got a whole supply of safe outdoor lighting fixtures to keep your sukkah bright at night.

Sukkot is a great time for having lots of guests, so make sure you've got what it takes to make your sukkah comfortable for one and all!



TABLES
& CHAIRS

Don't forget the Four Kinds this Sukkot!

Although you won't use these to build your sukkah, the **four species are among the most important elements of the holiday.**

Choose one each from our selection of the very best *Lulavim* (date palms) and *Eetrogim* (citron), at least three *Hadasim* (myrtle branches) and two *Aravot* (willow branches).

We've also got beautiful *Eetrog* cases and kits that will help keep your four kinds in tip-top shape for the entire holiday.



THE SUKKAH DEPOT
**ETROGIM
LULAVIM
HADASIM
ARAVOT**

REMEMBER

to recite the following blessing each time you partake of a meal in a Sukkah throughout the festival:

ברוך אתה יי אלהינו
מלך העולם, אשר קדשנו
במצותיו וצונו לישב בסכה.
Baruch Atah Ado-noi Elo-hei-nu
Melech Ha-olam Asher Ki-de-sha-nu
Be-Mitz-vo-tav Ve-tzi-vanu Lei-shev
Ba-Sukkah.

Blessed are You, Lord our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to sit in the Sukkah.

*If it's your first time this year, you should also say the blessing on new things (page 26 blessing number 4).

FOUR
KINDS



What Goes Around

A GIANT LEAP for Mankind

We strike lucky this year—it's a **Jewish leap year**, which means we get an extra fun month of Adar! The Hebrew calendar runs according to the cycle of the moon, which is less than a month. In order to make up for the missing days we add a month 7 times in every 19-year cycle. This way we ensure that the Jewish holidays take place in their proper seasons (unless you live in Australia or South Africa)!

GET ON YOUR DANCING SHOES!

Each Shabbat, in synagogues around the world, the weekly Torah portion is read aloud. On **Simchat Torah**, the final portion is read, which means we've reached the end of the entire Torah scroll. We then immediately start reading from the beginning, because like all cycles, the reading of the Torah never ends, **there is always more Torah to be learned!**

Women and girls light candles after dark on **September 30, 2010** and recite the holiday blessing. Then it's time for some fancy footwork! Head to your local synagogue and dance the night away with the Torah! The "**Hakafot**" dancing also continue during morning services on **October 1, 2010**. And of course there will be treats galore, which represent the many Mitzvot in the Torah that are sweeter than honey!

Rain, Snow or Shine

Ever wonder why your bathroom mirror looks like it's sweating buckets after you've showered? Here's what happens: steaming hot water evaporates and turns into water vapor, which then condenses from the colder air outside, turning the vapor into liquid once again. What's happening on your shower mirror imitates the cycle of rain (or snow) and clouds that we observe outside—a cycle that repeats over and over again!

Out of
this
World!

comes Around

The Cycles of Life...

Skintastic

Ever wish you could peel off a layer of itchy, sunburned skin? Snakes do just that—they replace their old, worn skin with a new set up to four times a year! And it's really easy too—the complete outer layer of skin is shed in one layer like a sock that's turned inside out. The snake literally wriggles out of its old skin as though it's a pair of pants and a new layer of skin is right there underneath!



HAIR Reflections

No, you're not going bald! Those hairs in the shower drain are among the 100 hairs you lose every day! But don't worry, there's plenty more where they came from. The average person has a total of **100,000 hairs** on his or her head. These hairs are constantly growing, shedding and regenerating.

Do you think you can compete with Xie Quiuping whose hair was 18 ft 5.54 inches in 2004?!



Sweet Dreams

Did you know there's a science to your shut-eye time? The sleep cycle begins with a drowsy feeling, as the eyes start to flutter shut. First you fall into a relatively light sleep, but soon enough the deep sleep stage sets in, giving your brain some much-needed rest. You start dreaming about **70-90 minutes** into your sleep cycle.

Don't count on getting much sleep in Barrow, Alaska, which has continuous daylight for 85 days in the summer!



Nailed It

Nails grow at an average rate of **.12 inches a month!** Too slow for you? Move to Florida! Nails grow the fastest in the heat. **Did you ever wonder why you have to cut your fingernails more often than your toenails?**

That's because the cycle of nail growth renews itself according to the length of the finger—or toe. Since fingers are longer than toes, fingernails grow faster!



Happy Birthday World!!!

You're invited to the World's 5771st Grand Birthday Bash. Reserve the date--this party is going to be a smash! A birthday is a day to reflect on the year past, and to make new resolutions that will last. The two-day program is sure to include Shofar blowing, singing, praying & special holiday food! Join us for a festive meal that will be delicious, featuring candied carrots, apples dipped in honey, & the head of a fish.

Where: Your Local Synagogue

When: First & Second day of Tishrei
(sunset of September 8 through
nightfall of September 10, 2010)

Time: ALL DAY EVENT
Festive attire • All are welcome!
Hope to see you there!

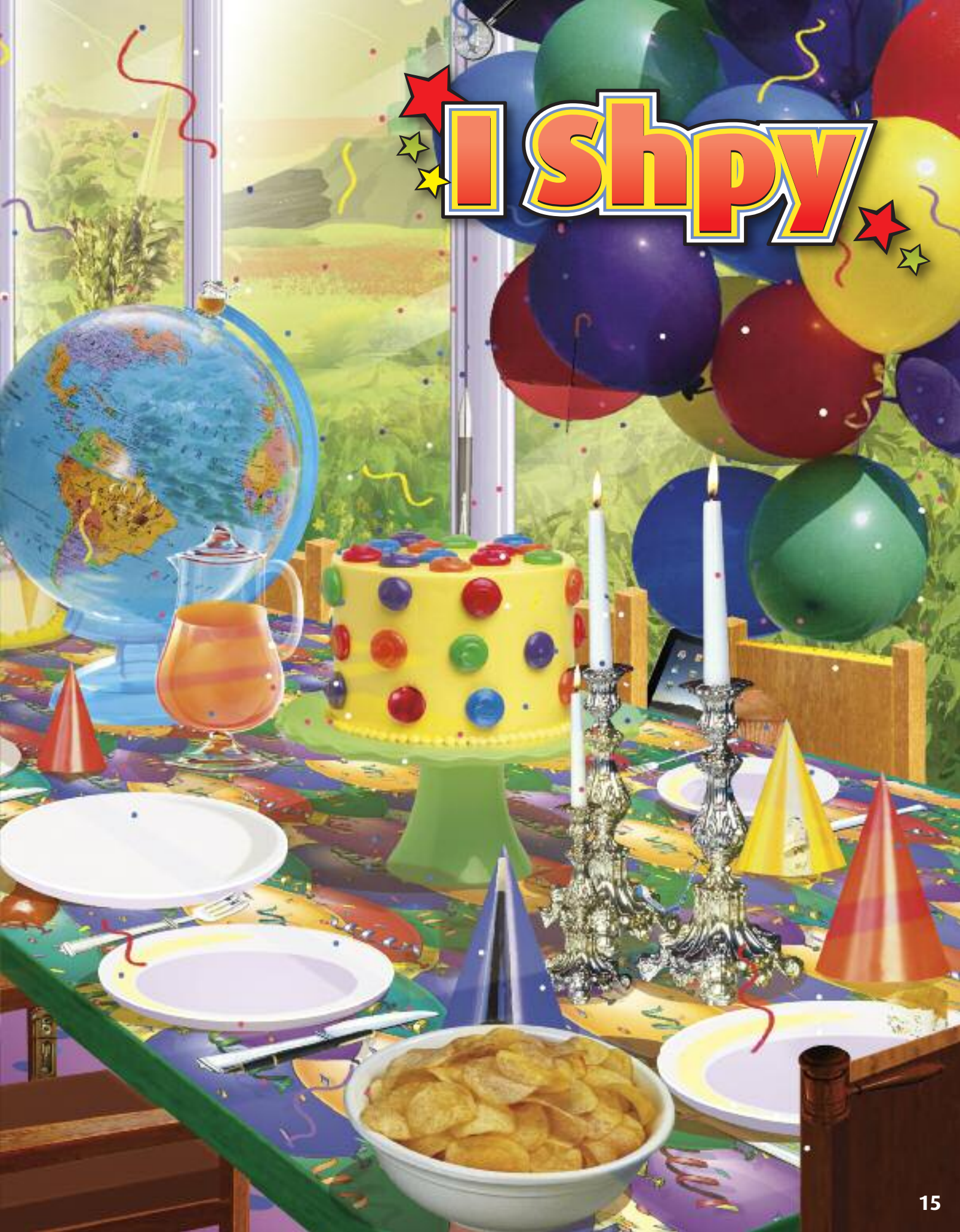
I Shpy a pomegranate, a kippah, a scale, a tooter, a Shofar, 3 cupcakes, and a blue razor scooter.

A lulav, an iPad, a gavel, a key with a lock, a Torah, an Etrog, and a grandfather clock.

I Shpy a notepad, a pair of sneakers, a half eaten apple, 2 rulers, a judge's cloak, and a raspberry Snapple.

A crown, a tallit, a mirror, a honey dish, 4 pens, a charity box, and a school full of fish.

I Shpy



1-800 DIAL

Because He Cares

"Hello G-d, this is Michael..."

I feel kind of weird calling... but I'm really sad that my sister and I just had a big fight. She's just five, and I'm nine, but she came into my room while I was at a friend's birthday party and used my brand new video game player, without asking. I was so angry I said some pretty nasty things and got a little out of control. I love my sister but I really get upset when she uses my stuff without permission. I know I should apologize to her. It's tough, but I can do it. I know it's the right thing."



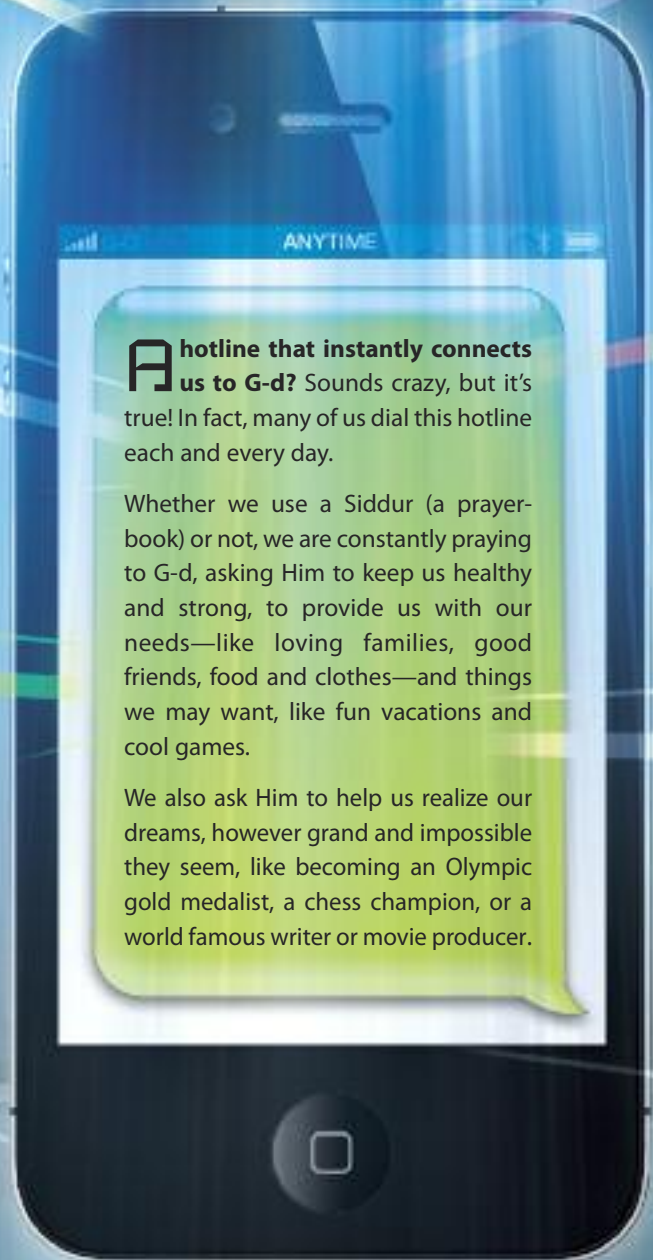
"G-d? This is Lily."

I decided to call You because I just found out that my best friend Kaila is moving to another country, and that I may never see her again, at least not for a really long time. I'm going to miss her so badly and I'm pretty sad about that. I guess I just needed to talk and let You know how I'm feeling. I hope that's ok."



"Hello? G-d? This is Jonathan."
"And I'm Debby."

"We're brother and sister... and we're calling because our grandma fell down the stairs and she's in the hospital. Our mom is very worried and we're scared too. We want Grandma Rose to be able to walk again and we want our mom to stop being sad. Can You help make grandma better so that she can take us to the park again and we can have fun together like we used to, and so that our mom will be happy again?"



A hotline that instantly connects us to G-d? Sounds crazy, but it's true! In fact, many of us dial this hotline each and every day.

Whether we use a Siddur (a prayer-book) or not, we are constantly praying to G-d, asking Him to keep us healthy and strong, to provide us with our needs—like loving families, good friends, food and clothes—and things we may want, like fun vacations and cool games.

We also ask Him to help us realize our dreams, however grand and impossible they seem, like becoming an Olympic gold medalist, a chess champion, or a world famous writer or movie producer.

G-D



"Hi G-d, my name is Rachel. I'm calling You because my cat Shelly is really sick and I'm very worried about her. I really want her to get better. Please help her."



"Uh... hello, G-d, this is Aaron. I've never done this before, but I heard about this hotline, and I just wanted to call and say thank You for giving me the coolest big brother, David. He's really smart and strong and he always looks out for me. My friends like him a lot too, which makes me feel so proud."



"Hello G-d, my name is Gabe. I'm eleven and even though I'm a kid I'm pretty smart and know grownup stuff. So, here's the thing. My dad's company closed down so he didn't have a job for a long time and tomorrow he has a job interview. I'm not sure what kind of job it is but I know he really wants to get it, and I want him to get it too because it's important. Please help him get the job!"



"I'm Sarah and I'm calling You, G-d, because I have a big dance competition tomorrow. I'm pretty good, but so are some of the other girls in my dance class. I really want to do well at the competition and I just wanted to ask You to help me win!"

Prayer is not just about putting in an order of requests. Instead, it's like a **24-Hour Hotline** that is a direct connection to G-d, and it's up to us how we use this hotline. We can call to complain about problems we may have in school, or about something that's bothering us at home. We can also call to thank G-d when things go well, or to talk about our worries, fears and hopes. If we've done something wrong and want to improve, we can call to let Him know. And we can call G-d just for the sake of connecting, even if we don't have anything particular in mind, just like you'd call a good friend to touch base and stay connected. **G-d wants to hear from you**, so make sure to keep those lines of communication open!

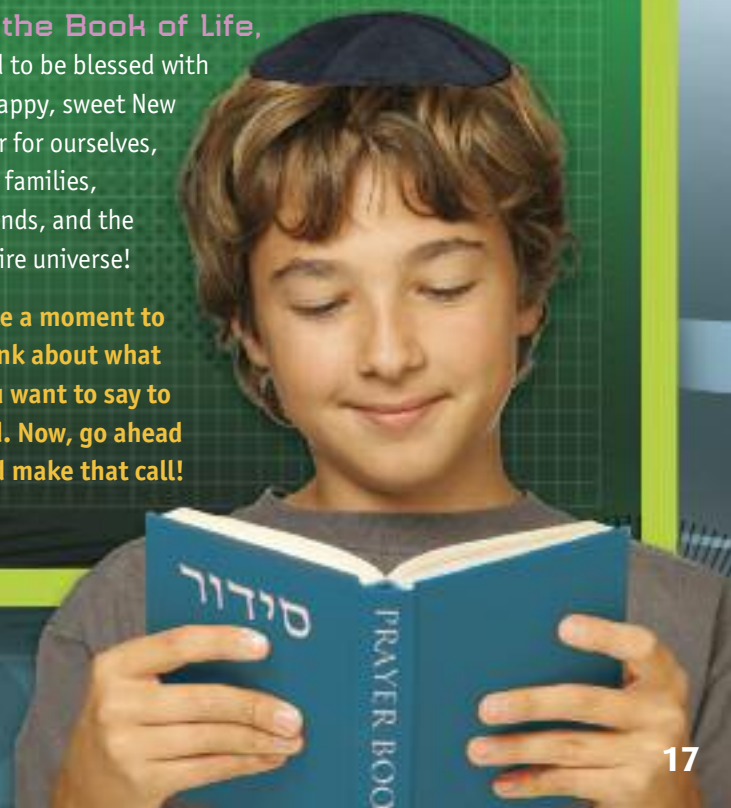
We can ring Him as often as we'd like. In fact, Jewish people pray three times a day. The morning prayer is called **Shacharit**, the afternoon prayer is called **Minchah**, and the evening prayer is called **Maariv**. We also add special prayers on Shabbat and on holidays. We can pray alone or in a group. We can pray for ourselves and for others. We can pray in a synagogue, at home, or just about anywhere. Wherever we are, whenever we want to, G-d is ready to take our calls.

With Rosh Hashanah and Yom Kippur coming up, there's no better time to put in a call than now. Throughout the month of Tishrei and especially during the High Holidays Jews around the world pray to G-d. We ask to be forgiven for any mistakes we committed the previous year and to be granted a clean slate, so that we can start anew.

We ask to be inscribed in the Book of Life,

and to be blessed with a happy, sweet New Year for ourselves, our families, friends, and the entire universe!

Take a moment to think about what you want to say to G-d. Now, go ahead and make that call!



THE LIFE OF *Joshua* SON OF NUN

“Moses received the Torah on Sinai and handed it down to Joshua; Joshua to the Elders; the Elders to the Prophets and the Prophets handed it down to the Men of the Great Assembly.”

Joshua was an important link in the chain of tradition, through which the Torah was passed down from generation to generation. But who was he?

Born in Egypt and originally named Hosea, he was the faithful disciple of Moses for forty years. Indeed, according to the Torah, he “did not budge from [his master’s] tent.” In recognition of Hosea’s greatness, Moses added the Hebrew letter “Yud” to his name, transforming Hosea to Joshua. He was one of the twelve spies sent by Moses to scout the Land of Canaan and to report back to the Jewish people on what they had found. Of the twelve, only two, Joshua and Caleb, brought back a good report. All the others brought negative reports, frightening the people of Israel about what lay ahead.

When Moses was told by G-d that he would not enter the Promised Land, G-d told him to appoint Joshua as his successor. G-d knew that Joshua would be able to take over the mantle of leadership and care for the nation as Moses had, and lead the Jewish people, at long last, into the Land of Canaan.

But conquering the land would not be easy, nor would it be quick. Many wars would be fought before the Land of Canaan would become the Land of Israel; the homeland of the Jewish people. Over the course of his leadership, Joshua led heroic battles against tremendous odds and the Jews witnessed many miracles.

After witnessing the miracle of the splitting of the Red Sea in Egypt, the Jewish People were faced with yet another body of water to cross—the Jordan River. Under Joshua’s leadership, the Jews were once again aided by a miracle and the Jordan River split, allowing them to cross onto dry land.

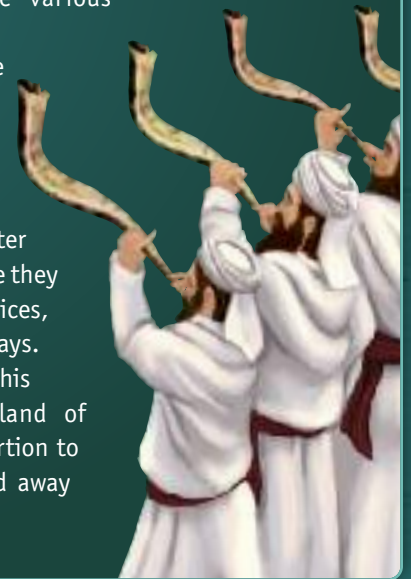
Many other miracles followed, as city after city was conquered by the Israelites. The Jewish army besieged the

city of Jericho for a week, circling the city each day with the *Kohanim* (priests) carrying the Holy Ark and blowing rams’ horns. On the seventh day (Shabbat), G-d commanded them to circle the city seven times. The thick walls collapsed and crumbled, opening the city to the Jews. In another instance, Joshua commanded the sun to remain in the sky until a particular battle had been won so that the Jews would not have to fight on Shabbat. For an entire twenty-four hours the sun remained in the sky, not setting until the Jews had won the battle!

In total, Joshua defeated thirty-one kings and conquered their cities over the course of seven years. Finally, the Jewish people could begin to settle down. During the seven years following the battles, Joshua divided the land amongst the tribes and amongst the various families within each tribe.

Under his guidance, the Jewish people set up their Tabernacle—a portable, temporary temple—in Shiloh, which became the spiritual center of the Jews. This was where they came to pray, offer sacrifices, and celebrate Jewish holidays.

Once he had completed his tasks, conquering the land of Israel and allocating a portion to each tribe, Joshua passed away at 110 years old.



BORN IN THE YEAR
2406
FROM CREATION
IN EGYPT

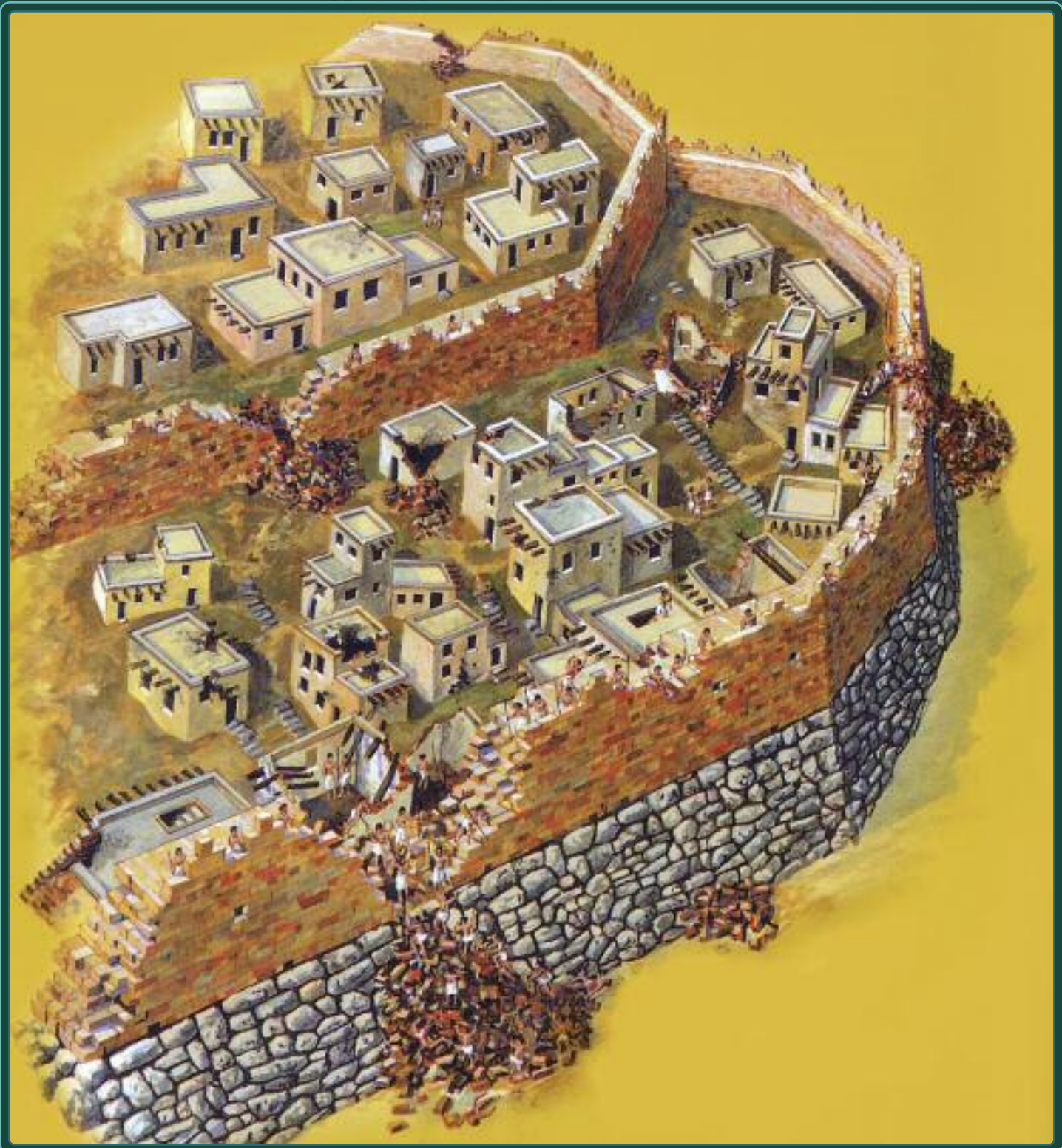
Joshua is one of 12 spies sent by Moses to scout the Land of Canaan

2449

Moses passes away, and Joshua succeeds him as leader of the Jewish people

2488

10 Nissan: The Israelites cross the Jordan river



THE WALLS OF JERICO COLLAPSING BEFORE THE TRIBES OF ISRAEL

Joshua led the nation in battle,
conquering city after city

7 YEARS

Joshua oversaw the partitioning of the
land among the tribes of Israel

7 YEARS

YEAR
2516
FROM CREATION

Joshua passes away
after twenty-eight
years of leadership at
the ripe old age of 110.

THIS IS JOEY: HE'S JUST YOUR AVERAGE, TWELVE YEAR OLD, BASEBALL- LOVING, T-SHIRT WEARING, AMERICAN BOY.

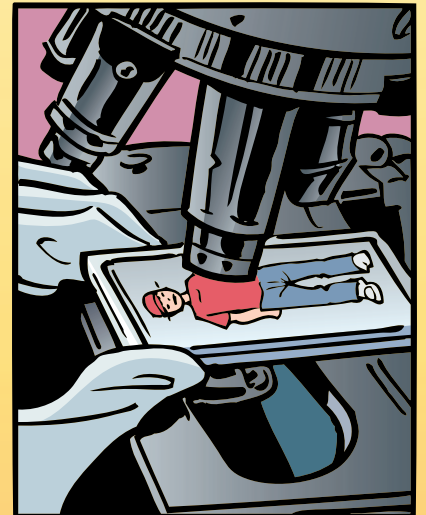
WILL THE REAL JOEY PLEASE STAND UP?



ALL LIMBS ATTACHED, ALL HAIR IN PLACE, COUPLE OF KEYS AND A PHONE IN HIS POCKET, YOUR AVERAGE, NORMAL HUMAN BEING.

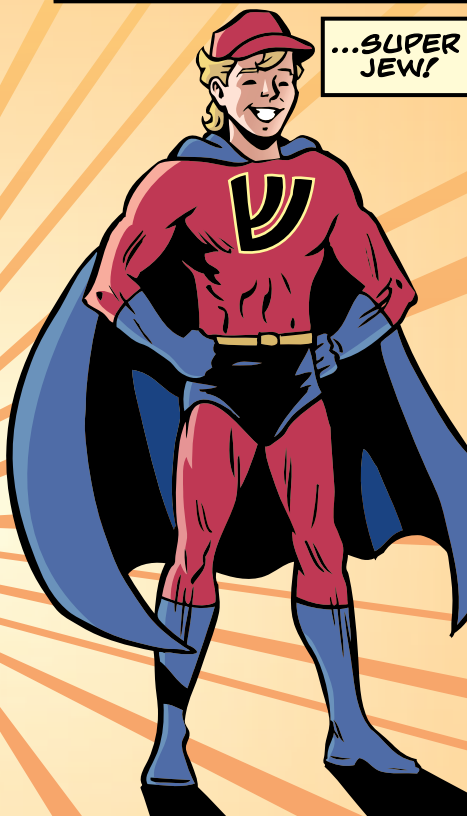


AND YET - THERE'S SOMETHING ABOUT JOEY THAT MAKES HIM DIFFERENT TO ANY OTHER 12 YEAR OLD BOY. WHAT'S THAT, YOU SAY? YOU CAN'T SEE ANYTHING DIFFERENT? THAT'S BECAUSE WHAT MAKES HIM SO UNIQUE IS SOMETHING THAT CAN'T BE SEEN THROUGH AN X-RAY MACHINE, IS INVISIBLE UNDER A MICROSCOPE AND UNDETECTABLE BY EVEN THE MOST SOPHISTICATED ELECTRONIC EQUIPMENT.



WHAT MAKES JOEY SO UNIQUE, IS HIS NESHAMA - HIS JEWISH SOUL - THE G-DLY SPARK INSIDE THAT TURNS A REGULAR GUY INTO...

WANT SOME PROOF? THEN LET'S DO A LITTLE EXPERIMENT. WATCH THIS:



...SUPER JEW!



JOEY, CAN YOU TAKE ME TO MY FRIEND'S PLACE? IT'S JUST TWO BLOCKS AWAY...

NO CAN DO! I'M JUST ABOUT TO VANQUISH THE HUMP-BACKED DRINGEL... GO ASK MOM!



HEY LEAH, WAIT UP!

SAVE GAME

OK NESHAMA, TIME TO DO YOUR THING!

MOM'S REALLY BUSY NOW, I CAN ALWAYS SAVE THE GAME AND GET BACK TO IT LATER.

AW, LEAH'S A GOOD KID. IT'LL ONLY TAKE ME A COUPLE OF MINUTES TO WALK HER THERE...

I'VE NEVER REALLY REACHED THIS LEVEL BEFORE - I WANT TO SEE HOW FAR I CAN GO!

G-D PLACES A PART OF HIMSELF INTO EVERY JEWISH CHILD THAT IS BORN.

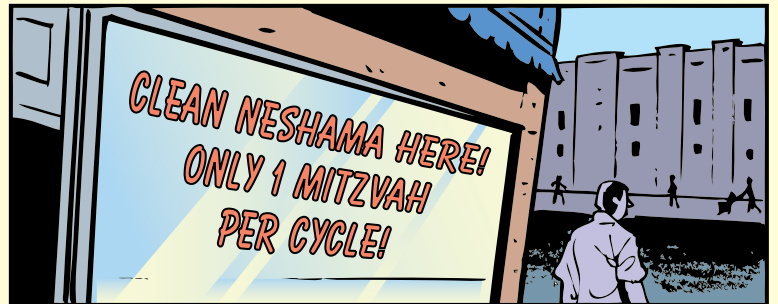


THE NESHAMA IS LIKE A BRAND NEW ARTICLE OF CLOTHING. IT IS CLEAN AND FRESH, AND A PERFECT FIT FOR EVERY SINGLE INDIVIDUAL. BUT AFTER WEARING IT FOR A WHILE, IT BECOMES CREASED, OR DUSTY OR STAINED



WE DON'T HAVE TO THROW OUT THE ARTICLE OF CLOTHING - WE JUST NEED TO PUT IT IN THE WASHING MACHINE, ADD SOME DETERGENT, MAYBE EVEN SOME STAIN REMOVER, AND THE GARMENT CAN BE WASHED, DRIED, IRONED - AND WORN AGAIN!

WHEN G-D GIVES EACH PERSON HIS OR HER NESHAMA, IT IS CLEAN, PRESSED AND IN PERFECT ORDER. BUT AS TIME GOES BY, THE SOUL MAY BECOME CREASED OR STAINED WHEN ONE NEGLECTS TO DO A GOOD DEED, OR IF ONE DOES SOMETHING THAT IS NOT ALLOWED. BUT DON'T DESPAIR! ALL WE NEED TO DO IS CLEAN OUR NESHAMAS BY REPENTING, DOING TESHUVAH, ADD SOME DETERGENT BY LEARNING TORAH, AND REMOVE THOSE STAINS BY DOING MITZVOT!



IN FACT, THERE IS ONE DAY A YEAR THAT IS DEDICATED ESPECIALLY TO CLEANSING OUR SOULS: YOM KIPPUR! YOM KIPPUR IS A DAY FOR US TO SAY WE ARE SORRY FOR THE THINGS WE HAVE DONE, TO EXPRESS OUR REGRET FOR NOT LIVING UP TO OUR POTENTIAL, AND MAKE FIRM OUR RESOLVE TO IMPROVE IN THE YEAR AHEAD.

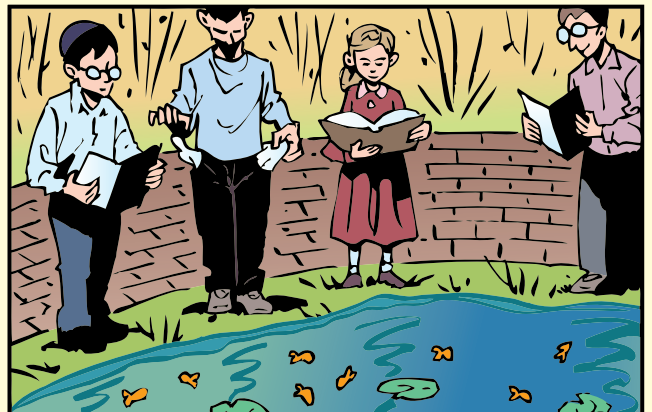


YOM KIPPUR IS THE ONE DAY A YEAR WHEN INSTEAD OF FOCUSING ON OUR PHYSICAL BODIES AND LIVES, WE FOCUS ON IMPROVING OUR SPIRITUAL LIVES AND OUR NESHAMAS.

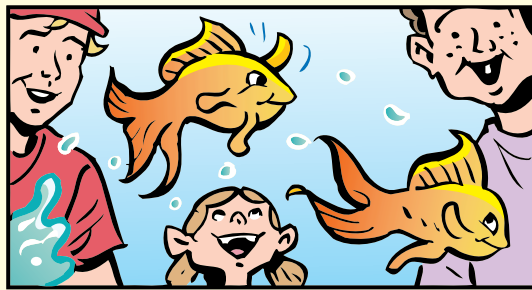


AS A PREPARATION FOR YOM KIPPUR, ON THE FIRST DAY OF ROSH HASHANA WE CONDUCT A SPECIAL CEREMONY CALLED TASHLICH. TASHLICH MEANS "TO CAST" OR "TO THROW". WE MAKE OUR WAY TO A BODY OF WATER THAT CONTAINS FISH.

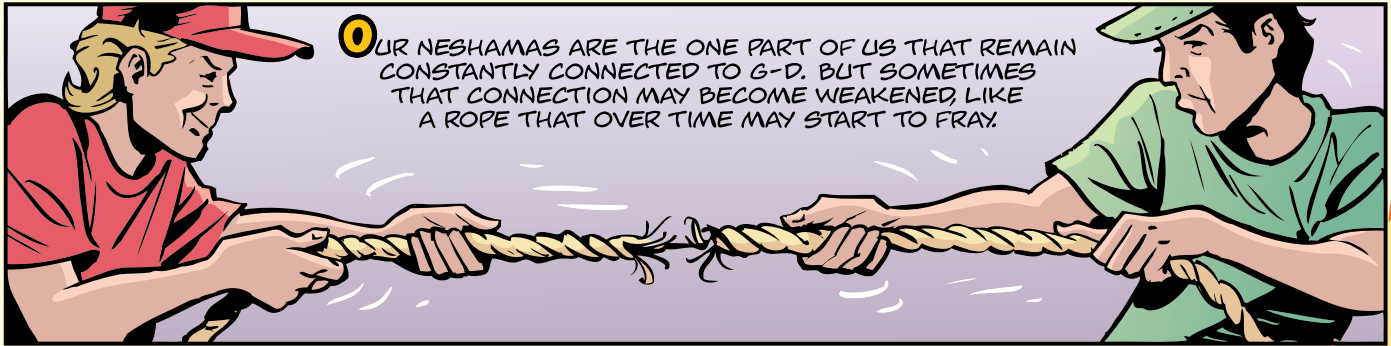
STANDING ON THE BANKS OF THE RIVER, POND, LAKE OR SEA, WE RECITE THE TASHLICH PRAYER AND SYMBOLICALLY SHAKE OUT OUR POCKETS OVER THE WATERS.



THE GOAL OF TASHLICH IS TO CAST AWAY OUR SINS. BY SHAKING OUT OUR CLOTHES, WE ARE EXPRESSING OUR DESIRE TO CLEANSE OUR NESHAMAS AND IMPROVE OUR LIVES, BECOMING EVEN CLOSER TO G-D IN THE PROCESS!



AND THE REASON WE TRY AND HAVE FISH IN THE WATER IS BECAUSE FISH HAVE NO EYELIDS AND REMIND US OF G-D WHO NEVER CLOSES HIS EYES - AND IS ALWAYS WATCHING OVER US AND PROTECTING HIS PEOPLE!

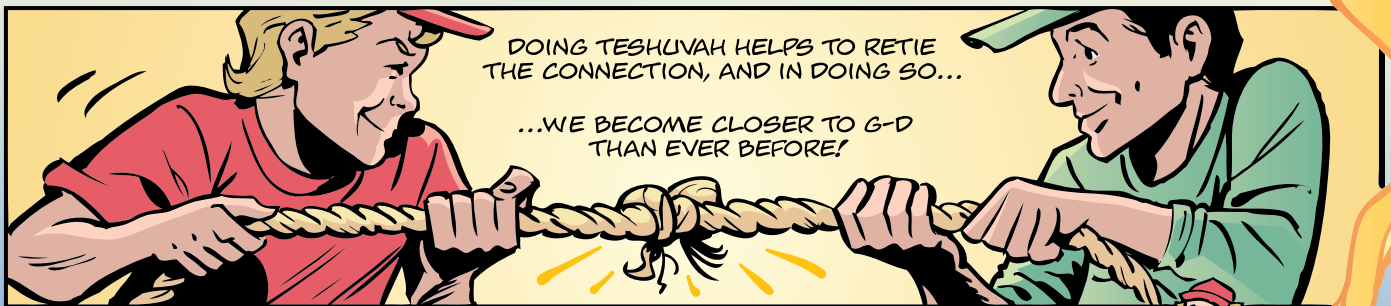


OUR NESHAMAS ARE THE ONE PART OF US THAT REMAIN CONSTANTLY CONNECTED TO G-D. BUT SOMETIMES THAT CONNECTION MAY BECOME WEAKENED, LIKE A ROPE THAT OVER TIME MAY START TO FRAY.

WE CAN STRENGTHEN OUR CONNECTION TO G-D AT ANY TIME, BY DOING MITZVOT AND LEARNING TORAH! BUT THE ACT OF TESHUVAH IS ONE OF THE MOST POWERFUL WAYS OF CLEANSING OUR NESHAMAS AND REGAINING OUR CLOSENESS TO OUR CREATOR.



TESHUVAH (REPENTANCE), COMES FROM THE HEBREW WORD "TASHUV" MEANING "RETURN". THE ACT OF DOING TESHUVAH, OF REPENTING AND RESOLVING TO IMPROVE OURSELVES, HELPS US RETURN TO G-D.



DOING TESHUVAH HELPS TO RETIE THE CONNECTION, AND IN DOING SO...

...WE BECOME CLOSER TO G-D THAN EVER BEFORE!



HEY, DON'T GET ME WRONG, I'M NOT PERFECT! THERE ARE PLENTY OF TIMES WHEN I DON'T DO THE RIGHT THING. BUT THAT VOICE INSIDE OF ME THAT POPS UP NOW AND AGAIN, TELLING ME

TO WAKE UP IN TIME TO PRAY, OR LISTEN TO MY PARENTS WHEN IT'S TIME TO GO TO BED, OR DONATE 10% OF MY BABY-SITTING MONEY TO CHARITY... THAT'S MY NESHAMAH TALKING!

AND IF THERE'S SOMETHING I CAN DO TO IMPROVE MY NESHAMAH AND STRENGTHEN MY CONNECTION TO G-D - THEN YOU BET I'LL TRY AND DO IT!



I MAY BE MISSING OUT ON FOOD ON YOM KIPPUR -

BUT I'LL BE GAINING MY "SOUL" CONNECTION TO G-D!





"Let's make..."

POM Granita



Why Pomegranates?

On Rosh Hashanah Jewish people welcome the New Year with lots of exciting holiday foods. One special favorite is the **pomegranate**, which is said to have 613 seeds, the exact number of commandments in the Torah! On Rosh Hashanah we resolve to increase our performance of good deeds in the upcoming year. For those of us who haven't eaten pomegranates since last Rosh Hashanah, this delicious red fruit can also be the new fruit we eat in honor of the New Year.

Did you know that pomegranates have been an important Jewish symbol throughout the ages? Images of this fruit appear on coins found in excavations of ancient cities in Israel. Today, many Torah scrolls, while stored away, bear a pair of decorative silver pomegranate bells on the two upper scroll handles. Pomegranates are also among the Seven Species of the Land of Israel listed in the Torah.



Here is what you do:



1. If using fresh pomegranates, slice pomegranates in half, empty arils into a blender and juice. Should make 2 cups of pomegranate juice.
2. Place pomegranate juice in a large bowl.
3. Ask your adult assistant to help you turn on the stove.
4. Combine water and sugar in a small saucepan and simmer until sugar is dissolved.
5. Pour sugar syrup into pomegranate juice.
6. Taste and add a squeeze of lime, if needed.
7. Mix well so that syrup and juice don't separate.
8. Freeze mixture for 1 hour.
9. Once frozen, have your adult assistant help you chop with a knife or ice pick.
10. Add the pomegranate arils to the mixture, divide among 6-8 dessert glasses, and serve (or freeze in an airtight container until ready to serve).

Things you will need:

Make sure you have these ingredients!



4-6 large pomegranates OR
2 cups pomegranate juice



1 cup
water



½ cup
sugar



Lime
(optional)



½ cup pomegranate arils (arils are the little red bits of sweetness, which contain the pomegranate seeds)



Measuring cup



Large mixing bowl



Small saucepan



Knife or ice pick



6-8 dessert glasses

Don't forget to make the blessing and enjoy your delicious POM Granita!

Blessing:

**Ba-ruch Atah Ado-nai Elo-heinu
Melech Ha'olam Bo-rai Pri Ha-eitz.**

Blessed are You, L-ord our G-d, King of the universe, Creator of the fruit of the tree.



JUST FOR FUN!

BOGGLE



BZZZZ! Honeycomb Boggle!

On Rosh Hashanah we eat honey aplenty, search this honeycomb for words, there are more than twenty!

DIRECTIONS:

You may start at any letter, then travel from space to space in any direction, spelling out words as you go.

- 3 letter words: 1 pt
- 4 letter words: 2 pts
- 5 letter words: 3 pts



Some words: year, honey, one, lofty, hole, fruit, tear, teary, foul, near, lone, ear, tile, rant, holy, rule, role, often, ten, ant, tenor, for and many more!

YES!

DUEHUEPHORGEEVEMII?

HOW TO PLAY!

Say this really quickly to figure out the line that you should ask your friends before Yom Kippur time!

MATCH IT!

Each holiday clue has a match Can you find them all?

heads or tails?



Make sure this year you are ahead of the game!

On Rosh Hashana we have a special dish, It is customary to eat the head of a fish!

How to play:

- Seven coins are placed tails up in a circle.
- You may flip only 5 at a time.
- Can you follow the rule repeatedly to eventually wind up with all seven coins heads up?

How many moves will it take?



DIRECTIONS:

Write the number of the each clue's match in the blank circles:

3
Rhymes with horah

1
 This word translated in Yiddish is "mer'n," multiply, - because we hope to multiply our good deeds in coming year.

_____ days of Sukkot & Simchat Torah

A measuring tool

6
 On Simchat we rejoice with the _____

"Dip the _____ in the honey, make a blessing loud & clear, l'shana Tova U'metukah, have a happy sweet new year"

On Yom Kippur all our doings of the previous year are weighed. One good deed could tip the _____

We dip our Challah in _____ rather than salt to increase in sweetness.

2
3 x 3

A rabbit's favorite snack

_____ comb

4
 An _____ a day keeps the doctor away.

5
Lulav's best friend

Answers to back cover: 1. Menorah in window; 2. Man fishing at Tashlich; 3. Boy in scuba gear; 4. Shark in water; 5. Woman on boat and man waterskiing; 6. Alligator in water; 7. Baby with science book; 8. Bear; 9. Lifeguard at pond; 10. Knight in armor; 11. Man in scuba gear; 12. clothing hanging on electric wire.

Heads or Tails? answer: Turn 1: 1,2,3,4,5 Turn 2: 2,3,4,5,6 Turn 3: 2,3,4,5,7

QUICK ^{tear out} GUIDE

High Holidays 2010/5751

Tishrei is one of the most important months on the Jewish calendar. Chock-full of holidays, it is a month for self-reflection, prayer and celebration. See the guide below for specifics on how to welcome in the New Year. Wishing you and yours a blessed, happy, healthy, sweet New Year!

Rosh Hashanah

Sunset of September 8 — nightfall of September 10

All:

- Listen to Shofar blowing.
- Participate in festive holiday meals.
- Day 1 (9/9): Dip an apple in honey.
- Day 2 (9/10): Welcome the New Year by tasting a new fruit—any fruit you haven't had in the last year.
- Perform the *Tashlich* ritual—visit a body of water with live fish, and recite the designated prayers.



Women and Girls:

- Light candles before sunset on Sept. 8 (blessings 1 & 4), after nightfall on Sept. 9 (blessings 1 & 4) and, for Shabbat, before sunset on Sept. 10 (blessing 5).

Yom Kippur

Pre-Yom Kippur: Sept. 17 before sunset

All:

- Start the New Year with a clean slate through **repentance, prayer and charity.**
- Participate in a festive holiday meal.

Women and Girls:

- Light candles before sunset (blessings 2 & 4).

Yom Kippur: sunset of September 17th — nightfall of September 18

Adults, girls over 12 and boys over 13:

- Refrain from consuming any food or drink on Yom Kippur.

All:

- Wear only non-leather shoes.
- Attend services—especially the *kol-nidreh*, (*Yizkor* and) closing *neilah* prayers.



Sukkot

Sunset of September 22 — nightfall of September 29

All:

- Enjoy a meal or snack in a Sukkah, as often as you can. Each time you begin a meal, say this blessing: *Baruch Atah Ado-noi Elo-hei-nu Melech Haolam Asher Ki-de-sha-nu Be-Mitz-vo-tav Ve-tzi-vanu Lei-shev Ba-Sukkah.*
- On each day of Sukkot (except Shabbat) bless and shake the four species: *Lulav, Etrog, Hadassim and Aravot.*

Blessing: *Baruch Atah Ado-noi Elo-hei-nu Melech Ha-olam Asher Ki-de-sha-nu Be-mitz-vo-tav Ve-tzi-vanu Al Ne-ti-lat Lulav.*

The first time you shake the four species this year, add the blessing for new things, blessing number 4.



Women and Girls:

- Light candles before sunset on Sept. 22 (blessings 3 & 4), after nightfall on Sept. 23 (blessings 3 & 4) and, for Shabbat, before sunset on Sept. 24 (blessing 5).

Shemini Atzeret & Simchat Torah

Sunset of September 29 — nightfall of October 1

- Attend services—pray, dance and rejoice with the Torah in celebration of the completion of the annual Torah-reading cycle.

- *Yizkor* services on Sept. 30.

Women and Girls:

- Light candles before sunset on Sept. 29 (blessings 3 & 4), after nightfall on Sept. 30 (blessings 3 & 4), and, for Shabbat, before sunset on October 1 (blessing 5).



Candle Lighting Blessings



1 *Baruch Atah Ado-noi Elo-hei-nu Melech Ha-olam Asher Ki-de-sha-nu Be-Mitz-vo-tav Ve-tzi-vanu Le-had-lik Ner Shel Yom Ha-zi-ka-ron.*

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם הַזִּכְרוֹן.

2 *Baruch Baruch Atah Ado-noi Elo-hei-nu Melech Ha-olam Asher Ki-de-sha-nu Be-Mitz-vo-tav Ve-tzi-vanu Le-had-lik Ner Shel Shabbat V'Shel Yom Ha-ki-pu-rim.*

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת וְשֶׁל יוֹם הַכִּפּוּרִים.

3 *Baruch Atah Ado-noi Elo-hei-nu Melech Ha-olam Asher Ki-de-sha-nu Be-Mitz-vo-tav Ve-tzi-vanu Le-had-lik Ner Shel Yom Tov.*

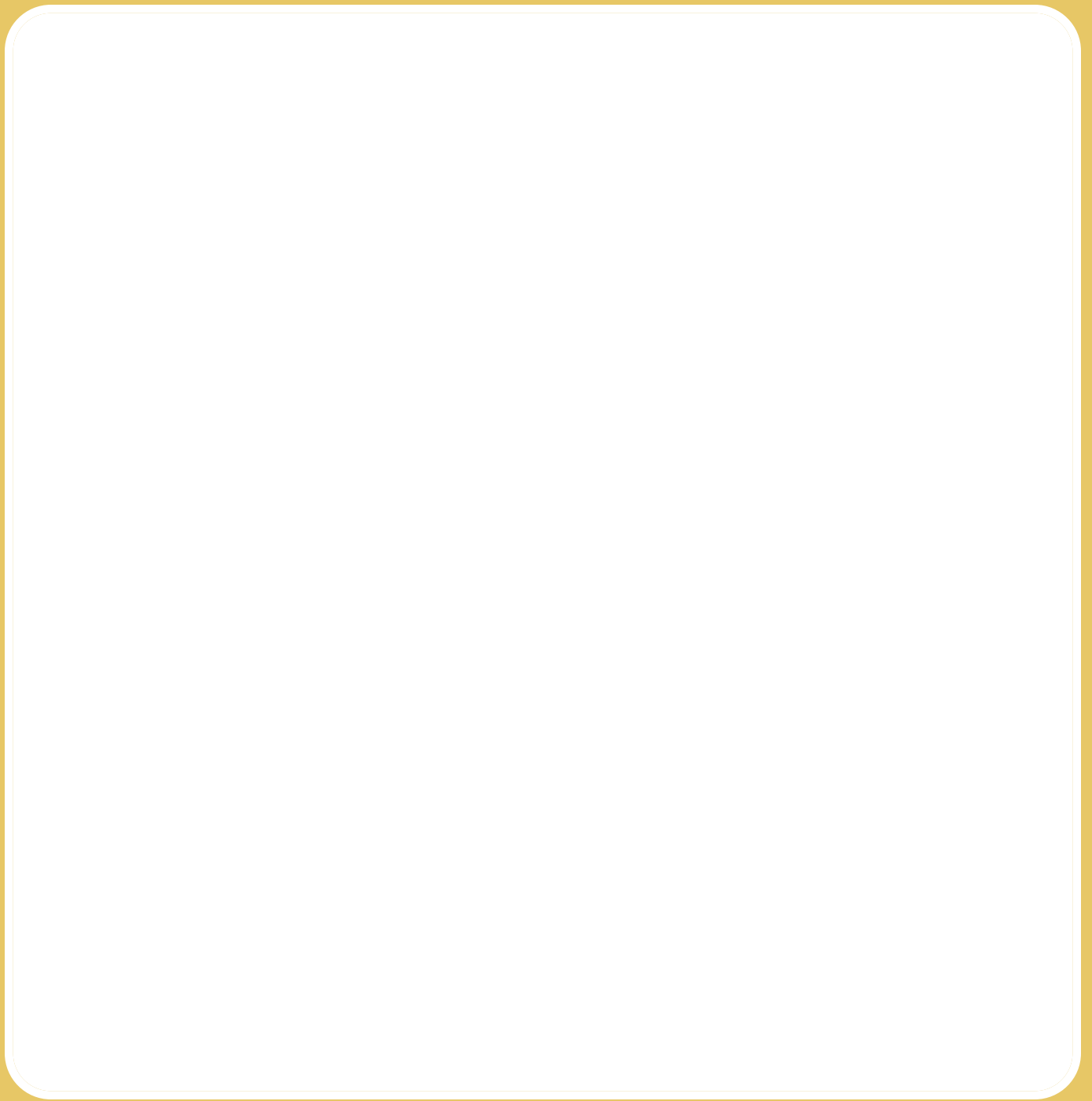
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4 *Baruch Atah Ado-noi Elo-hei-nu Melech Ha-olam She-heh-chi-yah-nu Ve-ki-ye-mahnu Ve-hi-gi-ahnu Liz-man Ha-zeh.*

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהִתְיַחַס וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

5 *Baruch Atah Ado-noi Elo-hei-nu Melech Ha-olam Asher Ki-de-sha-nu Be-Mitz-vo-tav Ve-tzi-vanu Le-had-lik Ner Shel Shabbat Kodesh.*

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת קֹדֶשׁ.



WHAT'S
WRONG
WITH THIS
PICTURE?



TASHLICH

See page 25 for answers.

A joint project of Tzivos Hashem and Merkos L'Inyonei Chinuch
Made possible by a grant from: The Rohr Family Foundation.