

Rosh Hashana & Aseres Y'mei Teshuvah

For the year 5785

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EREV ROSH HASHANA AFTERNOON

On *Erev Rosh Hashana*, one should reflect and take stock of the entire year, making all necessary corrections and utilizing the opportunity for *Teshuvah*.

It is a *Mitzvah* to immerse in a *Mikvah* on *Erev Rosh Hashana* after midday.

One should utilize all spare time on *Erev Rosh Hashana* to recite *Tehillim,* especially from an hour before *Mincha* and onwards.

It is customary to adopt a new *Hiddur Mitzvah* on *Erev Rosh Hashana*, or on *Rosh Hashana*. [One should state that this acceptance is *Bli Neder*.]

It is preferable to avoid starting a full meal after the tenth *Halachic* hour of the day begins (3:17pm), so as to properly enjoy the *Yom Tov* meal at night. However, one may snack in small quantities.

Eruv Tavshilin is performed – see separate <u>Halacha Guide</u>.

The Rebbeim would converse with their wives shortly before *Rosh Hashana*, and the Rebbe clarified that this practice is applicable to everyone.

One should arrange a pre-existing flame with which to light the candles on the second night of *Rosh Hashana* as well as on *Erev Shabbos Shuvah*.

[Those who light a *Teshuvah Licht* for *Shabbos Shuvah*, as per the custom of the Rebbeim, should do so today using a 72-hour candle, since the *Eruv Tavshilin* is ineffective for non-meal preparations.]

Prior to candle-lighting, one should give *Tzedakah* for the two days of *Yom Tov*, as well as for *Shabbos Shuvah*.

Candle-lighting time is 6:07pm.

The first *Brocho* is *L'Hadlik Ner Shel Yom Hazikaron*. [If one concluded the *Brocho* incorrectly but realized within the time frame it takes to say three words, she corrects her mistake. Otherwise, she must repeat the correct *Brocho* if she

initially said *Shel Shabbos Kodesh*, but not if she said *Shel Yom Tov*.]

The second *Brocho* is *Shehecheyanu*. [If it was forgotten, she should have in mind to be *Yotzei* during *Kiddush*.]

If lighting at home but eating the *Seudah* elsewhere, one must ensure that practical benefit is derived from the candles after *Yom Tov* begins (such as arranging that someone eats by its light, or by lighting in a location that needs to be used and would otherwise remain dark).

Since it is *Yom Tov*, if one neglected to light at the proper time, one may – and should – light candles on *Yom Tov* itself, from a pre-existing flame.

When a man is required to light candles, he does not recite *Shehecheyanu*, as he will be doing so in *Kiddush*. [Therefore, it is best that he lights candles right before *Kiddush*, so that his *Shehecheyanu* is linked to both.] Similarly, if a woman needs to recite her own *Kiddush*, she does not recite *Shehecheyanu* in *Kiddush*, as she already did so at candle-lighting.

Mincha is davened at greater length than usual, as it is the last Tefillah of the year.

ROSH HASHANA

The Avodah of Rosh Hashana is Kabbolas OI (accepting the yoke of Heaven). One should utilize every spare moment to say Tehillim earnestly. Throughout Rosh Hashana, and particularly on the first night, one should avoid all unnecessary idle chatter and minimize sleep.

One should not smoke on the two days of *Rosh Hashana*. [Of course, this is discouraged in general.]

One should be especially careful to avoid anger on *Rosh Hashana*.

The *Chazanim* should familiarize themselves in advance with the meaning of all of the *Piyuttim* and *Tefillos* — even if they already did so the previous year. Similarly, one should train his children regarding the order of *davening* beforehand, so as to minimize any distractions during *davening*.

№ HAMELECH HAKODOSH ON R"H

On Rosh Hashana, the third Brocho of Shmoneh Esrei has a long addition

beginning with the words L'Dor V'dor. If one omitted this addition, he may go back to recite it only if he realised before saying Hashem's name at the end of the third Brocho. Otherwise, he continues Shmoneh Esrei without going back, as long as he is sure that he concluded the Brocho with the words Hamelech Hakodosh.

If one recited the unique Rosh Hashana Nusach of the third Brocho, but is in doubt whether he concluded the Brocho with the words Hamelech Hakodosh, he may assume that he did so correctly.

One who did not say Hamelech Hakodosh: If he realized before he began the next Brocho and within the time frame it takes to say three words, he corrects his mistake. Otherwise, he must begin Shmoneh Esrei again. [The same applies if this occurs in Chazaras Hashatz, in which case Kedushah is recited again.]

If one mistakenly omitted any of the other four additions (*Zochreinu*, *Mi Chomocha*, *u'Chsov*, *u'Vsefer Chaim*), he may recite it at the place he remembers if he has not yet said *Hashem's* name at the end of that *Brocho*. Otherwise, he continues *Shmoneh Esrei* and does not go back.

During Chazaras Hashatz, the congregation recites the selections of *U'chsov and u'Vsefer Chaim* aloud before the Chazzan.

FIRST NIGHT OF ROSH HASHANA

One should use the time between *Mincha* and *Maariv* to recite *Tehillim*.

Many times, the Rebbe would encourage the *Nigun* of *Avinu Malkeinu* before *Magriv*.

Maariv is davened at greater length and concentration than usual, as it is the first *Tefillah* of the year.

L'Dovid Mizmor: It is not Chabad custom to open the Aron Hakodesh, nor to recite it verse by verse after the Chazzan. [The Rebbe Rashab states that one's intention at this time creates a "vessel" in which to draw down Gashmiyus for the whole year.]

On the first night, we greet each other L'Shana Tova Tikasev V'Sechasem. [The grammar is applicable for greeting a

male. One may use gender-appropriate grammar when greeting a female; i.e. L'Shana Tova Tikasevee V'Sechasemee.]

After the first night of Rosh Hashana, we greet each other Gmar Chasima Tova.

A woman who needs to recite her own *Kiddush* does not say *Shehecheyanu*, as she already did so at candle-lighting. [If a woman forgot *Shehecheyanu* at candle-lighting, she should have in mind at *Kiddush* to be *Yotzei*.]

From Rosh Hashana until Hoshana Rabba (inclusive), we use round Challos, and we dip it (three times) in honey.

Apple and honey is eaten after the *Challah*, before the first course. The apple is sliced and dipped three times in honey. *Borei Pri Ha'etz* is then recited while holding the apple in one's right hand, followed by the *Yehi Ratzon*, before eating the apple.

When one recites *Borei Pri Ha'etz*, he should clearly have in mind that the *Brocho* includes any fruit served during the meal and at dessert. He does not make a new *Brocho* on fruit served at dessert.

Pomegranate is also eaten on the first night. It should be present at the table when the *Borei Pri Ha'etz* is said on the apple, and should be eaten after the apple. [If the pomegranate is a new fruit, it should be present on the table during the *Shehecheyanu* of *Kiddush*, and one should have it in mind at that time.]

It is customary to eat fish, the head of a ram (or fish), as well as *Tzimmes*.

On Rosh Hashana (both night and day), it is fitting to consume meat, sweet food and drink. It is customary not to eat any foods that are perceptibly bitter, sour, overly sharp, vinegary, or that contain any nuts.

BENTCHING

If one forgets Ya'aleh Veyavo but remembers before saying Hashem's name at the end of Bonei Yerushalayim, he goes back. If one remembered after that, but before beginning the next Brocho, he recites the extra Brocho printed in the Bentcher. If one already began even the first word of the next Brocho, one must begin bentching again at night, but not during the daytime.

Both the *Horachamon* of *Yom Tov* and *Rosh Hashana* are recited, in that order.

One does not add a Hey ("Hashalom") when reciting Oiseh Shalom in bentching.

ROSH HASHANA - BOTH MORNINGS

Ideally, men shouldn't eat before Shofar. If this is difficult, or there is any concern that one will be unable to concentrate during davening, he may eat and drink (preferably not Mezonos), as necessary. One shouldn't be stringent if there are health concerns.

It is especially appropriate to go to *Mikvah* before *davening*.

Shir Hamaalos (after Yishtabach): It is not Chabad custom to open the Aron Hakodesh, nor to recite it verse by verse after the Chazzan.

When the *Aron Hakodesh* is opened during *Chazaras Hashatz*, it is not obligatory to stand, since the *Sefer Torah* is not being moved. Some have the custom to stand. [The Rebbe was not particular to stand.]

At Shacharis, the paragraph of Misoid (at the beginning of Chazaras Hashatz) and the one that follows is recited by the Chazan and not by the congregation.

The Rebbe would always stand for the *Piyut* beginning *L'e-I Orech Din*, recited in *Shacharis* on the first day and in *Musaf* on the second day.

Avinu Malkeinu: It is not our custom to recite it verse by verse after the *Chazzan*. The words *Roia Gzar* are recited without pausing in between.

It is customary to grant an Aliyah to the *Ba'al Tokeiah* and the *Ba'al Musaf*, unless they are being paid.

A *Bris* performed at *Shule* is conducted before *Tekios*. A *Bris* performed at home is held after *davening*.

SHOFAR – BOTH DAYS

All men and boys over the age of *Bar Mitzvah* must hear the *Shofar*. Boys who are of the age of *Chinuch* (i.e. old enough to understand the concept of *Tekias Shofar*) must also hear the *Shofar*. Women and girls over *Bas Mitzvah* are technically exempt, but the custom is for them to hear anyway.

It says in the *Siddur* that after *Krias Hatorah* one must prepare for *Tekias Shofar*. The *Siddur* does not specify how, and the Rebbe explains that this is because everyone must make a personal soul-preparation that is inspiring on their level

During the *Tekios*, the *Sifrei Torah* are held by those standing around the *Bimah*.

The *Ba'al Tokeiah*, the *Makrie*, and the *Chazanim* do not wear a *Kittel*.

The *Makrie* does not necessarily have to be the *Chazzan* for *Shacharis*. The *Makrie* points to the correct place, but does not say anything.

One should ensure that his children participate in *Tekios* and *davening* as much as appropriate for their age.

One should ensure that children are quiet. Infants who may cry unexpectedly should be with their mothers. If an infant cries or makes noise, the mother should take the child out of *Shule* and hear *Shofar* later.

It is customary for the congregation to stand during *Tekios*. One may lean or sit if standing is difficult.

The Yehi Ratzon immediately before the Brochos is said only by the Ba'al Tokeiah.

When the *Ba'al Tokeiah* says the *Brochos*, one should have in mind to be *Yoitzei* the *Brochos*. One should not say "*Boruch Hu u'Voruch Shmoi*". [If one accidently did so, he does not recite the *Brochos* again.]

When hearing the *Shofar*, one must have in mind to fulfil the *Mitzvah* of *Shofar*.

Between the *Brochos* and the very **first** *Shofar* sound, one should avoid speaking at all — even matters relevant to the *Tekios*. If one did speak at this time, and it was a matter unrelated to the *Tekios*, he needs to recite the *Brochos* again.

The *Brochos* recited on the *Shofar* are valid for all the blasts that will be sounded until the end of *Musaf*. Therefore, from the time of the *Brochos* until after *Kaddish Tiskabel* at the end of *Musaf*, one should not speak any matter irrelevant to the *Tekios* or the *Tefillos*. If one did speak during this time, he does not repeat the *Brochos*, but should refrain from speaking unnecessarily again. [If one uses the facilities during this period of time, *Asher Yatzar* may be recited.]

Between the three *Sedorim* (sections) of the *Shofar*, it says in the *Siddur* that "one confesses silently". The Frierdiker Rebbe explains that this refers to one's intense longing to connect with his Father in Heaven, and to become a changed person. [This is a fitting time for "*Tziyur Pnei Harav*".]

The Yehi Ratzon after the Tekios is also said by the congregation. One should not begin reciting it until the Tekiah Gedolah is completely finished.

According to *Kabballah*, after the *Sefer Torah* is returned to the *Aron Hakodesh*, the *Baal Tokeiah* faces the congregation in order that they may gaze at him.

№ MUSAF — BOTH DAYS

Ideally, *Musaf* should be *davened* before the seventh hour of the day (1:12pm).

Since the *Chazzan* cannot move out of his place to bow at *Aleinu*, he should stand at a distance from the *Shtender*, to allow him some space to bow.

For the *Tekios* of the silent *Shmoneh Esrei*, the *Baal Tokeiah* knocks beforehand to signal that he is about to blow. One should pause to listen even if he is not yet up to the corresponding place in *Shmoneh Esrei*.

A Makrie is not used during Musaf.

The paragraph of *Misoid* (beginning of *Chazaras Hashatz*) is recited by the *Chazzan* and not the congregation.

One should stand for *U'Nesane Toikef*.

The *Chazzan* recites the entire *Aleinu* – including the second half – out loud. The congregation quietly recites it word for word with him, bowing at *V'Anachnu Korim*, and continuing until *Hu Elokenu Ein Oid*. At that point, they begin saying the *Pesukim* of *Atoh Horayso*, as printed in the *Machzor*. The subsequent paragraph (beginning *Oichilah*) is recited by the *Chazzan* only.

One may not bow directly on a stone floor, but rather, prepare mats upon which to bow. [Mats are not needed when bowing on a floorcovering of any other type.]

When one bows, his head should reach all the way to the ground.

The *Chazzan* must keep his feet together during *Shmoneh Esrei*. He should therefore be helped up after bowing at *Aleinu*.

PAVENING WITHOUT A MINYAN

When one davens without a Minyan, there is technically no obligation to recite the Piyuttim, but it is certainly appropriate to do so. This may not be done during one's personal Shmoneh Esrei, but may be recited afterwards. Most Piyuttim are said in entirety by both the Chazzan and congregation, and that is how the individual would recite them as well. [Although parts of Piyuttim are often marked as "Chazzan" and "Kohol" in the Machzor, this is only in order to highlight which parts the Chazzan says aloud.] Exceptions: A non-Chazan does not say the paragraph of Misoid that appears at the beginning of Chazaras Hashatz, nor the paragraph that follows it in Shacharis.

When one davens alone because there is no local *Minyan*, it is appropriate to read

Krias Hatorah in private (ideally between Shacharis and Musaf).

One who davens without a *Minyan* should not hear *Shofar* or recite *Musaf* during the first quarter of the day (before 9:00am), unless there is no other option.

When possible, he should hear Shofar (main 30 blasts) before Musaf, instead of after. He may not blow or listen to the Shofar during the actual Shmoneh Esrei of Musaf, but he may blow 70 additional sounds afterwards in order to hear a total of 100 blasts. [In Shule, 30 blasts are sounded after Musaf, in addition to the 100 already blown. It is questionable whether these additional 30 blasts should be sounded by one who davens without a Minyan. One way to achieve this is by blowing those sounds for one who has not yet heard Shofar. In the absence of that, it appears that these additional 30 blasts should not be sounded in private.]

AFTERNOON – BOTH DAYS

Although it is a *Mitzvah* to eat and drink, one should not eat to the point that he is completely sated, in order that "the awe of Hashem be present on his face".

One should go on *Mivtzoim*, ensuring that every Jew hears the *Shofar*. [As mentioned above, it is preferable not to blow *Shofar* during the first quarter of the day, unless the listener will otherwise not hear it.]

Any spare time should be utilized for reciting *Tehillim*.

It is customary not to sleep during the day. Idling away one's time is akin to sleeping.

Anyone over *Bar Mitzvah* should not blow the *Shofar* unless for the sake of the *Mitzvah*. A child under *Bar Mitzvah* may be encouraged to practice.

FIRST DAY OF ROSH HASHANA

Tashlich is recited after Mincha, before sunset (6:26pm). [If one is late, he may recite it until the stars emerge.] It should be performed at a spring, well or ocean containing live fish.

After *Tashlich*, one shakes the edges of his *Tallis Koton*.

One should not throw food to the fish.

It is preferable to avoid starting the meal after the tenth *Halachic* hour (3:17pm) begins, in order to properly enjoy the *Yom-Tov* meal of the second night.

One may not perform **any** preparations on the first day for the second night and day of *Yom Tov*. Similarly, the *Eruv*

Tavshilin does **not** allow one to prepare for Shabbos on Thursday.

SECOND NIGHT OF ROSH HASHANA

One should use the time before *Maariv* to recite *Tehillim*.

The Rebbe often encouraged the *Nigun* of *Avinu Malkeinu* before *Maariv*. [The details of *L'Dovid Mizmor* appear in the section "First Night of Rosh Hashana".]

Candles must not be waxed into place, nor the wicks be twisted. When necessary, one may remove the wax from the previous night in a way that it falls directly into the bin.

On the second night, the candles should be kindled with a pre-existing flame, and not before *Tzeis Hakochavim* (7:06pm).

Tasks and preparations required for the second day of *Yom Tov* should not be performed before this time.

The Brochos are L'Hadlik Ner Shel Yom Hazikaron and Shehecheyanu. Since there is a dispute whether Shehecheyanu is recited on the second night of Rosh Hashana, the person lighting candles ideally wears a new garment and has both Yom-Tov and the new garment in mind when reciting Shehecheyanu. Alternatively, the new fruit eaten after Kiddush should be placed on the table, and one should light the candles immediately before *Kiddush*, having both Yom-Tov and the new fruit in mind when reciting Shehecheyanu. In the absence of this, one still recites Shehecheyanu.

Before making *Kiddush*, new fruit should be placed on the table. When reciting *Shehecheyanu*, one should look at the new fruit, and have in mind both *Yom-Tov* and the new fruit. If one doesn't have new fruit, he still recites *Shehecheyanu*.

At least a *Kezayis* (29 grams) of new fruit is eaten immediately after *Kiddush*, before washing for *Challah*. One recites *Borei Pri Ha'etz*, but not *Shehecheyanu*, as this was already recited at *Kiddush*.

One should minimize the time between *Kiddush* and *Challah*.

Before washing, a *Brocho Acharona* is said on the fruit, but not on the wine.

SECOND DAY OF ROSH HASHANA

The Rebbeim would say *Yizkor* discreetly between *Haftorah* and the *Tekios*. Those whose parents have passed away can choose whether to follow suit.

One may prepare for *Shabbos* on Friday as long as at least a *Kezayis* of the **cooked** *Eruv Tayshilin* item remains edible and

accessible. Otherwise, one should discuss his options with a *Rov* (even if the **baked** item remains). In any case, one may complete all stages of preparation for food that one already began preparing whilst the *Eruv Tavshilin* was present.

Preparing for *Shabbos* is allowed only if there is still enough time for guests to theoretically arrive and partake of the prepared items before Shabbos begins. Therefore, the *Cholent* should be fully cooked some time before *Shabbos*.

The *Eruv Tavshilin* is effective only for preparations involving food and food utensils, or other meal-related matters such as lighting candles. The *Eruv* is not effective for non-meal preparations such as rolling the *Sefer Torah* or performing an *Eruv Chatzeiros* or *Eruv Techumin*.

One may theoretically eat the *Eruv Tavshilin* once the *Shabbos* preparations are complete. However, it is preferable not to eat it until Shabbos.

As it is *Erev Shabbos*, *Shnayim Mikro V'echod Targum* for *Ha'azinu* is recited.

Pasach Eliyahu is said before Mincha, but not Hoidu. Avinu Malkeinu is not recited.

The *Shofar* is *Muktzeh* on *Shabbos*, so it should be put away beforehand.

After *Mincha* and before sunset, we wash for *Hamotzi* and participate in a *Farbrengen* at which the *Nigunim* of the Rebbeim (and the *Daled Bavos*) are sung. A *Maamar* is recited. [In this year's *Kvius*, some communities defer this *Farbrengen* to *Shabbos* afternoon.]

The final moment of *Rosh Hashana* should be linked to the first moments of *Aseres Y'mei Teshuvah* with words of both *Nigleh* and *Chassidus*.

Since it is *Erev Shabbos*, one should not eat after sunset – even if one washed for bread. [One may *bentch* after sunset and even after *Tzeis*. *Yaaleh Veyavo* and the *Horachamon's* of *Yom Tov* and *Rosh Hashana* are recited, but not *Retzei* or the *Shabbos Horachamon*.]

Candles must not be waxed into place, nor may the wicks be twisted. When needed, one may remove the wax from the previous night in a way that it falls directly into the bin.

The candles should be kindled with a preexisting flame at the usual eighteen minutes before sunset (6:09pm), and certainly **not** after sunset (6:27pm).

SHABBOS SHUVAH

Kabbolas Shabbos begins with Mizmor L'Dovid, not with L'chu Neranenah. In Lecho Dodi, we say **B'rina** U'vetzahala.

In *Me'ein Sheva* (the *Brocho* after *Shmoneh Esrei* of *Maariv*), we recite *Hamelech Hakodosh*. [If the Chazzan did not do so, but remembered before saying *Hashem's* name at the end the *Brocho*, he goes back. If he didn't remember until after he said *Hashem's* name at the end the *Brocho*, he does not repeat it.]

The custom to avoid making *Kiddush* between the sixth and seventh hour applies as per every Friday night.

Shalom Aleichem and Eishes Chayil (as well as all the other selections prior to Kiddush) and Azamer Bishvachin are recited as usual.

The householder leads the *Mezuman*, as it is Friday night.

It is customary to use the *Challah* of the *Eruv Tavshilin* as part of the *Lechem Mishnah* of both the night and day meals. If possible, it should be kept aside and eaten at the last meal of the day. [For some, this may be at a *Farbrengen* after *Mincha*. However, since it is *Shabbos*, if one cannot carry the *Challah* to the location of the *Farbrengen*, one should eat it instead during the day meal, even though it is not the final meal of the day.]

Maftir is given to a learned and prominent person due to the special significance of this *Haftorah*.

One should attend the *Shabbos Shuvah Drosho*.

Vihi Noam and V'atah Kaddosh are recited on Motzei Shabbos.

Havdallah and V'yiten Lecha are recited, and a Melave Malka meal is prepared, as per every Motzei Shabbos.

ASERES Y'MEI TESHUVAH

See separate <u>Halacha Guide</u> for laws pertaining to *Tzom Gedalya*.

Tachnun is recited until Erev Yom Kippur, together with the long Avinu Malkeinu. When Tachnun is not recited (e.g. when a Chosson or one of the Baalei Habris are present), Avinu Malkeinu is not recited either.

One must use these days to correct his ways and do *Teshuvah*.

A doubtful *Aveirah* requires more *Teshuvah* than a definite one, as it is human nature to discount a doubtful *Aveirah* and assume that he didn't really do anything wrong.

One should increase in *Torah*, *Tefillah* and *Tzedakah*. One should be more meticulous in his observance of *Mitzvos*, especially *Kashrus*, even where he follows the lenient opinion the rest of the year.

The seven days between *Rosh Hashana* and *Yom Kippur* encompass the seven days of the week. One should utilize each day to do *Teshuvah* for all the corresponding weekdays of the previous year.

The Rebbe emphasized that Aseres Y'mei Teshuvah is an especially appropriate time for Bochurim to remain in a Yeshivah setting, as opposed to having a break.

If one did not do *Hataras Nedarim* on *Erev Rosh Hashana*, he should do so during the *Aseres Y'mei Teshuvah*.

If one did not do *Tashlich* on *Rosh Hashana*, he should do so during the *Aseres Y'mei Teshuvah*, preferably on the eighth of *Tishrei*.

Kiddush Levanah is not recited until after Yom Kippur.

W HAMELECH HAKODOSH / HAMISHPAT

During Aseres Y'mei Teshuvah, one recites Hamelech Hakodosh at the end of the third Brocho, and Hamelech Hamishpat at the end of the eleventh Brocho.

One who did not say Hamelech Hakodosh: If he realized before he began the next Brocho and within the time frame it takes to say three words, he corrects his mistake. Otherwise, he must begin Shmoneh Esrei again. [The same applies if this occurs in Chazaras Hashatz, in which case Kedushah is recited again.]

If one is in doubt whether he said *Hamelech Hakodosh*, he needs to repeat *Shmoneh Esrei*.

One who did not say Hamelech Hamishpat: If he realized before he began the next Brocho and within the time frame it takes to say three words, he may correct his mistake. Otherwise, he should continue Shmoneh Esrei without correcting his mistake.

In this event, it is ideal to daven Shmoneh Esrei a second time, as a Nedavah, in order to say Hamelech Hamishpat. [However, if this occurs to the Chazzan – in either Shmoneh Esrei – he does not repeat it a second time.]

If one mistakenly omitted any of the other four additions (*Zochreinu*, *Mi Chomocha*, *u'Chsov*, *u'Vsefer Chaim*), he may recite it at the place he remembers only if he has not yet said *Hashem's* name at the end of that *Brocho*. Otherwise, he continues *Shmoneh Esrei* and does not go back.

During Chazaras Hashatz, the congregation recites the selections of u'chsov and u'Vsefer Chaim aloud before the Chazzan says them.