

Honey Cake

INGREDIENTS

- 1 C. honey
- 1/2 C. oil
- 1 C. sugar
- 2 1/2 C. sifted flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 3 eggs
- 1 C. cold coffee
- 1/2 C. seltzer

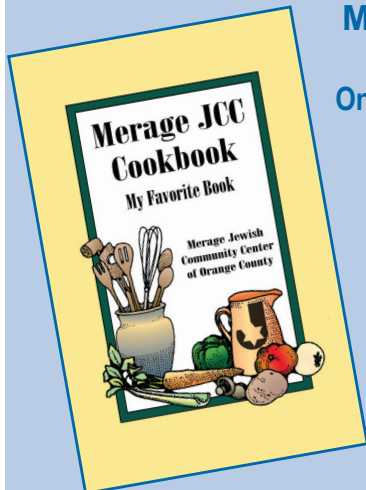


DIRECTIONS

Preheat oven to 325°

Put honey, oil and sugar in mixing bowl. Add 3 eggs. Add 1 cup cold coffee and a 1/2 cup seltzer. Add flour, baking powder and baking soda. Put batter in greased large pan. Sprinkle top with sliced almonds. Bake at 325° for 45 minutes. Serves 8 - 10.

Family recipe from Karen Gerber, *The Merage JCC Cookbook*.



MERAGE JCC COOKBOOK

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HOLIDAY	Athletics Complex	Admin. Offices
Erev Rosh Hashanah Wednesday, Sept. 28	Early Close 6 p.m.	Early close 5 p.m.
Rosh Hashanah Thursday, Sept. 29	Closed	Closed
2 nd Day Rosh Hashanah Friday, Sept. 30	Regular Hours	Offices Closed
Erev Yom Kippur Friday, Oct. 7	Early Close 6 p.m.	Early Close 5 p.m.
Yom Kippur Saturday, Oct. 8	Closed	Closed
Erev Sukkot Wednesday, Oct. 12	Regular Hours	Early Close 5 p.m.
Sukkot Thursday, Oct. 13	Regular Hours	Offices Closed
2 nd Day Sukkot Friday, Oct. 14	Regular Hours	Offices Closed
Shemini Atzeret Thursday, Oct. 20	Regular Hours	Offices Closed
Simchat Torah Friday, Oct. 21	Regular Hours	Offices Closed

Text courtesy of Peninsula Jewish Community Center, Foster City, CA



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Merage Jewish Community Center of Orange County

Rosh Hashanah and Yom Kippur

High Holiday Overview

It is a universal aspect of the human condition that time marches on. Jewish tradition seeks not only to mark the passage of time, but to sanctify it. This 10-day period opens with Rosh Hashanah (Jewish New Year), celebrated for two days, and concludes with the one-day observance of Yom Kippur (Jewish Day of Atonement). The ten days are a time on the Jewish calendar when reflection on one's deeds over the past year, along with acts of *tzedakah* (justice) and making amends, is encouraged.

Rosh Hashanah/Jewish New Year September 29 - 30, 2011 • 1-2 Tishrei 5772

“One grand lesson of Rosh Hashanah is not that we have to be perfect, but that we are, and continue to be, very good. It is sufficient if we strive to achieve our potential. It is only when we fail to be the fullness of who we are that we are that we are held accountable.

—Rabbi Nina Beth Cardin, *The Tapestry of Jewish Time: A Spiritual Guide to Holidays and Lifecycle Events*

THEMES AND THEOLOGY

Perhaps the themes and theology of Rosh Hashanah are best expressed through its symbols: apples and honey, the pomegranate, a round challah, the shofar or ram's horn, and fish.

Apples and honey express the wish for a sweet new year. Due to the elaborate and somewhat mysterious process by which honey is created, it has the additional symbolism as the spiritual exercise of self-improvement. **The pomegranate** with its many seeds, and **the fish** both symbolize the desire for a plentiful year. In addition, Jewish tradition likens the number of seeds in a pomegranate to the number of mitzvot (good deeds or sacred obligations) we hope to perform in the upcoming year. **The round challah** symbolizes the cyclical nature of life, while the **ram's horn** serves as a “wake-up call” for individuals to begin the process of intense introspection.

TRADITIONS

Rosh Hashanah is a holiday of quiet introspection. For many in the American Jewish community, this includes synagogue attendance where special prayers are said. The celebration also includes festive meals with symbolic foods. Some participate in a ceremony called *tashlich* whereby misdeeds of the past year (symbolized by bread crumbs) are symbolically thrown into a live body of water. It is also customary to exchange New Year cards.

Yom Kippur/Day of Atonement October 8, 2011 • 10 Tishrei 5772

THEMES AND THEOLOGY

Yom Kippur is the most solemn and introspective day on the entire Jewish calendar, emphasizing personal responsibility for one's actions and fate. The idea of atonement includes accepting responsibility for our actions through prayers of confession.

However, Yom Kippur is not a vehicle through which one corrects an injustice between individuals. To atone for deeds committed against another person, Jewish tradition teaches that you must address that person directly and apologize. Yom Kippur will address the impact that deed had on your relationship with G-d, but without personal and direct apology, the deed remains uncorrected. This element of the day often leads to difficult self-assessments and personal accountability for the choices made in the previous year.

TRADITIONS

The most prominent tradition of the Yom Kippur holiday is a 25-hour fast from all food and drink from sunset to sundown the next day. Many spend the entire day in synagogue engaged in study and prayer. Other traditions include dressing in white and avoiding wearing leather. The holiday ends with a festive break-the-fast of dairy foods.



Special Blessings for a Sweet New Year

Pick up a slice of apple, dip it in honey and say:

ברוך אתה יי אלהינו מלך
העולם בורא פרי העץ.

Baruch Atah Adonai Eloheinu Melech HaOloam Borei P'ri Ha'Etz.

Praised are You, Eternal One our G-d, Sovereign of the Cosmos and Creator of the fruit of the tree.

יהי רצון מלפניך יי אלהינו ואלהי
אבותינו ואמותינו שתחדש עלינו
שנה טובה ומתוקה!

Yehi Ratzon Milfanecha, Adonai Eloheinu V'Elohei Avoteinu V'Imoteinu, She'Techadesh Aleinu Shanah Tovah U'Metukah!

May it be Your Will, Eternal One, G-d of our fathers and mothers, that you renew us for a good and sweet year!

Pass a bowl of pomegranate seeds, and before eating, recite:

יהי רצון מלפניך יי אלהינו ואלהי
אבותינו ואמותינו שנהיה מלאים
מצות כרמון.

Yehi Ratzon Milfanecha, Adonai Eloheinu V'Elohei Avoteinu V'Imoteinu, She'Nehiye M'lei'im Mitzvot K'Rimon.

May it be Your Will, Eternal One, G-d of our fathers and mothers, that our lives will be full with as many mitzvot (good deeds, sacred obligations) as there are seeds in a pomegranate.