



TORAH
UNIVERSITY



PREPARE FOR
ROSH HASHANAH

13 practical lessons for 5787

September 11–13, 2026

With Rabbi Doniel Aryeh Ehrenreich

BEGIN WITH INTENTION

Know the days. Make room for the year.

Rosh Hashanah brings prayer, accountability and hope. Prepare your schedule so you can enter the holiday with intention.

YOUR NEXT STEPS

- Write down your local Friday candle-lighting time and Saturday/Sunday nightfall times.
- Plan to hear shofar in person Sunday, September 13, during the day. No shofar on Shabbat.
- Choose one relationship, habit or mitzvah you want to strengthen.

RESOURCES - TAP A TITLE IN THE PDF

[Aish: Rosh Hashanah: the essentials](#)

[OU: Shabbat: the silent shofar](#)

[Chabad: Rosh Hashanah 2026 FAQ](#)

WAKE UP THE HEART

Make your shofar plan.

The shofar calls us to wake up and return. In 2026, hear it in person on Sunday, September 13, during the day.

YOUR NEXT STEPS

- Use the service finder and confirm the actual Sunday shofar time with the host.
- Arrange access, a walking route and any assistance you need before the holiday.
- At the blowing, intend to fulfill the mitzvah and listen without talking.

RESOURCES - TAP A TITLE IN THE PDF

[Chabad: Find High Holiday services and shofar](#)

[OU: Find an Orthodox synagogue](#)

[Aish: Symbolism of the shofar](#)

A SINCERE BEGINNING

Give your return a voice.

Selichot gives our desire to return a voice. Follow your community's prayer text and turn sincerity into a concrete act of repair.

YOUR NEXT STEPS

- Find a local Selichot service or review the text before the holiday.
- If praying alone, ask which sections require a minyan, including the communal Thirteen Attributes.
- Take one practical step to repair a relationship or change a repeated habit.

RESOURCES - TAP A TITLE IN THE PDF

[Chabad: Print the Hebrew Selichot text \(PDF\)](#)

[Aish: Preparing in Elul](#)

[Aish: Selichot and the 13 Attributes](#)

MAKE SPACE FOR JOY

Prepare a table that welcomes people.

A welcoming table can carry the joy of the holiday. Finish Shabbat cooking before Friday and plan the second-night transition.

YOUR NEXT STEPS

- Plan meals for both days, including children and anyone with dietary needs.
- Shop, cook and set out what you can before Friday.
- Invite someone who might otherwise spend the holiday alone.

RESOURCES - TAP A TITLE IN THE PDF

[Aish: Jewish brisket recipe](#)

[Chabad: Free Rosh Hashanah cookbook](#)

SAY WHAT YOU CAN LIVE

Treat your words with care.

Words matter. Many communities arrange Hatarat Nedarim before the holiday; a specific vow may require an individual ruling.

YOUR NEXT STEPS

- Ask your synagogue when and how it arranges Hatarat Nedarim.
- Read the text in a language you understand before participating.
- Bring questions about a specific vow to a competent rabbi.

RESOURCES - TAP A TITLE IN THE PDF

[OU: Erev Rosh Hashanah: Sephardic practice](#)

[Chabad: Hatarat Nedarim: annulment of vows](#)

SWEETNESS WITH PURPOSE

Let the simanim speak.

Apples, honey and other simanim express our hopes. Let the sweetness at the table lead to kinder words and actions.

YOUR NEXT STEPS

- Prepare challah, wine or grape juice, apples, honey and the simanim your household uses.
- Print the meal prayers; mark the Shabbat additions for Friday night.
- Review Saturday night's combined Kiddush-Havdalah order, called Yaknehaz, in your machzor.

RESOURCES - TAP A TITLE IN THE PDF

[Aish: Celebrate with symbolic foods](#)

[OU: Rosh Hashanah kosher food questions](#)

ONE PRAYER AT A TIME

Walk into services with a map.

Use the machzor as your map. Begin with one prayer you can understand and say with attention.

YOUR NEXT STEPS

- Confirm service times and obtain the edition of the machzor used by your congregation.
- Bookmark the main prayers and read a short translation beforehand.
- Choose one idea from the service or sermon to carry into the week.

RESOURCES - TAP A TITLE IN THE PDF

[Aish: Praying on Rosh Hashanah in 3 steps](#)

[OU: A color guide to Musaf](#)

[OU: Three basic Rosh Hashanah prayers](#)

RETURN BY THE WATER

Make room to let go.

Tashlich is prayer and reflection by water. Many communities go Sunday afternoon this year. Do not throw food or feed fish.

YOUR NEXT STEPS

- Find a suitable, accessible location and confirm your community's time.
- Print the prayer or mark it in your machzor before Friday.
- Name one habit you want to release and the positive action that will replace it.

RESOURCES - TAP A TITLE IN THE PDF

[Aish: All about Tashlich](#)

[Chabad: Tashlich: Hebrew and English \(PDF\)](#)

CARRY HOLINESS HOME

Turn inspiration into a commitment.

Carry the holiday into daily life. Choose one small, sustainable practice in Torah study, prayer, kindness or careful speech.

YOUR NEXT STEPS

- Set aside ten quiet minutes for a teaching before the holiday.
- Choose one specific practice you can sustain after the holidays.
- Bring a question or reflection into the Torah University community.

RESOURCES - TAP A TITLE IN THE PDF

[OU: Praying for others in Elul](#)

[Aish: Five small changes for the new year](#)

PREPARE BEFORE FRIDAY

Welcome the holiday with light.

Friday candles: before sunset at your local time. Saturday-night candles: after nightfall, using a flame prepared before the holiday.

YOUR NEXT STEPS

- Look up your own city's times; do not use another city's clock time.
- Set out both evenings' candles and the printed blessings before Friday.
- Light the long-burning source before the holiday and plan the Saturday-night transition.

RESOURCES - TAP A TITLE IN THE PDF

[Chabad: Find local candle-lighting times](#)

[Chabad: Holiday candle-lighting blessings](#)

[Aish: New fruit on the second night](#)

NO ONE LEFT OUTSIDE

Help someone else prepare, too.

Help someone else prepare. Give monetary tzedakah before Friday candle lighting and preserve the recipient's dignity.

YOUR NEXT STEPS

- Give to a trusted charitable cause or someone in need before Friday candle lighting.
- Help a person arrange food, services or an in-person shofar opportunity.
- Check in on someone who may be isolated.

RESOURCES - TAP A TITLE IN THE PDF

[Aish: The levels of giving](#)

A YEAR OF POSSIBILITY

Read something worth carrying in.

One idea understood well can be enough. Prepare a short reading and a thoughtful question for the holiday table.

YOUR NEXT STEPS

- Choose and print a reading before Friday.
- Underline one idea and prepare one discussion question.
- Connect the idea to a concrete action for the new year.

RESOURCES - TAP A TITLE IN THE PDF

Aish: The shofar is silent: remember to breathe

OU: Zachreinu Lechaim: remember us for life

PUT LEARNING INTO PRACTICE

Check your readiness. Begin with confidence.

Revisit the essentials, complete your next steps and test what you have learned. Enter the holiday with care and joy.

YOUR NEXT STEPS

- Review the five essentials and complete any unfinished preparation steps.
- Save or print the course before the holiday.
- Choose your next learning step and share one useful resource with someone who needs it.

RESOURCES - TAP A TITLE IN THE PDF

[Aish: High Holiday quiz](#)

[Chabad: Teshuvah quiz](#)

Five essentials to remember

1. Shofar: Sunday daytime only

Hear the shofar in person on Sunday, September 13, 2026, during the day. No shofar on Shabbat, September 12.

2. Hear it in person

A recording or livestream does not fulfill the shofar mitzvah. Confirm the Sunday time with your host.

3. Light candles at the correct times

Friday: at your local candle-lighting time before sunset. Saturday night: after local nightfall, from a flame lit before the holiday.

4. Tashlich is prayer by water

Many communities go Sunday afternoon. Follow local custom; do not throw bread or feed fish.

5. Finish weekday preparations before Friday candles

Print prayers, give monetary tzedakah and finish Shabbat cooking before the holiday.

Continue with Torah University

[Explore the community and structured learning](#)

[Members: open the classroom](#)

[TU Rosh Hashanah Machzor & Survival Guide - Nusach Ari hardcover](#)

Check current production and shipping estimates. Follow your community's customs; bring individual halachic questions to your rabbi.