



The Youth Weekly

Rosh Hashanah 5787

EmPower thru Torah

Fri 11 Sept

Candle lighting:

5.48pm

Mincha: 5.45pm

Maariv: 6.00pm

Sat 12 Sept – RH 1

Shacharit: 8.30am

Mincha: 5.45pm

Candle lighting:

after 6.36pm

Maariv: 6.40pm

Sun 13 Sept – RH 2

Shacharit: 8.30am

Shofar

Tashlich

(Ron Stone Park):

4.30pm

Mincha: 6.00pm

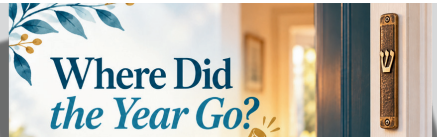
Maariv: 6.44pm

ROSH HASHANAH IN 30 SECONDS

Rosh Hashanah begins the Jewish year and the Ten Days of Teshuvah. We crown Hashem as King, ask to be remembered for a good year, and on Sunday this year hear the shofar.

Across the two days, the Torah and Haftarah bring us Sarah, Hagar, Channah, the Akeidah and Rachel, while Mussaf centres on Kingship, crowning Hashem as king upon us, Remembrance and Shofar.

It is also a day to look honestly at the year behind us and ask what we want to carry into the year ahead.



*Where Did
the Year Go?*

There is a strange moment every Rosh Hashana when you realise how quickly another year has gone.

Some things you remember clearly.

A birthday. A trip. A difficult conversation. A piece of good news.

Most of the year is harder to account for. School runs. Workdays. Dinners. WhatsApp messages. Laundry. Bills. Shabbat. Another Monday. Another Thursday. Life fills up very easily.

The Rambam, Maimonides, writes that the shofar carries a message:

“Wake up, you who are sleeping.”

He tells us to look at our actions, remember Hashem and pay attention to where our life is going.

Rosh Hashana gives us a day to do that. Then the Rambam says something similar about the mezuzah.

Every time we walk through our doorway, the mezuzah can remind us to wake up and remember what lasts.

That means the question of Rosh Hashana does not disappear when the shofar stops. It follows us home.

What deserves more of our attention this year?

Who have we been meaning to call?

Who at home needs more patience from us?

What good thing have we become so used to that we barely appreciate it?

Where do we want Hashem to be more present in the way we live?

A whole year can disappear into ordinary days.

Those ordinary days are also where the coming year will happen.

Rosh Hashana gives us the chance to enter them awake.

Question for the Chag table: What is one thing you want to notice again this year?



Rosh Hashanah 5787 • Articles

EmPower thru Torah



The Rambam asks us to picture a scale. On one side are our merits. On the other are our mistakes. He says we should imagine it perfectly balanced. One mitzvah can tip it.

Last week at PHC, Rawan Osman gave us a real example of how far one action can travel. Rawan grew up in Lebanon hating Jews and admiring Hezbollah. Years later, in Strasbourg, she met a Jewish shopkeeper named Pinhas.

She was distressed after encountering Jews for the first time. Pinhas treated her with dignity and let her keep her pride. She remembered him.

That encounter became part of the process that led her to question what she had been taught about Jews. Today she speaks publicly for Israel and the Jewish people.

Standing at PHC, she turned to the young people in the room and said: "You are Pinhas."

We rarely know which of our actions someone else will remember: a welcome, a patient answer, the way we carry ourselves when someone knows we are Jewish.

Rosh Hashanah reminds us that actions count. Some may matter in ways we never get to see.



**You Have Heard
This Sound Before**

There is a moment on Rosh Hashanah when the room becomes very still. Then comes the shofar.

For some, it is a sound they hear every year. For others, it may have been a while. Jewish tradition gives that sound a much longer memory.

At Mount Sinai, the Torah says: "The sound of the shofar grew louder and louder."

Thousands of years later, those verses appear in the Shofarot section of Rosh Hashanah Mussaf. The machzor takes us back to Sinai.

Later, Moshe speaks about the covenant between Hashem and the Jewish people. He says it was made with those standing there and with "those who are not here with us today." Our sages understood those words to include future generations.

Us.

So the shofar belongs to someone who knows every page of the machzor and someone quietly checking which page everyone else is on. To the child hearing it for the first time and the grandparent who has heard it for decades.

We arrive with different stories. For a few moments, we listen together.

Once again, we are here.

What part of the Jewish story would you like to understand well enough to make it your own?



Coming Home: *The Piano That Stayed*

Evyatar Banai was already a successful Israeli singer-songwriter when he began searching for something deeper.

After time in India and Mitzpe Ramon, he returned to Tel Aviv feeling unsettled. He began attending Torah classes with Rabbi Ofer Gissin. Pirkei Avot and Mesillat Yesharim, a classic book about character and spiritual growth, became some of his first serious encounters with Judaism.

The change came gradually.

Evyatar married, became observant and eventually lived with his family in Bnei Brak. He was trying to understand what his new religious life would mean for the person he had already been.

And especially for his music.

At one point, he wondered whether the piano belonged in this new life at all. The piano, in Evyatar's telling, was not especially worried. It was too deeply rooted in him to disappear.

Over time, he found a way to bring the different parts of his life together. He continued learning Torah. He continued writing and performing. His music began carrying the questions, struggles and faith of the person he was becoming.

His teshuvah did not ask him to become someone else. It asked him to keep working out how Torah, faith and music could live together in the same life.

That work never really finished.

And the piano stayed.



Three big ideas to listen for

Mussaf on Rosh Hashanah is built around three themes. Each one asks us to think about our relationship with Hashem from a different angle.

MALCHUYOT • Kingship

**ZICHRONOT
Remembrance**

SHOFAROT • Shofar

On Rosh Hashanah we speak about Hashem as King. What would it mean to live with Hashem at the centre of our lives?

We speak about Hashem remembering His covenant and His people. We ask Hashem to remember us for life, blessing and good.

We follow the story of the shofar, from Har Sinai to the hope of future redemption, and listen again to its call on Rosh Hashanah.





Israeli poet Leah Goldberg once wrote a prayer asking God to help her notice ordinary life:

"Teach me, my God, to bless and pray over the secret of a withered leaf, over the glow of ripe fruit..."

She asks to see, feel, breathe, hope and fail, and finishes with a wish that today should not simply become yesterday again.

Jewish prayer gives us a similar idea every morning:

הַמְחֲדָשׁ בְּטוּבוֹ בְּכָל יוֹם תְּמִיד מַעֲשֵׂה בְּרָאשִׁית

Hashem renews the work of creation in His goodness every day.

The world can look very familiar when we wake up. Same home. Same people. Same routines.

Rabbi Jonathan Sacks once showed an audience a white page with a small black dot. Everyone noticed the dot. Almost nobody mentioned the large white space around it.

Teach me, my God, to bless and pray over the secret of a withered leaf, over the glow of ripe fruit, over this freedom: to see, to feel, to breathe, to know, to hope, to fail.

Teach my lips a blessing and a song of praise

as Your time is renewed with morning and with night, so that my day today will not be like yesterday or the day before, so that my day will not become mere habit

His point was simple. Problems grab our attention. Much of the good in our lives becomes familiar enough that we stop noticing it.

Rosh Hashanah gives us another year of ordinary days. The people at our table. Someone who calls to check in. A meal we enjoy.

Rabbi Sacks often returned to the idea that every day is a gift from God. Leah Goldberg's prayer asks us to become better at seeing that gift before familiarity hides it.

What in your life has become so familiar that you sometimes forget how precious it is?



The children at Ruth Landau Harp Early Learning have been getting ready for Rosh Hashanah with a special seder, sweet honey treats and one very big shofar.

They listened to the shofar, had a turn exploring it up close, and enjoyed tasting some of the foods connected to the chag.

The children also had a special visit from Messines Bee Farm explored bees and learned how honey is made, giving them a hands-on way to understand why honey has such a special place on the Rosh Hashanah table.

At RLH, Jewish learning is part of everyday life, through experiences children can see, hear, taste and remember.



Ask someone nearby. Plenty of us are checking the page number too.



Certified Little Scientists House • 2026 WA State Winner for Excellence in Early STEM Education • 3 NQS areas rated Exceeding

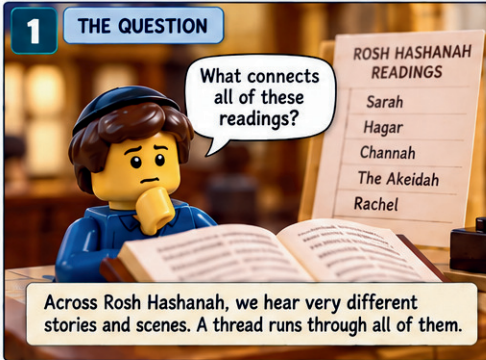
Come and visit RLH
28 Freedman Road, Menora
(08) 9271 4757
director@ruthlandauharp.com
ruthlandauharp.com

WHY THESE READINGS ON ROSH HASHANAH?

Over the two days of Rosh Hashanah, we hear four special readings: Sarah and Hagar, Channah's prayer, the Akeidah, and Rachel's tears. Why were these chosen?

Different stories. One big message.

1 THE QUESTION



2 SARAH



3 HAGAR AND YISHMAEL



4 CHANNAH



5 THE AKEIDAH AND RACHEL



6 THE BIGGER PICTURE



What would you like Hashem to remember about you this year? _____



What Makes a Good Year?

Family Learning Together



During the chag, find a little time to sit together, talk, and learn as a family.



For generations, Jewish families have sent Shana Tova greetings before Rosh Hashanah. Some were simple cards. Others were colourful, funny or full of pictures showing what people hoped the coming year might bring: health, family, peace, success, a good livelihood, or the chance to be together again.

Look at the old Shana Tova card on this page. What do you think the person who sent it was hoping for?

Now think about the greeting we still use today:

שנה טובה ומתוקה
Shana Tova Umetuka
A good and sweet year.

"Sweet" is easy to picture. Honey helps. But what makes a year good?

Ask the youngest person first.
What would make this a good year for you?

Then let everyone else answer. You may hear very different ideas. a new friend. more time with family. school, work, Israel, health, a mitzvah they want to grow in, or something they hope will change.

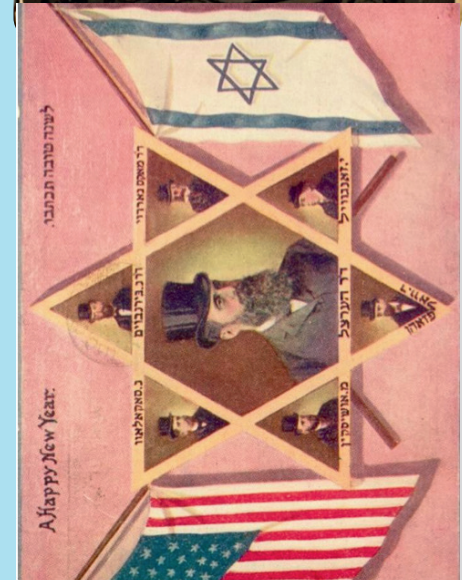
Rosh Hashanah also gives us these words during Mussaf:

היום הרת עולם
Hayom harat olam
Today the world is born.

A new year is beginning, and much of its story has still not happened. So here is one more question for the table:

If you could add one good thing to your family, your community or the world this year, what would you choose?

Then finish together with the wish Jews have shared for generations: Shana Tova Umetuka. May we have a good and sweet year.



On the first day of Rosh Hashanah, the Haftarah tells the story of Channah, a woman whose prayer changed the way Jews pray to this day.

A Prayer Without a Sound

Sometimes the deepest prayers are the quietest.

"She spoke in her heart ..."
(Shmuel I 1:13)

1 The journey and the struggle

Channah longed for a child. Year after year, she came with her family to worship Hashem at Shiloh. She would cry and could not eat.

2 Elkanah tries to help

Channah, why are you crying?
Why aren't you eating?

3 She gets up

Then Channah got up.

4 A prayer nobody can hear

Channah was speaking in her heart. Only her lips moved, but her voice could not be heard.

Hashem ... remember me.

5 Eli misunderstands

How long will you be drunk?

6 Channah explains

No, my lord. I am deeply troubled.

I have been pouring out my heart before Hashem.

7 Eli listens

Go in peace. May the God of Israel grant what you have asked.

8 Something has already changed

She went on her way, ate, and was no longer downcast.

And the story continues...

Later, Hashem remembered Channah, and she gave birth to Shmuel.
(Shmuel I 1:20)

Who helps you feel heard when something is difficult to explain?

Our prayers, our tears and our hopes matter.

Why Sing This Before the Shofar?

High School Learning

Just before the shofar, many Sephardi communities sing Et Sha'arei Ratzon, a medieval piyut by Rabbi Yehuda ibn Abbas. It retells the Akeidah through the emotions of Avraham, Yitzchak and Sarah.

Read these words spoken in the voice of Yitzchak:

**Tell my mother that her joy has gone away
Her son, born at ninety, now is bound today.
To the fire and the knife, her son is led
Where can I find comfort for the tears she'll shed?
It breaks my heart to know my mother will cry
And then the refrain:
The binder, bound, and altar all testify.**

שִׁיחוּ לְאִמִּי כִּי שָׁשְׁנָה פָּנָה
הִבֵּן אֲשֶׁר יִלְדָה לְתַשְׁעִים שָׁנָה
הִיָּה לְאֵשׁ וּלְמַאֲכֶלֶת מִנָּה
אָנָּה אֲבַקֵּשׁ לָהּ מִנַּחֵם אָנָּה
צָר לִי לֹאִם תִּבְכֶּה וְתִתִּיחַ

**And then the refrain:
עוֹקֵד וְהִנְעִקָד וְהַמְזִבָּה**

Why would Jews sing words this painful immediately before the shofar?

What emotions are being brought before Hashem here?
Does tefillah always need to ask Hashem for something?

Channah describes her own prayer:

וְאֶשְׁפָּךְ אֶת־נַפְשִׁי לִפְנֵי ה'

"I poured out my soul before Hashem."

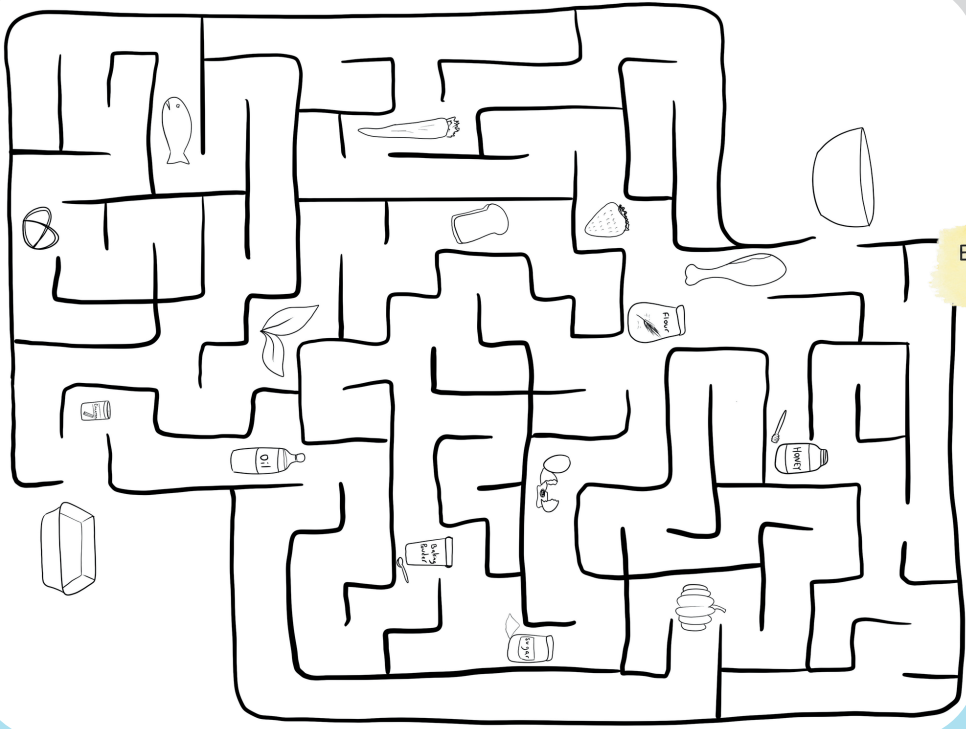
I Samuel 1:15

During the chag, find a little time to sit down with your parents, talk about it, and learn together.

Read Channah's words beside the piyut.

Could "pouring out your soul before Hashem" be a definition of tefillah? what other definitions might be?

Apples, Bees & Honey
Picture Puzzles



Rosh Hashanah Edition 🍌 #1
By Sari Kopitnikoff • @thatjewishmoment #2

Cake	Mustard	Leaf	Round	Pomegranate	Empire	Spirits	Jazz
Nose	Born	Shofar	Comb	Honeycrisp	Date	Five	Fish
Bubbles	Egg	Braided	Year	Meals	Holidays	Carrot	Prayers
Moon	Horn	Pot	Bakery	Regard	<u>Tashlich</u>	<u>Shofar</u>	Gala



 **Rosh Hashanah Edition** 
By Sari Kopitnikoff • @thatjewishmoment

Have an idea? Share it with Rav Aviel
0480 440 883
empower@thephc.com.au

All
Are
Welcome

Rosh Hashanah at PHC

Youth & Family Programmes



Perth Hebrew CONGREGATION **Power**

LET'S HEAR IT... SHOFAR!

ROSH HASHANA FOR KIDS AT PHC
11-13 Sept 2026

FRI 11 SEPT | 6:00pm Children's Service

SAT 12 SEPT
Children's Service during Drasha Special Activity for High School • 12:00-12:30pm
DAY 1: NO SHOFAR

SUN 13 SEPT
Children's Service + SHOFAR during Drasha Special Activity for High School • 12:00-12:30pm
Tashlich • 4:30pm

PLUS FOR KIDS
Special Grand Kiddush for Kids
RLH Playground for parent-supervised play
Rosh Hashana Treat Bags
Prizes

CELEBRATE THE NEW YEAR WITH SONGS, GAMES, STORIES AND FRIENDS!

Weekly in PHC

Learning. Connection. Community. Shabbat.

MONDAY & TUESDAY



EmPower Thru Learning

Kindy – High School

Monday

4:00 PM Kindy – Year 2

5:15 PM Year 3 – Year 4

Tuesday

4:00 PM Year 4 – Year 6

5:15 PM High School



WEDNESDAY



Tanach Shiur

with Rabbi Dan

Group Learning with Rav Aviel



THURSDAY



Pizza Parasha

High School

6:30 PM – 7:45 PM

Learning, food and great company.



SHABBAT MORNING



Children's Services

During Shacharit (Shabbat Morning)

A warm, engaging space for kids to connect with tefillah and friends.



YOM KIPPUR THE DOOR IS OPEN



Youth at PHC
Mon 21 Sept 2026



10:30am • Ages 0-3 + 4-8



11:15am • Ages 9-12



Kids Lunch during Drasha • under Bar/Bat Mitzvah age



1:00pm • High School Program



4:55pm • Primary School Program: Get Ready

PLUS FOR KIDS

RLH Playground for parent-supervised play

Afternoon Hangout + Games



Stories



Games



Questions



Time to Connect



Perth Hebrew CONGREGATION



Power

Our very own Aaron Levine has created a Carmel School website where we can pledge mitzvot during Elul in memory of Sheldon z"l.

Choose mitzvot you plan to do, add your pledge and help us see how many mitzvot our community can complete together before Rosh Hashanah.

270 mitzvot were already pledged, join us!



Mitzvah site



PHC tefilah app



thephc youth



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Instagram

Have an idea? Share it with Rav Aviel
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