

IT'S APPLES AND HONEY TIME!

The practice of eating apples and honey on Rosh Hashanah dates back centuries. Apples, often considered one of the most popular fruits in many cultures, have come to symbolize the *Shechinah*, or Divine Presence, in Kabbalistic thought. Honey, with its enduring sweetness, represents our prayer for a year filled with joy and blessings. Together, they encapsulate our collective wish for a sweet new year, filled with health and happiness.

Rabbi Shimon Apisdorf explains that an apple tree grows differently than other fruit trees. "On most fruit trees the leaves appear before the fruit, thus providing a protective cover for the young fruit," he writes. "The apple, however, makes a preemptive move by appearing before the leaves. The Jewish people are compared to an apple because we are willing to live out our Jewish lives even if this seems to leave us unprotected." Rabbi Apisdorf also suggests dipping apples in honey represents a symbolic bee analogy. "A bee can inflict pain by its sting, yet it also produces delicious honey," he writes. "Life has this same duality of potential. We pray that our choices will result in a sweet year."

During the Rosh Hashanah meal, it is customary to recite a special blessing over the apples and honey. This act not only expresses our desire for a good year but also serves as a reminder of the importance of gratitude and positivity as we enter a new chapter.

Congregation Am HaYam is again helping you by providing an opportunity to wish others "*L'shanah Tovah*" ("For a good year") with a gift basket containing apples, honey, and other goodies. Not only will you be able to send your token of friendship, but you will be participating in the tradition of dipping apples in honey to begin the year with sweet wishes and hopes. Each recipient will receive the goodies along with the blessings associated with the home ritual, enabling them, with family and friends, to express their joy in and hope for the New Year. Each will receive one basket with all the names of those who purchased it attached. A short explanation will also be included. Your gift will enhance one's celebration of Rosh HaShanah and help to raise funds for CAH. Please look for the order form elsewhere in this issue of the *Migdalor* for costs and other information. For questions, please feel free to contact Fran Lande at fblande@gmail.com or Brenda Rich at brenda.bashful16@gmail.com.

Thank you for your participation.

Fran Lande on behalf of Apples, Honey & More Subcommittee of the Ways & Means Committee

**CONGREGATION AM HAYAM
APPLES & HONEY 2024**

Yes, I would like to participate in the CAH Apples and Honey program.

Please return by September 17th. All bags will be delivered. Deliveries will be September 25th – September 30th.

Name: _____ Phone Number _____

Price: If not purchasing for the entire congregation, each bag is \$24 for neighbors, relatives, friends or others.

Entire Congregation \$ 140.

Entire Congregation \$ 140 plus \$18 for each additional bag

I would like to order one for the whole congregation \$ 140. \$ _____

I would like to order an Apples & Honey for the following CAH members:

Name _____

Name _____

Name: _____

I would like to order an Apples & Honey for the following non-members:

Name: _____ Address _____

Name: _____

Address _____

Name: _____

Address: _____

Please attach another piece of paper for additional orders if necessary.

Total number Apples & Honey ordered _____ at \$ _____ each \$ _____

TOTAL \$ _____

Please make checks payable to **Congregation Am HaYam** and mail to

Congregation Am HaYam; 4839 Market St.; Unit C; Ventura, CA. 93003