

Traditional Blessings over Apples and Honey:

Dip a piece of apple in honey and say:

Barukh atah Adonai Eloheinu melekh ha'olam borei pri ha-eitz

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ:

Blessed are You, Adonai, Source of the universe, creator of the fruit of the tree.

Eat a small piece of apple and recite:

Yehi ratzon lifanecha, Adonai Eloheinu, v'Elohai avoteinu, she'te'hadash aleinu shanah tovah u'metukah.

יְהִי רָצוֹן מִלְּפָנֶיךָ יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁתְּחַדֵּשׁ
עֲלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה

May it be Your will, Adonai our God, to grant us a good and sweet year.

Conversation Starters:

Who did something sweet for you last year? What did they do?

Who did you do something sweet for last year? What did you do?

What is a sweet thing you could do for someone else in the new year?

What is a sweet thing you wish someone would do for you in the new year?