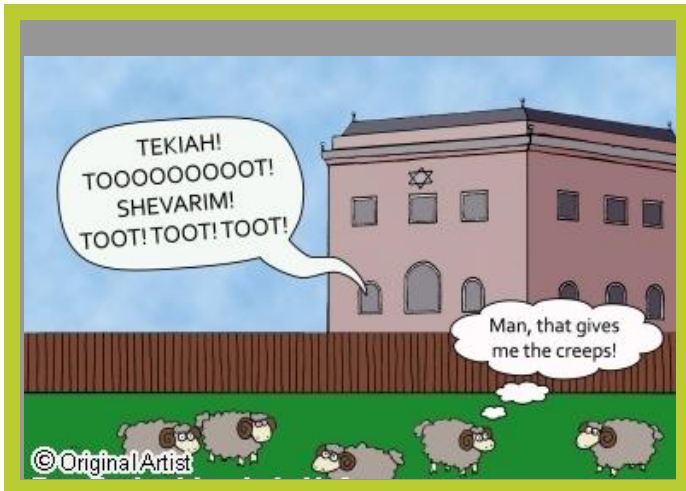


# Tikvah Nus

September – November 2011

Elul 5771 – Kislev 5772



## Rosh Hashanah is Coming!

Rosh Hashanah will be here on September 28, and if you're interested in attending services, now's the time to start thinking about where you'll be listening to the shofar blasts.

If you're new to town, or if you're just looking for something different this year, here's a list of the various options available to you in Ottawa for Rosh Hashanah and Yom Kippur, categorized by religious denomination:

### Conservative

<i>Beth Shalom</i>	151 Chapel Street	613.789.3501
<i>Agudath Israel</i>	1400 Coldrey Ave	613.728-3501
<i>Adath Shalom</i>	31 Nadolny Sachs	613.240.4564

### Reform

<i>Temple Israel</i>	1301 Prince of Wales	613.224.1802
----------------------	----------------------	--------------

### Orthodox

<i>Beth Tikvah</i>	15 Chartwell Ave	613.723.1800
<i>Machzikei Hadas</i>	2310 Virginia Dr	613.521.9700
<i>Ohev Yisroel</i>	516 Rideau Street	613.321.6200
<i>Young Israel</i>	627 Kirkwood Ave	613.722.8394
<i>JET Beginners' Service at Young Israel</i>	Call the JET office at 613.798.9818 x 247 for more info.	

### Chabad

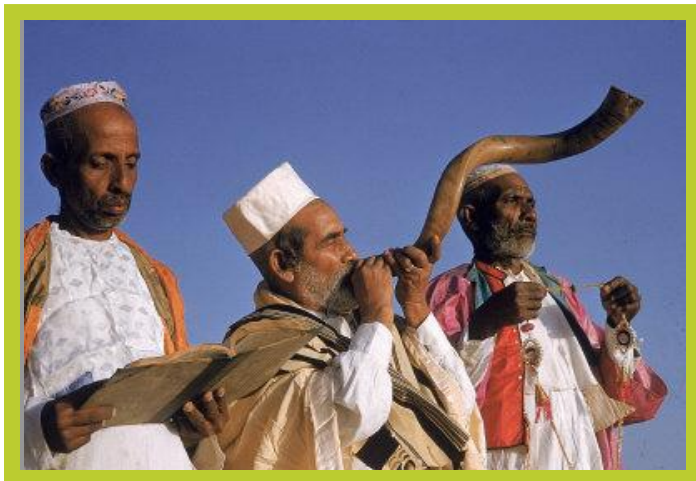
<i>Chabad of Westboro</i>	192 Switzer	613.729.1619
<i>Chabad of Centrepoin</i>	18 Wycliffe	613.224.7050
<i>Ottawa Torah Centre</i>	111 Lamplighters Drive (Barrhaven)	613.843.7770

### Reconstructionist

<i>Or Haneshamah</i>	99 Fifth Ave	613.239.4988
----------------------	--------------	--------------

### Sephardic

<i>Sephardi Association of Ottawa</i>	56 Bateman, Nepean	613.726.1162
---------------------------------------	--------------------	--------------



## Jewish Family Services of Ottawa

2255 Carling Ave, Suite 300  
Ottawa, Ontario  
K2B 7Z5

Phone: 613-722-2225  
Fax: 613-722-7570

## Save The Date

• **Kosher Food Bank Distribution**  
Between 12:00 and 12:30 on the following dates:

September 11  
September 25

October 9  
October 30

November 6  
November 20

December 4  
December 18

• **Miriam's Well**  
Between 2:30 and 6:00 on the following dates:

September 26  
October 31  
November 28  
December 19

• **Rosh Hashanah**  
September 29-30

• **Yom Kippur**  
October 8

• **Sukkot – Simchat Torah**  
October 13-21

• **Chanukah**  
December 21-28

\*All holidays begin at sundown on the evening before the date shown.



**Please note that the JFS offices will be closed on the following days:**

September 28 – Early Closing (Rosh Hashanah)

September 29 & 30 – Closed (Rosh Hashanah)

October 10 – Closed (Thanksgiving)

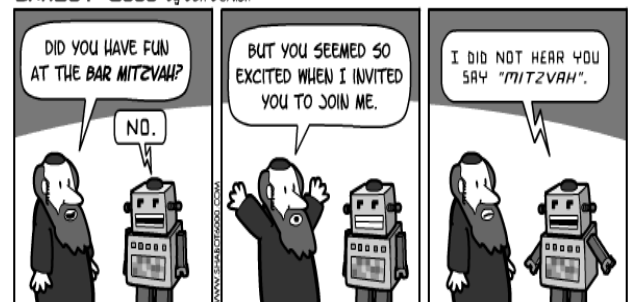
October 12 – Early Closing (Sukkot)

October 13 & 14 – Closed (Sukkot)

October 19 – Early Closing (Simchat Torah)

October 20 & 21 – Closed (Simchat Torah)

**SHABOT 6000** by Ben Baruch



© 2004 Ben Baruch

## Rosh Hashanah Crash Course

Rosh Hashanah is the Jewish New Year, commemorating the creation of Adam and Eve, the first human beings. On Rosh Hashanah, the Books of Life and Death are open on the heavenly desk. On this "Day of Judgment," we each stand before God and offer our best case for being "created anew" — i.e. granted another year of life.

The essential mitzvah of Rosh Hashanah is to hear the sounding of the shofar. The shofar blasts represent three distinct themes of the day:

1. It is the sound of the King's coronation
2. It is the sobbing cry of a Jewish heart
3. It is an alarm clock, arousing us from our spiritual slumber

A central part of Rosh Hashanah is the festive meal. During the High Holidays, a round challah is used — symbolizing fullness and completion. We dip the bread into honey, and also an apple into honey, symbolizing our prayer for a sweet new year. On Rosh Hashanah, we also eat a series of foods that symbolize good things we hope for in the coming year.

It is customary to greet others with the words: "*L'shana Tova — Ketivah vi-chatima Tova.*" This means: "For a good year — You should be written and sealed in the good (Book of Life)."

While the decision for "another year of life" is handed down on Rosh Hashana, the verdict is not "sealed" unto Yom Kippur. Therefore, the 10 days from Rosh Hashana to Yom Kippur are a crucial period when most peoples' judgment "hangs in the balance." During these "Ten Days of Repentance," we engage in intense introspection, and are particularly careful with our speech, actions, and mitzvah observance.

### Symbolic Foods

On Rosh Hashanah, we eat foods that symbolize good things we hope for in the coming year. We contemplate what these foods symbolize, and connect with the Source of all good things.

The symbolic foods are based on a word game which connects the name of a certain food, to a particular hope we have for the new year. Here is a list from the Talmud of symbolic foods customarily eaten on Rosh Hashanah. (The food and its related meaning are in bold.)

After eating **pomegranate**, say: "May it be Your will, God, that our merits increase as the seeds of a **pomegranate**."

After eating the **head** of a sheep or fish, say: "May it be Your will, God, that we be as the **head** and not as the tail.

You can also use other foods and make up your own "May it be Your will..." For example, you could eat a raisin and celery, and ask God in the coming year for a "raise in salary" (raisin celery)!

**Need help applying for ODSP?  
Contact an ODSP Application  
Support Worker!**

**An ODSP Application Support Worker can:**

- Help you complete an application
- Help you gather supporting medical documentation
- Accompany you to appointments
- Help you with the appeal process
- We can help you in both English and French

***We can help you even if you have been denied***



**Contact Us:**  
*We are also located in other agencies in the community!  
Call first to make an appt.*

**CENTRAL**  
Contact Cheryl at  
613-235-4351 ext 224.

**SOUTH, EAST and FRENCH**  
Contact Tara at  
613-252-5910

**WEST**  
Contact Natasha at  
613-252-9890



This program is operated by Centre 454 in partnership with CMHA-Ottawa Branch.

Centre 454 gratefully acknowledges the financial support of the City of Ottawa / remercie sincèrement la Ville d'Ottawa de son soutien financier.

# Tikvah Nus

September – November 2011

Elul 5771 – Kislev 5772

## Who We Are

The Tikvah Program is an initiative of Jewish Family Services of Ottawa which seeks to strengthen the Jewish community through Jewish traditions, values, and culture, thereby enabling people to learn to care for themselves and each other with dignity, respect, and compassion.

Services of the Tikvah Program include food relief, Jewish holiday relief, emergency relief (EZRA fund), direct financial assistance (Tikvah Fund), the JFS discount card, case management, and advocacy. Through the Tikvah Fund, the Jewish community invests in Jewish individuals and families who are in financial crisis in order to support them through the crisis in a time-limited way and to provide a bridge towards positive change. The Tikvah Fund is supported by the Jewish Federation of Ottawa.

In considering applications, JFS presents the request to a lay committee made up of individuals who are representative of the community which the Tikvah Program serves. All applicants are pre-screened by JFS staff. The confidentiality of applicants is respected at all times, and names are never presented to the committee.

## How to Apply

Individuals who have a previously assigned JFS worker have their applications processed through him/her. Individuals who are new to JFS should contact Andrea Gardner, the Tikvah Manager, at (613) 722-2225, ext. 321.



Jewish Family Services of Ottawa  
2255 Carling Avenue, Suite 300  
Ottawa, Ontario K2B 7Z5  
(613) 722-2225



The Tikvah Program is funded by  
the Jewish Federation of Ottawa.

## Tikvah Staff

Sarah Caspi, ext. 246

Andrea Gardner, ext. 321

Michael Goldstein, ext. 325