

Jewish Calendar

2022-2023

EVERYDAY
Jewish
MOM

Sept 26*



Rosh Hashanah - It's the Jewish New Year!

Dip some apples in honey and say L'Shana Tova

Oct 5*



Yom Kippur - Day of Atonement

Take time to set goals for next year and forgive yourself
for those you didn't meet last year

Oct 10*



Sukkot - Our Harvest Holiday

Find a quiet moment in the outdoors. Feel the breeze, hear
the birds, and stare at the stars

Oct 18*



Simchat Torah- Time to rewind the Torah

Refresh your Torah knowledge by picking up a book of Torah
stories and reading one

Dec 18
@sundown
1st candle



Chanukah - Miracles! (Not Presents)

Eat something fried and spin a dreidel

Feb 6*



Tu B'Shvat - Happy Birthday, Trees!

Thank trees for all they give us and eat a new fruit

March 7*



Purim - A brave woman saved our people

Dress up, have a drink, and yell "boo!" at the bad guys

April 5 -
1st Seder



Passover - Celebrate our Exodus from Egypt

Remember how blessed we are to have the freedoms we
have. Remember that not everyone is as free as we are. Eat
some matzah.

May 26*



Shavuot - Celebrating the 10 Commandments

Eat cheesecake. Make a cheese plate. Something dairy, just
eat something dairy.

Every
Week!



Shabbat - Seriously, even G-d took a break.

Read a book, take a walk, turn off your phone,
just be nice to yourself

* Holidays start at sundown the night before