

ROSH HASHANA GUIDELINES 5781

HATORAS NEDORIM

Hatoras nedorim is usually done on Erev Rosh Hashana, however it can be done until Yom Kippur. Below are some of the guidelines for Hatoras Nedorim this year:

- Can be done VIA zoom
- The Beis Din should be in one place
- Can have multiple people do it in one go
- Beis Din can be made up of family members

MIKVAH

The minhag is for all men go to mikvah Erev Rosh Hashana and Erev Yom Kippur. Unfortunately, at the moment, most Mikvaos are closed. According to many opinions standing under a shower for 4 mins would be sufficient in current circumstances

IMPORTANT POINTS WHEN IT COMES TO DAVENING THIS YEAR

• TIMING

It is important to be conscious of timing.

Sof Zman Kriyas Shema and Sof Sman Tefillah are currently very early (Shema – 9:14am, Tefillah 10:14am). This means that one should be finished Shacharis Shemone Esrei by 10:14am.

In order to do this one has to allow enough time to complete Pesukei D'Zimra, Birchas Kriyas Shema and Shemone Esrei (considerably longer than usual) before that time.

Some recommended times are:

- ❖ Pesukei D'Zimra – 25-40mins
- ❖ Birchas Kriyas Shema: 10 mins
- ❖ Shmone Esrei 7-15 mins

• PLACE TO DAVEN

It is important to set aside a place where you will be able to daven to the best of your ability. If you are going to be davening together with other family members, it is recommended to discuss this with them and decide before Yom Tov the set up for davening.

• WHAT TO DAVEN

When it comes to what one is obligated to daven, the main priority are the parts of davening that one does on a regular Shabbos or Yom Tov.

Once one has completed those sections of davening and one wants to add in the extra sections / piyutim relevant to Rosh Hashana, one can. This would include:

- ❖ Aveinu Malkeinu (Not said on first day)
- ❖ Piyutim in Shacharis such as אתה הוא אלוהינו, ה' מלך, לא-ל עורך דין, מלך עליון (see tefillah companion guide)

- ❖ Piyutim in Mussaf – such as ונתנה תוקף, וכל מאמינים (see tefillah companion guide)
- ❖ Aleinu during Mussaf repetition - even though one is not obligated to say it, one can say Aleinu as part of the Mussaf piyutim and go down on one's knees.

It is important that if one is davening with others that one coordinates this with them and decides beforehand which tunes one will be singing.

Tefillah should be an uplifting and inspiring experience, it is important that it is a positive experience for all those involved.

SHOFAR

- **How many tekiyos?**

Since we are not part of a minyan there is no obligation to hear 100 sounds of the shofar. Even though there are those who would still recommend hearing 100 tekiyos, there are those who advise against this.

My recommendation is to only blow 30 tekiyos.

- **When should they be blown?**

Preferably they should be blown before one davens Mussaf. However, if one is only going to be able to hear the shofar after 1:45pm, one should daven Mussaf first.

What is the earliest time one can hear Shofar?

One should not hear shofar within the first 3 hours of the day (Not before 9:14am)

- **Introductory tefillos** – one can say the regular introductory tefillos like we say every year before the blowing of the shofar.

- **Making a brocha** – we make two brochos before blowing the shofar

If one is blowing shofar for a woman, the woman should make the brochos. If one is blowing for men (even if the baal Tokeya has already blown for himself), either the Baal Tokaya or the person hearing can make the brocha

YOM TOV MEALS

Yom tov meals are an important part of Rosh Hashana. It is recommended to learn something at the Yom Tov table. Many have the custom of learning Mishnayos Rosh Hashana (the Artscroll Machzor has a translation of the Mishnayos)

- **Seudah Shlishis** - Reminder to have Seudah Shlishis on first day Rosh Hashana, this should be started before 4:13pm.

TASHLICH

Many have the custom of doing tashlich on Rosh Hashana, this can also be done through out the Aseres Yemei Teshuva