

JEWISH NEW YEAR

'Be leaders and be strong in convictions' says Rabbi

Rosh Hashanah, the Jewish New Year begins on Monday, October 3, and it is a time of new beginnings for all in the Jewish faith.

Rabbi Aryeh Sufrin MBE, executive director of the Chabad Lubavitch Centre, in Gants Hill, explains that it marks the beginning of time when man was created to make a real difference in the world.

"It's a time when Jewish people visit the synagogue to listen to the Shofar which represents the cry of a child to his father the King, who is God, to call on Him to judge us like a father with unconditional love," says Rabbi Sufrin.

"Rosh Hashanah is a focus for all of us, when we call people to make the effort to visit the synagogue and make new year resolutions that are attainable, and think about ways in which we can actually make a difference by thinking about others who are less fortunate than ourselves and pray for peace all over the world."

The Rabbi says he and others will be visiting Valentines Park in Ilford during Rosh Hashanah to 'throw their sins' into the water to the fish as they



■ Rabbi Aryeh Sufrin MBE, executive director of the Chabad Lubavitch Centre in Gants Hill

are a symbol of God's watchful eye over us and their shoals represent the many merits of humanity and the water represents the essence of life.

He adds: "The water runs downwards which represents God's benevolence coming down to us from above. Many of us will be eating the head of a fish this Rosh Hoshanah which reminds us

that we can be leaders and show our leadership and be strong in our convictions for the year ahead."

Rosh Hashanah lasts for 10 days, culminating in the feast of Yom Kippur which ends on Wednesday, October 12.

■ For more information visit chabadilford.co.uk.