

Ha Shamayim Misaprim K'vod El
Lo BaShamayim He

השמים מספרים כבוד א-ל
לא בשמים היא

We believe that the heavens will continue their cosmic dance whether or not we take note. But we *choose* to mark the new moon, not to keep the moon on track, but to keep ourselves aligned. In doing so, we affirm our partnership with the Divine and our connection to one another.

Rosh Chodesh by the Bay is a lay-driven gathering for all who wish to honor the beginning of each Hebrew month with intention, joy, and community. While Rosh Chodesh has blossomed as a space to uplift the feminine, we welcome people of all genders to join in this sacred pause.

Heshvan 5786

Wed., Oct. 22 & Thurs, Oct. 23, 2025

Monthly Rosh: _____

Kislev 5786 Hanukkah

Friday, November 21, 2025

Monthly Rosh: _____

Tevet 5786 Chanuka continues

Saturday, Dec 20, 2025

Monthly Rosh: _____

Shevat 5786 Tu B'Shvat

Monday, Jan 19, 2026

Monthly Rosh: _____

Adar 5786 Purim

Wednesday, Feb. 17, 2026

Monthly Rosh: _____

Nisan 5786 - Passover

Wednesday, March 18, 2026

Monthly Rosh: _____

Iyar 5786 Yom Ha'Atzmaut – Lag Ba Omer

Friday, April 17, 2026

Monthly Rosh: _____

Sivan 5786 Shavuot

Sunday, May 17, 2026

Monthly Rosh: _____

Tamuz 5786

Tuesday, June 16, 2026

Monthly Rosh: _____

Av 5786 Tisha B'Av & Tu B'Av

Thursday, July 16, 2026

Monthly Rosh: _____

Elul 5786

Saturday, August 15, 2026

Monthly Rosh: _____

Tishrei 5787 Rosh Hashana, Sukkot, Simchat Torah

TIME TO CHOOSE ROSH CHODESH GUIDES

ROSH CHODESH BY THE BAY

GATHERING GUIDE

MONTHLY ROSH will bring:
**A candle, something that smells lovely &
a simple treat to share.**

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[MitzvahMamas.com](https://mitzvahmamas.com)

GATHERING OPENING

- Welcome from shomeret; includes announcing which month we welcome and something interesting about the month.
- While sitting in a circle hold a lit candle, say your name, your mother's, grandmothers, etc., pass candle to next MM. When the candle goes fill circle

Recite in unison:

Let us bless the flow of life that revives us, sustains us and brings us to this time. May the month of _____ be a month of blessings: Blessings of goodness; Blessings of joy, peace and kindness, friendship and love, creativity, strength, serenity, fulfilling work and dignity. Satisfaction, success and sustenance, physical strength and radiance. May truth and justice guide our acts. May compassion temper our lives, that we may blossom as we age & become our sweetest selves.

Ozi v'Zimrat Yah Vayahi li Lishuah - .Psalms 118.14
The Lord is my strength and song; And He is become my salvation

El Na R'fa'ah Na Lah (4X)

God grant me the serenity to accept the things I cannot change; God grant me the courage to change the things I can; And God grant me the wisdom to know the difference.

El Na R'fa'ah ...

Mishaberach avoteinu hu yirapeh et haCholim; m'kor sh'chinah l'imoteinu hi timtza mazor la sovim; R'fuat hanefesh v'ha goof, refuah shleima

El Na R'fa'ah ...

RANDOM KINDNESS

Take turns going the circle. Each woman has about 1 minute to share some personal good news, an act of kindness she did for someone, an act of kindness someone did for her or something she did for herself, her family or someone else that enriches their Jewish life. When we conclude the sharing, the shomeret invites women to hold hands.

If a "New Jewess" (Bat Mitzvah or by choice) is in attendance, we offer a celebratory welcome!

Siman Tov U Mazal Tov

Recite in unison:

Adonai, bless all my friends & family in whatever it is that You know they may be needing this day! May their lives be full of Your peace, prosperity and power as we seek to have a closer relationship with You.

PROGRAM

(This section runs about 30 minutes).

Initiated by the monthly Rosh on a topic of their choice or predetermined theme, who may teach the lesson or invite a guest.

GATHERING CLOSING

Recite in unison:

May I be worthy of Your kindness & love. May I through my actions, make the world a better place for someone else.

May I be the bearer of peace & harmony. May I turn my talents & abilities to constructive purposes.

May I overcome, in some small way, problems or troubles that habitually upset me.

Grant me the power to see Your hand in common everyday things - The happy face of a child, the graceful shape of a tree, the soft wind against my cheek.

And when I lie down to sleep tonight, grant me the knowledge that I have used your gift wisely.

Pass a lovely smelling something (b'samim) around circle When everyone has smelled them recite:

ברוך אתה.....בירא מיני בשמים

Barukh ata Adonai Eloheinu melekh haolam,
bo're minei b'samim.

It is also appropriate to say or sing the Shehechianu blessing

SELECT NEXT SHOMERET

CHODESH TOV!