

**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.

**Sheet Music (optional)**

**Ha Shamayim Misaprim K'vod El**

“The Heavens Declare God’s Glory”

**השמים מספרים כבוד אל**

**Lo BaShamayim He**

“Not in the Heavens”

**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.

**Heshvan 5786**

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

**Heshvan Rosh:** Tracy Richards

**Kislev 5786 Hanukkah**

Friday, November 21, 2025

**Kislev Rosh:** Cara Lieb

**Tevet 5786 Chanuka continues**

Saturday, Dec 20, 2025

**Tevet Rosh:** Galena Bordetsky

**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

**Nisan Rosh:** Marian Sosnick

**Iyar 5786 Yom Ha’Atzmaut – Lag Ba Omer**

Friday, April 17, 2026

**Monthly Rosh:** \_\_\_\_\_

**Sivan 5786 Shavuot**

Sunday, May 17, 2026

**Sivan Rosh:** Sarita Silverman

**Tamuz 5786**

Tuesday, June 16, 2026

**Tamuz Rosh:** Ann Jacobson

**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**

**5786**

## **GATHERING GUIDE**

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

**Rosh Chodesh By The Bay  
WhatsApp Group**

FAQs & Contact:  
**MitzvahMamas.com**

Signup to:  
**Be a Rosh**

## GATHERING OPENING

- Welcome from Rosh; 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 the candle. When the candle goes full circle

### **Recite in unison:**

*Let us bless the flow of life that sustains us and brings us to this time. May the month of \_\_\_\_\_ be a month of goodness, joy, peace, kindness, friendship, love, creativity, strength, serenity, fulfilling work, dignity, satisfaction, success, sustenance, physical strength, and radiance. May truth and justice guide our acts. May compassion temper our lives, that we may blossom and become our sweetest selves.*

### **Ozi v'Zimrat Yah Vayhi li Lishuah - .Psalms 118.14**

The Lord is my strength and song; And He is become my salvation

### **Ei 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.

### **Ei Na R'fa'ah ...**

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

### **Ei Na R'fa'ah ...**

## RANDOM KINDNESS

**“Shamati”** Once again we pass the candle. 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 Rosh invites women to hold hands:

### **Recite in unison:**

*Adonai, bless our friends & families, each according to what their hearts need today. May they be held in peace, supported in their challenges, and strengthened in their journeys. May their lives be touched by prosperity of spirit, clarity and connection as together we seek to walk in a deeper relationship with all that is holy.*

*If a “New Jew”(B. Mitzvah or by choice) is in attendance, we offer a celebratory welcome!*

### **Siman Tov U Mazal Tov**

## PROGRAM

(This section runs about 30 minutes).

Initiated by the monthly Rosh on a passion, a topic of their choice or a predetermined them. The Rosh may choose to invite a guest to guide this part.

## GATHERING CLOSING

### **Recite in unison:**

*May I bring kindness and love to this circle and beyond, making the world kinder through my actions. May I be a source of peace, using my talents for good in this home, community, and world. Grant me the strength to soften worries and fully show up. May I see the sacred in the ordinary: the joy of familiar faces, the beauty of quiet moments, the blessing of gathering. When this day ends, may I feel I used Your gifts wisely, adding light and leaving this place better.*

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

### **ברוך אתה.....בורא מני בשמי**

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

**It is also lovely to say or sing Shehechianu**

**ANNOUNCE NEXT ROSH**

**CHODESH TOV!**