

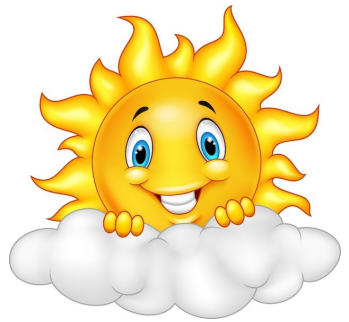
**In this issue:**

- DEIB Value Statement
- Summer Salutations!
- Bankwide DEIB Program & Workstreams
- Quilts of Valor
- Fundraiser for Clear Path for Veterans
- Notable Figures on Film
- Purple Heart Day
- Bi-visibility Day
- Rosh Hashanah
- Fourth of July Fun Facts

## DEIB Value Statement

At Enterprise Bank, people and relationships come first. We encourage and foster a culture of diversity, equity, inclusion, and belonging where everyone feels valued and respected. We are committed to a caring workplace that recognizes the importance of making a meaningful, positive difference in the lives of our team members, customers, and communities. Please [click here](#) for more information. To learn about Enterprise Bank's history and Core Values, [click here](#).

## Summer Salutations!



Fire up the grill because we've got a sizzling good summer edition of the DEIB e-zine! Now that we're in July, I can officially say the summer heat is here to stay and there are lots of activities to look forward to.

Everyone may feel busy every weekend as kids are off from school, families are taking off for vacation, cookouts have commenced, and farmer's markets are abundant in many locations. I like to remind myself and others to carve out time to slow down and stay cool! I'll enjoy winding down by taking my puppy for early morning walks and lots of outdoor reading!

As we kick off the 3rd quarter, it's hard to believe that we're more than halfway through 2023! I know everyone here at EB has been busy, but hopefully you've been keeping up with our quarterly newsletters. First time reader or not, thank you for taking the time to read and support us!

This edition, we'd like to highlight a few important leaders (with summer birthdays—Happy Birthday!) that have empowered several BIPOC (Black, Indigenous, People of Color) groups here in the United States but also across the world! I'm so thankful for the leaders that have shaped our world today for the better. I try to limit my intake of bad news and focus on the good news stories, including leaders that are working to spread kindness, laughter and love to everyone! While we focus on some of the greatest leaders with quite the legacy, I believe we can all be leaders setting a good example for our future generations (who knows, maybe you can be featured in an upcoming edition of the DEIB e-zine!).

Speaking of leaders, the end of this e-zine rolls into national Hispanic Heritage Month! While I'm so thankful to live in a country with so many cultures and nationalities, I'm especially proud to take part and celebrate National Hispanic Heritage Month in September. As a proud Colombian-American, I love my culture, food (empanadas, por supuesto!) and my family and I hope everyone has a chance to learn a little bit more about Hispanic culture, even if it's just reading to the last page!

Thank you for continuously learning with us and supporting us. Remember to stay hydrated this summer, use some sun protection, and take care of yourself and loved ones!

We appreciate our e-zine committee for sharing their ideas and enthusiasm: Kevin Bruckenstein, Edie Joyce, Kira Morehouse, Megan Pardoe, and Sophy Theam

Sincerely,  
*Luisa Bedaya*

# Bankwide DEIB (Diversity, Equity, Inclusion, and Belonging) Program and Workstreams

By Sophy Theam, Manager – Diversity, Equity, Inclusion, and Belonging (DEIB)

## What is the Bankwide DEIB Program? (B or Belonging was very recently added)

In early 2022, the Bank embarked on a journey to expand DEIB (Diversity, Equity, Inclusion, and Belonging) work outside of Human Resources where the focus had been mainly on our team members.

## What are the DEIB Workstreams and which team members are working on them?

Workstream Name & Lead	Members
Board Diversity – Jamie Gabriel	Jack Clancy
Community Outreach and Relationships – Chet Szablak	Alison Burns, Rob Lawlor, Matt Coggins, and Courtney Ratty
Customer Experience/ Products & Services – Chet Szablak	Richard Chavez, Matt Coggins, Laura Feeney, Peter Fraser, Steve Larochelle, Diane Silva, Jesus Suriel, and Sophy Theam
DEIB Talent Management and Culture of Inclusion & Belonging – Sophy Theam	Luisa Bedoya, Eddie Enea, Lisa Hall, Charlene Jancsy, Kim Larsen, Kira Morehouse, Hicham Naciri, Autumn Ouellet, Jasmine Pandit, Lauren Soares, and Allison Sullivan
Financial Literacy – Laura Feeney	Alison Burns, Brian Bullock, Matt Coggins, Peter Fraser, Mike Gallagher, Steve Larochelle, Diane Silva, Allison Sullivan, and Chet Szablak
Inclusive Marketing Efforts – Chet Szablak	Alison Burns, Matt Coggins, Tammy Dohner, and Kira Morehouse
Residential Lending – Peter Fraser	Diane Silva
Supplier Diversity – Mike Gallagher	Luke Bouchard and Lisa Hall

## How can team members join the Bankwide DEIB Program?

Team members interested in joining and helping any of the above workstreams can contact the Workstream Lead. We welcome everyone!!!

## How and why was Belonging added to DEI at Enterprise Bank?

In early 2023, due to a recommendation from our Sales and Marketing department, we added the term “Belonging” to DEI, to become DEIB. A number of organizations are adding “Belonging” to their DEI work and we anticipate seeing more organizations doing so in the future. We are a relationship-focused organization in all aspects of our work, after all, and it made sense to add belonging.

## What does “Belongingness” mean?

One website ([Belongingness - definition, examples, and importance - F4S \(fingerprintforsuccess.com\)](https://www.fingerprintforsuccess.com/)) describes the meaning of “belongingness” as: The most important element of any workplace is “the people.” The Bank places a lot of importance on connection and bonding – with both our internal and external customers, and we value relationships above everything else. Ensuring that our team members (and customers) feel a sense of belonging leads to stronger relationships and a higher sense of trust.

Our DEIB Value Statement mentions people at the very beginning: *At Enterprise Bank, people and relationships come first. We encourage and foster a culture of diversity, equity, inclusion, and belonging where everyone feels valued and respected. We are committed to a caring workplace that recognizes the importance of making a meaningful, positive difference in the lives of our team members, customers, and communities.* Please [click here](#) to view our Inclusion website for more information. To learn about Enterprise Bank’s history and Core Values [click here](#).



“In a great workplace, employees feel they belong to something greater than themselves. They don’t feel pressured to assimilate or conform, nor do they feel ostracized or excluded because of who they are. They feel seen as insiders, yet celebrated for their unique contributions.” ([7 Drivers That Build](#)

[https://img.freepik.com/free-vector/community-concept-illustration\\_114360-1021.jpg?w=2000](https://img.freepik.com/free-vector/community-concept-illustration_114360-1021.jpg?w=2000)

# Bankwide DEIB (Diversity, Equity, Inclusion, and Belonging) Program and Workstreams (Cont'd)

## What can we do to boost belongingness?

([Belongingness - definition, examples, and importance - F4S \(fingerprintforsuccess.com\)](#))

### Individually...

1. *Make time for social interactions, even if it's just for 5 minutes prior to, at the beginning, or after a meeting.*
2. *Offer praise and recognition. Learn how your team member(s) and/or customers like to be acknowledged for doing an excellent job with something. Internally use our Bank's new Compt program to RAVE a fellow team member. Put a reminder in the calendar on the same day every month to "Do Compt" so you don't lose the \$5/month to use!*
3. *Ask for feedback. By asking a co-worker or customer "How am I doing," you are showing that you care about their input and opinion, and that makes them feel more welcomed.*
4. *Get out of your comfort zone. To show that you care about your relationships, attend social and community events that you may not normally attend, volunteer at a non-profit organization, join a committee, invite someone to lunch rather than eating at your desk. If you are nervous, go with a friend!*

### Organizationally... ([7 Drivers That Build Belonging in the Workplace | Great Place To Work®](#))...

1. *Ensure leaders avoid favoritism.*
2. *Employees feel involved in business decisions.*
3. *Provide equal and transparent access to information.*
4. *Fair promotion and advancement practices.*
5. *Recognizing employees for their hard work.*
6. *Make employees feel welcome.*
7. *Embrace the whole human being.*

## How else can team members “belong” at Enterprise Bank?

Join an Employee Resource Group (ERG)! We'd like to encourage all our team members to get involved or attend our planned activities and events! Regardless of your membership status to our ERGs, all team members are welcome!!!

## What is an Employee Resource Group (ERG)?

Employee resource groups (ERGs), also called affinity groups, are employee groups that come together voluntarily, based on a common interest or background. Examples of common ERGs are those formed around race, ethnicity, gender, disability, sexual orientation, parental status, national origin, religion or belief, or generation.

## What ERGs exist at Enterprise Bank and how can I get involved?

ERG Name	ERG Leader(s)	Mission/Purpose
<b>Multicultural Alliance</b>	Co-Chairs: Prema Nagathan and Sophy Theam Treasurer: Darshika Jain	<i>The primary mission of Enterprise Bank's Multicultural Alliance is to promote and celebrate diversity to create an environment that is welcoming, nurturing and inclusive. The Multicultural Alliance provides information, resources and events to encourage and foster intercultural dialogue, awareness and respect.</i>
<b>Pride C.O.R.P.S.</b>	Co-Chairs: Eddie Enea and Megan Pardoe	<i>Building and growing our Pride community by empowering members and educating allies through respect and empathy. We strive to spread the message of welcoming difference in our Enterprise team members and the community around us. We passionately embrace equality and value our neighbors so that through education, we continue to support our cause. Constantly seeking to attract members and allies unified to build a better community for all.</i>
<b>Veterans Resource Group</b>	Co-Chairs: Robert Frechette and Karen Merrill	<i>Enterprise Bank's Veterans Resource Group (VRG) seeks to show appreciation for our veterans through the sharing of resources, providing awareness opportunities, building connections, and supporting group volunteer efforts.</i>
<b>Working Parents Resource Group</b>	Co-Chairs: Maryann Cash and Donna Saati	<i>The Enterprise Bank Working Parents Resource Group is designed to be a resource where parents and caregivers at all stages of life can connect on topics relating to finding a healthy work/life balance and offers support through team member discussions, information sessions, and group activities.</i>
<b>Young Professionals Resource Group</b>	Co-Chairs: Samantha McNally and Luisa Bedoya	<i>The mission of Enterprise Bank's Young Professionals Resource Group is to connect with fellow young professionals, create social and professional networking opportunities to support tomorrow's leaders, and engage in community involvement to fulfill our Bank's core values.</i>

If you are interested in joining, you are welcome to contact the ERG Leader(s). Remember, you don't have to be a member to participate in the activities and events planned.

# Bankwide DEIB (Diversity, Equity, Inclusion, and Belonging) Program and Workstreams (Cont'd)

## What kinds of activities do ERGs organize?

Here is a recap of our first and second quarter events in 2023:

Date	Activity/Event
February	<b>Black History Month Trivia</b> – The Multicultural Alliance offered all team members an opportunity to experience Black history and culture through learning together this month. Team members who completed the trivia questions had a chance to receive a prize which also supported local businesses and local history authors.
March 21	<b>ERG Info Session</b> – ERG Leaders hosted an info session to discuss ERGs, network with other employees, and explore what starting an ERG entails.
April 12	<b>Bank Careers Panel</b> – For college or college-age students. Moderated by Eddie Enea, this panel consisted of Sixto DeJesus, Mark Palermo, Jessica Silva, and Oscar Mora who shared with attendees their stories of their career paths, education, experience, and transferable skills help in an interview, and what hiring managers look for in applicants.
April 16	<b>St. Anne's Church – Edson Hall: "Letter from Birmingham Jail"</b> – a Commemorative event highlighting the 60 <sup>th</sup> anniversary of the letter MLK wrote from a jail cell.
May 2	<b>Quilts of Valor Ceremony</b> , awarding two veterans, Bob Frechette and Charmaine Malek, a quilt each made by members of our Veterans Resource Group.
May 11	<b>"Spring Into Summer with Pride"</b> – A lunch 'n learn on the Pride CORPS and included a Spring Roll making demonstration.
May 30	<b>"School's Out: Getting Everyone Through the Summer"</b> – a webinar sponsored by the Working Parents Resource Group.
June 6	<b>Refugee Experience Lunch 'n Learn: Afghanistan &amp; Syria</b> – The Multicultural Alliance invited the International Institute of New England (IINE) – Lowell office to present information about the most recent arrivals and the work of IINE.
June 20	<b>Refugee Experience Lunch 'n Learn: Myanmar</b> – The Multicultural Alliance brought in members of the Burmese community, and a local organization, SayDaNar, who shared their cuisine with us, as well as presented heart-wrenching information on the past and present situation in Myanmar.

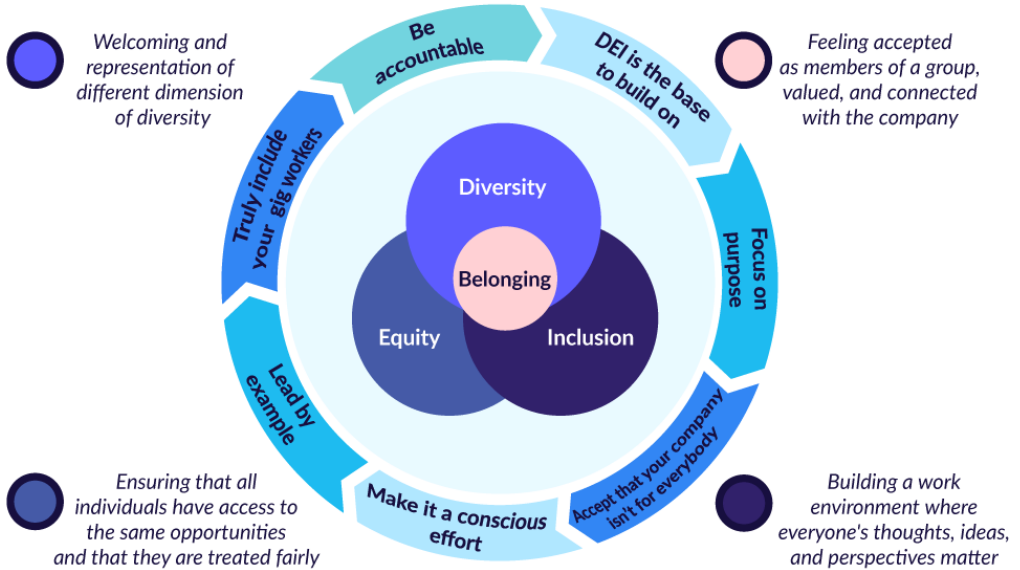
## What if I am interested in initiating a new ERG?

Contact Sophy Theam, Manager – Diversity, Equity, Inclusion, and Belonging for guidance.



Photo by Sophy Theam of Luno and Ardeth presenting information on Myanmar.

# Diversity, Equity, Inclusion and Belonging (DEIB) at Organizations



AIHR | ACADEMY TO INNOVATE HR

Source: [Diversity, Equity, Inclusion and Belonging \(DEIB\): A 2023 Overview - AIHR](#)



## Quilts of Valor Presentation

By Karen Merrill, Veterans Resource Group Co-Chair; Photos by EB Team Members



In March of 2022, the Veterans Resource Group initiated the process to provide quilts to our EB service members via the Quilts of Valor Foundation. QOVF began in 2003, providing quilts to veterans who have been “touched by war”, whether in direct combat, wounded or injured training for combat or in direct support of combat, serving while in harm’s way, caring for casualties and providing casualty assistance to the families of fallen, escorting remains, participating in honor guards, or being there to listen or minister to service members. To date, they have provided 343,365 quilts.

We worked with Donna Swanson, the NH QOVF Coordinator, on the process. The first step was to learn which of our EB members qualified. We asked the veterans if they were interested in receiving a quilt and, if so, to complete the application with their service information. Donna then met with the service members who did qualify, and with some to clarify whether they qualified. Once we learned how many members could receive a quilt, the VRG got to work.



The group had to follow criteria set by the QOVF regarding size, materials, and design suggestions. We decided on the pattern called the “Carpenter’s Star” and chose red, white, and blue for the colors. Next we went shopping for fabric to make the quilt tops. For those who don’t know, there are generally three layers to a quilt – the top, the batting, and the bottom – often called a “quilt sandwich”. The top has the pattern, the bottom is usually one large piece of fabric, and the batting is between them, providing thickness and warmth. The top layer is the most time-intensive because of the steps involved in preparing the fabric to make the pattern.



We organized and got to work in the Community Room, taking the fabrics for the tops and cutting them into the desired sizes, sewing pieces together, ironing them, and then sewing again, building one square, then one row at a time, until each entire quilt top was finished. These sessions took place from September through January, with VRG members lugging their sewing machines, ironing boards, and irons to the room for the work.

Once the backing fabric was obtained, the quilt sandwich went on what’s called a “longarm” quilting machine. This puts the stitching design across the quilt, holding the layers together. VRG members decided on the designs and thread colors, which were two different star patterns, both using white thread. The last step was to sew on the binding, which is a strip of fabric that covers the edges of the quilt to finish it off, and which is machine sewn on the front, and then hand sewn onto the back of the quilt. Each quilt took approximately 15 hours to complete and though they’re the same pattern, they are different from each other because of the fabric selections and layout.



# Quilts of Valor Presentation (cont'd)

By Karen Merrill, Veterans Resource Group Co-Chair; Photos by EB Team Members



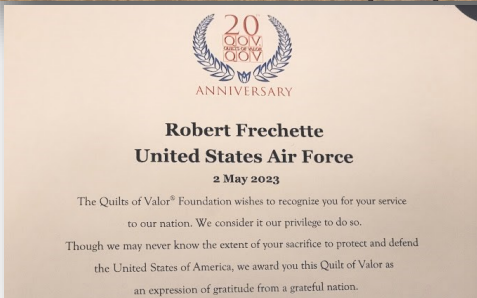
Once the quilts were completed, labels were attached, noting who made the quilts and who the recipients were. Members of the Veterans Resource Group who were able to help with the quilt-making were Karen Merrill, Tina Fournier, Cathy Saucier, Helene Modeski, Gail Provencher, Lisa Hall, and Cheryl Tobin. We also had 3 non-bank members, Linda Lambert, Denise Bugler and Renee Plummer, who helped, and Alicia Bourque in Loan Doc Prep helped prepare some of the fabric squares for sewing.

On May 2, 2023, the VRG worked with Donna to coordinate the ceremony where our EB service members were “wrapped” with their quilts and given the citations and certificates that accompanied their quilt. Along with the quilt, the recipient received a hand-made pillowcase with the same fabrics.

The recipients, their invitees, the VRG, and other veterans from the bank were included in the ceremony. We are proud of our recipients – Bob Frechette and Charmaine Malek – and thank them for their service to our country. We hope their quilts surround them with warmth and the knowledge that they are loved and appreciated.



*“I can’t tell you and thank you all enough how impressed I was with the ceremony and for the recognition you bestowed upon Charmaine Malek and Bob Frechette-and for your individual efforts of making the quilts a reality. It was one of the most heartfelt events I have ever been to at our bank or any other place.” – George Duncan, Enterprise Bank Founder and Chairman of the Board.*





# VRG Holds Fundraiser to Benefit Clear Path for Veterans New England, Dog Service Training Program

By Lisa Hall; Photos by EB Team Members

Each year around Memorial Day, the Enterprise Bank Veterans Resource Group (VRG) looks to recognize the sacrifice and service of Veterans. This year, on May 17th, we hosted a fundraiser to support the Veterans Service Dog Training Program at a local non-profit organization, Clear Path for Veterans New England in Devens, MA.



Clear Path's mission is to build a safe, supportive, and respectful place for Veterans to seek the help and resources they need in order to successfully integrate into their communities. Their Service Dog Program works with Veterans who suffer from Post Traumatic Stress Disorder, Traumatic Brain Injuries and Military Sexual Trauma.

The Veterans with PTSD, TBI, or MST may struggle and may have to leave work or not come to work due to anxiety, depression or not being able to sleep. A trained Service Dog can help the Veteran by alerting the Veterans before these symptoms become disabling. Anyone wishing to learn more about Clear Path for Veterans New England can do so by clicking [Clear Path For Veterans \(clearpathne.org\)](http://clearpathne.org)

Enterprise Bankers supported our fundraising efforts and this organization by purchasing baked goods for themselves and their dogs as well as doggie bandanas and raffle tickets for multiple raffle baskets donated by Enterprise Bank departments and individuals. We are truly grateful to everyone who supported our efforts, and we are happy to provide Clear Path for Veterans New England with a check for \$1,837.00.

Special thanks to these VRG team members who baked, sewed and donated their time: Laurretta Doyle, Tina Fournier, Lisa Hall, Charmaine Malek, Karen Merrill, Helene Modeski, Jen Nicholson, Kerri Quirbach, Gaby Saad and Cheryl Tobin.



## Notable Figures on Film

By Luisa Bedoya



On July 2, 1908, the first Black Supreme Court Justice, Thurgood Marshall was born.

“Marshall” is an American biographical legal drama film (2017) directed by Reginald Hudlin and written by Michael and Jacob Koskoff. It stars Chadwick Boseman as Thurgood Marshall, the first African American Supreme Court Justice, and focuses on one of the first cases of his career, the State of Connecticut v. Joseph Spell. Marshall has to defend Joseph Spell, a chauffeur accused of rape by his white employer, Eleanor Strubing, in a case that has gripped the newspapers.



On July 6, 1907, Mexican painter and activist Magdalena Carmen Frida Kahlo y Calderón was born.

“Frida” is a 2002 American biographical drama film directed by Julie Taymor which depicts the professional and private life of the surrealist Mexican artist Frida Kahlo, starring Salma Hayek as Kahlo. The biographical movie depicts how she was able to channel the pain of her injury and non-traditional and complex marriage through her art. She was able to find the courage to take control over all aspects of her life, despite the unfortunate amount of adversity she faced. As such, she is recognized as a symbol of perseverance and feminism.



On July 18, 1918, civil rights leader for South Africa, and the country’s first black president, Nelson Mandela was born.

“Mandela: Long Walk to Freedom” is a 2013 biographical film directed by Justin Chadwick and stars Idris Elba and Naomie Harris. The film is based on the 1995 autobiographical book *Long Walk to Freedom* by anti-Apartheid revolutionary and former South African President Nelson Mandela. The film chronicles his early life, coming of age, education and 27 years in prison before becoming President of South Africa and working to rebuild the country which was ravaged by Apartheid.

Sources:

[Marshall \(film\) - Wikipedia](#)

[Movie Review: Frida continues to influence others with her legacy of perseverance - The Runner \(ericomcloud.net\)](#)

[Mandela: Long Walk to Freedom - Wikipedia](#)



# Purple Heart Day

By Megan Pardoe

Starting in 2014, Purple Heart Day was first observed in the United States. Since then, on August 7th of each year, Americans pay tribute and remember those who were wounded or killed on the battlefield. Purple Heart Day is observed by local governments pausing and paying recognition to troops, veteran and military organizations hold meetings and special events for soldiers and their families, and American flags are raised at homes or businesses.

The Purple Heart started in 1782 with George Washington, called The Badge of Military Merit which was given to a few soldiers who performed great military action alone. The spirit of his badge would be honored in 1932 to celebrate Washington's 200th birthday. World War One was the first major incident where Purple Hearts were given to soldiers. The Purple Heart took many years to be what it is today and in 1942 an order was signed so all military branches could give out the Purple Heart. World War Two saw the change from an award for service to honoring those wounded or killed in battle. Today there are Purple Heart Benefits given to soldiers and families.



[Purple Heart - Wikipedia](#)

Last year five members of the New Hampshire National Guard were awarded Purple Hearts for their service in Iraq. On January 8th, 2020, this group of five were among 1,000 US military personnel on the Al Asad Airbase when Iran launched a ballistic missile operation against the United States. They were wounded during the attack as metal and concrete shrapnel blasted into them. The five suffered both physical and mental injuries which took months to heal. They were awarded the Purple Heart as they were injured by enemy fire trying to ensure other military members were safe.



[5 NH National Guard soldiers awarded Purple Hearts | Human Interest | unionleader.com](#)

Purple Heart Day is a time to reflect on those who have been wounded or killed protecting our nation's freedom and security. Those given Purple Heart have made an incredible sacrifice to serving our country and deserve to be recognized.

## Sources

<https://veteran.com/purpleheartday/#:~:text=Purple%20Heart%20Day%20is%20observed%20on%20Aug.,ultimate%20sacrifice%20with%20their%20lives>

[https://www.unionleader.com/news/human\\_interest/5-nh-national-guard-soldiers-awarded-purple-hearts/article\\_f396e9b6-ecbb-5b2c-9499-cfe8ea8e7dff.html](https://www.unionleader.com/news/human_interest/5-nh-national-guard-soldiers-awarded-purple-hearts/article_f396e9b6-ecbb-5b2c-9499-cfe8ea8e7dff.html)

# Bisexual Visibility Day: 25 Years of Celebrating

By Megan Pardoe

September 23rd is the celebration of Bisexual Visibility Day, where we recognize the bisexual community and raise awareness on bisexual challenges and discrimination. This holiday was created in 1999 by three people: Wendy Curry, Michael Page, and Gigi Raven Wilbur. It is also referred to as Bi Pride Day or Bi Day. 2023 marks 25 years since the creation of this holiday which is now celebrated in over 30 countries.



Photo Source: [LGBTQ history: What do the colors of the Bisexual Pride Flag mean? \(usatoday.com\)](https://www.usatoday.com/story/news/2023/09/23/bisexual-visibility-day-25-years/1234567890/)

Those like me, who identify as bisexual, have romantic feelings and behaviors towards both or more than one gender. Bi Visibility Day is important to celebrate both inside and outside of the LGBTQ+ community as bi people are often forgotten or face discrimination. Bisexual people tend to face a negative stereotype of being greedy or manipulative and incapable of monogamy (due to the attraction of more than one gender). Within the LGBTQ+ community this discrimination can also occur, many bisexual people have reported not feeling “welcome” or being told they have not embraced their “true” sexuality because they are not “gay” or “straight” enough. Lastly, there isn’t enough media representation of bisexual characters.

But in 2022 a major tv series on Netflix featured a bisexual character as one of their leads. The show Heartstopper premiered on Netflix in April of 2022. The show is based on the graphic novel series of the same name, where two teenage boys, Nick and Charlie, become friends and explore their romantic feelings toward each other. Charlie is already out as gay. Whereas Nick is confused about his feeling towards Charlie. He also struggles with how he identifies. Over time he realizes his love for Charlie and proudly comes out as bisexual. This is a key portrayal of a bi character in the media as Nick shows how he struggles and the accepts his sexuality.



This year on September 23rd we will celebrate Bisexual Visibility Day and recognize the struggles of being bi. But we’ll also celebrate the wins of bisexual people and the acceptance they have for themselves and others.

## Sources

Why do we need Bi Visibility Day?  
(stonewall.org.uk)

<https://bivisibilityday.com/>

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.imdb.com%2Ftitle%2Ftt10638036%2F&psig=A0vVaw0J0xLcqSSK7f\\_JZAVpar&ust=1686751537852000&source=images&cd=vfe&ved=0CA8QjhxqFwoTCKDwiaW1wP8CFQAAAAAdAAAAABAD](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.imdb.com%2Ftitle%2Ftt10638036%2F&psig=A0vVaw0J0xLcqSSK7f_JZAVpar&ust=1686751537852000&source=images&cd=vfe&ved=0CA8QjhxqFwoTCKDwiaW1wP8CFQAAAAAdAAAAABAD)



# Rosh Hashanah

By Kevin Bruckenstein

Rosh Hashanah, the Jewish New Year, is one of Judaism's holiest days. Beginning on the first day of Tishrei, the seventh month of the Hebrew calendar, it falls during September or October on the Gregorian calendar. The name "Rosh Hashanah" means "head of the year" or "first of the year." It is celebrated as the day on which God is said to have created the world and humanity (Adam and Eve). Rosh Hashanah also marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the Yom Kippur holiday—the other holiest day in Judaism—also known as the Day of Atonement.



During the 10 Days of Awe, God is said to judge all creatures, deciding their fate for the year to come (whether they live or die). God inscribes the names of the righteous in the 'Book of Life' on Rosh Hashanah, and those whose name are not inscribed have until Yom Kippur to repent and ask forgiveness. In this way, Rosh Hashanah is an opportunity for Jews to reflect on the mistakes of the past year and to commit to being better in the year ahead.

## Celebrating Rosh Hashanah

Rosh Hashanah is celebrated in different ways around the world. Some Jews observe the holiday for a single day, while some observe it for two. The traditional greeting for the holiday—l'shana tova tikateyvu—means, "May you be written [in the Book of Life] for a good year." It is often abbreviated to shanah tovah or l'shanah tovah, meaning "a good year" or "for a good year."

During both Rosh Hashanah and Yom Kippur, no work is permitted, and a special prayer service is held at synagogue where rabbis and their congregations read from a special prayer book known as the machzor. The traditional sounding of the shofar—a trumpet made from a ram's horn—plays an important, customary role in both Rosh Hashanah and Yom Kippur. The shofar blower plays four sets of notes on Rosh Hashanah: tekiah, a long blast; shevarim, three short blasts; teruah, nine staccato blasts; and tekiah gedolah, a very long blast. The sound of the instrument serves as a call to repentance and a reminder to Jews that God is their king. In the evening following the religious services, some Jews will light two ceremonial candles accompanied by a prayer.



[Rosh Hashanah: Dates, Traditions & History](#)

Jews also participate in Tzedakah—charitable giving—as good deeds and repentance to help get their names inscribed by God in the Book of Life, but Tzedakah is also often seen a moral and ethical obligation in Judaism tear-round.

## Rosh Hashanah (cont'd)

By Kevin Bruckenstein

Food plays an important part in the observance of Rosh Hashanah as well, with many special foods serving as blessings. Some of the most common include apples dipped in honey and challah bread. Apples dipped in honey, as well as other sweet foods, are eaten in the hopes of having a sweet new year. Challah, a traditional braided bread, is often baked in a round shape for Rosh Hashanah to symbolize the cyclical nature of life or the crown of God. Sometimes, raisins are added to the challah or it is dipped in honey to further symbolize a sweet new year.



[challah rosh - Google Search](#)

Finally, some Jews practice a custom known as tashlich (“casting off”), in which they throw pieces of bread into a flowing body of water while reciting prayers. The bread is meant to symbolize sins of the past year, and the flowing water that takes it away is meant to symbolize the sweeping away or cleansing of those sins.

While Rosh Hashanah traditions can vary depending on where you’re from and how your family celebrates, these are some of the most common ways in which Jews observe the holiday.

Sources:

[Rosh Hashanah: Dates, Traditions & History](#)  
[What is Rosh Hashanah? - Jewish Holiday Guide \(toriavey.com\)](#)  
[Rosh Hashanah - Judaism 101 \(JewFAQ\)](#)  
[Rosh Hashanah 2023 - The Jewish New Year - Chabad.org](#)

## Fourth of July Fun Facts

1. Independence Day in the U.S. was not a paid federal holiday until 1938. (Source: [ACEI-Global](#))
2. Thomas Jefferson was not the only author of the Declaration of Independence. A five-person committee was appointed by the Continental Congress and also included Benjamin Franklin, John Adams, Robert Livingston, and Roger Sherman. (Source: [ConstutionFacts.com](#))
3. George Washington did not sign the Declaration of Independence because he was in New York preparing to defend Manhattan against the British. (Source: [Harvard.edu](#))
4. Thomas Jefferson and John Adams—the only two signers of the Declaration of Independence who became President—both died on the document’s 50th anniversary on July 4, 1826. (Source: [History.com](#))
5. The tune of the National Anthem (“Star Spangled Banner” written by Francis Scott Key) comes from an English drinking song called “Anacreon in Heaven.” (Source: [ACEI-Global](#))
6. Today the flag consists of 13 horizontal stripes, seven red alternating with six white. The stripes represent the original 13 Colonies and the stars represent the 50 states of the Union. The colors of the flag are symbolic as well; red symbolizes hardiness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance and justice. (Source: [History of the American Flag | A Capitol Fourth | PBS](#))