

What is **Spirituality**?

Spirituality is engaging fully in all of life – connecting to nature, others, God and the world and pausing to reflect on the part you play in it

At Christ Church CE Primary, we aim to live out our vision of

'***together we can… do all things through Christ who strengthens us***'

in a nurturing environment where our Christian values of

Friendship, Thankfulness, Peace, Trust, Forgiveness, Compassion and Hope

are embedded in the life of the school and guide everything that we do.

Session Focus: **Rosh Hashanah**

School value link: **Peace**

Fluency Flashback

Spirituality links to how we live out our Christian values

Friendship, thankfulness, peace, trust, forgiveness, compassion, hope



Learn, reflect, respond, worship

Last week we looked at a bible verse from the Old Testament about friends. What did it say?

Ecclesiastes says we need friends to help and support us and that we should pity those who do not have friends

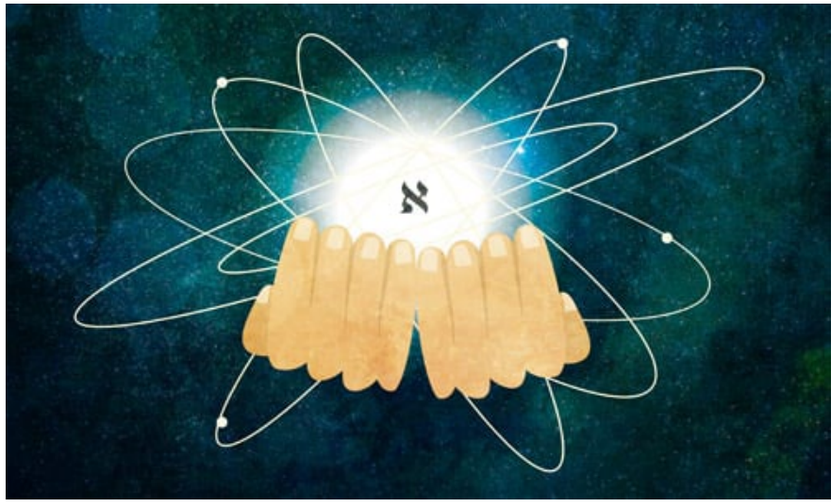
Learn



Today our spirituality session is going to be focused on Judaism.

Rosh Hashanah is the New Year in Judaism – believed to be the birthday of the universe, it celebrates the day that God created Adam and Eve.

This year, it is celebrated on 11th September.



Judaism

Learn



Learn

In Hebrew, Rosh Hashanah actually means **Head of the Year.**

Just like the head controls the body, our actions on Rosh Hashanah have an impact on the rest of the year.

It is a time to ask God for a year of peace, prosperity and blessing



Judaism

Learn

The **shofar** – this represents a spiritual reminder to ask for forgiveness for our sins



Judaism

Learn

Candles are also lit on the evening of Rosh Hashanah whilst prayers are said



Judaism

Learn



Much of the day is spent in a **synagogue**, where Jewish people **pray** to God for a peaceful new year.



Judaism

Learn

A **feast** is eaten, with special breads, fruits, fish and meat prepared and eaten



Judaism

Reflect



Is there someone you could be kinder to?

Is there something you would like to improve this year?

When do you feel most peaceful?

How can you help make your classroom or home a more peaceful place?

How have you acted or behaved today that will impact the rest of your school year?

Reflect



As Christians, we can learn from this festival. Taking time to reflect, forgive and begin again helps us to live peacefully with God and with one another. Peace is more than being quiet—it means showing kindness, forgiveness and understanding so that our relationships can grow stronger.



Respond

Create your own **Head of Year** crown – on each point draw or write one positive choice you want to make this new school year. Decorate your crown with symbols or pictures of Rosh Hashanah celebrations.



Worship



Dear God,

Thank you for giving us opportunities for new beginnings.

Thank you for the lessons we can learn from Rosh Hashanah about reflecting, forgiving and starting again.

Help us to be peacemakers in our words and our actions.

Give us kind hearts that forgive, caring hands that help others, and peaceful minds that choose what is right.

May we share your peace with everyone we meet.

Amen