

Rosh Chodesh Resources

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What even is Rosh Chodesh?

Rosh Chodesh literally means “head of the month.” Rosh Chodesh has always been considered a special holiday for women. This could be because the women of Israel did not offer their jewelry to the creation of the Golden Calf and therefore were given the day off from work. Other connections have been made between the waxing and waning of the moon to the menstrual cycle. In modern times, Rosh Chodesh marks a time for women to gather, pray, share a meal, discuss and be in community.

Discussion Questions

These are questions you could start or end your program with. You could also offer them as journaling prompts.

- What are you proud of from this past month?
- Who are you going to connect with this new month?
- What intentions are you setting for this new month?
- What are you leaving behind in the past month?

Program Ideas

- Read this [poem](#) and encourage participants to write their own poem about the new month, changes, rituals, etc.
- Judaism is based on a lunar calendar and so Rosh Chodesh is marked by the birth of a new moon. Take this opportunity to go outside to study the moon or go stargazing!
- Engage with a Rosh Chodesh [text study](#).
- Host a “New Beginnings” themed party–you can make vision boards, have everyone bring a new food to try, share your goals for the month, etc.

Additional Resources

[Ritual Well - Rosh Hodesh](#)

[At The Well Project](#)

[My Jewish Learning - Rosh Chodesh 101](#)

[PJ Library - What is Rosh Chodesh](#)