



Schaffer Moments September 2010

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**Reminder: We will be closed
Monday, September 6, 2010 in
observance of Labor Day.**

**If your regular scheduled day is
a Monday, contact us to
attend an alternate day! 687-
5790**



Shanah tovah!

Rosh Hashanah, the Jewish New Year, begins at sunset on September 8, 2010 and ends after sundown on September 10, 2010. The Rosh Hashanah holiday is not only a period of repentance and forgiveness, but a time of reflection, renewal, and change.

In the Torah, there are two distinct commandments to observe Rosh Hashanah. In Leviticus 23:24-25, it is written that the first day of the seventh month there "shall be a solemn rest unto you, a memorial proclaimed with the blast of horns, a holy convocation..." In Numbers 29:1, it is proclaimed that this day shall be a "holy day" and a day when "the shofar is trumpeted."











Yom Kippur, the Day of Atonement, begins at sundown on September 17, 2010 and marks the end of the 10-day period known as the High Holy Days. In Leviticus 16:29-31, it is written, "you must fast and do no work...This is because on this day you have all your sins atoned...It is the Sabbath of Sabbaths to you...this is a law for all time."

The fasting is meant to attain a state of mind required to focus on the spiritual. Three essential components of Yom Kippur are repentance (*teshuvah*), prayer, and fasting. The fasting lasts for 25 hours and the Yom Kippur feast is traditionally the last meal eaten before the fast begins.

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Perfect Honey Cake

Ingredients:

-  1 cup honey
-  1 cup applesauce
-  3 eggs
-  1 tsp cinnamon
-  ½ teaspoon cloves
-  ½ teaspoon nutmeg
-  2 cups flour
-  ½ tsp baking powder
-  1 tsp baking soda
-  1 cup strong brewed decaf coffee



Directions:

In a large bowl, mix the first 3 ingredients together. In a separate bowl, combine the flour, baking powder, spices, and baking soda. Add the flour mixture to the wet stuff, alternating with the coffee; beat well. Put into one greased 9x13 pan (or, alternatively, three 8" square pans). Bake at 325F, 60-90 minutes for the larger pan, 60 minutes for the three smaller pans.

Happy Birthday To
You!!



Leon C. - 9/19