

# A Spiritual & Practical Guide

HIGH HOLY DAYS

The Talmud teaches that every space has the potential to become its own sanctuary. Indeed, our own synagogues, study halls and homes are now the places in which we bring in divinity and encounter God. This year, we each step in to the invitation and obligation to make our homes sacred spaces - spaces of introspection, spaces of connection, and spaces of prayer.

ואהי להם למקדש מעט בארצות אשר באו שם  
*I have become to them a mini sanctuary in all of their lands.*

## Week of:

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### Elevate Your Space

Find the right place in your home to participate in High Holy Day services. Maybe this is a room or a location usually reserved for formal or special occasions. Make the area feel special by putting a tablecloth over your desk/table; setting up candle sticks, other Judaica, or pictures of loved ones; and putting away distractions.



### Prepare Your Technology

Test your devices during any of our virtual Shabbat services to be sure you know the right setup. Be sure you have good speakers. Consider connecting your home computer to your television for a larger picture and higher quality sound. Make sure the lighting in the room is conducive to avoid screen glare.



### Plan Your Experiences

Open your High Holy Day booklet and map out the services or programs you would like to attend/participate in.



### Pick Up Your Machzor

Leaf through the pages and mentally or physically mark important pages or passages.



### Connect With Friends & Family

Connect with your friends and family to send well wishes, or schedule a watch party or a shared virtual meal.

## Day of:

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### Dress Up

Part of how we signal the weight of an occasion to ourselves is through our own physical preparation. Put on your favorite synagogue clothes, jewelry, and even shoes.



### Get Settled

Position everyone to be able to see the screen. Provide comfortable seating for everyone and enough space for standing and sitting as needed. Now is also a good time to remind yourself which direction is east, for when we turn that way in the services.



### Prepare Your Technology

Make sure that you have reached the web page at least 15 minutes before the start of the service. That way, you won't miss the first moments of the service while you are trouble-shooting any technical difficulties that could arise. We highly recommend that you hookup your laptop or computer screen to the television.



### Festive Holiday Meal

At least for Rosh Hashanah, the noshing, shmoozing, and seudat mitzvah (sacred meal) are as much a part of the holiday experience as the services themselves. Set a fancy table and eat a festive meal with some holiday-specific foods.

## Moment of:

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### Gear Up

Wear your tallit, kippah, or other ritual garb.



### Participate In The Service

Sing and chant along with whoever is leading! Remember, you are not watching a TV show; you are an active participant in a community of loved ones joining in prayer together.



### Follow Along

Follow along in your machzor, but don't worry if you fall behind, get ahead, or decide to dwell on one word for a while. Our clergy will be consistently helping you find your way.



### Connect With Loved Ones

Connect with loved ones, wishing them a "L'Shana Tova" or a "g'mar chatima tova" during or after the services.