



HIGH HOLIDAYS HONORS GUIDE

Your honors card indicates the approximate time of your honor. Your card also indicates the page number on which your honor will occur, so that as the service progresses you can gauge how soon your name will be called. Ten minutes prior to your appointed time, please move to the front of the sanctuary to the Honors section at the front of the sanctuary, to the left of the *bimah*.

Please note that when going up onto the *bimah*, men are expected to wear *kippot* and women are expected to wear a head covering. Jewish men are also expected to wear a *tallit*.

ASSISTING THE RABBI / ASSISTING THE CANTOR

It is generally not customary for Jews to kneel or prostrate themselves on the ground during prayer (in fact, there is a general prohibition interpreted against doing so in *Leviticus* 26:1). The only exception to this occurs during the High Holidays, when clergy (and particularly observant members of the congregation, if they so desire) will kneel and prostrate themselves to the ground during the “Grand *Alaynu*” prayer on both days of *Rosh Hashanah* and *Yom Kippur*, and during the *Avodah* section of the *Musaf* service on *Yom Kippur*.

The essence of the honor of Assisting the Rabbi or Cantor during these prayers is to stand by them through the duration of the prayer, and to assist them to their feet following their prostration.

This is traditionally considered to be a somewhat unique and special honor, due to the personal connection to the clergy involved.

1. Come to the *bimah* when your names are called.
2. Take your places on either side of the Rabbi or Cantor (as the case may be). Once everyone is in place, they will begin the prayer.
3. Continue to stand at their sides as they descend to a prostrate position on the *bimah*.
4. At the appropriate time, the clergy will begin to rise. At this time, please help them to their feet.
5. Remain at their sides through the conclusion of the prayer.
6. You may now return to your seat in the congregation.