



Creating a Sacred Space at Home

בית קדוש

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Choose a Place

המקום

- Choose your prayer space carefully in advance.
- Spend a few moments of individual contemplation and/or family discussion.
- Don't wait for the last minute!





Say a blessing or *kavannah* [intention]

ברכה

- Once you have chosen your space, say a blessing or *kavannah* (“intention”) over it to mark it as your *mikdash m’at*. Additional verses and blessings can be found on the last page.

זֶה הַשַּׁעַר לֹא יָבֹא צָעַר
בְּזֹאת הַדִּירָה לֹא תִבּוֹא צָרָה
בְּזֹאת הַדָּלֶת לֹא תִבּוֹא בְּהִלָּה
בְּזֹאת הַמַּחְלָקָה לֹא תִבּוֹא מַחְלֻקָּת.
בְּזֶה הַמְּקוֹם תִּהְיֶי בְּרָכָה וְשָׁלוֹם

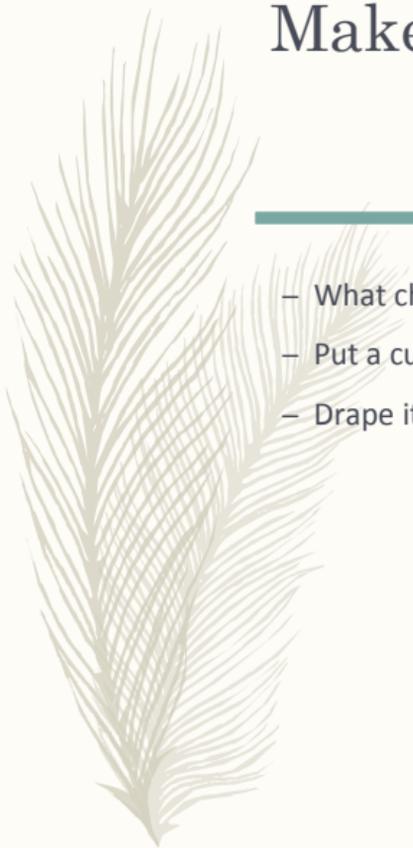
*Let no sorrow come through this gate.
Let no trouble come in this dwelling.
Let no fright come through this door.
Let no conflict come to this section.
Let there be blessing and peace in this place.*

Birkat HaBayit (Home Blessing)

Make a seat

עשה כסא

- What chair will you sit on?
- Put a cushion or festive pillow on it.
- Drape it with a *tallit*, special piece of fabric, or scarf.



Set a table

ערוך את השולחן

- Change where you put your computer from a work space to a contemplative space.
- Cover the desk or table with a white tablecloth, white runner, or white placemat.
- Add a vase of flowers.

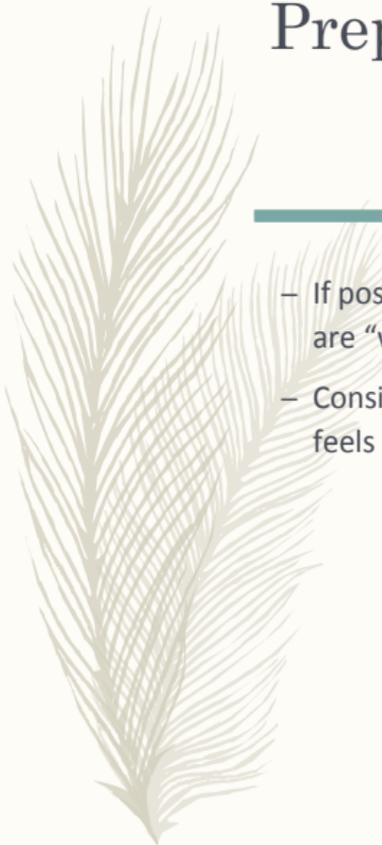




Beautify space

לייפות את החלל

- Find meaningful objects to grace your space.
- On Rosh Hashana include holiday objects like candlesticks and kiddush cup, apples and honey.
- On Yom Kippur you can place cherished mementoes, family heirlooms, and photos of loved ones to surround you.
- If you own a shofar, put it where it's visible.



Prepare to watch

להתכונן לצפות

- If possible, move the computer space back so that you are “watching” the screen more than “manipulating” it.
- Consider connecting your computer to a TV screen so it feels less like a work device.

A large, light green feather graphic is positioned on the left side of the slide, extending from the top to the bottom. It has a central rachis with many fine barbs extending outwards.

Remove distractions

הסר הסחות דעת

- Try to limit or disconnect auditory distractions.
- You can turn off your email and text message ping sounds.
- Close your email program and other apps.
- This will help you to be fully present during the service.

Sacred garments

בגדים קדושים

- Wear clothing that makes you feel as if you are entering a spiritual space.
- *Kippah* and *tallit* are welcome if they help you express a connection to this special worship.
- It is customary to wear something new on Rosh Hashana.
- It is customary to wear white on Yom Kippur.
- Even if these are not your customs, this year it might enhance your at-home observance/experience.



Machzor

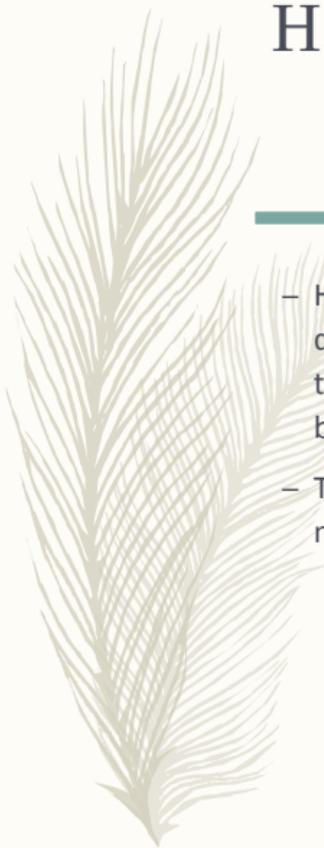
מחזור

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- Be sure you have your machzor with you, just like on past High Holidays when we gathered.
 - Temple Beth El will continue to use *Lev Shalem*. If you need a machzor and have not yet received one by Friday, September 11, please notify the TBE office.
 - As you feel its cover and edges and flip its pages, remember the times you've used it before—who you sat near, what moved you in the service, the first time you used it, etc.

Hang a shiviti

שויתי

- Historically, many synagogues and even homes had a decorative work on the wall called a *Shiviti*, taken from the first Hebrew word of the verse, “I always set Adonai before me” (Ps. 16:8).
- TBE will be offering an instructional session in which you may have the opportunity to create your own *Shiviti*.





Verses and blessings to help create your sacred space

מה־טבו אהליך יעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל:

How good are your tents, O Jacob, Your sacred places, O Israel! Numbers 24:5

בְּכֹל־הַמְּקוֹם אֲשֶׁר אֶזְכֵּר אֶת־שְׁמִי אָבֹא אֵלֶיךָ וּבֵרַכְתִּיךָ

In every place where My name is mentioned, I will come to you and bless you. Exodus 20:21

כִּי הַמְּקוֹם אֲשֶׁר אַתָּה עוֹמֵד עָלָיו אֲדַמַּת־קֹדֶשׁ הוּא:

Indeed, the place on which you stand is holy ground. Exodus 3:5

יְהִי בֵיתְךָ בַּיִת וְעַד לַחֲכָמִים, וְהוּנִי מִתְּאֵבֶק בְּעַפְרֵ רַגְלֵיהֶם, וְהוּנִי שׁוֹתֵה בְּצִמָּא אֶת דְּבָרֵיהֶם:

Let thy house be a house of meeting for the wise, sit at their feet, and drink in their words. Pirkei Avot 1:4

בָּרוּךְ אַתָּה ה', הַמְּבַדִּיל בֵּין קֹדֶשׁ לְחוּל

Baruch atah Adonai, hamavdil bayn kodesh lechol.

Blessed are You Adonai, who separates between holy and ordinary.

from Havadallah blessings