



We hope that you will be able to join us in person for the High Holy Days this year, but if you are not, here are some tips for creating a sacred space at home

Creating a Home Sanctuary ~ Mikdash M'at



In the days before the High Holy Days:

- Choose a prayer space, ideally separate from where you work or go to school or change it in some way to make it feel different. See below.
- Locate your *machzor*, High Holy Day prayer book. (See page 6 [here](#) for details).
- If you wear a tallit or kippah, locate yours or borrow them from Mount Zion.
- Spend time with the [schedule](#) to find the services and programs you will join.
- Buy flowers to add to your space and any other decorative touches. See below.

Set up your space in advance so you are not rushing:

- Select your largest screen to view services. Ideally, set up your TV (connected to the internet) or put your computer at a distance so you are not tempted to multitask.
- Add a decorative pillow or chair cover to your seat.
- Bring meaningful objects into your space, including a white tablecloth and flowers. If you own a shofar, place it where it is visible.
 - On Rosh Hashanah evening, we encourage you to bring into your space candlesticks, a kiddush cup, challah, and apples & honey.
 - On Yom Kippur evening, in addition to candlesticks and a memorial candle, you could bring in family heirlooms and/or photos of loved ones.
- Consider writing an important word or saying on a nice piece of paper to keep you focused and to maintain your intention for the High Holy Days.

As you get ready to settle into your space (at least an hour before services):

- Dress in a way to inspire readiness for the High Holy Days. Wear the clothing you would wear to the synagogue, including a kippah and tallit if it is your custom. Traditionally, we wear a tallit for all morning services and for only one night a year, on Kol Nidre.
- Try to limit or disconnect distractions from your devices.
- Say a blessing or *kavanah*/intention over your space to mark it as your *mikdash m'at*.

Here are two suggestions:

בָּרוּךְ אַתָּה יי, הַמַּבְדִּיל בֵּין קֹדֶשׁ לְחֹל.

Ba-ruch Atah Adonai, ha-mav-dil bein ko-desh l'-chol.

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

בָּזָה הַשַּׁעַר לֹא יָבוֹא צָעַר	Let no sorrow come through this gate.
בָּזָאת הַדִּירָה לֹא תֵבֹא צָרָה	Let no trouble come in this dwelling.
בָּזָאת הַדֶּלֶת לֹא תֵבֹא בְּהֵל	Let no fright come through this door.
בָּזָאת הַמַּחְלָקָה לֹא תֵבֹא מַחְלֹקֶת	Let no conflict come to this section.
בָּזָה הַמָּקוֹם תִּהְיֶה בְּרָכָה וְשָׁלוֹם	Let there be blessing and peace in this place.

- Start the service at least 15 minutes early to make sure that your sound and settings are working and to reduce the possibility of stress with the technology.

May your experience of these Holy Days bring you all that you need

for this to be a good new year.