

## CREATE A SANCTUARY SPACE IN YOUR HOME

In an ideal world, all of us would gather for Rosh Hashanah and Yom Kippur in person. In the world we live in, we know that coming to our tent is impossible for many members of our community, and we are grateful that technology exists that enables people to attend from home.

### **Here are some suggestions to enhance your experience.**

When we enter a sanctuary our goal is to leave our usual distractions behind us for a while. This is the purpose of sacred time and space. Our tent on the High Holidays, and our indoor sanctuary year-round, offer that physical threshold to cross that separates *kodesh* - the sacred – from *khol* - the ordinary. But how are we to accomplish this at home, surrounded as we are by all the details of our lives?

**We suggest that you find a space in your house that you can dedicate as your own sanctuary for the Holy Days.** It could be a whole room or simply a corner. It could even be a place at your kitchen table where you remove distractions and instead put flowers and photographs of loved ones. Make it a meaningful and comfortable space, and when the service begins, enter it. You can always take a break if you need a snack or the bathroom. Then, after your break, consciously reenter your sacred space. An advantage of being at home is that if you want to get up and stretch you can do so without blocking anyone's view. You will be muted, so sing your heart out without fear of drifting off key.

Another perplexing obstacle that you will face in creating a sanctuary is that you will be staring at your computers. This creates real difficulties and will require some self-discipline. See if you can close your email, quit your browser, and turn off notification bells and dings on your computer and phone. Don't multitask. Be as present as you are able. Even across the distances, your participation and energy add to the collective whole.

We have made the *makhzor* (High Holiday prayer book) [available on our website for you to download](#) so you can follow along. The song sheet and other information are also on the website.

