

CREATING A SACRED SPACE IN YOUR HOME

- Set aside a space for prayer, perhaps with an entry as you would in the synagogue, moving into a sacred space
- If you are watching on a screen, try and make a beautiful, comfortable space to watch and engage in the services
- Have comfortable seating, chairs, cushions or carpets
- Maybe decorate your space with white, just as the synagogue and Torah scrolls are dressed in white
- Add some flowers or other decorations to make the space feel special
- Dress in your synagogue clothes to bring a sense of the occasion to your home
- Invite others to join you on zoom or facetime so you can experience the service together
- Have special foods to enjoy after Rosh Hashanah services, a sweet treat perhaps for the new year
- At your gathering, or alone, spend some time thinking about the year that has passed and consider the year ahead, what changes you may wish to make
- During the day of Rosh Hashanah or Yom Kippur, take some time to go outside into the garden, on your balcony, even to a park, and connect with nature. On Rosh Hashanah we celebrate the creation of the world, of all life, plant and animal as well as human. Take a moment just to sit within the beauty of the world and take notice of the sounds, the scents, the sights
- Enjoy a guided meditation from Rabbi Triguboff
- Read some of the poetry and consider the themes, or the questions for contemplation which accompany them
- Spend some time reflecting on the learning opportunities in the pack, musings from our clergy about the prayers, themes of the season and much more
- Create a gratitude/blessing box and place notes inside with all the things for which you are grateful or feel blessed. If you choose not to write during the chag, spend some days before writing and adding to your box and then read them during the chag
- Have a gratitude/blessing place for your household, family or friends, it could be in person if you are in physical proximity, or on line if you are not seeing each other in person, and write messages or words of gratitude to one another. Express why you are grateful for the other people, or qualities within them you admire. Then, on Rosh Hashanah or Yom Kippur, read them, and feel the blessing of appreciation and love