



A *mikdash me'at* is a temporary sanctuary we create and take down as needed. This year, while we observe the High Holy Days at home and Temple Sinai streams services, we are being asked to create our own *mikdash me'at*, our own *personal sanctuaries*.

How do we go about doing this for the High Holy Days and beyond?

Choose or create a space that is different from where you usually work or stream content. This may mean rearranging furniture. It will be worth it.



Set a holy intention (kavanah) for the space. Perhaps you are seeking a space of peace and quiet when your home is filled with children and pets; perhaps you are seeking connection to others when your home feels empty. Write down whatever you want this space to feel like on a piece of paper, and place it in the center of your space.

Set the space **as though you were welcoming guests**. Put out your fanciest tablecloth. Add flowers to bring in nature and color. Think of different elements you can include to make this space feel inviting, special, and sacred.

Prepare the essentials- candlesticks, a wine glass, a dish for apples and honey, and your prayer books. Temple Sinai will be providing all the necessities with delivery options to congregants who are not able to leave their homes. If you have a shofar, have it ready to blow at home!

Arrange your computer or streaming device so that you are “viewing” it rather than “manipulating” it. Be sure to turn off all “pings” for email or text notifications.

Distracted during streamed services? **Provide yourself with another kind of focus**, like a Jewish *shiviti* to color (we will provide one in our High Holy Day bag!), a fidget spinner, or something akin to it. Have kids? Worried about their attention span? Provide materials to create a worship “experience” for them! Keep tuned for more information.

Place pictures of friends and loved ones in your space. During these physically distanced Holy Days pictures will keep you company. This will be particularly important during Yom Kippur's *Yizkor*, Memorial Service.

Wear white clothing. Traditionally, the prayer leaders wear white during the High Holy Days, and we change our Torah covers. White is a symbol of purity, atonement, and cleansing and is particularly emphasized on Yom Kippur.



Make sure your chair is comfortable and decorated. Add a pillow for lumbar support, and decorate your chair with colorful scarves or cloth. This is your support during our services, so treat it accordingly.

Last but not least, **add your own personal touch and address your own personal needs**. Maybe that means you include inspirational quotes or a painting to your space. It may mean including a pitcher of water. Whatever will make this space *yours*, include it!



Dress Image provided by: Carolyn Jones @ pexels