



## Temple Emanu-El

# Creating a *Mikdash M'at*, a Little Sanctuary, From Home

5781 will be unlike any other High Holy Day experience. We encourage you to transform your space to set the tone for the new year. You've already turned spare bedrooms into offices, garages into gyms, and kitchens into classrooms. Now it is time to find the right space in your home to create a *mikdash m'at*, a little sanctuary, a sacred space, for you and your family.

We hope these recommendations allow you to feel more connected throughout this High Holy Day season. We may not be able to be physically together, but spiritually our souls will unite from all of these sacred spaces throughout the Atlanta area as we welcome the Jewish New Year and High Holy Day season.

1. Wear something that makes you feel spiritual. Dress up! No, really! You may have been jazzed at the idea of experiencing the holidays in your pajamas, and though we don't want you to be *uncomfortable*, dressing up for the service gives honor to the words, and your attire highlights that these are sacred days. (Besides, hasn't it been a while since you've had the chance to get all dolled up?!)
2. Create the right prayer space for your family. Ensure everyone has a place to sit comfortably and with a good view of the screen you'll be using.
  - a. Go on a hunt for the Judaica that may be stored away, and be sure to have it displayed in your little sanctuary. From *tallitot* to *kippot*, a shofar, *machzor* (prayerbook), candles, kiddush cup, apples and honey, or even a Chanukah menorah, having these sacred objects within view will help to make the space feel a little more holy.
  - b. Put a tablecloth down over the coffee table, put out some flowers, truly elevate and beautify your space.
3. Take care of setting up your device ahead of time. Consider setting up your device to play through your television screen and then set down your phone and step away from your computer. Try putting your devices in "do not disturb" for the service so that you can be fully present.
  - a. Make sure your tech and WiFi are in working order beforehand. You'll ease into the service more if you aren't worrying about your sound levels and whether the WiFi will hold up.
4. Bless your space. Once you've finally arranged your space, bless it! Gather the family and share what you hope to get out of the space over the course of the High Holy Days.
5. Stay connected during mealtime. From Rosh Hashanah dinner to your break-the-fast meal, like *Pesach*, consider making a Zoom room for your extended family and friends to still join together in celebration.

**DON'T FORGET TO SEND US PICTURES OF YOUR BEAUTIFUL SET UP!**

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## Extra Tips for Families with Young Children

1. Enlist your kids to help with set up! As you prepare to create the mikdash m'at, the little sanctuary in your home, ask your kids to help you! Send them on something like a scavenger hunt to gather all the materials that you need to set up the space. This is a great way to engage them in the preparation it will take to make this year special!
2. Get a little artsy. Ask your kids to make signs and decorations for the space. From apple slice stamps to freehand drawings, encourage them to help you beautify the space with their artwork. You won't be able to glance up at the stain glass windows of our sanctuary this year, so make your own ahead of time!
3. Collect items for engagement during the Family Service. We recommend having the following items on hand for the Family Service:
  - a. Shofar (or a kazoo!)
  - b. Percussion instrument (egg shaker, pan and wooden spoon, dry rice/beans in a jar to shake)
  - c. Tallit (or a beautiful piece of fabric to wrap around you and your children)
  - d. Kippot
  - e. Apples
  - f. Honey
4. Set time to reflect. While you are praying at our main service, encourage your children to take time for self-reflection. Create a little worksheet with prompts. Don't forget to unpack their responses and discuss what they wrote down.
  - a. This past year I'm sorry I...  
Have multiple children? Encourage them to write letters directly to their siblings.
  - b. In the year ahead, I want to work on...