

Here are some suggestions to prepare the space for the upcoming High Holidays:

1. Choose your prayer space with intention. Prepare it by de-cluttering it from distractions and other collected stuff. Make it a space that is 'set apart' from other spaces. You can have this discussion as a family to decide, or it can be a personal decision.
2. Once you choose your space say a blessing of intention to designate it as your "Mikdash m'at".
3. When you choose the space you'll sit on, cover it with a Tallis, pillow, special fabric or scarf.
4. Change where you put your computer from a work space to a place of contemplation by covering the table with a white cloth or fresh flowers.
5. Put meaningful objects in your space - Photos of family and loved ones, a shofar, candle sticks and other Judaica.
6. If possible, try to limit auditory distractions. Turn off your phone, email and text options.
7. Wear clothing that makes you feel that you are entering spiritual space.
8. If you have your Machzor (prayer book) with you, it will help you focus on something physical. If you don't own one, not a problem! But if you do want one, you can order it from the office and we'll ship it to you.

Items to have:

Candles/Candlesticks

Wine/Grape juice

Challah (round if possible - representing circle/crown of king)

Apples and Honey

A special meal