

## From our Sanctuary To Yours: Creating Your Sanctuary At Home And Within.

For those of you who feel more comfortable joining us from home or wherever you are, here are some ways you can create your sanctuary at home and within.

### 1. Embrace the Situation

For most of us, coming together for the High Holy Days is one of the best times of the year. We get to see people we don't see very often, worship together as a community, share a holiday meal or break the fast together. This year, as our grief turns to acceptance, be open to trying new things, and remain hopeful that we will soon be able to join together in person at IHC, our spiritual home.

### 2. Seek Out the Perfect Spot

Spend some time choosing your prayer space carefully. This space you choose will be your sanctuary; the place where you and your family can gather together for our High Holy Day services and experiences. It might be in your family room, dining room table or wherever you prefer. Just make sure you have a place for the computer or device you will be using to stream our services. If your 'Perfect Spot' is outside in nature, make sure your device of choice can connect with the internet where you are.

### 3. Create Your Space With Intention

Once you have decided where your sanctuary will be, now it is time to create your space. You may want to say a blessing or kavannah ("intention") over it to mark it as your sanctuary (see blessings button). Remove anything that will distract you, then add objects that will help assist with your emotional, mental and spiritual needs. Some examples include a scented candle or essential oils, favorite family Judaica items like candlesticks, Kiddush cup or shofar, a cozy pillow or two and any ritual items, like your prayer shawl, kippah and prayer books.

### 4. Use the Space as Your Sanctuary

Remember that this sacred spot was created by you, for you and your family. Using your sanctuary space will help you honor your intention for meaningful Days of Awe. If possible, move the computer space back so that you are "watching" the screen more than "manipulating" it. Consider connecting your computer to a TV screen so it feels less like a work device. Try to limit or disconnect auditory distractions, like notifications. Close your email and other apps so you can be fully present during each service.

### 5. Take Time for Reflection

Consider using your sanctuary as a place to meditate, pray or just reflect during these days. Perhaps come into your sanctuary a little early to get ready for our services or experiences. Stay after they end, to reflect on what they meant to you and how you may incorporate change in your life for the coming year.

### 6. Discover Your Virtual Style

If dressing in nicer clothes for the High Holy Days is your thing and will make the days feel special, then by all means get dressed up. If you are more comfortable in your casual clothes, that's fine, too. Our services are come as you please!