

MAKE ME A SANCTUARY: PREPARING YOUR SPACE FOR VIRTUAL HIGH HOLY DAYS

וְעָשׂוּ לִי מִקְדָּשׁ וְשָׁכַנְתִּי בְּתוֹכְכֶם:

V'asu li mikdash v'shachanti b'tocham.

Make for Me a sanctuary and I will dwell among you. (Exodus 25:8)

MAKING MY HOLY SPACE:

- **Choose your space in advance.**
 - **Ask yourself:**
 - Am I comfortable here? Am I *too* comfortable here?
 - Comfortable seating - do I need to bring an extra cushion?
 - What do I want to be looking at?
 - If I am in my work space, how will I make it different?
 - Is this a quiet space?
- **Clean it, tidy any piles, remove anything that might distract you.**
- **Make it beautiful, and different.**
 - Consider flowers, a tablecloth, candles
- **Check all your tech**
 - Do you have a strong connection to the internet?
 - Where are the power outlets?
 - Do you have all the cables you need?
 - Are your devices charged?
 - Where is the light good, so that I can see my screen and my prayer book?
 - How is my sound? Do I need to use a better, different speaker?
 - What is the best device to use?

MAKING MY SPACE HOLY:

- **Bring your loved ones into the space with photographs and mementos**
 - Could you zoom your family or friends on a different device? Mute the zoom call during the service, but watch all together!
- **Bring your ritual objects**
 - **Erev Rosh Hashanah**
 - Candles, Kiddush Cup with wine/grape juice, Round Challah, Apples and Honey
 - Machzor (Prayerbook)

- **Rosh Hashanah Morning**
 - Machzor (Prayerbook)
 - Shofar (If you have)
 - Tallit
- **Kol Nidre**
 - Machzor (Prayerbook)
 - White cloth to cover your space
 - Tallit, Yahrzeit Candle, Candlesticks
- **Yom Kippur Morning and Afternoon**
 - Machzor (Prayerbook)
 - Tallit
 - A book of poems, essays, or something to read that will enhance your Yom Kippur reflection
- **Dedicate this space as your sacred space -**
 - Consider making a Sh'viti (Contemplative Art Wall Marker)
 - Details and quotes from the Temple Micah sanctuary walls found below.

PREPARING MYSELF FOR PRAYER:

- **15-30 minutes prior to services, turn on the livestream (there will be preparatory music playing) or choose your own music**
- **Close all the tabs on your computer**
- **Consider connecting your device to your Television (instructions below)**
 - If this is too advanced technically for you (no judgement!) place your computer far enough away from your seat that you will not be tempted to use it for something other than the prayer service.
- **Leave your phone in the other room!**
- **Get dressed in clean, special (but still comfortable!) clothes**
 - Special clothes that are clean and set you in the right frame of mind
 - Special clothes connected to a loved one-a scarf, or heirloom Jewelry
 - For Yom Kippur, you may opt to wear white.
- **Set your intention, prepare your mind**
 - Sit for a moment, and let the other thoughts go.
 - Open up your heart and let the love flow in.

GETTING YOUR MACHZOR:

- **You can still purchase prayer books and pick them up -**
 - **Last pick up day is Wednesday, September 16, 5:00-7:00 pm**
 - Contact the Micah office!
 - **Downloadable discounted Kindle e-book**
 - [Mishkan HaNefesh for Rosh Hashanah \(\\$9.99 from Amazon\)](#)
 - [Mishkan HaNefesh for Yom Kippur \(\\$9.99 from Amazon\)](#)
 - **Free Digital Flipbook**
 - [Mishkan HaNefesh Rosh Hashanah](#)
 - [Mishkan HaNefesh Yom Kippur](#)

Dedicate your space as a sacred space -

- **Consider making a Sh'viti (Contemplative Art Wall Marker)**

The Walls of Temple Micah have these lines of sacred text surrounding us in the Sanctuary. You could reflect on these texts, or even choose a one or two to place on your wall.

- You shall be holy. (Leviticus 19:2)
- In every generation you must look upon yourself as if you personally had come out of Egypt. (Mishnah Pesachim 10:5)
- Justice, justice shall you pursue. (Deuteronomy 16:20)
- My House shall be called a house of prayer for all peoples. (Isaiah 56:7)
- Make for Me a sanctuary and I will dwell among you. (Exodus 25:8)
- And they shall beat their swords into plowshares and their spears into pruning hooks; nation shall not lift up sword against nation; they shall never again know war; but everyone shall sit under a grapevine or fig tree and not be disturbed. (Micah 4:3-4)
- Pray for the well-being of Jerusalem. (Psalm 122:6)
- May God bless you and keep you, may God deal kindly and graciously with you, may God favor you and grant you peace; thus shall they link my name with the people of Israel, and I will bless them. (Numbers 6:24-27)
- Don't judge your fellow human being until you have reached that person's place. (Pirkei Avot 2:4)
- Love your neighbor as yourself. (Leviticus 19:18)
- Turn it, and turn it, for everything is in it. Reflect on it and grow old and gray with it. Don't turn from it, for nothing is better than it. (Pirkei Avot 5:22)
- It was not with our ancestors that Adonai made this covenant, but with us, the living, every one of us here today. (Deuteronomy 5:3)
- There are three crowns: the crown of Torah; the crown of priesthood; and the crown of royalty. However, the crown of a good name is greater than all of them. (Pirkei Avot 4:13)
- Treat no one lightly and think nothing is useless, for everyone has one's moment and everything has its place. (Pirkei Avot 4:3)
- I turn my eyes to the mountains, from whence comes my help; my help comes from Adonai, maker of heaven and earth; Adonai will not let your foot give way; your guardian will not slumber. (Psalm 121:1-3)
- Be one of Aaron's students, loving peace and pursuing it, loving people and bringing them to the Torah. (Pirkei Avot 1:12)
- God has told everyone of you what is good, and what God requires of you: only to do justice, love goodness, and walk modestly with your God. (Micah 6:8)
- If I am not for myself, who will be for me? And, if I am for myself alone, then what am I? And, if not now, when? (Pirkei Avot 1:14)

MAXIMIZE YOUR STREAMING EXPERIENCE:

This year, everyone will be participating in our High Holy Day services from home on devices like iPhones, iPads, Androids, and laptops.

One way to extend the viewing beyond your device's smaller screen is to stream/connect your device to your television's screen. In addition to removing the inevitable distractions that come from our smaller connected devices, this also invites you into a more shared and focused viewing experience.

** Please note- this is the "advanced course" technologically, and is by no means necessary! You can achieve a similar immersive experience by placing your computer far enough away from your seat so that you are not tempted to use it for something other than the prayer service.*

Here are some guidelines on how to do this:

Option 1: Connect your devices to your television with a cable

Virtually all televisions today use HDMI cables to connect all devices:



The benefit of using an HDMI-adapter and cable to connect is that you will experience zero lag time, and full HD sound and picture.

To connect your laptop/phone to your television, all you need to do is find the correct HDMI adapter/dongle that will work with your computer/phone/tablet. It's important to visually verify your device's specific port, and make sure you get the correct adapter. For most people, this is likely one of the following:

- For newer Apple laptops (MacBooks, Macbook Pro, MacBook Air): USB-C to HDMI adapter
- For older MacBook Air laptops: Thunderbolt to HDMI adapter
- For iPhones and iPads: Lightning to HDMI adapter
- For Android devices: Micro-USB to HDMI adapter
- For all other laptops: Check the kind of USB connection you have, and get an HDMI adapter that fits with it

These adapters/dongles are easily available and affordable on Amazon and elsewhere.

Option 2: Stream from your device to your television

If you have a smart-TV (usually identifiable with “Roku” or “Chromecast-enabled”), or a streaming device (Apple TV, Google Chromecast, Amazon Fire), you can likely connect your device wirelessly.

While this is easy, cable-free, and generally reliable, quality is dependent upon the strength of your wireless internet connection.

This works for iPhones, iPads, Android devices, as well as Apple computers.

- All Apple devices can natively stream directly to a TV that is connected to an Apple TV via AirPlay ([read directions here](#))
- All Android devices can natively stream directly to a TV that is connected to a Google Chromecast, or is "Chromecast-enabled" ([read directions here](#))

[Learn more about streaming for individual types of devices here.](#)