

CREATING YOUR SANCTUARY

SETTING OUR INTENTION

In his book “The Sabbath,” Rabbi Abraham Joshua Heschel wrote: “The sanctity of time came first, the sanctity of [human beings] came second, and the sanctity of space last.” Heschel’s framing about the order of holiness is a good reminder for us to intentionally prepare our time, ourselves and our space.

We create our sanctuary when we begin by setting aside an appointed time for our prayers, and we make that time holy through the holiday blessings and festive meals.

We create our sanctuary when we make ourselves holy through our mental and spiritual intention—through meditation, by removing distractions (when possible!) and by giving ourselves distance from work and routines of the everyday.

We create our sanctuary when we dedicate and beautify a space in our homes for the purpose of prayer.

May these holy days, with all of their possibilities, be a time of creativity, prayer, repentance and resolve in all the many sanctuaries we build this year.

TRANSFORMING YOUR SPACE

- Place fresh **flowers** nearby or create flowers from the tissue paper in this kit. Instructions on following page.
- Set your screen on a table with a **special tablecloth**.
- Choose a **virtual Temple background** image for Zoom, available at tedallas.org/hhd.
- Surround yourself with Jewish **ritual objects**, perhaps pre-school gifts from your kids or a special Kiddush cup that belonged to a family member of blessed memory.
- Display a **life cycle photo** from Temple—how young you look in a wedding picture, how proud you were at a child’s bar or bat mitzvah!

- Wear your **tallit** during morning services and on Kol Nidre.
- **Dress up** for services! Take a family picture before services and post it on Instagram or Facebook with the hashtag #tedallashhd
- **Organize** your stuffed animals into their own sanctuary.
- Hang a **mezuzah** on the doorpost of the room in your house, using this blessing:

*Baruch atah, Adonai Eloheinu,
Melech haolam, asher kid’shanu
b’mitzvotav, v’tzivanu,
likboa m’zuzah.*

Praise to You, Adonai our
God, Sovereign of the
universe, who hallows us with
mitzvot, commanding us to
affix the mezuzah.

- Cook one of the **recipes** provided in this book from your Temple clergy. Yum!
- Find your gold and silver prayer books, **Mishkan HaNefesh**. (For instructions on how to buy or borrow, see General Information page.)
- **Listen** to our cantors share the liturgy of the season at tedallas.org/hhd.
- Prepare for the service utilizing a **meditation** app such as Headspace, Calm or Ten Percent.
- Take a **walk, breathe**, and then enter the space...