

# Shana Tovah!

# שנה טובה!

## *Deepening your online experience and practice.*

Getting ready for our High Holy Days practice will be a far cry from our usual pilgrimage to the Scottish Rite Center and our Grand Avenue home.

Even so, we can give ourselves some of the gifts of the journey.

Here are a few possibilities:

*Make yourself a sacred space / Makom*- Prepare a comfortable and intentional space or spaces for yourself / your household to be for services. This could include de-cluttering your desk or the surface where your screen is, getting yourself some fresh flowers to put nearby, having a photo of loved ones visible, bringing other objects that have meaning for you and/or connection to people you love, into your practice space.

*Share a meal on Erev Rosh Hashana, Rosh Hashana lunch, Kol Nidre, and/or Break-Fast*- Make plans to connect with people before or after services for a safe, outdoor, socially-distanced or online meal together. Cook or bake some special holiday food to enjoy and to share, if you can do that safely.

*Dress mindfully*- Whether you practice in your p.j.s or in your finest threads, take some time to explore your intentions. What will support your practice? How can getting dressed be a way to support and care for yourself? What will help you connect to community, to sacred time, to the generations before us and on their way? Customs for Yom Kippur include wearing white, and avoiding leather.

*Ritual garments*- Consider wearing a *kippah* or other head covering to all services, a *tallit* to morning services and to Kol Nidre (the only evening service of the year when a *tallit* is worn). If that's not your thing, you may want to have prayer beads, a special scarf, or some other distinct thing to wear, that you put on with intention when you begin to practice.

*Transition time*- It's so easy to go from Zoom to Twitter to email to Instagram and on and on and on. How would it be to give yourself five minutes before joining the zoom service, and five minutes after you sign off? If you're with other people, you might take those five minutes together. You can spend that time in silence, or to share an intention or reflection, or to stretch or dance.