



HOLINESS AT HOME: OBSERVING THE HIGH HOLIDAYS OUTSIDE OF THE SYNAGOGUE

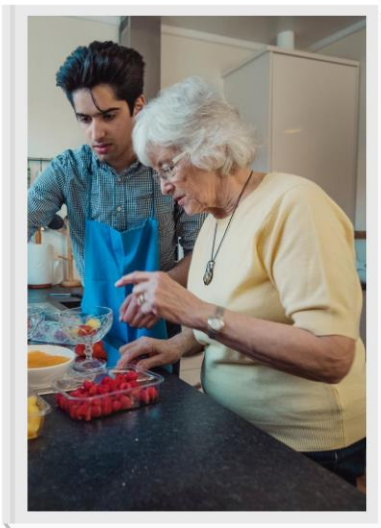
Andrea Gaynor, LCSW and Beverly Rubman, Chaplain





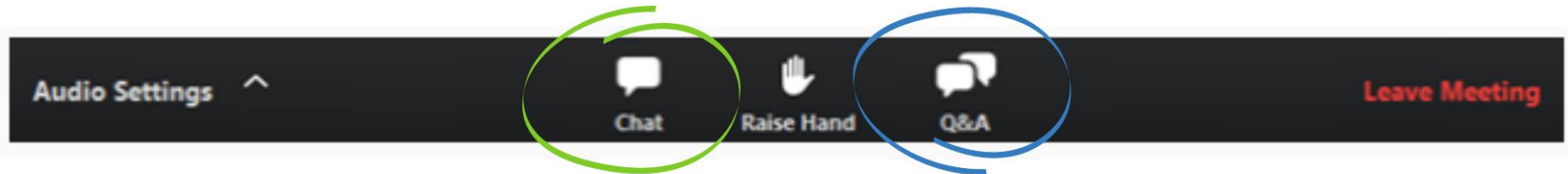
HOLINESS AT HOME: Introductions

Andrea Gaynor, LCSW and Beverly Rubman, Chaplain



Attendees...
Participate throughout via the Chat
Pose Questions through Q&A Functions

ATTENDEE FUNCTIONS - VISIBLE AT BOTTOM OF YOUR ZOOM SCREEN





Rosh Hashanah 5781

*Friday evening - Sunday,
September 18-20, 2020*



Yom Kippur 5781

*Sunday evening - Monday,
September 27-28, 2020*

How do we prepare for the High Holidays in the time of COVID-19?

What are the most meaningful aspects of the holidays for you and your family?



What do you need for yourself from the holidays this year?



What can you do to create some or all of that meaning under current circumstances?



What resources are available to help you prepare for the holidays?



PREPARATION - THE MONTH OF ELUL

August 21 - September 18, 2020

A month to search your heart and draw closer to G-d

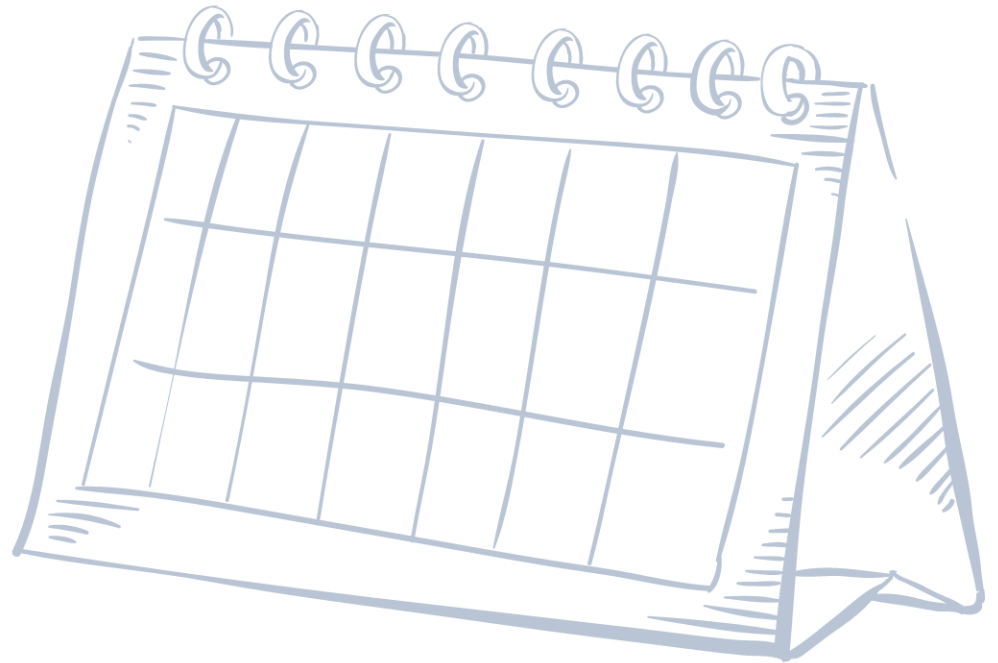
Think about who you are and who you want to be -

Self Examination

Heshbon HaNefesh

("An Account of the Soul")

Ask forgiveness from those
you may have wronged



PREPARATION - THE MONTH OF ELUL

August 21 - September 18, 2020

A Wake Up Call!

Shofar is blown each morning at services
for entire month (except Shabbat)



Psalm 27-- recited at each service during Elul

“The Lord is my light and my help—whom should I fear...

The Lord is the stronghold of my life-- whom should I dread?”

Special meaning during this time of COVID-19

Regular recitation of other prayers and poems

PREPARATION - THE MONTH OF ELUL

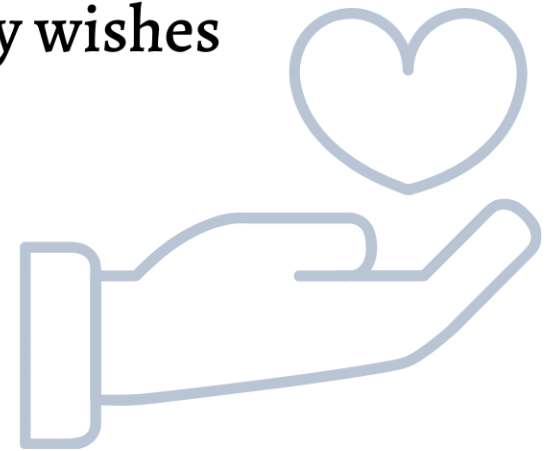
August 21 - September 18, 2020

Visit graves of loved ones L'Dor V'Dor - Remembrance
from generation to generation

Back to tradition - sending cards

Reach out to those you love with High Holiday wishes

Give Tzedakah (Charity) - Open Your Heart



Don't allow the pandemic to control how you celebrate

Focus on opportunity for NEW instead of loss

- Zoom meals & visits
- Small outdoor gatherings and walks

Services will be shorter - think ahead to add meaningful action during the day

Rosh Hashanah Seders - a new/old tradition - Symbolic Foods

- Apples & Honey
- Fish Head
- Dates
- Pomegranate
- Beets & Squash
- Fava Beans

How to Create Sacred Space at Home

Kavannah - Intention

A sense of purpose for what you do

Special physical location for prayer (if possible)

Tallis, Kippah, Prayer Books, Shofar

Wear Holiday Clothing

Synagogue Services

Many Choices for High Holiday Services this year -
Live or Streaming

Unique Opportunities

Consider viewing services at a different congregation
that might have meaning for you...
the one in which you grew up,
join family members at their congregations,
return to a synagogue you used to attend

Tashlich

**Tradition on the first afternoon of Rosh Hashanah
Go to body of running water and cast away your sins**

More connections between Holidays and Nature

Expand the Ritual: Say prayers/Blow the Shofar

Communal Activity & Opportunity to Socialize

Yizkor

For many, the most emotional part of the Service

Address loss and grief in this year

*Lessons of goodness and kindness from
memories of loss*

“May G-D remember the souls of all our departed who were taken from us in the past year through the COVID-19 pandemic or its side effects, especially loneliness, isolation and despair. We pledge to perform acts of charity and goodness with their names in our hearts. May our deeds, prayers and teshuvah help to keep their souls bound up in the bond of life everlasting. Amen.”

Chaplain Barry E. Pitegoff



Closing Prayer

In the coming year...

May you find meaning during these challenging times.

May you experience sweetness in relationships with your loved ones and community.

May the High Holidays give you opportunities for introspection, joy and connection.

And may we all be blessed with health and peace.

AMEN

Additional Readings

Preparing Your Heart for the
High Holy Days: A Guided Journal, Kerry M. Olitsky and Rachel T. Sabath

Mahzor Lev Shalem for Rosh Hashanah and Yom Kippur

Beginning Anew: A Woman's Companion to the High Holy Day
Gail Twersky Reimer and Judith A. Kates

God is a Verb, Rabbi David Cooper (Modern Kabbalistic view of God and spirituality)

www.ritualwell.org New prayers and poems

www.myjewishlearning.com Diverse articles on the High Holidays

www.schusterman.org Charles and Lynn Schusterman Family Foundation
Complete downloadable Rosh HaShanah Seder
Schusterman Family Foundation Haggadah

Yizkor for COVID-19 Victims *by Chaplain Barry E. Pitegoff*

Like Moses whose pleas went to ears that would not listen:

“Let my people go,” Moses cried out,
But too many suffered from plagues when
Pharaoh would not listen.

Like our scientists, clergy, and humanitarians all...

Be careful in your laboratories,
Take only the good in you when you travel,
Bring back only memories,
Be compassionate and kind to all,
“They would not listen; they did not know how
Perhaps they’ll listen now.”
(“Vincent” by Don McLean)



Three-quarters of a million deaths from COVID-19
worldwide,

As we approach Yom Kippur 5781
...deaths of those many in years, death of those
young in years
...deaths of our teachers, and deaths of their
students
...deaths of parents, grandparents, children, and
treasured friends
...deaths of those trying to save those suffering
from the pandemic
...deaths of those dying of loneliness because
COVID-19 isolated them
...and the list goes on.

May we now dedicate ourselves to
...*treasure the blessings they gave us*
...*honor their memories*
...*ask G-D to elevate their souls through our communal*
Yom Kippur Yizkor

Yizkor for COVID-19 Victims *by Chaplain Barry E. Pitegoff*

Yizkor Elohim ...

“May G-D remember the souls of all our departed who were taken from us in the past year through the COVID-19 pandemic or its side effects, especially loneliness, isolation and despair.

We pledge to perform acts of charity and goodness with their names in our hearts.

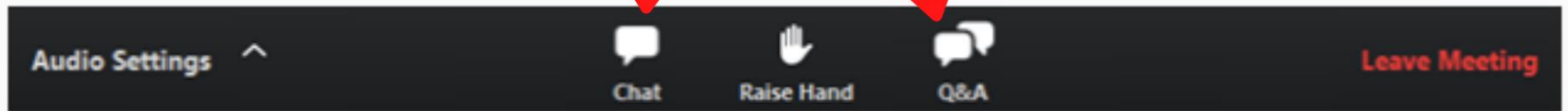
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Amen.”



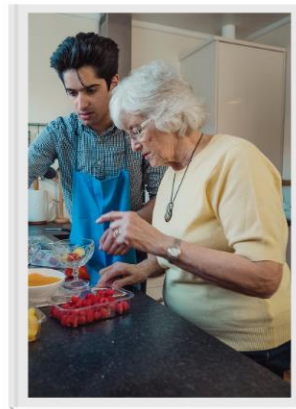
Attendees...

Submit Questions to Hosts & Panelists through Chat or Q&A Functions



ATTENDEE FUNCTIONS - VISIBLE AT BOTTOM OF YOUR ZOOM SCREEN

Questions Will be Answered at end of Presentation



UPCOMING GROUP:

Together Yet Apart:

High Holidays in the Time of COVID-19 for Those Who are Bereaved

Sept 2 @ 10:30 AM & Sept 9 @ 6 PM

Visit website for registration link:
www.JFCSONline.org





www.JFCSonline.org
609-987-8100

COUNSELING FOOD PANTRY & DELIVERY SENIOR SERVICES

