Instructions for Creating your Space for the High Holy Days

ברוך אתה יי המבדיל בין קדש לחול

Baruch Atah Adonai HaMavdil Bein Kodesh L'Chol
Blessed are you God, who separates between
the every-day and moments of Holiness.

Your home, in Judaism, is sacred - a *mikdash m'at* - an echo of the Temple, where *challah*, wine, candles, *tzedakah*, and family regularly gather and rejoice. And we are used to making the trip to 1950 Bathurst Street, which makes our worship even more sacred.

I want to share what you can expect this High Holy Day season, so that you can prepare yourselves, your family and your home appropriately.

Family Services this year will be conducted in very large Zoom meetings. While many of us are 'Zoomed out', I promise that these services will not be your ordinary Zoom experience.

As we come together in sacred community in this new format, we need a *Brit* (Covenant) of Behaviour. Here is what I am asking you to agree to when participating in our Zoom Family Services, which I ask that you share and explain to your children before each service:

1. One device per house, as much as possible.
2. Remain muted, unless you are asked to unmute by our 'Zoom *Gabbai*', and in small breakout group discussions.
3. Remember that everyone can see you, so please dress for the occasion.
4. Supervise and limit the 'chatter' from your house.

For those families who feel the on-line participatory experience will not be suitable or manageable, you may opt in to the Zoom service without activating your camera or microphone. Depending on your device connectivity in your home, you may be able to pair your computer with your television for a more immersive experience. Families are of course welcome to participate in the live-streamed 'Main Service' in rotation with or instead of Family services.

Enclosed is an activity sheet for you to create a Yom Tov Family Portrait, which we will print and display at Temple and put into a slide-show for use before/after services. Please scan or take a photograph of your completed drawing, and any of the colouring sheets, and send to jhelfman@holyblossom.org.

Here are my best tips for making these Holy Days special:

1. Set up your space for Yom Tov - with a table cloth, some fresh flowers, comfortable chairs, facing towards the site of The Temple… in Jerusalem. East. A list of other items required for each service is enclosed.

2. Enclosed is a customisable '*Mizrach*' which is traditional to hang on the Eastern wall in your prayer space. Make copies - personalize it - and display it proudly. You can let your kids colour it- or you can add textures and designs and make it an adult art project of preparation.

3. Set 'do-not-disturb' on all devices, emails, text messages and reminders. Close down to the burdens of work, and truly be present, as much as possible. Your modeling for your children is even more important this year.

4. Dress to impress. The more cues we can drop that 'today is special', behaviour and attention will shift (within what is age appropriate) to meet those expectations.

5. As mentioned above, join as a family, and monitor the chatter. My children like to each have their own device when joining programs. But this is special - we are participating as a family, and that has different expectations.

6. Sing Loud. (On Mute.) Just do it. This is the perfect year to sing loud - and if your children complain, tell them that no one else can hear, so it isn't as embarrassing as it will be next year.

7. Setup your own Breakout Space and expectations of what the children in your house can do during services. Don't be overly upset if your kids make noise, wander away, and do things that are age-appropriate - and set expectations about what other activities are appropriate during services. I would be less upset finding my children having a snack in the kitchen, doing the High Holy Day colouring sheet I set out, than to find them in a private corner watching something not themed to the day, on a pirated personal device. Nature walks are encouraged.

8. Remember this is once-in-a-lifetime, and give everyone - including yourself - a break.

These High Holy Days will be special, and thank you for partnership in making them meaningful and memorable for your family.

Blessed are You, God, who separates the Holy from the mundane.

Shanah Tovah U'Metukah!
Rabbi Jordan Helfman

High Holy Day Service Times & Supply Check List

The items below will be used, or referred to during the services. If you are able, please gather them beforehand.

Friday, September 18, 2020 Erev Rosh Hashanah 5781

WHOLE FAMILY Service
6:00 pm

- ❑ *Candle Sticks*
- ❑ *Candles*
- ❑ *Matches*
- ❑ *Kiddush Cups*
- ❑ *Wine or Grape Juice*
- ❑ *Round Challah (recipe included)*
- ❑ *Apples & Honey*
- ❑ *Carrot*
- ❑ *Beet*

Saturday, September 19, 2020 First Day Rosh Hashanah 5781

WHOLE FAMILY Service
9:15 am

- ❑ *Kiddush Cup*
- ❑ *Wine or Grape Juice*
- ❑ *Challah*
- ❑ *Shofar (real or oragmi version, already prepared).*

YOUNG READERS' Service
2:30 pm

- ❑ *BINGO Page*
- ❑ *Stickers for BINGO*
- ❑ *Stuffed Toy or Doll*
- ❑ *Musical Instrument or Homemade Shaker*
- ❑ *Sugar Cookies*

LITTLE BLOSSOMS' Service
3:30 pm

- ❑ *Apples & Honey*
- ❑ *Shofar*
- ❑ *Noise-Maker, Drum or Instrument*
- ❑ *Sugar Cookies with Sprinkles (traditional).*

Sunday, September 20, 2020 Second Day Rosh Hashanah 5781

WHOLE FAMILY Service
9:15 am

- ❑ *Kiddush Cups*
- ❑ *Wine or Grape Juice*
- ❑ *Challah*
- ❑ *Pomegranate*

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Whole Family Services are designed for families with very young children to early teenage years, and their parents

Young Reader Services are designed for families with children ages 6-8 years

Little Blossom Services are designed for families with children 5 years of age or younger

High Holy Day Service Times & Supply Check List

The items below will be used, or referred to during the services. If you are able, please gather them beforehand.

Sunday, September 27, 2020 Kol Nidre 5781

WHOLE FAMILY Service
6:30 pm

- ❑ *Candle Sticks*
- ❑ *Matches*
- ❑ *Candles*

Monday, September 28, 2020 Yom Kippur 5781

WHOLE FAMILY Service
9:15 am

- ❑ *Hand Mirror*
- ❑ *Wine or Grape Juice*
- ❑ *Cup of water*
- ❑ *Coffee Filter Paper*
- ❑ *Non-Permanent Markers*

YOUNG READERS' Service
1:30 pm

- ❑ *Target*
- ❑ *Arrows*

LITTLE BLOSSOMS' Service
2:30 pm

- ❑ *A Heavy Object that is Safe for a kid to lift, such as a Big Book*

Congregational Concluding Service
6:15 pm

- ❑ *Shofar*

Havdallah Set including:
- ❑ *Cup of Wine*
- ❑ *Sweet Smelling Spices*
- ❑ *Braided Candle*
- ❑ *Matches*

Your Break Fast Meal which may include Family Traditions such as Orange Juice, Sweet Kugel, Herring in Cream

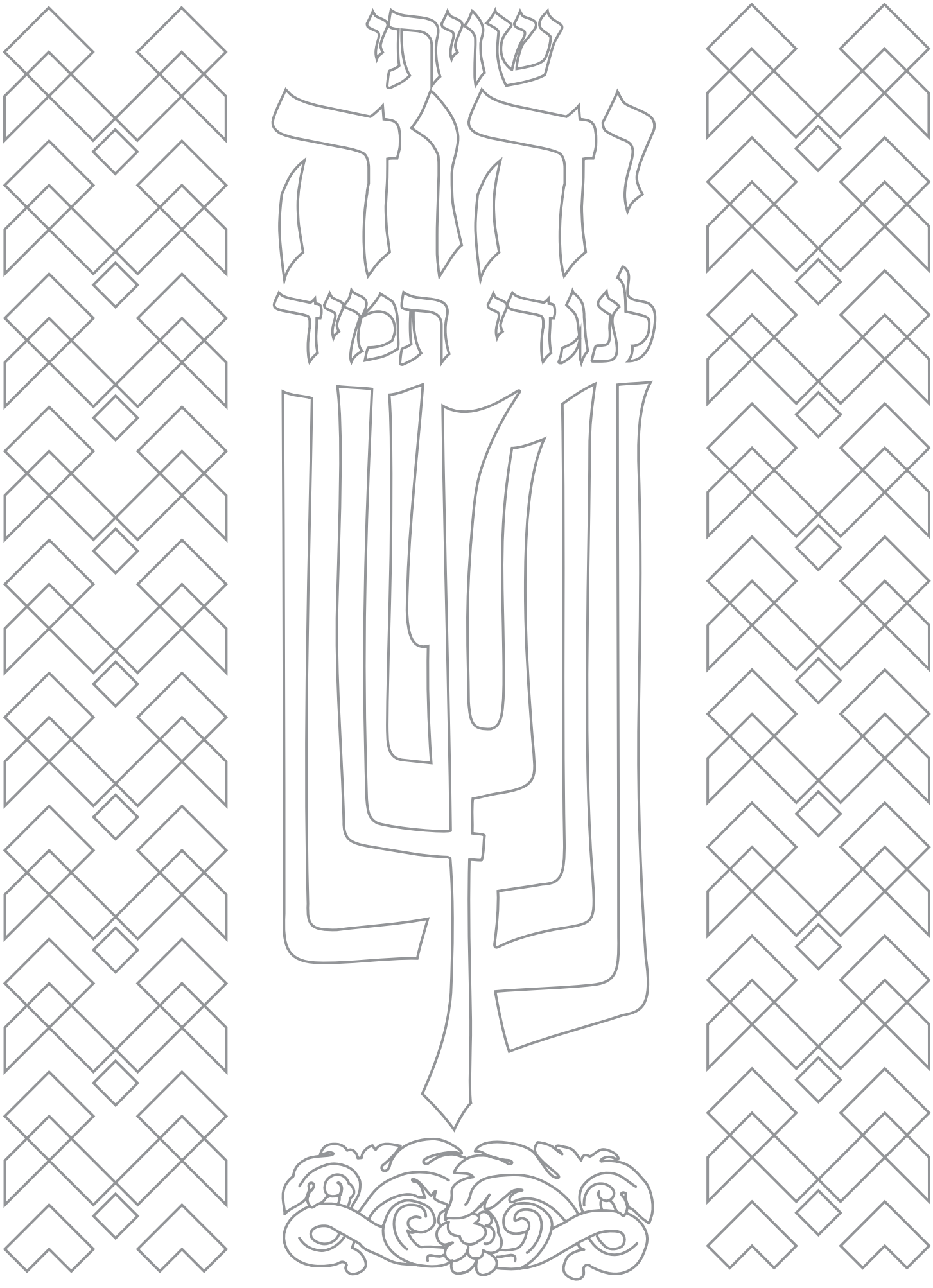
The High Holidays are a time for families to be together.

In honour of their grandchildren and with best wishes for a Shana Tova to their extended Holy Blossom family, this High Holy Day Family Package was made available through a sponsorship gift from Jack and Judy Winberg.

Shanah Tovah from the _____ Family

Shana Tova!

Send a picture of your family portrait to
jhelfman@holyblossom.org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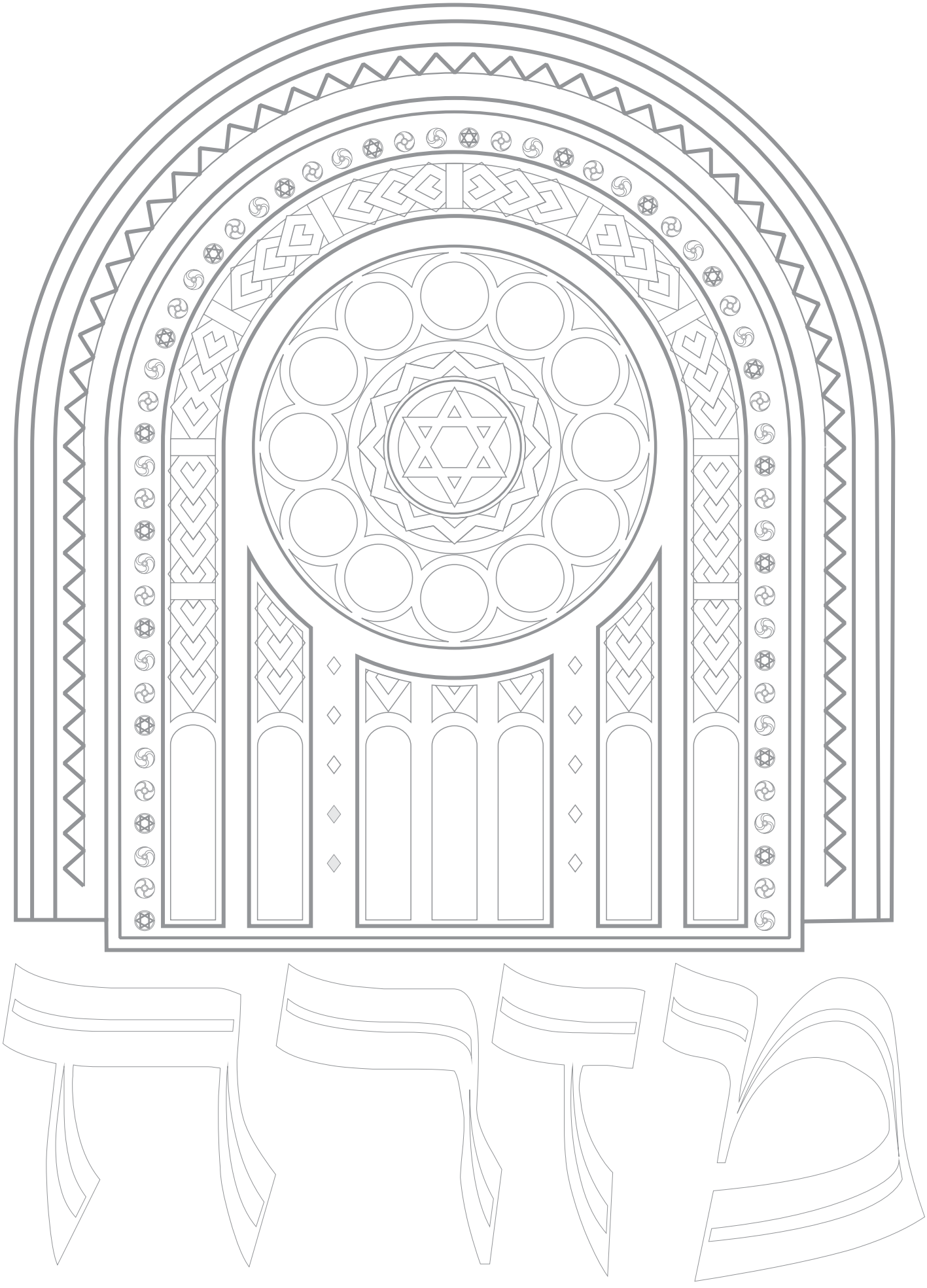
לנגדי תמיד



Challah

Recipe with video:
https://toriavey.com/how-to/challah-bread-part-1-the-blessing-and-the-dough/

Dough Ingredients
1 ½ cups lukewarm water, divided
2 ¼ tsp active dry yeast (approx 1 packet)
1 tsp sugar
1 large egg
3 large egg yolks
1/3 cup honey
2 tbsp canola oil plus more for greasing bowl
2 tsp salt
4 ½-6 cups flour
1 ½ cups raisins, optional

In large mixing bowl, dissolve 1 tsp sugar in ¼ cup warm water. Sprinkle in yeast; let stand for 10 minutes or until frothy.

Add remaining 1 ¼ cup lukewarm water, 1 whole egg, 3 egg yolks, honey, oil, and salt and whisk to combine.

Begin adding the flour to the bowl by half-cupfuls, stirring with a large spoon. When mixture becomes too thick to stir, turn the dough out on to a lightly floured surface and use your hands, continuing to add flour and kneading until dough is smooth, elastic, and not sticky —only adding flour until the dough feels pliable and "right." Add raisins (if using) into the dough as you knead.

Place dough in an oiled bowl, turning dough to grease all over. Cover bowl with plastic wrap; let rise in warm draft-free place until doubled in bulk, about 1 hour. Take the dough bowl out and punch it down several times to remove air pockets.

Egg Wash Ingredients
1 large egg
1 tbsp cold water
1/2 tsp salt

Braiding and coiling instructions easily found on the internet.

Place it back in the bowl, covered and let it rise for 1 hour longer, or until the dough doubles in size again.
Punch the dough down in the bowl a few times, then turn dough out onto a floured surface.
Form your challah in a round, using your preferred method (coil or braid). Transfer shaped dough to a parchment-covered baking sheet. Prepare your egg wash by beating the egg, salt and water till smooth and brush surface of your dough.

Let the dough rise 30 to 45 minutes longer.

Preheat oven to 350 degrees F.

Bake for 35-40 minutes, turning tray half way through baking to ensure even browning. Keep an eye on it towards the end of the baking time to prevent burning.
Test the bread for doneness by turning it over and tapping on the bottom of the loaf—if it makes a hollow sound, it's done.
Allow to cool completely on the baking sheet or a wire cooling rack.

Honey Cake

Dry Ingredients
½ tablespoon baking powder
½ teaspoon baking soda
1¾ cups flour
¼ teaspoon salt
¼ teaspoon allspice
1/8 teaspoon ground ginger
2 teaspoons cinnamon
¼ teaspoon clove
¼ teaspoon nutmeg

Wet Ingredients
2 eggs, slightly beaten
¾ cup sugar
¼ cup brown sugar
½ cup honey
½ cup oil
½ teaspoon vanilla extract
½ cup warm black tea
¼ cup orange juice

Directions:
Preheat oven to 350°F
*If you're using black or dark-colored pans, reduce to 325°F.

Prepare a 8 inch pan. Grease and flour the bottom of the pan - or use baking parchment paper to line the bottom of the pans: it makes getting your cake out in one piece easier!
NB: This recipe makes a little extra. Don't overfill.

In a large bowl or the bowl of your electric mixer combine all the dry ingredients.

Add wet ingredients and mix until well combined.

Slowly pour mixture into prepared pan to avoid bubbles.
Do Not Overfill.

Tap pan against counter to free any bubbles.

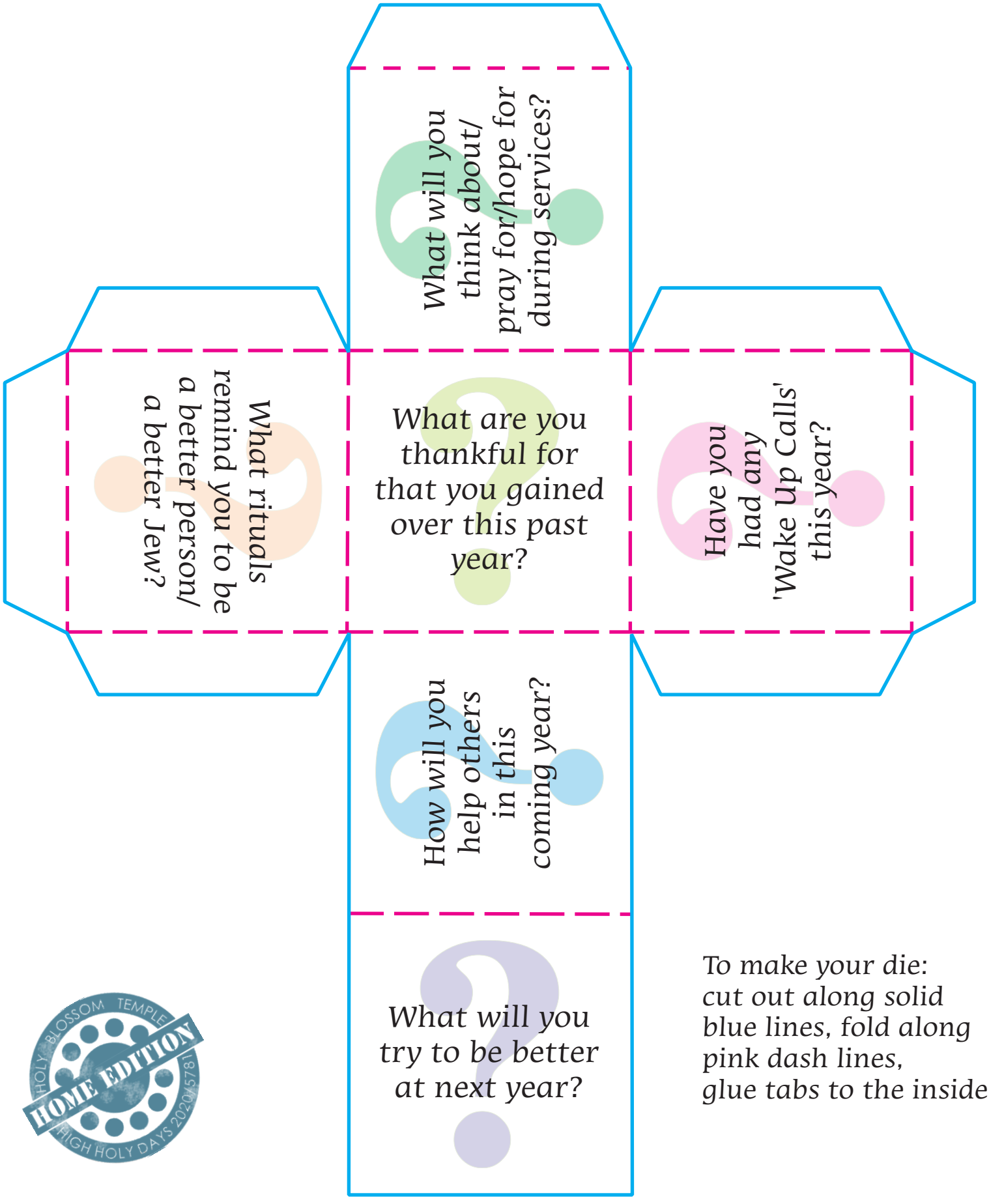
Bake for 40 to 45 minutes or until toothpick inserted in centre comes out clean.

Let the cake stand for at lease 15 minutes before removing it from the pan.

Invert it on a wire rack and cool completely.

Original recipe found at
http://entnemdept.ufl.edu/media/entnemdeptifasufledu/honeybee/pdfs/Honey-Cake-Recipe.pdf

Table-Talk Conversation Starter



To make your die:
cut out along solid blue lines, fold along pink dash lines,
glue tabs to the inside.

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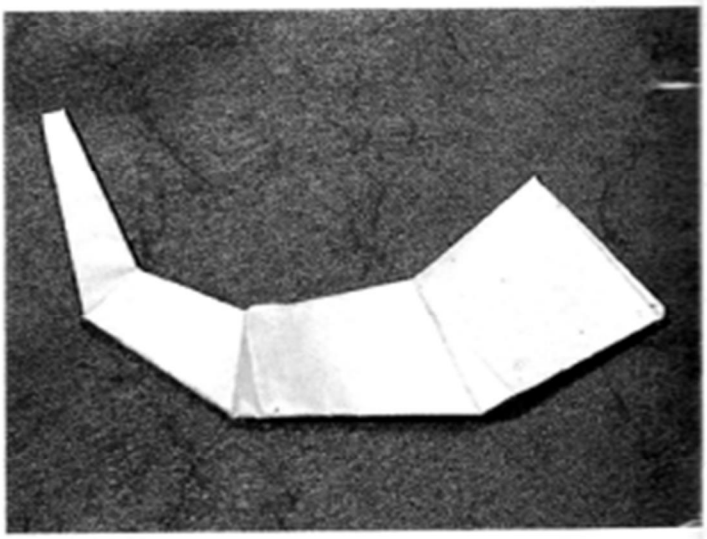
SHOFAR FOR THE NEW YEAR

The Jewish New Year (called *Rosh ha-Shanah* in Hebrew) is welcomed with the sounds of the *Shofar.* By blowing into this curved, hollow horn of a ram or another animal, several different notes can be produced. You can make a paper *shofar* for a New Year's greeting card and for other decorations.

You need:

One 10 inch (25 cm) paper square

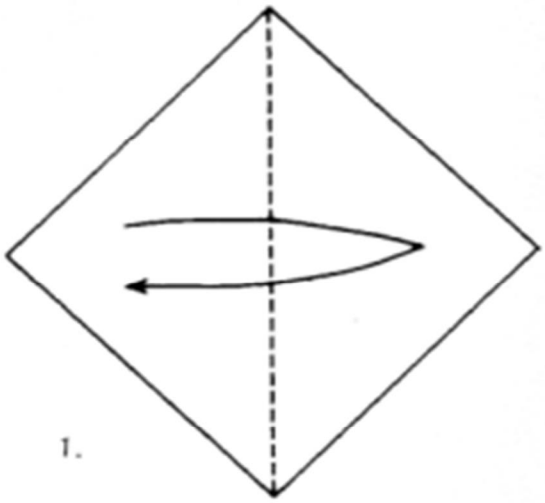


1. Fold the paper on the diagonal. Unfold.
2. Fold two outer edges to the diagonal crease.

3a. Fold the narrow top corner down.

3b. Bring the long edges to the middle.

4. Fold the bottom corner up.
5. Make three narrow pleats about 1 inch (2 cm) apart, on the wide part of the paper. First crease the paper up; then crease the paper down about ¼ inch (5 mm) away.
6. Carefully fold the paper in half.
7. Curve the *shofar:* stretch each pleat at the double edge only, leaving the top of the paper pleated.



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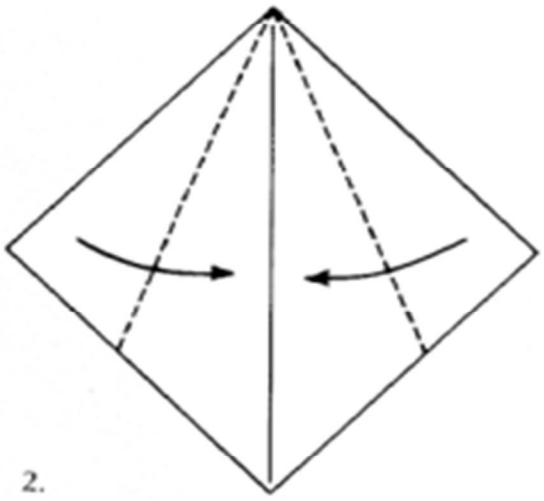

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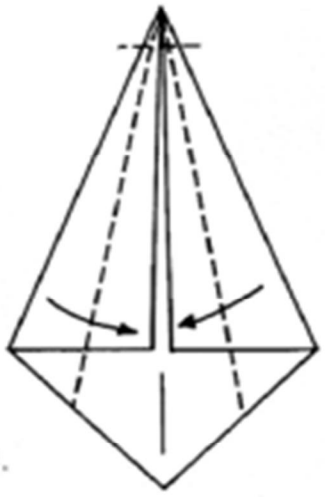

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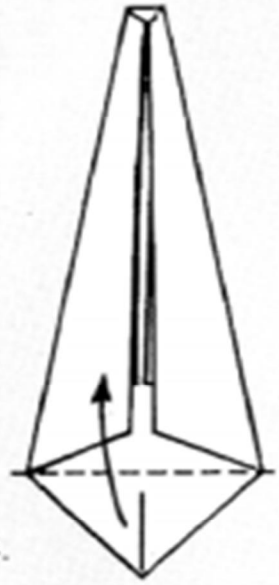

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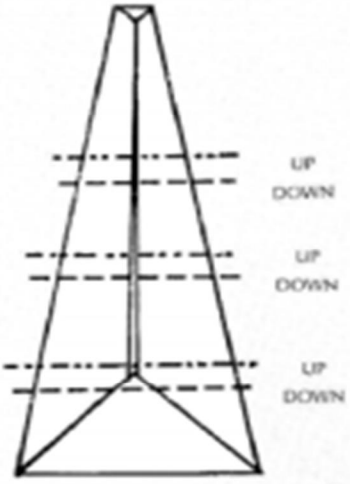

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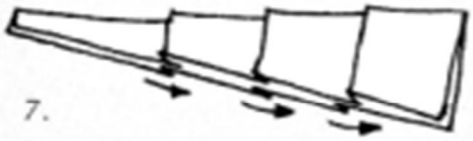

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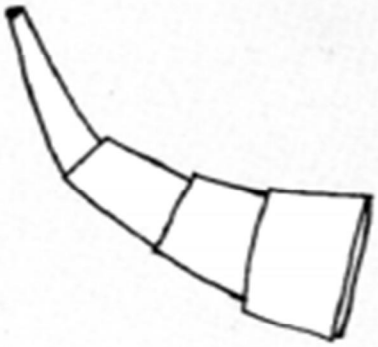
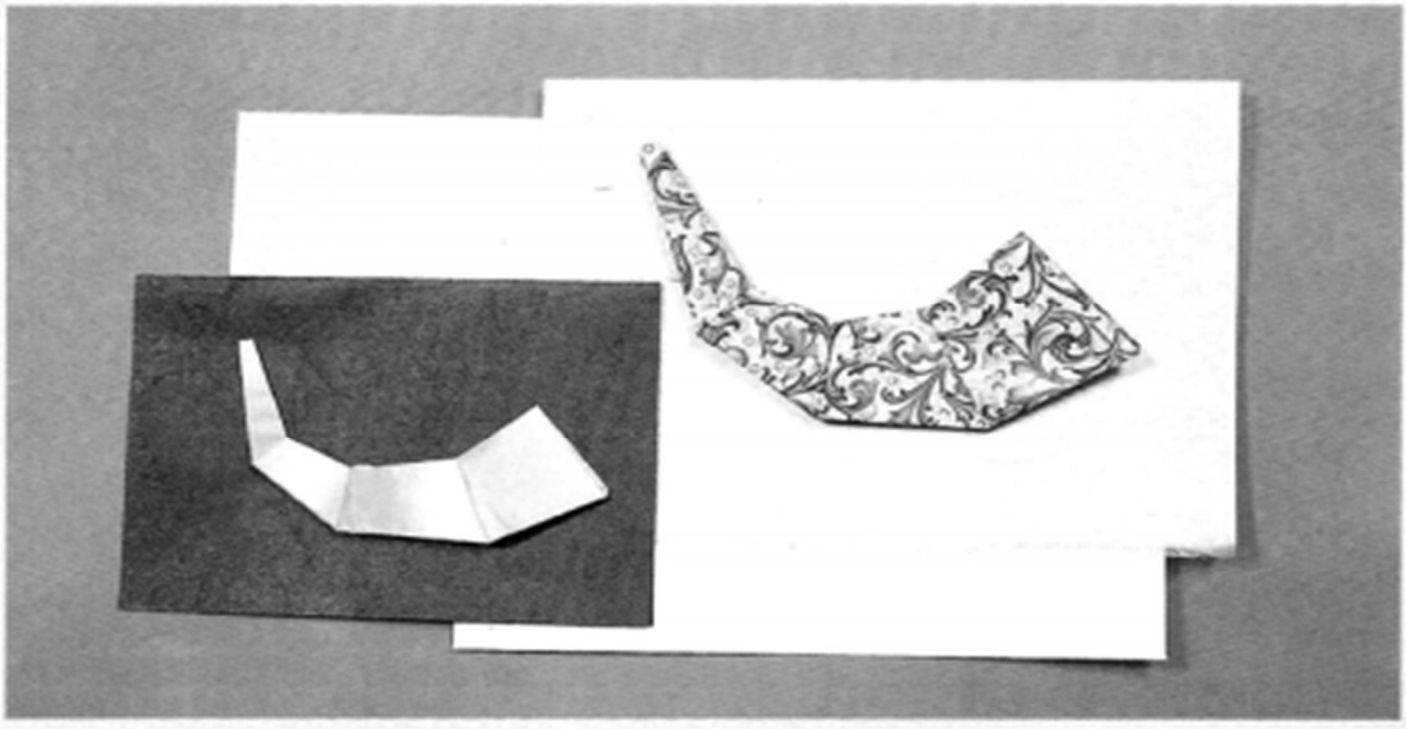


DECORATION:
Attach a string to the *shofar* and hang it as a mobile.

NEW YEAR'S GREETING CARD:
Glue the shofar on a piece of construction paper which has been folded to the size of a greeting card.



Rosh Hashanah BINGO Card

I gave Tzedakah	I forgave someone	I helped the earth
I honoured my parents & grandparents	I told the truth	I learned something new
I grew taller	I was creative	I was brave

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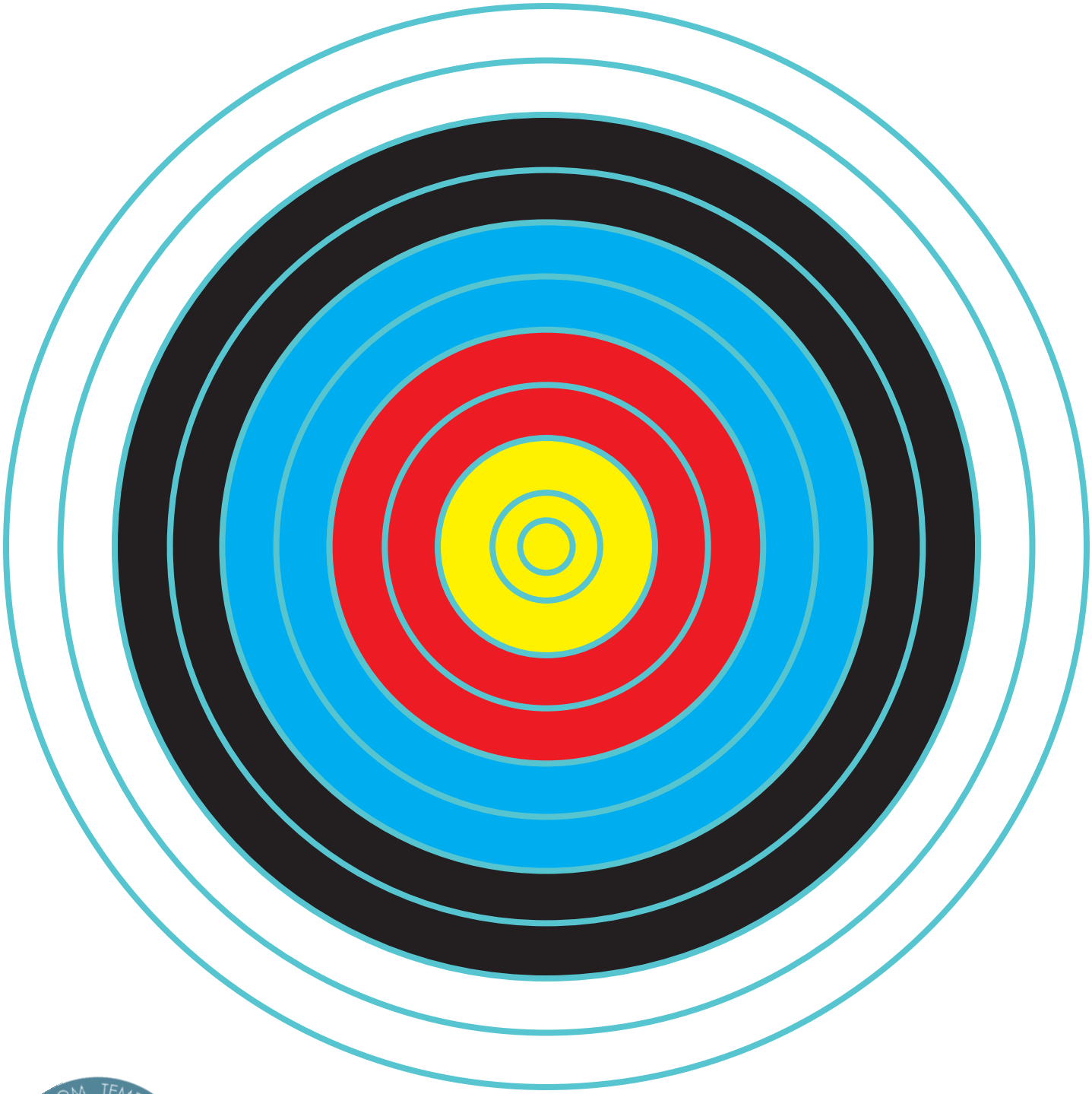
Yom Kippur Target



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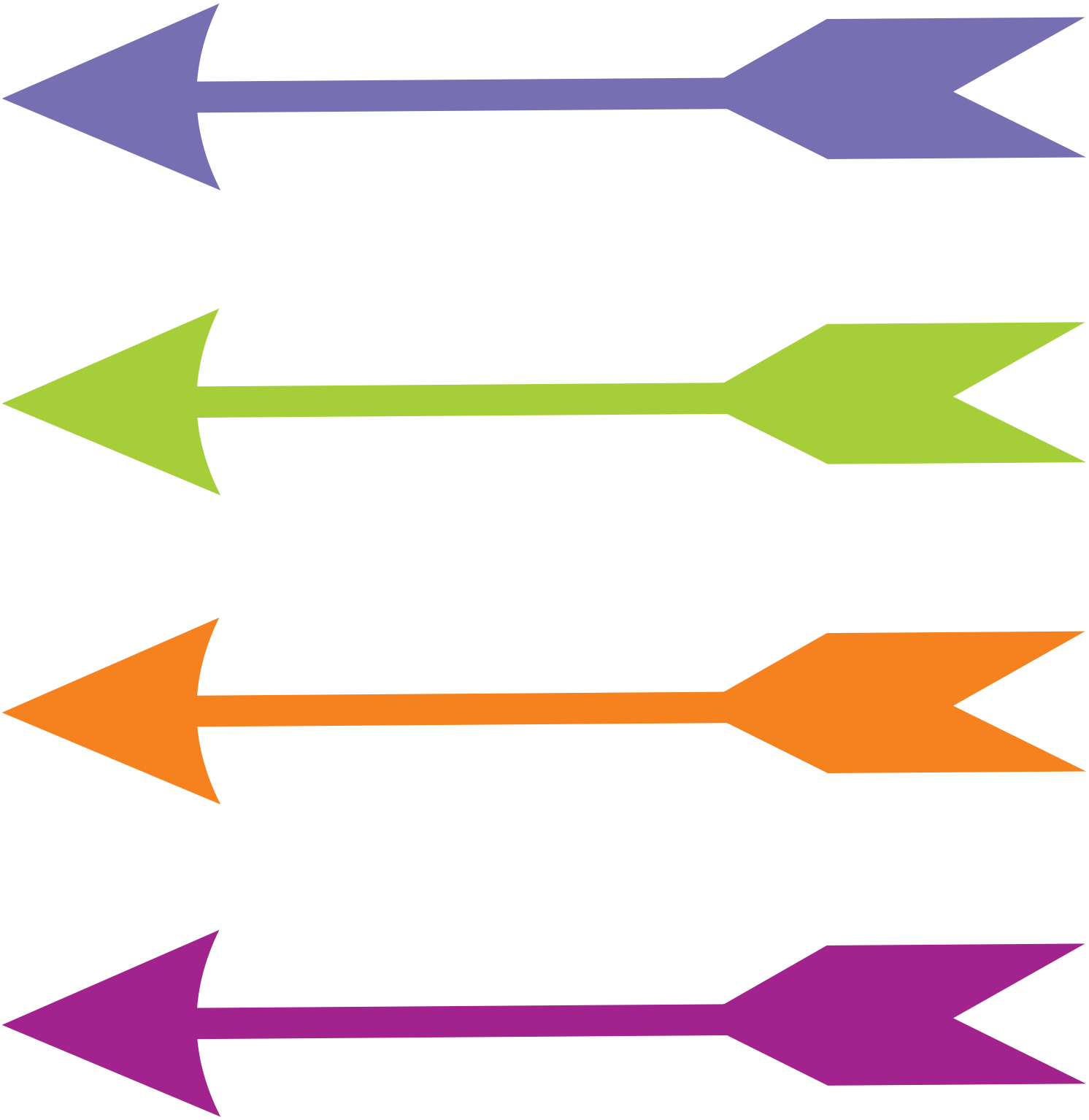
Yom Kippur Arrows



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CONGREGATION:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשַׂנִי בְּצַלְמוֹ.	Thank you God for making me in Your image.
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשַׂנִי יִשְׂרָאֵל.	Thank you God for making me a Jew.
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשַׂנִי בֶּן־חוֹרִין.	Thank you God for making me free.
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עִוְרִים.	Thank you God for helping the blind to see.
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים.	Thank you God for giving clothes to those who need them.
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַתִּיר אֲסוּרִים.	Thank you God for freeing captives.
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים.	Thank you God for lifting up the fallen.
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹקַע הָאָרֶץ עַל הַמָּיִם.	Thank you God for creating heaven and earth.
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂה לִי כָּל־צָרְכִּי.	Thank you God for giving me everything I need.
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל בִּגְבוּרָה.	Thank you God for giving us strength.

Discuss:
How could you help God to do each of these things?
What other "thank you's" would you add to your list?

What other Thank You's would you add to your list?

Rosh Hashanah BINGO Card

I gave Tzedakah	I forgave someone	I helped the earth
I honoured my parents & grandparents	I told the truth	I learned something new
I grew taller	I was creative	I was brave

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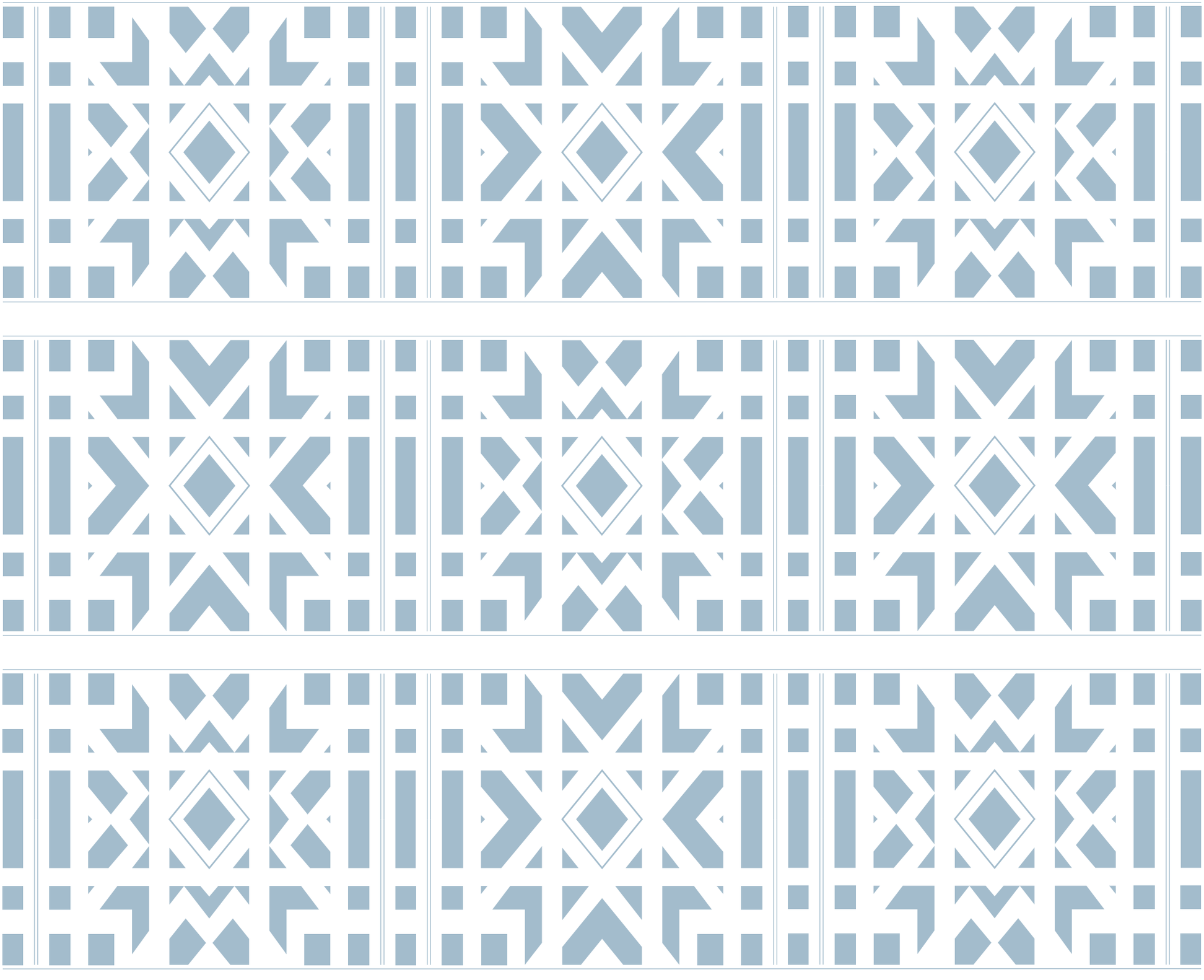

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