



5781 · 2020

HIGH
HOLY
DAYS

Get ready to dance and sing and welcome in the High Holy Days with Max Handelman and Rabbi Donni Aaron!

We are so glad you are joining us for the Anshe Emet Young Family High Holiday Services! We hope they will fully immerse your family in the High Holy Day spirit. To fully engage in the services, you'll need:

- **The Anshe Emet Young Family High Holy Day Machzor** – the special prayer book you'll need to help you follow along with the Young Family services. [Please find the machzor at this link.](#)
- **Heart Stickers** – if you don't have heart stickers at home, you can draw some hearts and tape them on!
- **Mizrach sign** – On page 21 of the [At Home Family Resources booklet](#), you'll find a coloring page with the word "Mizrach" in Hebrew. Mizrach means East - color this page before the services and hang it on an east wall in your house, so you know which way to face when you are praying.

In addition, to enhance your High Holy Day Service experience, we encourage you to:

- take a little time before the holiday to **prepare your space**. Please see page 3 of the [At Home Family Resources booklet](#) for suggestions from Cantor Liz Berke on how to create a spiritual space in your home.
- **Print or gather pictures of your ancestors**, and/or people you wish were in the room with you for these holidays - one picture, 174 pictures - whatever is meaningful to your family
- **find or make instruments** to make your experience even more joyful. An instrument could be anything - a plastic container with beans inside (taped closed), two sticks, a cookie sheet and a spoon. For maximum enjoyment, everyone in the family should have 1-2 instruments ready to go.
- **have a stuffed Torah or make your own Torah** (suggestions on page 16 of the [At Home Family Resources booklet](#)) for marching with. You can even make an Ark for your Torah.
- **collect costumes** like a shawl or a robe, anything that might help you be Abraham, Sarah, young Isaac, one of the visitors, or even God, during the Rosh Hashanah service Torah story
- **brush up on your aleph-bet** so you can be the wise kid in the Yom Kippur story (check out <https://tinyurl.com/AlephBetSong>)
- check out "**An Atonement Prayer for the Littlest Kids**" on page 17 of the [At Home Family Resources booklet](#). Before the Yom Kippur service, take a stab at creating your own acrostic with your whole family. Maybe use your first or last names?

Rosh Hashanah is September 19 and 20 and Yom Kippur is September 28

There are two days of Rosh Hashanah and one Anshe Emet Young Family Recorded Rosh Hashanah service. There is an additional recorded Young Family service for Yom Kippur. Both of these recorded services are available on the [Anshe Emet website](#).

The first day of Rosh Hashanah is Shabbat. If we were together, we would not blow shofar or sing Avinu Malkeinu on the first day of Rosh Hashanah, since we do not do these things on Shabbat. The recorded service DOES include shofar blowing and Avinu Malkeinu. **We hope you will proceed in the way it works best for your family.** You might:

- Watch the recorded service before or after the actual days of Rosh Hashanah.
- Watch the entire recorded service on the first day of Rosh Hashanah.
- Watch the recorded service on the first day of Rosh Hashanah but fast forward through the shofar and Avinu Malkeinu, and watch the entire service on the second day.
- You get the idea. You do you.

We can't wait to welcome in 5781 with you! Please be in touch with any questions, or if there is something special we can help out with.

Shana Tova,
Max

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