



Temple Beth Zion-Beth Israel High Holidays 2020 - 5781 Guide to Services

BZBI welcomes the entire spectrum of Center City's Jewish community: people of all ages, races, ethnicities, and abilities; interfaith families; people who are single and partnered; people of all sexual orientations and gender identities. We are committed to disability justice and universal accessibility. We will do our best to provide accommodation. To request assistance in breaking down barriers to joining our community, please call us at 215-735-5148 or email engagement@bzbi.org

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HIGH HOLIDAYS SERVICE SCHEDULE FOR 2020 - 5781

PREPARATION FOR ROSH HASHANAH

September 1 – 18

Various dates <u>Prayers Before the Ark</u> <i>Temple office staff</i>
Various dates <u>One-on-One Spiritual Check-In</u> <i>Rabbis Abe Friedman and Annie Lewis</i>
Tuesdays, 1:00 – 2:30 PM <u>Zoom Office Hours, Zoom User Training, and Zoom Trial Run</u> <i>David Haas</i>
Wednesdays at 8:30 PM and Fridays at 7:45 AM <u>Mindful Minyan (Great for Beginners)</u> <i>Rabbi Annie Lewis</i>

SELICHOT

Saturday, September 12

8:30 PM <u>Community Selichot Soul Spa</u> Cosponsored by BZBI, Congregation Leyv Ha-Ir, and Society Hill Synagogue
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EREV ROSH HASHANAH

Friday, September 18

6:00 PM <u>Rosh Hashanah Bells</u> <i>Rung from the Church of the Holy Trinity, 1404 Walnut Street, and heard throughout Rittenhouse Square</i>
6:45 PM <u>Holiday Candlelighting</u>
6:30 – 7:15 PM <u>Musical Maariv and Rosh Hashanah Seder</u> <i>Rabbis Abe Friedman, Yosef Goldman and Annie Lewis</i>

ROSH HASHANAH DAY 1

Saturday, September 19

Adult Services	Youth & Family Services
9:30 AM Shacharit Service <i>Josh Rosenberg</i>	9:00 - 9:30 AM Young Family Service <i>A joint service with Early Childhood Education; Rabbi Max Nissen, Stacey Lasky, Merissa Richmond</i>
Approximately 10:15 AM Torah Service <i>Rabbi Yosef Goldman</i>	10:00 - 10:45 AM Intergenerational Family Service <i>Rabbi Max Nissen</i>
Approximately 11:15 AM D'Var Torah <i>Rabbi Abe Friedman</i>	11:15 - 11:45 AM Holiday Activities & Discussion (5th-7th grade) <i>Rabbi Max Nissen</i>
Approximately 11:45 AM – 12:45 PM Musaf Service <i>Rabbis Abe Friedman, Yosef Goldman and Annie Lewis</i>	11:00 AM - 12:00 PM Teen Discussion <i>Rachel Beck</i>
Approximately 12:45 – 1:45 PM Zoom “Lobby” Is Open <i>A space to chat with friends</i>	
2:00 PM – 2:45 PM Chai Chi (Jewish Tai Chi) <i>Doug Barg</i>	
After 7:40 PM Holiday Candlelighting <i>Light from a pre-existing flame</i>	

ROSH HASHANAH DAY 2

Sunday, September 20

Adult Services	Youth & Family Services
9:30 AM Shacharit Service <i>Virginia Greene</i>	
Approximately 10:15 AM Torah Service <i>Rabbi Yosef Goldman</i>	10:00 - 10:45 AM Intergenerational Family Service <i>Rabbi Max Nissen</i>
Approximately 11:15 AM D'Var Torah <i>Rabbi Annie Lewis</i>	11:15 - 11:45 AM Holiday Activities & Discussion (5th-7th grade) <i>Rabbi Max Nissen</i>
Approximately 11:30 AM -12:30 PM Musaf Service <i>Rabbis Abe Friedman, Yosef Goldman and Annie Lewis</i>	11:00 AM - 12:00 PM Teen Discussion <i>Rachel Beck</i>
Approximately 12:30 – 1:30 PM Zoom “Lobby” Is Open <i>A space to chat with friends</i>	
5:00 PM – 6:00 PM (Note time change) Shabbhakti Yoga <i>Dr. Deborah Glassman</i>	
Shofar Service <i>3:00 PM, 4:00 PM and 5:00 PM: Rittenhouse Square, South Lawn and other locations; see shofar section.</i>	
7:40 PM Holiday Ends	

EREV SHABBAT

Friday, September 25

Adult Services
7:45 AM Mindful Minyan <i>Rabbi Annie Lewis</i>
6:00 PM (Note time change) Kabbalat Shabbat <i>Rabbi Abe Friedman and Annie Lewis</i>
6:33 PM Shabbat Candlelighting

SHABBAT SHUVAH

Saturday, September 26

Adult Services
9:30 AM Zoom Shabbat <i>Rabbis Abe Friedman and Annie Lewis</i>
Approximately 11:30 AM Zoom Kiddush <i>Small group conversation</i>
7:30 PM Shabbat Ends
7:30 PM Havdallah <i>Rabbi Abe Friedman and Annie Lewis</i>

KOL NIDRE

Sunday, September 27

Adult Services
6:15 PM Kol Nidre <i>Rabbis Yosef Goldman and Annie Lewis</i>
6:30 PM Yom Kippur Candlelighting
Approximately 7:30 PM D'Var Torah Rabbi Abe Friedman

YOM KIPPUR

Monday, September 28

Adult Services	Youth & Family Services
9:30 AM Shacharit Service <i>Johannah Lebow</i>	Young Family Service 9:00 - 9:30 AM <i>Rabbi Max Nissen, Stacey Lasky, Merissa Richmond</i>
Approximately 10:30 AM Torah Service <i>Rabbi Yosef Goldman</i>	10:00 - 10:45 AM Intergenerational Family Service <i>Rabbi Max Nissen</i>
Approximately 11:30 AM D'Var Torah <i>Rabbi Annie Lewis</i>	11:15 - 11:45 AM Holiday Activities & Discussion (5th-7th grade) <i>Rabbi Max Nissen</i>
Approximately 11:45 AM Yizkor <i>Rabbis Abe Friedman, Yosef Goldman and Annie Lewis</i>	11:00 AM - 12:00 PM Teen Discussion <i>Rachel Beck</i>
Approximately 12:00 PM Musaf Service <i>Rabbis Abe Friedman, Yosef Goldman and Annie Lewis</i>	
Approximately 12:30 PM – 1:30 PM Zoom “Lobby” Is Open <i>A space to chat with friends</i>	
4:45 PM – 6:15 PM Mincha Service <i>Johannah Lebow</i>	
6:15 PM – 7:30 PM Neilah <i>Rabbis Yosef Goldman and Annie Lewis</i>	
7:28 PM Fast Ends	

IN ADVANCE OF THE HOLIDAYS

Your *Hamsa* Message

Hamsa is derived from the Hebrew *hamesh*, which means five. This refers to the five fingers of the *Hamsa*, and the five books of the Torah. Sometimes it is called the Hand of Miriam, who was Moses' sister. It is thought to protect against the "evil eye" and bring good luck and happiness.

Get ready to receive a High Holidays edition of the BZBI *Hamsa* in your EC child's backpack or by printing a copy from the BZBI website. Since we cannot be together this year, we invite you to decorate the *Hamsa* to reflect your personality and what's important in your life. Let your creativity and imagination go; include wishes for the new year, texts that are meaningful, or colors that inspire you.

We will place your *Hamsa* in the sanctuary and in the BZBI sukkah. The rabbis will look out over a sea of personalized *Hamsas* representing our diverse community (we will share pictures). If you want additional *Hamsas* to decorate, or do not own a printer, call the Temple office at 215-735-5148, or send us a note and we'll mail a printed copy.



Prayer Book Pickup



Recently, BZBI offered the opportunity to purchase or borrow *machzorim*, Shabbat & holiday prayer books, daily prayer books, and *chumashim*. While the deadline for buying new books has passed, you can borrow books with a deposit, [by going here](#).

Pickup is scheduled for **Tuesday through Thursday, September 8-10 from 9:00 AM to 5:00 PM**. Appointments are not required and we will get you on your way quickly. The requirements for entering the synagogue follow COVID guidelines as determined by our medical experts, and we'll send an email with full pickup instructions soon.

If you are unable to come to the synagogue, a volunteer will deliver the books to you. If you live outside of Center City, we will mail them to you. Call the Temple Office at 215-735-5148 or [contact us](#).

Food Drive

Each year we have a food drive to help those who are having a difficult time. This year, the High Holiday food drive will take place at the same time as Machzor pickup, Tuesday through Thursday September 8 – 10 from 9:00 AM to 5:00 PM. The foods we need are high in protein such as peanut butter, tuna and beans. Pasta and Macaroni and cheese are also good. The food should be non-perishable and Kosher. We may be able to make special arrangements for drop off at other times; [email Rosalie Kurz](#). Alternatively, donations can be made to Federation's Mitzvah Food Program at [jewishphilly.org](#)

Hebrew School Book Pickup

The Hebrew School will have books and materials for students available for pickup at the same dates and times as Machzor pickup. For more information, contact Director of Youth and Family Education, Rabbi Max Nissen at 215-735-5148 or [contact us](#).

Hamsa Dropoff

While you're in the synagogue picking up prayer books, you are encouraged to drop off your decorated *Hamsa*. If you prefer, mail the *Hamsa* to the Temple office **before September 15, 2020**.

Book of Remembrance and Schedule Pickup

You can come into the synagogue anytime during the book pickup times to receive a copy of the Book of Remembrance, floral sponsorship and volunteer thank-you list, schedule of services, Tashlich instructions, and honey and apples. The requirements for entering the synagogue [can be found here](#). If you prefer, call the Temple office at 215-735-5148 or [contact us](#) to have these documents sent to you (minus the honey and apple).



Ordering Lulav and Etrog

Now is the time to order your Lulav and Etrog. [Click here](#) to place an order. The cost is \$54, the same price as last year. Pickup will be Tuesday and Wednesday, September 29 and 30, from Noon to 5:00 PM.

Returning *Machzorim*

Machzorim must be returned to the Synagogue office by the close of business on Friday, October 30, 2020. Other prayer books do not need to be returned immediately. If you are physically unable to return the machzor to the office, please contact us to arrange for pickup. We will set a date for the return of those books when the synagogue fully reopens at a future date.

In Case of Emergency

Our clergy and staff observe *Halakhic* restrictions on communication during the holidays. Zoom chat is disabled, and they will not respond to a text, email or phone call until after the holiday ends.

For a **medical emergency, fire, or personal threat**, dial 911. If you are unable to do so, unmute and interrupt the service to inform us of the emergency; the Zoom facilitator will direct first responders to your location.

For general emergencies, such as **severe weather, power failure, or other physical threat**, listen to local news for directions, and follow those directions. If the emergency might impact others in Center City, unmute and let us know.

For all other situations, such as a concern about another participant, a need for Zoom or technical assistance, or an urgent question, use the "raise hand" feature.

DURING ROSH HASHANAH AND YOM KIPPUR

What Will Services Look Like This Year?

Following a Town Hall meeting about plans for the High Holidays this year, a BZBI member commented: *"The staff, clergy and volunteers appear to have pulled off the unthinkable in turning an awful and terrible situation into an inclusive, participative and real solution, staying as true to Jewish law and customs as possible."*

Help us turn 2020-5781 into the start of a new year of light.

BZBI clergy, working with a volunteer task force of congregants, have reimagined this year's new year celebration, based on what we have learned from months of online daily and Shabbat services:



- The core service will be shorter than usual.
- It will emphasize broad participation among our members.
- Alternative events will be offered, such as spiritual movement, lay-led discussions, small group dinner events, and music.

Only the rabbis, plus a limited group of prayer leaders and Torah readers, will participate from the sanctuary, as BZBI is committed to complying with the guidelines established by government and medical experts during the pandemic.

Zoom Meeting ID

BZBI members in good standing will receive a Zoom meeting ID to enter adult High Holiday religious services and events from a single device (supporting events may require a separate login). To request additional logins for immediate family members who are away at school or in other locations, [contact the synagogue office](#).



Guest Tickets

As BZBI has always done, this year we offer guest "tickets" (aka Zoom Links) to those wishing to pray with BZBI member relatives and friends. Guest Zoom tickets can be purchased for \$180 on the [BZBI High Holidays website](#). Please consider purchasing guest tickets for nonmembers watching from your home. These funds support the technological enhancements we have made to accommodate the High Holidays on Zoom.

Facebook Live

Our wider community in Center City, Philadelphia, and around the globe are warmly invited to [join our services on Facebook Live](#) at no charge. You do not have to be a Facebook subscriber to watch. BZBI has always offered aspects of the High Holidays to the public, such as RH². This year, anyone who wants to experience the joy of the BZBI holiday is welcome. Adult services will be streamed in real time on Facebook Live, but events that occur at the same time, such as children's services, talks, and study sessions, may be viewed later on the [Virtual BZBI webpage](#).



Choosing Zoom or Facebook Live

The difference between Zoom services for current members and our free community Facebook Live feed is *interactivity*. During services, BZBI members will be able to see fellow members using Zoom's gallery view, unmute at select times to sing, talk to others in the "lobby," join participatory discussions, and generally contribute as a member of our *kehillah*. (See our [general rules for Zoom etiquette here](#)). Become a [member of BZBI](#) and enjoy a full year's worth of this richness of community, diversity, spiritual growth, and educational opportunities.

What if I Don't Use Electricity on Shabbat and Holidays

We encourage you to [read the letter from Senior Rabbi Abe Friedman](#) that describes the *Halakhic* considerations behind BZBI's decision to use Zoom and Facebook Live this year. If your religious practice does not include the use of electricity or electronics on Shabbat and Yom Tov, we would like to accommodate you. Please [request a meeting with the clergy](#) so that we can help you join the community in a way that respects your practice.



Descriptions of Events Before and During the Holidays

Prayer Before the Ark

We invite individuals, couples, and families (of fewer than 10 people) to come forward for a few moments to open their hearts before the open Ark during the two weeks leading up to the High Holidays, and between Rosh Hashanah and Yom Kippur. [Please use this link](#) to find available times and reserve a 15-minute window in which to stand before the open Ark.

Many time slots are available, becoming more limited as we get closer to the High Holidays. You will receive two emails when registering: a confirmation email immediately after sign-up, and a reminder email before your scheduled Ark visit. [Our COVID procedures are listed here](#). You will be escorted to the

sanctuary, where you will have the sanctuary to yourself. Liturgy, readings, and reflections will be available. We ask that you not touch or kiss the Torahs or prayer books.

Spiritual “Check-in”

This year has been deeply disruptive to our lives. We’ve all had to be resilient, but you may have spiritual or personal issues to discuss with clergy. We’re pleased to offer 20-minute spiritual “check-ins” with Rabbi Abe or Rabbi Annie before and during the holidays. [Sign up for these one-on-one confidential Zoom calls here](#). After signing up, you will receive a confirmation email with a Zoom meeting ID for use during your reserved time slot.

Adon Olam Singing

We seek to reproduce the soaring melodies of the congregation singing in unison by inviting members to record their singing of Adon Olam and other prayers. Instructions will be provided for how to record yourself on a mobile phone, and how to return the recording to us. Signup will be offered in an upcoming issue of the e-Cong newsletter.

Selichot Service

The *Selichot* service this year will be held on Saturday evening September 12, ushering in the Days of Awe. As in years past, we will enter this sacred season with a communal musical *Selichot*. Join us “where you are” for a spiritually rousing and heart-opening evening of music, prayer, and contemplation, with rabbis and cantors from BZBI, Congregation Leyv Ha-Ir, and Society Hill Synagogue.



Rosh Hashanah Seder

We will set the stage for the holidays with the singing of *niggunim* (melodies) for the holiday, followed by a brief Maariv service and a Rosh Hashanah Seder where we will offer blessings for the new year. Jewish tradition recognizes the meal as a time for intimacy, fellowship, and significant conversation.



Hearing the Shofar

Halakhic observance requires that the sound of the shofar be heard directly as though you were at *Har Sinai* (where there was no Zoom option!). Since the first day of Rosh Hashanah falls on Shabbat this year, there will be no sounding of the shofar. On the second day, we will sound the shofar during Zoom services. BZBI members will also sound the shofar at several outdoor locations, where it can be heard in person.

3:00 PM – Rittenhouse Square, South Lawn

3:00 PM – Outside Watermark

4:00 PM – Fidler Square

4:00 PM – Julian Abele Park

4:00 PM – LOVE Park, near the Statue

4:00 PM – Palumbo Park

4:00 PM – Rittenhouse Square, South Lawn

4:00 PM – Roxy Paine "Broken Silver Tree" Sculpture in front of Philadelphian

4:00 PM – Washington Square Park, South Side

4:00 PM – Wm. Penn House, at the patio

5:00 PM – Rittenhouse Square, South Lawn

These small gatherings will be conducted under strict COVID-19 safety precautions – attendees must wear a mask and practice social distancing, and the shofar will be masked. If you own a shofar, we encourage you to sound it at home.

Tashlich Prayer

The *Tashlich* ceremony, wherein we symbolically cast away our sins, may be conducted beside a body of running water at any time between Rosh Hashanah and Yom Kippur. In past years, BZBI's *Tashlich* service drew a throng of congregants to the banks of the Schuylkill River. For obvious health reasons, we are not encouraging a large gathering this year. We encourage you to conduct the *Tashlich* ceremony privately or with a few relatives and friends in a group. You can find the *Tashlich* prayer on page 117 of the *machzor*. A pocket-size ritual guide will be packed with your prayer book order and be sent via email for printing.



During Sukkot

The holidays do not end after the last shofar blast of *Neilah*. We encourage your continued participation and involvement in Zoom services and Facebook Live streams during Sukkot, Shemini Atzeret, and Simchat Torah.

How Else Can I Participate in the Service?

We welcome you to be part of the service this year. In addition to traditional opportunities, such as Torah aliyahs, singing, and reading parts of the liturgy in English or the reflections on the season you may have written, you can serve as a digital usher during "lobby" hours, or shofar blower in public areas on the second day of Rosh Hashanah. [Please let us know your interests!](#)

MAKING THE MOST OF THE ZOOM EXPERIENCE

Set Your Intention

We are all unsure how it will feel this year to wake up on Rosh Hashanah and not walk to our beloved BZBI, see friends, and enter a full sanctuary. The experience will be different as we fulfill our obligation to protect ourselves and others by observing the High Holidays at home.

Consider transforming a part of your home into a *makom kadosh*, a holy place, by preparing for Zoom services with intention. For example, you could set up a small area for joining in communal prayer and contemplation by adding favorite readings or books, framed pictures of loved ones, or a vase of flowers. Create your special High Holiday nook!

וְעָשׂוּ לִי מִקְדָּשׁ וְשִׁכְנֹתַי בְּתוֹכְכֶם

They will make me a sanctuary and I will dwell among them (Exodus 25:7)

Whether you are alone, as many of us may be, or sitting in your living room surrounded by relatives, friends, and familiar possessions, the message of *Unetaneh Tokef* about the fragility of life and our tenuous mortality may take on a whole new meaning. This is a unique opportunity to understand and appreciate the liturgy and messages of Rosh Hashanah and Yom Kippur differently than you ever have. Here are some suggestions:

- **Prepare:** Depending on the number of people in your household, find somewhere that's spacious enough for everyone to sit comfortably and see the computer. Even better, connect your computer to your TV so you're not all crowding around a small monitor.
 - If possible, face East towards Jerusalem when participating in services. Otherwise, at least know where East is!
 - Even if you are not leaving your home, we encourage everyone in your household to dress with the same level of respect as when entering a house of worship. Consider the tradition of wearing white for these holy days, especially Yom Kippur.
- **Participate:** It may feel awkward to sing at a computer screen, and you may find it strange to sing along with the prayer leader when all you hear is your own voice. Try anyway. Respond "Amen" when appropriate, and stand up or be seated at the usual times.
 - Use your *machzor* as a starting point. Seek out interesting and thought-provoking readings before services begin, so you can enhance the service with your own insights.
 - Just as we ask you not to eat in the Sanctuary, we also ask that you turn off your video and eat offscreen when in the Zoom service. This is especially important during Yom Kippur when others are fasting.
 - Make an effort to join at the start of each service and stay until the end.

Take advantage of these unusual circumstances to experience something new.

ZOOM ACCESS INFORMATION

Joining Zoom Events

If you have not used Zoom before, you may want to watch [this tutorial presented by Zoom](#). You are invited to then join a BZBI [Zoom Office Hours](#) session, where you will receive one-on-one support. You can also schedule personal training by sending a message to Communications@bzbi.org.

- **First, check your computer.** Make certain that you have a webcam and microphone built into your computer. If you don't, then you'll either need to buy one or use a mobile phone to join events.
- **Next, download Zoom:** On your computer, go to [Zoom.U.S](https://zoom.us) and download the application, or on your phone, search for Zoom in the Apple Store or Android Play. Download and install the app.
- **Now create an account:** Go to the [Zoom Login Page](#) and enter basic information to set up an account. You will receive an email with your credentials. Follow the instructions to confirm your account and profile information.



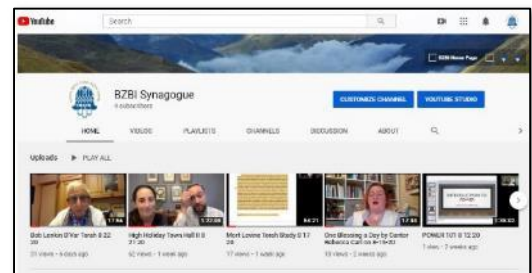
- **Register for BZBI events:** We require registration in advance of all events for security purposes. You can register for all religious services, or individual programs, using links in BZBI communications such as a the e-Cong newsletter, or by going to the [BZBI events page](#).

Click on the registration link, fill in your first and last name, enter your email address, and you will then receive an email with a link that allows you to join the event (this unique link cannot be used by anyone else).

- **Join the BZBI event using video and audio:** At the start time of the event, click on the email registration link in the computer or phone

you want to use for access. The Zoom app will appear, and you will be logged in. Generally, you will join with audio muted, and you will need to unmute by clicking on the microphone icon in the corner (or similar location, based on your device)

- **Join the BZBI event by phone:** If you have trouble joining by computer, you can join by dialing into the event. Look at the invitation you received, call one of the phone numbers listed, and enter the meeting ID to join.
- **Update Zoom periodically.** Every few weeks, open the Zoom app on your computer and click on your image or initials in the upper right corner of the app. A menu will appear that includes an option to "check for updates." Please click on this, and accept updates offered to you. On a cell phone, you may need to go into the app store to update Zoom.
- **View past events at VirtualBZBI:** We have a [YouTube Page](#) and [Virtual Webpage](#) with videos of many past events such as D'verei Torah, classes, guest speakers, and lectures. If you miss an event or want to see it again, feel free to go to either of these locations to view available videos.



Zoom Backgrounds

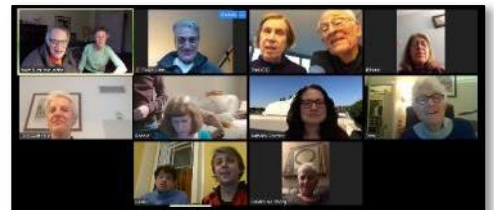
We've received many requests for Zoom backgrounds. If you are not familiar with them, you can find [an explanation and instructions here](#). Just about any picture can serve as a Zoom background:

-) [Pictures from BZBI](#)
-) [Jewish Holidays](#)
-) [Israel](#)
-) [Indoors Looking Out](#)
-) [Pixar Movie Sets](#)
-) [Natural Beauty](#)

One of the best ideas might be the most underrated. Take a photo of your home in perfect order, and make that your virtual background. No one will be any the wiser in your video calls, and you won't have to worry about cleaning up before your next meeting.

General BZBI Guidelines

- **Prepare:** Find a location that is distraction-free, with minimal interruptions or background noise.
 - Remove visual distractions from the background, or use a virtual background to hide them. This year, we will provide special High Holiday backgrounds (see above) for you to use.
 - Use lots of lighting and adjust the camera so that it's at eye level and your face is exposed to the light.
 - Make sure you have good Internet bandwidth; ask others to delay their video games and movie watching until after the service ends.
 - Join the Zoom services early--up to five minutes before the meeting is scheduled to start--to avoid delays due to technical issues.
- **Participate:** Keep your video on, but mute your microphone. Try not to be on the move, but if you are, turn off your video if the image is unsteady.
 - Be aware that you are on camera. Others can tell when you are checking email, texting or grooming.
 - Do not eat with your camera on; it's distracting for other participants, and you'll be dropping crumbs all over your keyboard. Drinking is acceptable, except on fast days.
 - Note that chat is disabled for the holidays.



BZBI Zoom Event Security

- We recommend that you keep the Zoom app on your device up to date, as new features and security enhancements are regularly being added. [Contact us for instructions](#) on updating the Zoom app if you need help.



- In discussion sessions, be polite and courteous. Respect the opinions and practices of others. Refrain from personal attacks.
- If you see something, say something (raise your hand) so the host can remove distractions or address a disruptive guest quickly.
- Attendees will be immediately removed from a meeting and not allowed to return, based on rude or abusive language, blatantly insensitive remarks, offensive, antisemitic, racist or sexist images, solicitation of commercial services, or other conduct that the Zoom facilitator considers inappropriate.
- For children's services, only children, their parents or guardians, BZBI clergy and BZBI staff are allowed. Others will be removed.
- BZBI records all adult events and often makes them available for viewing by members and non-members. By participating in our events, you consent to having your image recorded. Events involving children may be recorded for security or teacher training purposes, but are never shared except with permission of parent or guardian.