



High Holiday Quiet Spaces:

reflect, regroup, restore

The Inclusion Committee is once again curating a few Quiet Spaces for those who need or want to take a “time-out” during services and programming on Rosh Hashanah & Yom Kippur.

1 | Quiet Space in the Staircase Art Gallery. Chairs and cushions will be available as well as reading and reflection material. The intention is that those who need a break from the stimulation of a large group of people and the activity of group prayer come in to read, relax, and meditate. It is a low-stimulation space for folks of all ages and stages.

2 | Child & Adult Whisper Room in classroom 207. This space will be available from 10:00am-1:00pm and be setup with books, quiet games, and coloring materials for those who need a quiet break from the organized services and activities.



All children (pre-B’nei Mitzvah age) in either space must be supervised by their grown-up. The intention is for both spaces to be quiet areas.

We urge that conversations be kept to a minimum, and a whisper.

We hope that these Quiet Spaces will be helpful additions to your High Holiday experience. Please direct any feedback or thoughts for the future to Wendy Elliott-Vandivier (inclusion@orhadash.com) chair of the OH Inclusion Committee.