



**Congregation
Tikkun v'Or**

Ithaca Reform Temple
Spirit • Community • Justice

**High Holy Days 2017
Days of Awe 5778
ימים נוראים**

High Holy Day services will be held at the Hangar Theatre, 801 Taughannock Blvd., Ithaca

Rosh Hashanah

ראש השנה

SELICHOT 7:30-8:30 p.m. **Saturday, September 16**
Anne Brous will lead this service at the synagogue, providing an opportunity to prepare for the High Holy Days.

ROSH HASHANAH EVENING 7:00 p.m. **Wednesday, September 20**

ROSH HASHANAH MORNING **Thursday, September 21**

Preliminary Morning Service	9:00-9:15 a.m.	Blessings, songs, chants, silent meditation
Morning Service	9:15-10:30 a.m.	Barchu (call to prayer), Amidah (standing prayer), Shema, Avinu Malkenu and other prayers
Torah Service	10:30-11:15 a.m.	Reading Torah, interpretation, communal aliyot
Children's Services	11:15-11:45 a.m.	<i>See details on page 3</i>
Rabbi's Sermon	11:15-11:45 a.m.	
Shofar and Kaddish	11:45 a.m.-12 p.m.	
Shofar Service (w/children)	12-12:15 p.m.	
Kiddush, Apples & Honey	12:15 p.m.	
Tashlich at Inlet in Cass Park	1:00 p.m.	<i>See details on page 3</i>

Yom Kippur

יום כפור

YOM KIPPUR KOL NIDRE 6:45 p.m. **Friday, September 29**

YOM KIPPUR SERVICES **Saturday, September 30**
The building will be open all day. People are welcome to stay whether or not they are participating in services.

MORNING

Preliminary Morning Service	9:00-9:15 a.m.	Blessings, songs, chants, silent meditation
Morning Service	9:15-11:00 a.m.	Barchu (call to prayer), Amidah (standing prayer), Shema, Avinu Malkenu and other prayers
Torah Service	11:00 a.m. -12:15 p.m.	Reading Torah, interpretation, communal aliyot
Rabbi's Sermon	12:15-12:45 p.m.	
Children's Services	12:15-12:45 p.m.	<i>See details on page 3</i>
Returning Torah to Ark	12:45-1:00 p.m.	
Break	1:00-1:30 p.m.	

AFTERNOON

Yoga	1:30-2:15 p.m.	Led by Jody (Jyoti) Kessler
Meditation	2:15-2:45 p.m.	Led by Ira Kamp
The Isaiah Challenge	3:00-4:15 p.m.	<i>See details on page 3</i>
Discussion with Rabbi	4:30-5:00 p.m.	<i>See details on page 4</i>
Avodah Service	5:00-5:30 p.m.	<i>See details on page 4</i>
Yizkor	5:30-6:15 p.m.	Sanctuary doors will close at beginning of service
Neilah Closing Service	6:15-7:15 p.m.	
Havdalah/Shofar	7:15-7:30 p.m.	
Break-the-Fast	7:30 p.m.	Please bring a veggie/dairy dish-to-pass

About Our Rabbi

Rabbi Brian Walt has served as the part-time rabbi of Tikkun v'Or since 2009. He visits the congregation for several week-long residencies during the year and leads our High Holiday services.

Rabbi Brian, who was born in Cape Town, South Africa, during the Apartheid era, has many years of experience as a Jewish teacher, counselor, public speaker and over 25 years experience as a congregational rabbi. He is rabbi emeritus of Congregation Mishkan Shalom in Philadelphia, PA, an activist congregation he founded in 1988. He was also the founding executive director of Rabbis for Human Rights - North America (currently T'ruah: The Rabbinic Call for Human Rights).



In his rabbinate, Rabbi Walt is inspired by his love of Jewish culture, spirituality and ethics. He loves to teach people of all ages, to tell stories, and to sing in English, Hebrew and Yiddish. Over the years, Rabbi Walt has inspired individuals and communities to develop meaningful and joyful Jewish spiritual practices and to respond to the prophetic call to work for a world of justice, compassion and love for all. Under his leadership, Tikkun v'Or has set "Spirit, Justice and Community" as the mission of our congregation.

Rabbi Walt is a spiritual activist dedicated to racial and economic justice in our country and to justice and peace for all in Israel/Palestine.

He lives on Martha's Vineyard with his wife, Rabbi Caryn Broitman, and their child, Galya. He has two older children, Benjamin and Chana Joffe-Walt, and three grandchildren, Jacob, Micah and Adam.

Tikkun v'Or High Holidays for Children

We welcome children (and their caregivers) to services at Tikkun v'Or!

Children learn about Jewish community and worship services by participating. At Tikkun v'Or, we believe it is the joy, privilege, and responsibility of every person in our community to guide and nurture our children. Please join us in teaching our children our community's values.

We offer the following suggestions to help make this a special and meaningful time for you and your children:

- If you're more comfortable sitting with other families with young children, sit on the left side of the theater (as you face the stage), in the upper rows, for easy access to the exits. Please do not exit from the bottom/stage area.
- Use the HOLIDAY HELPERS (for ages 3-5) or HOLIDAY FUN BAGS (for ages 6-10), available in the lobby, so your kids have quiet, fun activities to do during the service.
- If your children (or you) need a break, they can go outside, take a walk, have a snack, and then join us again. If they require supervision, please go with them.
- Children can come and go at appropriate times, but please do not let them run in the aisles or leave during quiet/silent prayers or while someone is speaking. Also, kindly remind children to use quiet voices in the lobby and outside the doors, as voices carry loudly into the sanctuary.

Please note that each children's service takes place during the Rabbi's sermon, and we ask that people not go in and out of the service at this time. Parents are welcome to join in the children's service or to stay in the main service, but please do not expect to move back and forth. We encourage all children above age 10 to stay in the main service for the Rabbi's sermon.

The patio has a tent with walls, but layers of clothing would be best in case of inclement weather. Parents should make sure they let childcare workers/volunteers know where in the Hangar Theatre they are seated.

Tikkun v'Or High Holiday Services & Activities for Children

ROSH HASHANAH: Thursday, September 21

9 a.m.-12 noon Childcare for ages 2-5 is available on the front patio.

11:15-11:45 a.m. Children's services will be held during the Rabbi's sermon:

- For children ages 2-5, the children's service will be held on the front patio.
- For children ages 6-10, the children's service will be held on the back patio. (Please ask a greeter in the lobby if you need directions.)

YOM KIPPUR: Saturday, September 30

9 a.m.-1 p.m. Childcare for ages 2-5 is available on the front patio.

12:15-12:45 p.m. Children's services will be held during the Rabbi's sermon:

- For children ages 2-5, the children's service will be held on the front patio.
- For children ages 6-10, the children's service will be held on the back patio. (Please ask a greeter in the lobby if you need directions.)

Further information about our services:

Tashlich

After Rosh Hashanah Morning Services 1:00 p.m.

After services inside, we will do a service outside to celebrate the wondrous beauty of the natural world in which we live. We will take a short meditative walk down to the water where we will symbolically cast our shortcomings into the inlet at Cass Park. This year our tashlich service will focus on our loving connection to the planet and all beings and our commitment to environmental justice and sustainability.

Annual Isaiah Challenge Lecture

A sharing with leaders of the Onondaga Nation

Yom Kippur 3:00 p.m.

In the prophetic portion (haftarah) that is read on Yom Kippur, Isaiah calls on us to make our fast a fast for justice: "to feed the hungry, clothe the naked and let the oppressed go free." The Isaiah Challenge is a lecture during Yom Kippur by a social justice leader who is devoting his or her life to justice.

This year we are honored to welcome some leaders and young people from the Onondaga Nation who are our neighbors. One of our guests will be Simone Thornton, a longtime and deeply respected teacher in the Onondaga Nation School. The Onondagas lived in peace and harmony in this land for many centuries before their way of life was forever changed by Sullivan's Army and the arrival of European settlers. Ms. Thornton will share her teaching experience and her passion for passing on the ways and traditions of her ancestors. In addition, a few young people and Freida Jacques, a Clan Mother who is on the Advisory Committee of the Great Law of Peace Center, a Native American museum, may join us.

Our guests will teach us about the history, culture and spiritual beliefs of their nation. We will also learn about the genocide, dispossession and injustice that was done to their people. It is our hope that this sharing will be the beginning of a relationship between our congregation and the Onondaga Nation.

Many thanks to Jennifer Kagan, a TVO member who has worked with the Onondaga Nation for many years, and Tony Gaenslen who suggested this event. If you wish to be involved in ongoing efforts to develop and sustain a relationship with members of the Onondaga Nation, please be in touch with them at: jkagan@twcny.rr.com or tony.gaenslen@gmail.com.

Discussion with the Rabbi**Yom Kippur 4:30 p.m.**

This will be a time for open discussion with Rabbi Brian on any questions that have come up at services.

Avodah Service - Our “Holy of Holies”**Yom Kippur 5:00 p.m.**

During the time of the Temple, Yom Kippur was a time when the High Priest, the holiest person, entered the Holy of Holies, the holiest place, on the holiest day of the year. After the destruction of the Temple, Jews mark this event on Yom Kippur in the Avodah service, a special service that describes the ritual of the High Priest in the Holy of Holies.

What is our “Holy of Holies?” On Yom Kippur afternoon, it has become our tradition to hold a creative and participatory service to mark our “Holy of Holies,” to express in words, movement or silence that which is most sacred to us. You are invited to choose words, poetry, scripture, song, body movement or even an object that is holy for you and to bring them to our Avodah service as an offering. The offering must be short (no more than two minutes). We encourage you to offer something that is a response to the challenges of the past year and inspires us with hope and inspiration for the new year. We will construct our own “Holy of Holies” from the diverse offerings by members of the community.

Yizkor Service**Yom Kippur 5:30 p.m.**

Please be punctual as the doors to the sanctuary will be closed at the start of this service and will not open until the service is concluded. (Information about submitting names for Yizkor is on page 8. Information about placing photos or objects on the Table of Remembrance is on page 5.)

Break-the-Fast:**Yom Kippur 7:30 p.m.**

We will have our traditional community Break-the-Fast dairy potluck at the conclusion of services on Yom Kippur. Please bring a dairy/vegetarian dish to share.

High Holy Days Practices and Procedures at Tikkun v’Or:**Communal Aliyot**

We will continue the tradition of calling people forward for communal aliyot to bless the Torah before and after each section of the Torah reading. On Rosh Hashanah we will invite all those who have welcomed a child or grandchild into their family to come for the first aliya; on Yom Kippur all those who have lost a loved one or had a close encounter with death over the past year will be called up. There will also be an aliya on Rosh Hashanah for those who have committed themselves to social justice work in response to the challenges of the past year. On Yom Kippur there will be two additional aliyot focused on the call of the Torah to choose life.

Wearing White on Yom Kippur

We encourage everyone in the community to take on the traditional custom of wearing white on Yom Kippur. White is a symbol of purity and a physical reminder of our mortality. On Yom Kippur, the last day of the forty days starting on the first of Elul, we let go of our old selves and are reborn. Wearing white is also an outward way in which we mark the uniqueness of the day and our connection as a community devoted to this spiritual practice. You are invited to participate in this custom.

High Holy Days Tzedakah

We continue our long-standing tradition of collecting healthy snacks and juices for GIAC’s after school programs. This honors our long connection with GIAC and helps it to meet an important need. There will be boxes in the lobby where you can leave your donations. Suggestions include:

1. Any kind of juice, especially the child-size individual boxes or bottles
2. Crackers (cheesy or other flavors)
3. Granola bars (chewy kind)

4. Different cereals (cinnamon toast crunch, berry crunch, peanut butter crunch, etc.) that can be mixed together with dried fruit and nuts to make trail mixes
5. Fruit cups
6. Any healthy snacks youngsters tend to like

Table of Remembrance

On Yom Kippur we will have a table of remembrance on which you can place a photo or meaningful object related to someone you will be remembering during the day and during our Yizkor service. You are welcome to put any small object or photo on this table that will serve as a place for prayer and reflection for the community during the day.

During Services

Please do not bring food or drink into the sanctuary during services, and kindly shut off or silence all electronic devices. ***To maintain the kavvanah (communal spiritual intention) in our sacred space, the doors will usually remain closed while the congregation is standing.*** This includes the chanting of Kol Nidre on Erev Yom Kippur so we encourage early arrival (by 6:30 p.m.).

Yoga

The yoga session on Yom Kippur afternoon will be suitable for all levels. It is suggested you bring a mat (and wear comfortable clothes), but having a mat is not essential.

About Services in the Hangar Theatre

We are so happy to be holding our High Holy Day services at the Hangar Theatre again! There is plenty of space, it is a beautiful setting, and we are fortunate to have developed a wonderful relationship with the Theatre.

The Hangar is located at 801 Taughannock Blvd. (Route 89). It is just past the entrance to Cass Park pool and shares the Treman Marina entrance to Cass Park.

Please use the entrance at the south side of the building. Members of the Tikkun v'Or board and welcoming committee will be on hand to greet everyone and we will have tables set up just inside the entrance with prayer books, kippot, etc. Ushers will direct everyone to use the doors to the theater that are closest to that entrance.

If you are arriving after services have started, once you enter the theater, please use the entrance up the stairs. These stairs are just to the right of where you come in. This will be less disruptive as the main entrance comes out fairly close to the bima. If climbing stairs is difficult, it is fine to use the main entrance.

Please pick up a prayerbook (and the holiday supplement) on your way in. We also ask that you return books and supplements to the lobby as you leave.

There will be a few seats set aside at the front of the theater for those participating in honors and readings. We ask that these people come sit in the reserved chairs five minutes beforehand.

The temperature in the theater is known to fluctuate, and it can get a little chilly. We'll do our best to regulate the temperature, but be sure to bring a sweater if you tend to get cold.

Please bring flowers! We hope to brighten the theater with many vases of flowers. If you can donate a bunch of flowers from your garden, we would appreciate it. Do bring them in a vase and remember to take them with you when you leave.

Childcare and children's services will be primarily on the patio on the west side of the building (facing Route 89). There are some smaller rooms (and a patio) on the east side of the building we will use in case of rain and to separate older and younger children's services.

Parking

Parking is plentiful. There is one lot adjacent to the entrance and another behind the theater and yet more parking behind the soccer field that runs between the Hangar and Cass Park.

Need a ride?

If you need a ride to services contact ride coordinator Peter Silberman at: silbermanp@gmail.com.

Reflections and Suggestions for the Days of Awe from Rabbi Brian Walt

**“Teshuvah (Turning, Repentance and Renewal),
Tefilah (Prayer and Spiritual Practice) and
Tzedakah (Acts of Justice and Giving)
have the power to change our lives.”**

– from Unetaneh Tokef, one of the most important prayers of the Days of Awe

The 40 days from the first day of Elul (August 23) through Yom Kippur (September 30) is a time devoted to introspection, forgiveness, reconciliation, moral renewal and commitment. During this time we blow the shofar daily as a call to Teshuvah (Turning, Repentance and Renewal), Tefilah (Prayer and Spiritual Practice), and Tzedakah (Acts of Justice and Giving). Our deeper and renewed commitment to Teshuvah, Tefilah and Tzedakah has the power to transform our lives and to transform our world.

While the prayer services on the Days of Awe will inspire us, the real spiritual and moral work takes place in our lives. The power of communal prayer is in the real changes it inspires in our lives and in the world.

Questions for Reflection

What are the blessings of the past year, for me, my family, my community, the world? Notice the blessings and give thanks for each one. What have been the challenges for me over the past year?

- ❖ In what ways does my life reflect what I believe God/my Higher Power/my ethical vision calls me to be **and** to do? Affirm and honor the many ways in which your life does reflect that which you are called to be and do.
- ❖ What changes, starting with the small and manageable, do I need to make to align my life even more fully with what I am called to be and do?
- ❖ What are the ways in which I am blessed by the relationships of those closest to me? Affirm and honor the many blessings in your relationships with others. Tell your family, friends and others how much you appreciate and love them.
- ❖ How do I express my connection and commitment to the Jewish community, to America, to Israel, to all beings, and to our planet? What commitments do I want to take on in this regard. Think of actions that are small and manageable, not global changes.
- ❖ How do I want to participate in groups or organizations that are working to bring justice and peace into our world?
- ❖ In what ways can I make a contribution to bring more compassion (hesed/rachamim), justice (tzedek/tzedakah), love and joy into my life and into the world?

These questions can be overwhelming and guilt inducing, therefore it is important to do three things:

1. Always begin the process of teshuvah with an acknowledgment and celebration of the many ways each of us is blessed and living a life of integrity. Always start with the positive!

2. Think of small and manageable changes that you are able to make.
3. Don't avoid difficult questions: Whom have I caused pain this year? In what ways have I fallen short of my highest self?

Ask for forgiveness and take on acts of love and caring that could help soften and heal relationships that have been hurtful to you and/or others.

Suggestions for Action

Teshuvah: Make a commitment to do one act of reconciliation or turning every day.

Examples: Send a Rosh Hashanah card to someone who may be especially touched by hearing from you, or someone with whom you had conflict during the year. Reach out in a loving way to people in your life. Make a small and manageable commitment to live with more compassion, thought and consciousness.

Tefilah: Take on one commitment that will nurture and strengthen your spiritual practice.

Examples: Take a few minutes for prayer/silent reflection at the beginning and end of your day. Devote this time just to being quiet and listening to your inner shofar, your inner voice. You may want to say the Shema at the end of your silent prayer or meditation. Say a bracha/blessing of gratitude every day or several times a day (before eating, on waking up in the morning). If you know a traditional blessing, use those words; if not, express your gratitude in your own words or in silence.

Tzedakah: Take on one commitment to bring justice into our world.

Example: Is there an organization that you could join or help? Give some time, energy and money to a cause or several causes that you care about. Support the activists in your community. Respond generously with your time, energy and money to their requests for your participation.

Rosh Hashanah Home Blessings

It is customary to begin the Rosh Hashanah celebration with a festive holiday meal at home. During the course of the meal, pieces of apple and challah are dipped in honey and distributed to all. In this way, we begin to enjoy the sweetness of the year to come. We hope and pray that all people will experience a good and sweet year by offering this traditional prayer:

<p>Our God and God of our people, may this new year be good for us and sweet.</p>	<p>Yehee ratzon milfanecha Adonai eloheynu vaylohay Avoteynu ve'imoteynu, She'techadesh aleynu Shanah tovah umehtuka</p>	<p>יהי רצון מלפנך יי אלהינו ואלהי אבותינו ואמותינו שתחדש עלינו שנה טובה ומתוקה</p>
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The Days of Awe are an incredible spiritual opportunity to join together in the sacred work of personal and communal transformation. Our services must be judged by the way in which they inspire us to live lives of love, compassion and justice and to build a society of justice and compassion. I look forward to sharing this time with you. I invite you to use the time before the holidays to deepen your own life through *teshuvah*, *tefilah* and *tzedakah* and I hope that our prayers will inspire us to make a real difference in our own lives and a real difference in the world.

May our individual and communal spiritual practice inscribe all of us and all humanity in the book of life, blessing and peace. So may it be!

With the High Holy Days approaching, please consider those you would like remembered during the *Yizkor* service on Yom Kippur. We appreciate getting names in advance. Please send the names you would like read during the *Yizkor* service, the relationship of the person to you, and, as appropriate, an indication of the pronunciation of the names. Also please indicate whether the person has died since last Rosh Hashanah. (Please also read about our Table of Remembrance on page 5.)

It is a Jewish custom to honor the memory of your loved ones with a contribution to the synagogue where you say yizkor. Send your donation to the synagogue (Box 3981, Ithaca NY 14852) noting that the donation is in honor of loved ones who have passed away.

Email names as soon as possible to Peter Silberman at: silbermanp@gmail.com.

We are looking for people to read names during the Yizkor service. If you might be willing to do this, please contact Peter at the above email.

Temple Donations

**CONTRIBUTIONS TOWARD HIGH HOLY DAY EXPENSES WILL BE VERY MUCH APPRECIATED.
A DONATION ENVELOPE WILL BE AVAILABLE ON YOUR SEAT AT HIGH HOLY DAY SERVICES.**