



Congregation Tikkun v'Or

Ithaca Reform Temple
Spirit • Community • Justice

Newsletter Issue 201 * September-October 2017 * Elul -Tishrei - Cheshvan אלול - תשרי - חשוון

From Rabbi Brian Walt

Dear Friends,

Over the past week I have done a lot of work preparing for our Days of Awe (High Holiday) services and by the time you receive this letter, the holidays will probably be about a month away.

This year my preparation feels really different. I feel like the context is so different from almost any other year. The situation in our country is so challenging and frightening. Last week it was the shock of the escalating threats of nuclear attack between the President and the Kim Jong Un of North Korea. Then over the weekend it was the shock of the white supremacist/Neo-Nazi march in Charlottesville ending with the death of three people: a young activist killed in a terrorist attack by a white supremacist, and two police killed in an accident while monitoring the demonstration.

Naomi Klein writes about the shock doctrine, the way crises and disasters are exploited by leaders as a cover under which they impose sweeping new economic policies that benefit the corporations and disadvantage vast sectors of the population and/or the world. While her theory is focused on economic changes, what she calls “disaster capitalism,” this year, we, as United States citizens, have certainly been subject to shock after shock in rapid succession. Listening to the news is to listen to one shocking event after another.

And these shocks continue to have a profound impact on our psyches, our hearts and our souls. Many of us are more anxious, frightened, sad and angry. Many of us feel a profound sense of loss. In the context of this profound social crisis, spiritual communities, spiritual values and rituals offer us hope, centeredness and meaning. Synagogues, churches, mosques and other places of worship have become places of refuge and shelter for many. My deepest hope for our Days of Awe (High Holiday) services is that in this time of crisis our prayer services will offer all of us hope and encouragement rooted in a vision of love, justice and peace for all.

I am so looking forward to the holidays, to being all together again in one space, singing, praying and sharing the truth, joy and pain of our individual and collective lives in the embrace of our beloved community. I have been thinking a lot about love and justice as the core of Judaism. We all need love at this time - love for ourselves, for others, for all beings, for life itself. Love even for those we may see as enemies. Our services will focus on love. And, we will focus on justice - justice for ourselves, for others, for all beings and for our planet. Our services will affirm the integral connection between love (*chesed*) and justice (*tzedek/mishpat*).

We will share inspiring stories of how we have responded to the crises of the past year. We will share the joys of our lives. We are hoping that some children will lead us in singing at our services this year. On Yom Kippur we will be blessed with wonderful guests - leaders and young people from the Onondaga Nation - who will offer the Isaiah Challenge Lecture this year. And we will be blessed with all the wonderful blessings of our services - the singers led so brilliantly by Marne,

continued on next page

the participation of so many members in leading the services, reading Torah and in offerings of all sorts from so many different people in our extraordinary, beautiful community.

The Aleinu prayer at the end of our service has two sections. The first part is *Aleinu*/It is upon us that points each of us and our community to our calling, to do that which we personally and communally are called to do. And the second section begins with the words, *al keyn nekaveh* / therefore we have hope. There is a direct connection between these two parts. It is by acting and following our calling that we can rest in the hope and faith that even in these challenging times we can repair the world in the image of God (*l'taken olam b'malchut Shaddai*). It is my hope that it will be a time for us to the Jewish ethical aphorism: the time is short, the work is great and none of us are free of the obligation to do the work. Not all the work, just our little part in the big puzzle!

I look forward to celebrating the new year with you. Please invite friends and family to our services. They are free and open to all.

I want to end with the greeting that Simone Thornton, one of our guests from the Onondaga nation used in an email she sent me recently.

Much Happiness Today,
Looking forward to seeing you,
Shalom,
Rabbi Brian



Shabbat in the Community

At Shabbat in the Community, congregation members host Shabbat pot-uck dinners in their homes. Dinners may include a short candle-lighting service and a discussion question, or just festive eating and conversation. Shabbat in the Community is a great way for TvO members to get to know each other in an informal setting.

Tikkun v'Or will continue to have our large Shabbat in the Community event, with eight host families, in December. But each month we also will have a smaller Shabbat in the Community event with just two host families, which will continue the tradition of sharing a Shabbat meal in each other's homes all year round. We hope that every TvO member will plan to attend one of the smaller Shabbat in the Community dinners in addition to the large one. Online sign-ups for all Shabbat in the Community events will be announced via email.

We are looking for hosts! If you are interested in hosting (hosts are expected to have anywhere from 4-15 guests, and to coordinate a potluck dinner) please contact either Peter Silberman at <silbermanp@gmail.com> or Annie Wexler <annwex1@gmail.com>.

Small Shabbat in the Communities (two host families needed for each).

There will also be services at 7:30 p.m. on these nights.

10/6/17 * 11/3/17 * 1/12/18 * 2/2/18 * 3/16/18

Large Shabbat in the Community (eight host families needed)).

There will not be services scheduled at TvO this evening: 12/8/17

Shabbat and Holidays

שבת וחגים

KABBALAT SHABBAT / WELCOMING SHABBAT Fridays 7:30 p.m. unless otherwise noted

Friday Sept 1 *No services scheduled*
 Friday Sept 8 Led by Faith Rogow
 Friday Sept 15 Leader TBA
 Friday Sept 22 *No services scheduled*
 Friday, Oct 6 Led by Peter Silbeman
 Friday Oct 13 Led by Carol and Sam Shama
 Frid Oct 20 Leader TBA
 Friday Oct 27 Led by Ann Wexler and Tony Gaenslen

Selichot Services

Saturday, Sept 16, 8 p.m.

Selichot, held on the Saturday before Rosh Hashanah, is a preparation for the High Holidays. It is a “jump start” on the preparation for the Days of Awe. Much of the service often centers around prayers for forgiveness. But to pray for forgiveness we need to be able to take stock of what we have done that would require forgiveness. Thus we need to enter into the service with the idea that it is time to have the courage to face that we need to make changes. But we don’t always have full consciousness of what needs to change, don’t always know what we are capable of, and surely don’t know what the results will be if we do risk change. Come be with us as we ponder these questions a bit. Bring a prayer of your own, asking for forgiveness. Or help us construct a prayer that emerges from our conversation.

Led by Anne Brous.

Membership & Welcoming Committee

ועד החברות

Welcome to our newest member: Sara Schaffzin!

I am a returning T v’O member who has long been involved in social justice issues as an expression of my Jewish identity--most recently regarding immigrant rights and helping to build a sense of community among various groups (religious and otherwise). I am part of the Rapid Response Network of the TC Immigrant Rights Coalition, I attend the monthly interfaith dinners organized by the Lansing United Methodist Church (hosted one month by T v’O), I’ve supported outreach efforts by the local Muslim community (including doing publicity for the highly successful Taste Of Muslim Culture event in April), and I am involved with a local group that is looking at the 2018 mid-term elections and how progressive interests can be better represented in Congress.

The best way to support Tikkun v’Or is by becoming a member. For more information contact Ann Wexler <annwex1@gmail.com>

Religious School

בית ספר תיקון ואור

We are very excited to begin Religious School this year on Sunday, September 10. Special events this year will include farbrengen (*gatherings*) with Rabbi Brian, holiday celebrations, a program about Jewish summer camp, and an end-of-the-year siyyum (celebratory conclusion) on Shavuot. Of course we'll start by learning about the High Holy Days (see the newsletter supplement for the service schedule) and then making decorations for the sukkah.

All are welcome to come to a bring-your-own lunch in the sukkah after classes at noon on Sunday, October 8.

Students will be celebrating Simchat Torah on Sunday, October 15 with a special service from 11 a.m. - 12 p.m. All new students will be recognized, and our youngest students will be called to the Torah for consecration.

All prospective and registered school families

will receive CHADASHOT, our annual school newsletter, with the complete schedule and information about our teachers and program for the year.

Registration forms for 2017-2018 are now available at www.tikkunvor.org, along with **tuition assistance** forms, provided by Ithaca Area United Jewish Community (IAUJC).

If you are interested in **teaching** at Religious School next year, please contact Naomi Wilensky at [<naomi.wilensky@tikkunvor.org>](mailto:naomi.wilensky@tikkunvor.org).

TEENS V'OR is BACK!
Expect to hear more soon.....

High Holy Days

The enclosed supplement has all the details for the holidays, but here are a few extra notes:

NAMES FOR YIZKOR:

With the High Holidays approaching, please consider those who 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.

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>](mailto: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.

CHILDREN at HIGH HOLIDAYS:

We welcome children (and their caregivers) at 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. To help with this, childcare, children's services, and holiday activities are provided. Please read the supplement for more information.

Co-Presidents' Words

דברי הנשיא

During the month of Elul, leading up to Rosh Hashanah, it's traditional to read the 27th Psalm twice daily. In it, the author expresses several fervent feelings: gratitude for God's protection, fear of abandonment, a request to be guided on a "just path" and "to dwell in God's house" always. His feelings have in common a wish for divine support: protection, company and guidance.

These wishes feel especially relevant now, given ever stronger partisanship in our country, more visible signs of racism and anti-Semitism, and the disorder of our government. Many of us, too, are wishing for protection, company and guidance.

I take some comfort in the fact that this Psalm has been recited for more than 2,000 years, reminding us that we're not the only people to have struggled this way.

And I find interesting the Psalmist's trust (evident later in the Psalm) that God will indeed protect and not abandon him. It raises for me the question -- can protection be reliably found? We can't always be shielded, of course. But it is amazing and reliable and divine (it feels to me) our human impulse to do for one another. I am most grateful for TvO members' work, especially in the last year: supporting local refugees; countering Islamophobia; feeding the hungry; supporting bereaved or sick members; significantly shrinking our carbon footprint; and learning to protect and be better company for the people in our personal lives by practicing respectful communication. When we effectively support and accompany each other in these ways, it sure feels divine.

Mindfulness practice (which we sometimes bring into our prayer services) offers another interpretation of divine support: as something we can do for ourselves. Mindfulness is the practice of noticing and naming what we are experiencing, without judgement. By noticing the truth of our experience in this way, we in a sense bring good company to ourselves. To some degree, we can also protect ourselves this way: by bringing attention to pain or constriction in my body, for example, often that is enough to lessen it or even make it go away. And by acknowledging the truth of what is going on with me -- gently -- I often find that constriction and fear ease enough such that there is then space for insight to arise as to what would be wise next steps for dealing with my situation. That is, I'm often able to provide for myself the kind of wise guidance the Psalmist (and all of us) wish for. A lovely alternative translation of the 27th Psalm expresses this beautifully: "Awareness is my life's stronghold. It absorbs all fear... Let this truth not be hidden from me. If only I could remember always what seems so clear right now. Wisdom would guide my every moment." (Anonymous staff, Institute for Jewish Spirituality)

I wish all of us a safe year in good company, of others and of ourselves. I look forward to continue to grow together, learning ever better how to support each other and ourselves. And I look forward to celebrating this continued learning with you -- on the holidays and throughout the year.

Miranda Phillips, Co-President



New Schedule for Dues: In response to last year's feedback, we are trying a new schedule for dues. You will receive your dues letter in October (instead of August) this year. We also hope to have an on-line payment option. This is a trial, and we welcome your feedback! Questions? Please contact Miranda Phillips (presidents@tikkunvor.org).

Many Thanks

רב תודה

Thanks to:

- Recent service leaders: Peter Silberman, Anne Brous, Richard Rosenfield, Beth Cohen;
- Oneg hosts: Carol and Sam Shama, Anne Brous, Denice Cassaro, Lisa Ellin;
- Miranda Phillips for leading Shabbat morning services;

Donors

צדקה

Thank you to our recent donors:*Building Fund:*

Ted Schiele

Feeding the Hungry Fund:

Jennifer Savran Kelley

Tribute cards:

Fran Markover

Moriah Tebor

David Zimet and Melanie Kalma,
in memory of Abbe Lyon's mother*Nediv Lev Fund:*

Mihal Ronen

Aaron Sachs and Christine Evans

*General Fund*Leonard & Arlene Suchotliff,
in honor of Raia Gutman's bat mitzvah
Martin & Adele Kaplan,in appreciation of the hospitality
Marne O'Shae, for professional sound equipment for
the high holidays*Thanks to the Ithaca Area United Jewish Community
(IAUJC) for a grant to support our Religious School
and congregation through tuition assistance.***Writing Workshop: Family Stories and Food!**

A FREE writing workshop led by Zee Zahava
Sunday November 5, 2-4:00 pm (note Daylight Savings Time)
at Tikkun v'Or

This is a wonderful opportunity to write and share stories
about our families & food, our favorite subjects

The wonderful Zee Zahava, the current Tompkins County Poet Laureate,
will lead us in an exciting workshop, providing a safe, supportive, and stimulating environment
for writing and sharing our stories with one another.

Maybe you have a funny memory to capture on paper; perhaps there's a tragic tale
you want to tell; or something in-between.

Whatever you choose, it will be the right thing.

We all have family food stories, don't we? Let's come together and share them!

The workshop is limited to 15 participants.

To sign up: contact 60-7256-1471 or info@tikkunvor.org by November 1

Feeding the Hungry: Machil Re'avim

מאכיל רעבים

Thanks to Deb Miller, Harriet London, and John & Paul Debbie for making lunches in June. Thanks to Sonia, Louis & Melissa Enns, Elijah & Jen Savran Kelly, Coco & Melanie Hamilton, and Samuel & Dorothy Debbie for paying for lunch supplies and making lunches for the Rescue Mission Friendship Center in July. Thanks to the Wilensky family, Deb Miller, and Nina Cummings for making lunches in August. Thanks also to the TVO Feeding the Hungry Fund for additional financial support and Paul Debbie for delivering the lunches to the Friendship Center. **Our next lunchmaking dates are September 27 and October 25. If you can help, please, contact Dorothy Debbie at dorothynotwork@gmail.com or 272-3893.**

For those of you who would like to help out but can't come make the lunches, you can still contribute financially to the lunchmaking. The temple has a Feeding the Hungry Fund that you can contribute to and these contributions will be used to reimburse the person who buys the supplies.

Celebrate the Birthday of the World!



An Intergenerational Rosh Hashanah Party
Sunday, September 17 - 3:30 to 5:30
Kendal at Ithaca Auditorium
2230 N Triphammer Road in Ithaca

Seniors reading holiday books to youngsters
 Craft Activities * Apple Tastings * Birthday Cake
 Shofar Blowing
 Live Klezmer music and dancing by the "Klezmer Kings"
 Free and open to the public
 Sponsored by the Ithaca Area United
 Jewish Community

PJ Library books will be featured
 For more information call 607-257-9924



September 2017 - Tikkun v'Or

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					No services scheduled	Parashat Ki Titzei
3	4	5	6	7	8	9
	Labor Day				Kabbalat Shabbat 7:30 pm Faith Rogow	Parashat Ki Tavo
10	11	12	13	14	15	16
Religious School 9:15-12	Patriot Day	TVO Exec mtg	Midweek RS 4:30-6 pm		Kabbalat Shabbat 7:30 pm Anne Bussard	Parashat Mikatim - Vaytech Selichot 7:30-8:30 pm Anne Brous
17	18	19	20	21	22	23
Religious School 9:15-12 PJ Library 3:30-5:30 at Kendal	Set up/rehearsal 4-7 pm	Rabbi in residence 9/18-9/22	Rosh HaShanah (5778) begins at sundown Services 7-8:45 pm Hangar Theatre	Rosh HaShanah (5778) Services 9 am - 12:15 pm Hangar Theatre Tashlich 1 pm	Autumnal Equinox No services scheduled	Parashat HaAzinu
24	25	26	27	28	29	30
Religious School 9:15-12		TVO Board meeting 7-9	Midweek RS 4:30-6 Lunches for Friendship Center	Rabbi in residence 9/28-10/1 *YK rehearsal	Yom Kippur (5778) begins at sundown Kol Nidre 6:45 pm Hangar Theatre	Yom Kippur (5778) Yom Kippur 9 Morning service 10:30 Torah service 11:15 - 12 Sermon / Children's service 12 Shofar service

October 2017 - Tikkun v'Or

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Religious School Move back to TVO Build sukkah	2	3 Sukkot (5778) begins at sundown Midweek 4:30-6	4 Sukkot (5778)	5 Sukkot (5778)	6 Shabbat in the Community dinners Kabbalat Shabbat 7:30 pm Peter Silberman	7 Sukkot
8 Religious School 9:15-12 Lunch in the sukkah	9 Indigenous People's Day	10 TVO Exec mtg	11 Shemini Atzeret (5778) begins at sundown Midweek 4:30-6	12 Shemini Atzeret (5778), Simchat Torah (5778) begins at sundown	13 Simchat Torah (5778) Kabbalat Shabbat 7:30 pm Carol and Sam Shama	14 Parashat Bereshit
15 Religious School 9:15-12 Simchat Torah celebration 11 am TVO Open House 3 pm	16	17	18 Midweek 4:30-6	19	20 Kabbalat Shabbat 7:30 pm	21 Parashat Noach
22 Religious School 9:15-12 TVO Board retreat	23	24	25 Midweek 4:30-6 Lunches for FC	26	27 Kabbalat Shabbat 7:30 pm Ann Wexler & Tony Gaenslen	28 Parashat Lech-Lecha
29 Religious School 9:15-12	30	31 Halloween	1 Midweek 4:30-6	2	3 Shabbat in the Community dinners Kabbalat Shabbat 7:30 pm.	4 Parashat Vayera Shabbat morning 9:15 - 10:30 Miranda Phillips

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Area Congregations Together (ACT)	Open		
Teens V'Or	TBA		

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For updated calendar information,
call 607-256-1471
or check <www.tikkunvor.org>

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Congregation Tikkun v'Or
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**Tikkun v'Or Welcomes
Interfaith Families!**

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