



Congregation Tikkun v'Or

Ithaca Reform Temple
Spirit • Community • Justice

Newsletter Issue 189

September - October 2015

5775-5776

July 30, 2015

Dear Friends,

Just a few days ago, I received a package with the two-volume set of Mishkan Hanefesh, the new Reform machzorim (prayer books) for Rosh Hashanah and Yom Kippur. These beautiful new machzorim are the much-awaited High Holiday version of Mishkan T'filah, the Reform Shabbat prayer book that we use. I immediately opened them and got immersed in reading the rich array of poetry, prayer, interpretation and commentary. Like Mishkan T'filah, Mishkan Hanefesh includes traditional Hebrew prayer with translation and transliteration mostly on right-side pages, while left-side pages contain poems, counter-texts, creative readings, study texts and silent meditations. I love the way the traditional is woven together with the interpretive and contemporary.

As I began to page through the book, I was inspired and found myself transported into the spiritual work questions of the holiday. Where I am in my life? What happened in my life over the past year? What happened in my community? For the Jewish People? For America? For the world? What are the blessings of this stage of life for me? What are the choices I have made and the choices I want to make? What are the challenges that I face? I also began to think of ways in which I have not lived up to my best self and how I could ask for forgiveness and change my behavior. The arrival of these books meant that for me, the spiritual task of the Jewish New Year had begun.

When you receive this note, we will be in the month of Elul, the month before Rosh Hashana, devoted to teshuva (return, repentance, transformation), an intense focus on our lives and the choices we have made. It is a month for asking forgiveness, of compassion for ourselves and others, of returning to our highest selves.

I believe that this focus on a conscious, mindful and reflective celebration of the New Year is one of the most precious gifts of Judaism. We write our choices in the Book of Life.



Rabbi Laura Geller writes in Mishkan Hanefesh:

“Your book of life doesn’t begin today. It began when you were born. Some of the chapters were written by other people: your parents, siblings and teachers. But the message of Rosh Hashana is that everything can be made new again, that much of your book is written every day – by the choices you make. The book is not written and sealed, you get to edit it, decide what parts you want to emphasize and remember, and maybe even which parts you want to leave behind. Shana Tova means a good year and a good change. Today you can

continued on next page

change your life. It is never too late.”

The traditional liturgy refers to God writing and sealing us in the Book of Life. It is not only God who does the writing; we do too! We make choices every day and Rosh Hashana and Yom Kippur is about making sure that we make wise choices. As Rabbi Geller says, we get “to edit the book of our life.” This humanistic reinterpretation of the holiday, emphasizing human autonomy and human choice, is a prominent theme of Reform Judaism that is reflected in Mishkan Hanefesh. It reflects a theology of human empowerment. It is true that ultimately there are some fundamental realities about our lives that are beyond our control and some of our prayers on Rosh Hashana and Yom Kippur are about acknowledging that which lies beyond our control. While it is essential to acknowledge that which lies beyond our control, we focus is on that which is in our control, the choices we make each and every day.

So, I invite you to take some time every day in the few weeks before Rosh Hashana to reflect on the past year and to make choices for the new year. Let us help one another live up to our highest selves as human beings, both on a personal level and on a communal and global level. May it be a good change and a good year for all. And, I mean all!

I am looking forward to seeing you all on the holidays. I will incorporate some readings from Mishkan Hanefesh into our services. We may even decide at some point in the future to purchase copies of the new books for our services.

Ultimately, the holiday is not about a book with pages but rather about our very own, precious “book of life.” When we meet for our services, we will all bring the book of our lives and share the joy and challenge of helping one another as we edit our book, as we make changes to allow ourselves to be the people we are called to be.

I am really looking forward to sharing the holy days with you.

With many blessings for life and peace,

Shana Tova,

Rabbi Brian

*Joan and Josh Friedman
invite the Tikkun v'Or community
to join us
on Saturday, October 17 at 10 a.m.
as our son Noah
is called to the Torah
as a bar mitzvah*

Shabbat and Holidays

שבת וחגים

Thursday, September 3, 7-8:30 p.m SELICHOT SERVICE Led by Diana Levy and Patti Jacobson
We begin the High Holy Days with Selichot, an opportunity to begin the process of Teshuvah, turning/returning. Through prayer, songs, readings and discussion, we will explore possibilities for compassion and forgiveness in our own lives.

Please note that there are no services scheduled at Tikkun v'Or on September 11 or 25. The full high holy day schedule is in the High Holy Day supplement.

Simchat Torah: Be on the lookout for details of a Simchat Torah service.

Saturday, September 12 Shabbat morning service led by Rabbi Brian Walt
Focusing on preparation for Rosh Hashana, the service will include meditation, song, reflection and Torah reading of Nitzavim. We will reflect on how we can more fully choose life in the coming year.

"I have set before you life and death, blessing and curse, Choose Life!"

Friday, September 18, 7 p.m. Kabbalat Shabbat (Welcoming Shabbat) led by Faith Rogow

Sunday, September 27 Help build the TVO Sukkah. Experience helpful but not required. Contact <info@tikkunvor.org>

Friday, October 2, 7 p.m. Kabbalat Shabbat / Sukkot service led by Ann Hoffman

Friday, October 9, 7 p.m. Leader TBA

Friday, October 16, 7:30 p.m. Kabbalat Shabbat followed by study/discussion led by Rabbi Brian
Join us for a joyful and reflective service of prayer, meditation and song. After the service there will be a short discussion on "Spirit, Justice and Community: Jewish Texts on Justice" led by Rabbi Brian. How do we envision the pursuit of justice as a core part of our lives as individuals and as part of our community? What is the distinction relationship between gemilut hasadim (acts of caring) and tikkun olam (repair of the world)? What is the relationship between Tikkun (Repair) and Or (Light)? This is the second discussion on Spirit, Justice and Community, the three foci of the mission of our community.

In the event of good weather, we may do some of the service outdoors - bring a sweater.

Noah Friedman, who will be celebrating his Bar Mitzvah this Shabbat, will lead Kiddush and parts of the service

Saturday, October 17 Shabbat Morning Service / Bar Mitzvah of Noah Friedman

9:00-9:35 a.m. Chanting and Silent Meditation with Rabbi Walt (Please note earlier start time)

10:00-10:40 a.m. Shabbat Morning Service

10:40-11:15 Torah Reading

11:00-12:00 Torah Study

12:15 p.m. Kiddush/Lunch

Noah Friedman, son of Joan and Josh Friedman, will be called to the Torah in honor of his Bar Mitzvah.

The Torah portion is about Noah's namesake who builds an ark with all the animals and survives the flood. Noah, who will be celebrating his Bat Mitzvah this morning has spent many hours thinking about the story and will share his reflections and invite us all to respond to his thoughts and questions about this Torah portion.

Friday, October 23, 7 p.m. Leader TBA

Friday, October 30, 7 p.m. Leader TBA

As we enter this season cognizant of our successes and failures of the past year, we look forward in anticipation of the new year to come. Upon review of the past year, we see how our congregation has invested in important work grounded in Jewish ethics. Looking ahead, we are in an exciting period of creating sustainable projects and we hope that everyone in our congregation participates in some way.

Hopefully you've heard about our move toward a new financial model to which members pledge both their "half-shekel" and *nediv lev* (an offering from the heart) in order to support and ground our congregation's activities and ability to worship, connect and build a future for our children. These concepts are based on Jewish teachings that guide financial contributions meant to provide for the community as well as the temple. In this newsletter, there is notice of more upcoming opportunities to provide feedback about this plan that we envision will support the temple in a financially sustainable way.

Jewish ethics is grounded in the message that humans do not have unrestricted freedom to misuse "Creation," as it does not belong to us. Instead, our efforts to protect and sustain our environment must be a key part to meaningful life on this planet. So we are pleased that many of our members have joined the efforts toward a sustainable energy future and our new Task Force on Energy is diligently working toward recommendations that will reduce our carbon footprint. We are fortunate and grateful that a generous anonymous donor will support these efforts and make it possible to implement many of the recommendations. Rabbi Brian will offer reflections on the connection between environmental conservation and Jewish ethics during the High Holy Days.

And finally, at this time of year, we look forward to renewing the personal connections among the membership that truly sustain us as a congregation. So we hope to see you all during the upcoming High Holy Days at the Hangar Theatre.

L'Shana Tovah.

-- Dorothy Debbie and Nina Cummings

Discussions: Financial Sustainability Model

WE WANT YOUR INPUT!

This fall, the Financial Sustainability Taskforce will be holding review meetings to recap the research we've conducted and thoroughly discuss the new proposed financial model. All of these review meetings will be co-lead by a member of the Taskforce and a discussion facilitator.

Please plan on attending any one of the following meetings at TvO:

Wednesday, September 2 at 7 p.m.

Thursday, October 1 at 7 p.m.

Sunday, October 25 at 9:15 a.m.

These meetings will be followed by a special congregational meeting on **Sunday, November 15**, at which the finalized financial model for our community will be put to a vote.

We look forward to your valuable input!

— *Nina Cummings, Dorothy Debbie, Rabbi Brian Walt, Sherry Burford, Robert Libby, Monica Touesnard, Peter Burford*

Membership & Welcoming Committee

ועד החברות

We are pleased to introduce the two newest members of the board of Tikkun v'Or:

Karen Schachere is the Director of Clinical Services at Family & Children's Service. She has lived in Ithaca for 28 years with her husband Philip McMichael, a professor of Development Sociology at Cornell University. Their children, Rachel and Jonathan, were in the b'nai mitzvah classes of 1994 (the first class) and 1997, respectively. She looks forward to serving on the board and increasing her involvement in Tikkun v'Or.

Sharon Ziegler moved to Ithaca from Buffalo in 2009. She joined Tikkun v'Or on the good advice of her father who had joined a year or two before her; after she had been a member of the Havurah Congregation in Buffalo for about 10 years. Sharon has really enjoyed being a member of the Congregation and looks forward to contributing to the Board as a member at large. Sharon received her BA in Japanese Language from Antioch College, her Masters in Social Service (snooty Social Work) from Bryn Mawr, and her MD from University of Buffalo in 1990. She is a Family Medicine Physician with the Family Medicine Associates of Ithaca. She has three, count 'em three and NO MORE THAN THREE cats and wishes she could take care of a dog as well. This summer she traveled to Poland to attend the 25th Jewish Festival in Krakow, (see recent NYT magazine article), visited Auschwitz/Birkenau and also Warsaw and the Warsaw Ghetto in her continuing search to learn about and understand the history of WWII and the Holocaust.

Adult Education Classes with Rabbi Brian Walt

In 2015/16, Rabbi Brian will be offering two adult education classes, in the fall and spring. In addition, Rabbi Brian will facilitate two or three community conversations on important Jewish issues.

FALL CLASS: WISE AGING: LIVING WITH JOY, RESILIENCE AND SPIRIT.

Three sessions with Rabbi Walt: Mondays from 7-8:30 p.m.

October 19, November 16 and December 14.

There will also be optional class meetings held between the sessions with Rabbi Brian.

"Teach us to use all of our days, That we may attain a heart of wisdom" Psalm 90:12

Today many people reach their mid-sixties and early seventies and still may have twenty or more years of a vital and vibrant life. In this class we will discuss and reflect on how we may use these years as a time of growth on all levels – emotional, spiritual, physical and intellectual. We will share our dreams for this stage of life and the opportunities it offers along with some significant challenges. How do we "attain a heart of wisdom" and share that gift with others, particularly with the next generation? We will be using a wonderful new book, **Wise Aging: Living with Joy, Resilience and Spirit**, written by Rabbi Rachel Cowan of the Institute for Jewish Spirituality and Dr. Linda Thal.

The book is full of teachings from different religious traditions, including Judaism and has many suggestions of spiritual and meditative practices, questions for reflection.

To register for this class, contact info@tikkunvor.org or 607-256-1471.

Religious School

בית ספר תיקון ואור

Registration for the 2015-2016 school year is still available at <www.tikkunvor.org> and from <info@tikkunvor.org>.

The first day of Religious School will be Sunday, September 20. All registered families will be receiving school calendars and complete

information by the end of August.

We're still looking for new teachers (Hebrew and Judaic Studies) and for volunteers for special school programs. Contact Naomi at <naomi.wilensky@tikkunv.org>/



JEWISH BEDTIME STORIES and SONGS

Come & Celebrate the Birthday of the World with PJ Friends!
Sunday, September 20th, 3 to 4:30 at Stewart Park Small Pavilion
(located in the center of the playground area)

We will welcome the New Year with special activities including a
Story Walk around the park, crafts, honey tasting, tashlich and a
Birthday Party for the World at 4 PM!!

Admission: three non-perishable food items for ACT's Kitchen Cupboard

Rain or Shine RSVP to marjorie@iaujc.org
Please invite other Jewish families who might be interested!

WHAT TO DO WITH THOSE LEFTOVERS FROM THE ONEG? DINNERS OR PARTIES?

No Need to Eat Them All!

Clean food is welcome at the Friendship Center (618 W. State St. across from Kinkos)

Monday - Friday 9:30 AM to 4:30 PM

phone 273-6684

Outside of those hours, call the shelter at 273-9177 to arrange to deliver food to the shelter.

Teens v'Or

Teens v'Or is open for all Tikkun v'Or teens (age 13 and up)!

Contact <teensvor@gmail.com> to find out what kind of fun you can have!

Tikkun v'Or is pleased to announce a special opportunity for Tikkun v'Or post-bnai mitzvah students! Teens in grades 9-12 are invited to participate in Temple Beth-El's Midrashah program, which includes options for weekly study and discussion, either with Rabbi Scott Glass, or with Rabbi Suzanne Brody and guest teachers. There's even an option for conversational Hebrew. Midrashah meets on Thursdays at Temple Beth-El from 6-7:30 p.m. (and 7:30-8 p.m. for Hebrew & dinner). Mix and match the classes you want based on your schedule and your interests. Contact <naomi.wilensky@tikkunvor.org>.

Feeding the Hungry: Machil Re'avim מאכיל רעבים

Thanks to Rabbi Brian Walt, Robin Dubovi, Daniel Sverdlik, Debbie, Julia, and Aaron Miller and the Debbie family for making lunches for the Friendship Center in June.

Thanks to Robin Dubovi, Alita Howard, Debbie and Aaron Miller, Paul, Dorothy and Samuel Debbie for making lunches in July.

In **September**, our time/date for making lunches for the Friendship Center as a group at the temple coincides with the break-the-fast for Yom Kippur. Rather than make lunches as a group, we are looking for people to make 10, 15, 20 or any other number of lunches on their own.

Either Dorothy can pick these up and deliver for you if you live close to Cornell or you can deliver them to the Friendship Center by 11:30 a.m. on September 24.

We'll be making 60 lunches together as a group at the synagogue on **October 21 at 5:45 p.m.**

If you're interested in taking part in lunchmaking for either day, please contact Dorothy Debbie at <dorothywork@gmail.com> or 272-3893.

Please bring snack foods for GIAC to the Hangar Theatre during our high holy day services. See the supplement for more information. We're also planning several food drives during the year. Look for reminders to bring can of soup to Tikkun v'Or in November.

Many Thanks רב תודה

Thanks to:

- All those who led services recently: Ann Hoffman and Anne Brous;
- All those who hosted onegs recently: Gerry Friedman and Sally Dutko, and Fran Markover.

HIGHWAY CLEANUP: Thank you to this year's participants (left to right): Peter Burford, Corinne Stern, Josh Friedman, Joan Friedman, Shawn Murphy and Ted Schiele.

Tikkun v'Or is responsible for a 1.2 mile stretch of Triphammer Road between Cherry and Hillcrest Roads. If you were unable to participate this year and want to be included in a direct emailing to help select the dates for future clean-up efforts, please contact Shawn Murphy at (607) 351-7898 or <smurphesf@yahoo.com>.

Help keep our roads safe and clean!



Donors

צדקה

Thank you to our recent donors:

General Fund

Barbara Barol
Joshua Machlin
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Denise Wittlin-Horvath
Caleb Sturman
Mark Milstein

Shawn Murphy
Alexis Suskin-Sperry, *for the solar energy committee's work*

Bryna & Harvey Fireside Rabbi Fund

Ted Schiele
Laurie Willick and Alexi Zentner, *in honor of Zoey's bat mitzvah*

Yeladim Religious School Fund

Laurie Willick and Alexi Zentner

Special thanks to the Ithaca Area United Jewish Community (IAUJC) for a grant to support our Religious School and congregation through tuition assistance.

Tikkun v'Or Tribute Cards

Tribute cards have been sent:

To the Berggren Family, in memory of Kathy, from Sherry & Peter Burford;
In honor of Sue Merkel's recent teaching award, from Doug Stayman & Nina Cummings;
In memory of Brian Heltsley's mother, from Doug Stayman & Nina Cummings;
In honor of Goldali Danberg-Biggs becoming a Bat Mitzvah, from the Debbie family;
In honor of Zoey Zentner becoming a Bat Mitzvah, from the Debbie family.

Caring Committee

ועד מצווה

The TvO Caring Committee offers support during life-changing events, such as a birth/adoption, death, illness, or other life challenges. The committee reaches out to the TvO community for volunteers to provide meals, transportation to medical appointments or to TvO events, or help in meeting other short-term needs (running errands, visiting the sick). If you or someone you know could use a hand, please let us know! The best way to contact us is by making a request at <info@tikkunvor.org >.

The work of the Caring Committee is held in confidence to the extent possible to enable volunteers to respond to stated needs.

Bereavement Support Committee

When a loved one dies, we want to assist you as quickly as possible. Please use the following procedure:

- Email the Bereavement Support Group at: <BereavementSupport@tikkunvor.org>
- Call Naomi Wilensky on her cell phone: (607) 280-6781
- You may also email Naomi at: <naomi.wilensky@tikkunvor.org>
- If Naomi is unavailable and not able to return your call/email, call Rabbi Brian Walt on his cell phone: (508) 560-0589



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ITHACA AREA UNITED JEWISH COMMUNITY

Save the Date!!

Sunday, October 18th

Dear Community Members,

We hope you will be able to join us for some wonderful news and programming in mid October. Please save the afternoon of October 18th for a gathering of our Jewish community. Time and place to be announced. Invitations will be sent out in September.

We will be honoring the late Marcia and Robert Ascher who generously bequeathed IAUJC funds to create the Ascher Endowment for use in the local Jewish community.

Our keynote speaker will be Professor Barbara Johnson who will present her research on The Cochin Jews of Kerala, India.

There will be exhibits focusing on both Marcia and Bob Ascher's professional work including Bob's animated films and sculptures.

Come and hear about the exciting work being done which will be funded through the Ascher Endowment:

- The IAUJC Holocaust Education and Awareness Committee
- The launching of our Jewish Camp and Teen Experiences initiative

We have additional great news to share as well.

I hope to see you there,
Marjorie Hoffman
Program Chair



September 2015 - Tikkun v'Or

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
			Financial Sustainability Task Force Community Discussion 7-9 pm	Seichot 7- 8:30 Patti J & Diana L	No services	
6	7	8	9	10	11	12
	Labor Day			(Primary elections)	Patriot Day Move TVO to Hangar 4 pm	Shabbat morning with Rabbi Brian 10:30-11:00 Service 11-12 Torah reading & discussion
13	14	15	16	17	18	19
Rosh HaShanah (5776) begins at sundown Service 7 pm Hangar Theatre	Rosh HaShanah (5776) 9 am morning service - Hangar Theatre 1 pm Tashlich - Cass Park Inlet	(Lansing elections)			Kabbalat Shabbat 7:30 pm Faith Rogow	
20	21	22	23	24	25	26
Religious School 9:15 am -12 PJ Library StoryWalk 3 pm Stewart Park		Yom Kippur (5776) begins at sundown Kol Nidre 6:30 pm Hangar Theatre	Autumnal Equinox Yom Kippur (5776) 9 am morning service - Hangar Theatre 3 pm Isalah challenge 7:30 pm break the fast full schedule in newsletter	Hangar move to TVO 10 am	No services	
27	28	29	30	1	2	3
Sukkot (5776) begins at sundown Religious School *build sukkah	Sukkot (5776)	TVO board mtg 7-9 p.m.	Midweek class 4-5:30 p.m.	Financial Sustainability Task Force Community Discussion 7-9 pm	Kabbalat Shabbat 7:30 pm Ann Hoffman	

October 2015 - Tikkun v'Or

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Sukkot (5776) begins at sundown Religious School *build sukkah	28 Sukkot (5776)	29 TVO board mtg 7-9 p.m.	30 Midweek class 4-5:30 p.m.	1 Financial Sustainability Task Force Community Discussion 7-9 pm	2 Kabbalat Shabbat 7:30 pm. Ann Hoffman	3
4 Shemini Atzeret (5776) begins at sundown Religious School lunch in the Sukkah	5 Shemini Atzeret (5776) Simchat Torah (5776) begins at sundown	6 Simchat Torah (5776)	7 Midweek class 4-5:30 p.m.	8	9 Kabbalat Shabbat 7:30 pm	10
11 Religious School	12 Columbus Day	13	14 Midweek class 4-5:30 p.m.	15	16 Kabbalat Shabbat Rabbi Brian with Noah 7:30 pm	17 Parashat Noach Bar Mitzvah: Noah Friedman
18 Religious School Farbrengen/bnai mitzvah mtg IAUJC honoring Aschers Campership Launch	19	20	21 Midweek class 4-5:30 p.m. Friendship Center lunches 5:45 pm	22	23 Kabbalat Shabbat 7:30 pm	24
25 Religious School Finance Task Force discussion 9:15	26 TVO board mtg	27	28 Midweek class 4-5:30 p.m.	29	30 Kabbalat Shabbat 7:30 pm	31

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מנהיגות

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Program Committee	Open		
Action Against Hunger Committee	Harriet London	257-1502	londonharriet@gmail.com
Welcoming & Membership Committee	Ann Wexler	273-2191	annwex1@gmail.com
	Sharon Ziegler		
Bereavement Support			BereavementSupport@tikkunvor.org
Area Congregations Together (ACT)	Open		
Teens V'Or			teensvor@gmail.com
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For updated calendar information,
call 607-256-1471
or check <www.tikkunvor.org>

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HIGH HOLY DAYS SUPPLEMENT INSIDE!

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



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