



Congregation Tikkun v'Or

Ithaca Reform Temple
Spirit • Community • Justice

Issue 213

July-August 2019

Sivan - Tammuz - אב תמוז - סיון

Co-Presidents' Words

דברי הנשיא

Dear Friends,

Summer is in full swing and so is the work we're continuing at TvO. There are so many exciting and wonderful things happening and in the works in the congregation right now -- community solar, meaningful, outdoor summer family programming, joyful concerts, and more. Of course, we know there are two big topics that have been on the minds of many congregants over the past months: what's happening with the search for our new spiritual leader and what are we doing to enhance security in the building.

Creating a safe and welcoming environment is one of the board's most important tasks right now. Various members of our board and community have been busy researching and consulting with businesses and local law enforcement to help secure our congregation, with the goal of keeping our community as safe as possible, and at the same time maintaining the open, welcoming atmosphere that is so much a part of who we are. As a start, Shawn Murphy has installed a visual doorbell (check out the northwest corner of the sanctuary) so that we can more easily lock the door once services/events start, and when someone rings the bell, it lights up rather than making a noise. In addition, Anne Brous is coordinating with a local company to install motion activated security cameras around the building and revamping our locks in order to allow law enforcement to enter the building more easily if needed. The Board is working on developing policies and procedures for safety and security during events as well. We very much welcome input on these issues.

The search committee has been busy putting a structure in place for our spiritual leader search. We have used all the input we got from our invaluable focus groups (thank you again to all of you who participated) to complete applications for listing the position and to craft a job description. The job will officially be listed mid-summer, and we will be taking applications and interviewing candidates through the fall. A short list of candidates will be invited to visit for a weekend to lead Shabbat services, hopefully in late fall/early winter. We will keep everyone posted on how things are going as the process unfolds. If, at any time, you have any questions about how it is going, please do not hesitate to reach out to Judy Saul or Lauren Korfine.

We wish everyone a safe, fun, exciting, and joyful summer!

Warmly,

Shira and Lauren

From Rabbi Brian Walt

June 20, 2019 Sivan 17, 5779

Dear Friends,

Towards the end of my June visit to Ithaca, I made an appointment with Reverend David Kaden for one more quick visit to the First Congregational Church of Ithaca in Cayuga Heights, where we will hold our Yamim Noraim/Days of Awe services (High Holidays) this year. I had already visited the church twice but I realized during my last visit to Ithaca that the next time I would be in Ithaca would be the day before Rosh Hashanah! I wanted to visit the church one more time just to really visualize us doing our services there. Where would I stand? Where would the readers and others stand? Where would we read the Torah? These questions and many other mundane logistical details can have a significant effect on the quality of the service. My natural inclination is not to pay attention to details, I focus more on the big picture. My visit was to make sure I would focus on the details.

Reverend Kaden was so generous with his time and I was so warmly welcomed by everyone at the church. They are so accommodating and want to do everything to help us. It was a lovely visit and I left feeling very excited.

I know it may feel a little uncomfortable for some of us to be in a church and undoubtedly there will be some glitches in making the transition to a different space. Despite this, the opportunity of doing our services in the home of a sister faith community that shares the values we hold dear, is such a blessing. For many years I held services in almost all the Quaker Friends Meetinghouses in the Philadelphia area. I loved the experience then of being welcomed by another spiritual community and I am excited about it now.

This is a time of transition for me. The Jewish year that we welcome at the end of September will be the last year of my rabbinic tenure at Tikkun v'Or. I will be with the congregation for the holidays and then for three more visits:

December 6-10 (before Hannukah)

March 27-31 (before Pesach)

June 5-9

The journey that brought me to Ithaca over the past ten years has brought me many blessings. I look forward to seeing you all again at our Yamim Noraim services in the First Congregational Church and then during my last three visits. If you have any special requests for these visits, I invite you to send me a note rabbi@tikkuvor.org. Some people have requested a longer mindfulness meditation experience, maybe on Shabbat, others have mentioned the possibility of a pre-Pesach social justice/freedom seder.

What would you like me to focus on or offer during my last year? Is there something you would like to me to teach, to speak about, to incorporate in a service? I can't promise to fulfill all your requests, but I will do as much as possible.

In the interim, till I come again for the holidays in September, I wish you all a wonderful summer with some time to enjoy the outdoors and maybe a more relaxed pace of life. And, I hope you also participate actively in the lay led services and activities over the summer and in September.

Shalom,

Rabbi Brian



Shabbat and Holidays

שבת וחגים

Friday, June 28, 7:30 pm Kabbalat Shabbat (Welcoming Shabbat) Led by Richard Rosenfield
 Friday, July 12, 7:30 pm Kabbalat Shabbat (Welcoming Shabbat) Led by Carol and Sam Shama
 Friday, July 26, 7:30 pm Shabbat (Welcoming Shabbat) Leader TBA
 Friday, August 9, 7:30 pm Shabbat (Welcoming Shabbat) Leader TBA
 Saturday, July 20, 2-4 pm TvO In the Summer at Lower Treman Park
 Friday, August 23, 6 pm Shabbat in the Park - at Stewart Park Large Pavilion



Join the Tikkun v'Or Community
for our annual

Shabbat in the Park



Friday, August 23
Stewart Park Large Pavilion
(Rain or shine)



- ❖ Games start at 5:30 pm
- ❖ Short Family Service at 6:00 pm
- ❖ Followed by Vegetarian dish-to-pass dinner
(Please bring your own drink and dinner service)

Music! Singing! Fellowship!

Families welcome— Bring a friend

THE ITHACA REFORM TEMPLE * SPIRIT * COMMUNITY * JUSTICE

**TvO in the Summer:
Saturday July 20 from 2 pm - 4 pm at Lower Treman**



You are all invited to join in special summer activities,
organized by Michael Margolin.

Meet at Lower Treman and take a nature hike,
giving gratitude for the beautiful natural wonders of trees, plants and waterfalls.
We will end with swimming and a short and early Havdalah ritual to send us into the week!
Join us! Bring friends and family!

Designed especially for Tikkun v'Or Religious School families, but fun for all ages!

RSVP appreciated but not required! <info@tikkunvor.org>

What to bring: bring things to walk, swim, eat and drink for your family and some to share if you can. We will provide some simple snacks as well.

Note that vehicle entry is \$8 (unless you have an Empire Pass)

Program Committee

ועד התכניות

Dinner and A Movie: Thanks to all who came out for movie nights during the cold, dark months of winter! I enjoyed the challenge of choosing films to watch and preparing meals for everyone. In the long run though, it is not sustainable for one person to pull off alone. I would love to get some input from others about movies and food and to make the whole project more of a community effort. If you are interested, it shouldn't require a commitment to do work for every event or even attend them all. If there is a movie you would like to watch together or you would like to contribute to one of the meals, please let me know. Or if you are good with the tech side of things, let me know if you would like to help with that. I could use assistance with promotion of the series as well. If you are interested in helping or have ideas about how to better organize the events, please let me know.

Other Programming: As you may know, there has not been a standing Programming Committee for years. Most of the programming has been organized by individuals or on an event by event basis. I don't expect this to change much. However, with more input, we will enjoy more frequent and varied programming. Also, Alita Howard has stepped up with ideas on how to involve more people and streamline the process for members to help sustain the community events that we enjoy every year. Again, if you want to get more involved on a regular basis, or just have an idea or regular event that you are passionate about, please get in touch with Aron Gutman.

Mazel tov!

מזל טוב

Mazel tov to our recent bnot mitzvah:

Samara Schwartz, daughter of Kathy Lacson and Peter Schwartz;

Maren Friedman, daughter of Joan and Josh Friedman;

Ezri Rubenstein-Miller, daughter of Sarah Rubenstein-Gillis and Eric Miller.

Religious School

בית ספר תיקון ואור

Religious School classes ended in May with amazing lessons.

Gan and Kitah Alef א כיתה (K/grade 1) planted flowers and learned about the importance of caring for the earth. They formed letters of their neams in Hebrew with playdough.

Kitah Bet/Gimel ב/ג כיתה (grades 2/3) learned about Jewish humor and history. What makes humor Jewish? Maybe a funny Yiddish word, a pun, or something about a familiar holiday. They read stories about the silly people in the fictional town of Chelm, as well as biographies of famous Jewish people.

Kitah Daled/Hey ד/ה כיתה (grades 4/5) shared favorite Passover moments. They ramped up their Hebrew studies to give themselves a head-start for next year. What did this look like? Hebrew letter Twister, Hebrew reading Jenga, Hebrew word throw, and enthusiastic singing of the Friday evening kiddush.

Kitah Vav/Zayin ו/ז כיתה (grade 6/7) delved into the history and current situations of anti-Semitism. They talked about Anne Frank while hiding in the coat closet. They shared their own experiences with anti-Semitism and racism. Their understanding and experiences were incredibly mature and nuanced. They practiced saying the Mourner's Kaddish.

At our siyyum (concluding ceremony on the last day of classes), we were also happy to bring donations of books for Ezri's tikkun olam project, bags for Maren's project, and raised \$155 for ACEing Autism, in memory of our beloved teacher Paul Machlin.

Mazel tov to our Religious School graduates: Jay Hirsh, Samara Schwartz, Sabrina Gerson, Abe Sachs, Louis Enns, Ezri Rubenstein-Miller, and Maren Friedman. We look forward to seeing them as active members in Teen's V'Or and as madrichim!

We look forward to continuing to see you at Teens v'Or events and as madrichim!

Religious School registration for the 2019-2020 school year is now available at www.tikkunvor.org or email: info@tikkunvor.org. Tuition Assistance is available thanks to the Ithaca Area United Jewish Community (IAUJC). Applications are on our website.

Condolences

תנחומים

Tikkun v'Or sends our condolences to Sherry and Peter Burford. Dorothy Pollack, mother of Sherry Burford, passed away suddenly on May 16 in Silver Spring, MD at the age of 94.

May her memory be a blessing.

Feeding the Hungry: Machil Re'avim

מאכיל רעבים

Tikkun v'Or helps the Rescue Mission Friendship Center provide 30,804 meals a year, by making 60 lunches for the 4th Thursday of each month.

Thanks to those who made lunches recently:

April: Harriet & Howard London, Sue Merkel & Joe Yavitt, and Paul Debbie

May: Deb Miller, Daniel Sverdlik, Alita Howard, and Paul Debbie

If you would like to help, please contact Dorothy Debbie at dorothynotwork@gmail.com or 272-3893. Families welcome!

For those of you who would like to help out but can't come make the lunches, you can still contribute financially by donating to the TvO Feeding the Hungry Fund to used to reimburse the person who buys the supplies.

Bereavement Support Group

The Bereavement Support Group of Congregation Tikkun v'Or formed in 2013 with the kavana or intention of assisting Congregation members and others when they are anticipating the death of a loved one or following a death. Our kavana is to honor the spirit and traditions of Judaism, but also suggest ways to adapt traditional practices for modern times and for our multicultural community. In each TvO newsletter we will write a column about some aspect of bereavement. This issue, we take a look at the rituals of a Jewish funeral.

What constitutes a Jewish funeral?

There are many decisions to make when a loved one dies. Entwined in these decisions is whether to honor all or some Jewish rituals. Here's a condensed look at the major customs observed traditionally in Judaism following a death:

Why the hurry?

A Jewish funeral typically takes place within 48 hours after death, in part because in Jewish tradition the body of the deceased is not preserved with embalming fluids. Jewish funeral practices are guided by k'vod hamet, respect for the dead. Practices that disturb, attempt to preserve, or are invasive of the body have traditionally been viewed as disrespectful. Thus embalming—and also cremation—have not been part of Jewish tradition. This is in keeping with the Biblical phrase, “For dust you are and to dust you shall return” (Genesis 3:19).

For a variety of reasons, some Jews do choose embalming or cremation. These are very personal decisions and will be treated with respect at Tikkun v'Or. If cremation and/or embalming are being considered, it should be recognized that most Jewish cemeteries will not permit burial of embalmed or cremated remains.

It is also entirely acceptable at TvO to delay the funeral to enable far-flung loved ones to gather. Another note is that Jewish funeral services are not held on Shabbat, High Holy Days, or the first and last days of Sukkot, Pesach, or Shavuot.

How is the body prepared for burial?

For centuries, Jews were buried in white linen burial shrouds. This tradition is in keeping with the Jewish belief that a funeral should be simple, without display of wealth. Simplicity reinforces the Jewish concept that we are all equal before God.

Over the past generation, non-Orthodox Jews have often dressed deceased loved ones in street clothes. Most recently, many are going back to the traditional practice of using a shroud. It is also traditional to be buried with your tallit (altered by the removal of one fringe) and without any metal or jewelry.

Simplicity is also emphasized in the coffin, which traditionally is wooden and unlined, with no metal hinges, nails, or fasteners. This allows the natural effects of decomposition, and alludes again to the idea of going from “dust to dust.” Many of us have experienced funerals in which Jews are buried in elaborate coffins. Traditionally, elaborate coffins are seen as an undue expense and unnecessary ostentation, and many are returning to the more simple caskets.

Viewing (the public display of the body) is not a part of Jewish custom. However, prior to closing the coffin, some family members may want to see the body to help in facing the reality of death.

Traditionally, the purification ritual (tahara) and the “guarding” or “watching over” ritual (shmira) precede the funeral. We will go into detail on these practices in future columns.

What are some traditions surrounding the funeral service?

The funeral service usually includes the recitation of Psalms, a eulogy, and the El Maley Rachamim prayer. Funerals are generally followed immediately by a graveside service. Some families choose to have the entire service at the graveside, which further honors simplicity.

Traditionally members of the family or close friends are asked to be pall bearers, which is

considered a mitzvah. Traditional Judaism does not allow women to be casket bearers, but Reform Judaism has no such prohibition.

After the burial, upon leaving the grave, those in attendance who are not mourners form a double line facing each other, creating a pathway through which the mourners walk to receive words of comfort. Traditionally Jews do not offer words of consolation to mourners until after the burial, so this provides the first opportunity to express the traditional words of comfort, “May you be comforted among all the mourners of Zion and Jerusalem.”

Any words of sympathy may be said to the mourners as they pass through the double line. There is an expression in Hebrew that translates as, “Words from the heart go directly to the heart” and any kind expression that is honest and meaningful is appropriate.

More information about the Bereavement Support Group can be found on the Tikkun v’Or website under the “end of life” tab. Email us at: BereavementSupport@tikkunvor.org.

TBE MOVIE SERIES

The Temple Beth-El Arts Committee invites you
to a series of entertaining films of Jewish
interest to be shown in our Social Hall
(Corner of Tioga & Court St)

Thursday, June 27

Walk on Water Israel, 2004, 103 min, Hebrew, German, Arabic, English, Italian, Turkish, English subtitles

This colorful and very contemporary road movie takes its characters around Israel and later to Berlin as it examines the role the past still plays in the lives of the young people of Israel and Germany.

Thursday, July 18

Yoo Hoo Mrs. Goldberg USA, 2009, 92 minutes

A funny and surprising story of radio & television pioneer Gertrude Berg. Creator, star and writer of the hit sitcom *The Goldbergs*, Berg was the Oprah of her day. Her blend of comedy and social commentary—with Jewish characters at the center—endearred audiences and made her an American cultural icon.

Thursday, August 22

The Last Suit Spain, Argentina, 2018, 92 minutes Spanish, English subtitles
A Polish-born Holocaust survivor decides to travel from Buenos Aires to Lodz to fulfill a promise he made nearly 70 years earlier. He is helped along the way by a series of odd but caring people he meets during his journey.



Doors open at 6:30 for
refreshments and schmoozing
Screenings begin at 7 PM

\$8 at the door (cash or check
only please)
(helps to cover costs of refreshments and the fees
from the film distributors)

Open to the Public

Brought to us by:
Israeli Films, National Center for Jewish Film
and Outsider Pictures

Environmental Sustainability Work Group

Congregation Tikkun v'Or is proud to share an evaluation of improvements to our synagogue on Triphammer Road. More than two full years of operation with the upgrades in place have been analyzed and are slightly different than some numbers that were prematurely circulating in the community. In short: compared to years preceding the upgrades, carbon emissions have been slashed by 85%, natural gas use has been cut by 80%, electricity use has increased (by about 60%) as expected due to our conversion to air source heat pumps, and overall energy costs have been reduced by about a third (almost \$2000/year savings). In addition, our new heating system can be conveniently controlled and diagnosed remotely, and we do it all the time. For example, for special events, we adjust the temperatures remotely before and after the event.

The primary improvement we made was to convert our three central air conditioners to air source heat pumps. We replaced our furnaces, mainly due to their age and inefficiency, which now act only as backup for the heat pumps. We also added attic insulation, sealed ductwork, added weatherstripping to doors, installed LED lights, and put motion and photo-sensors on outdoor lighting. For four years we utilized an energy supply company (ESCO) that provided electricity generated from wind. More recently, we have committed to the purchase of all our electricity from a local community solar farm. We are encouraging our members to also consider signing up with the solar farm for their homes.

The energy improvements were motivated by one of our core values, protection of the environment, starting, but not ending, with the carbon footprint of our own building. Our members' generosity in funding a capital campaign is being leveraged in several ways. First, these one-time improvements generate annual cost savings and continuing atmospheric carbon reduction for decades to come. (Although there were no heat pump incentives when we did the project, substantial heat pump incentives, \$4000-\$5000 for a typical home, have recently been introduced by New York State.)

We have also reduced the load on the natural gas system in Lansing. As others do the same, we can hope to avoid the cost of a \$19 million gas pipeline that NYSEG had proposed and its impact on ratepayers and the environment that this investment would require.

We are also seeing unexpected benefits. For example, our new outdoor lighting controls have reduced light pollution, the attic insulation has reduced pipe-freezing problems, and drafts have been reduced in the building.

Finally, we are proud to hold up our modest accomplishment as a demonstration to our members and the community that we can each take part in the ancient Jewish tradition of Tikkun Olam, or "repair of the world."

In the near future, we are planning a heat pump workshop to share details of the installation. For more information please contact Ian Shapiro at imshapiro@taitem.com.

Ian M. Shapiro, Brian K. Heltsley, and Shawn Murphy

Tribute Cards

Tribute cards have been sent:

To Sherry and Peter Burford in memory of Sherry's mother, Dorothy Pollack

From Beth Cohen, Suzanne Aigen, Ann Wexler and Tony Gaenslen

To the Schwartz/Lacson family in honor of Samara's bat mitzvah

From Ann Wexler and Tony Gaenslen

Many Thanks

רב תודה

Thanks to:

- Recent service leaders: Carol and Sam Shama, Marne Oshae, Omega Hollies, Cantor Abbe Lyons and the vav/zayin (6th and 7th grade) class, Rabbi Brian, Michael Margolin, and Richard Rosenfield;
- Recent oneg hosts: Ann Hoffman, Annie Wexler and Tony Gaenslen, Patti Jacobson, the families of vav/zayin, Kathy Lacson and Peter Schwartz (in honor of Samara's bat mitzvah), Joan and Josh Friedman (in honor of Maren's bat mitzvah), Sarah Rubenstein-Gillis and Eric Miller (in honor of Ezri's bat mitzvah, Lise Rosenfield);
- Weekend coordinators Lois Levitan, Alita Howard, Anne Brous, and Aron Gutman, Laurie Willick and Miranda Phillips and Each for All volunteers Maggie Gerson, Melissa Enns, Sandra Thananart, Jonathan Bael, Maggie Gerson, Sabrina Gerson, Will Fudeman, Ann Wexler, Tony Gaenslen, Melanie Lefkowitz, Alex Elia, Lisa Ellin and Jay Hirsh, and Joan and Maren Friedman, Aaron Sachs, and Melissa Enns, and Kathy Lacson, Christine Evans, Abe Sachs, and Zoey Zentner.

Donors

צדקה

Many thanks to our recent donors:

General Fund:

Ira & Anne Brous

Tribute card donations:

Ann Wexler and Tony Gaenslen

Nediv Lev 2019:

Shawn Murphy
 Corinne Stern
 Mark Lenzenweger & Lauren Korfine
 Hallie Mitnick
 Leslie Adelson & Larry Bieri
 Laurie Willick & Alexi Zentner
 Joseph Yavitt & Sue Merkel
 Karen Baum & Edward Thomas
 Ann Hoffman & Brian Heltsley
 Ira Kamp, Ira & Marne O'Shae
 Will Fudeman
 Fran Markover & Ron Schoneman
 Patti Jacobson & Alayne MacArthur
 Peter Silberman
 Carol Chernikoff
 Julie Gozan & Tom Keck
 Melissa & Peter Enns
 Suzanne Aigen
 Faith Rogow
 Peter & Sherry Burford
 Sherry Altman
 Cohen, Beth
 Samuel & Carol Shama
 Ash, Ethan & Rachel
 Doug Stayman & Nina Cummings
 Eleanor Frankel & Thomas Frank
 Judith Saul & Regi Teasley
 Miranda Phillips & Bobby Kleinberg

Ann Wexler & Tony Gaenslen
 Grace Horowitz
 Sharon Ziegler
 Timothy Bael & Sandra Thananart
 Robin & Edward Dubovi
 Gerry Friedman & Sally Dutko
 Ira & Anne Brous

To help others attend the seder:

Alita Howard & Karl Smolenski
 Joel & Joan Abrams
 Carol Chernikoff
 Harold Herman
 Sally & Gregory Ezra
 Ira & Anne Brous
 Ann Wexler & Tony Gaenslen

To the Kitchen Cupboard in honor of Passover:

Alita Howard & Karl Smolenski
 Joel & Joan Abrams
 Finkle, Diana
 Sally & Gregory Ezra
 Gavin Sacks & Amanda Garris
 Naomi Crimm
 Ted Schiele
 Joyce Morgenroth
 Joseph Yavitt & Sue Merkel
 Ira & Anne Brous

For the Freedom Seder:

Sharon Ziegler

Thanks to the IAUJC (Ithaca Area United Jewish Community) for grants benefitting the Religious School, especially the scholarship fund.

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

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

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