



Congregation Tikkun v'Or

Ithaca Reform Temple
Spirit • Community • Justice

High Holidays 2019 Days of Awe 5780

ימים נוראים

*High Holy Day services will be held at the First Congregational Church, 309 Highland Rd.
Please see pages 2-3 for more information.*

Rosh Hashanah

ראש השנה

SELICHOT	7:30-8:30 p.m.	Saturday, September 21
<i>Anne Brous will lead this service at the synagogue, providing an opportunity to prepare for the High Holy Days.</i>		
ROSH HASHANAH EVENING	7:00 p.m.	Sunday, September 29
ROSH HASHANAH MORNING		Monday, September 30
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, other prayers
Torah Service	10:30-11:15 a.m.	Reading Torah, interpretation, communal aliyot
<i>Children's Services</i>	<i>10:45-11:15 a.m.</i>	<i>See details on page 6</i>
Rabbi's Sermon	11:15-11:45 a.m.	
Shofar and Kaddish	11:45 a.m.-12 p.m.	
Shofar Service	12-12:15 p.m.	
Kiddush, Apples & Honey	12:15 p.m.	
Tashlich	1:00 p.m.	<i>See details on page 6</i>

Yom Kippur

יום כפור

YOM KIPPUR KOL NIDRE	6:45 p.m.	Tuesday, October 8
YOM KIPPUR SERVICES		Wednesday, October 9
MORNING		
Preliminary Morning Service	9:00-9:15 a.m.	Blessings, songs, chants, silent meditation
Morning Service	9:15-11:00 a.m.	Barchu, Amidah, Shema, Avinu Malkenu and other prayers
Torah Service	11:00 a.m.-12:15 p.m.	Reading Torah, interpretation, communal aliyot
<i>Children's Services</i>	<i>11:15 a.m.-12:00 p.m.</i>	<i>See details on page 6</i>
Rabbi's Sermon	12:15-12:45 p.m.	
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, in Room 10-11
Meditation	2:15-2:45 p.m.	Led by Ira Kamp, in Room 10-11
The Isaiah Challenge	3:00-4:15 p.m.	<i>See details on page 4</i>
Discussion with Rabbi	4:30-5:00 p.m.	<i>See details on page 6</i>
Avodah Service	5:00-5:30 p.m.	<i>See details on page 6</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 Services at the First Congregational Church

We are delighted to be holding our High Holy Day services at the First Congregational Church (FCC) this year! There is an abundance of space, and the church leadership has welcomed us with the most open arms one could imagine.

The change in venue is also part of a collaboration that began last winter. FCC is a congregation much like ours—its members prioritize inclusion and creating a welcoming environment, and they have a commitment to social justice that is exemplified by their recent decision to become a Sanctuary Church. We are so fortunate to receive their generosity.

But, of course, it will be different than what we became used to at the Hangar Theatre. The information below is an attempt to share all details about the space. There may be some bumps as we reconfigure our services to the FCC. Please know that we are working hard to figure out everything in advance and there will be time later this fall to assess how it went and what we might improve in the future.



Getting there: The Church is a bit hidden among the winding streets in Cayuga Heights. The address is 309 Highland Rd., with the parking lot on Country Club Rd., which is a cross street.

From Triphammer Road:

- ❖ Turn onto Oak Hill Rd.
- ❖ After about one-quarter of a mile, bear left at the V and you will come to a stop sign.
- ❖ Make a left onto Highland Ave.
- ❖ Go one block and make a left onto Country Club Rd. Make a right into the Church's parking lot.

Parking: The main parking lot should accommodate all our cars, and there is also a small parking lot above the main lot. There are four accessible spaces in the main lot and two in a small parking lot below the main lot. There are elevators and lifts throughout the building, allowing those in wheelchairs or using walkers to access all the different levels. For those needing accessible spots, using the main parking lot should be the more convenient option, but the lower lot is fine, too.

No car (or wanting to go green this holiday)? There is a bus stop right in front of the Church serviced by the Route #30 TCAT bus, which runs every 15 minutes from early morning until 9 p.m. and goes to Collegetown, the Commons, and the Shops@Ithaca Mall. You may also contact Peter Silberman, who will arrange for someone to drive you: silbermanp@gmail.com.

Navigating the FCC:

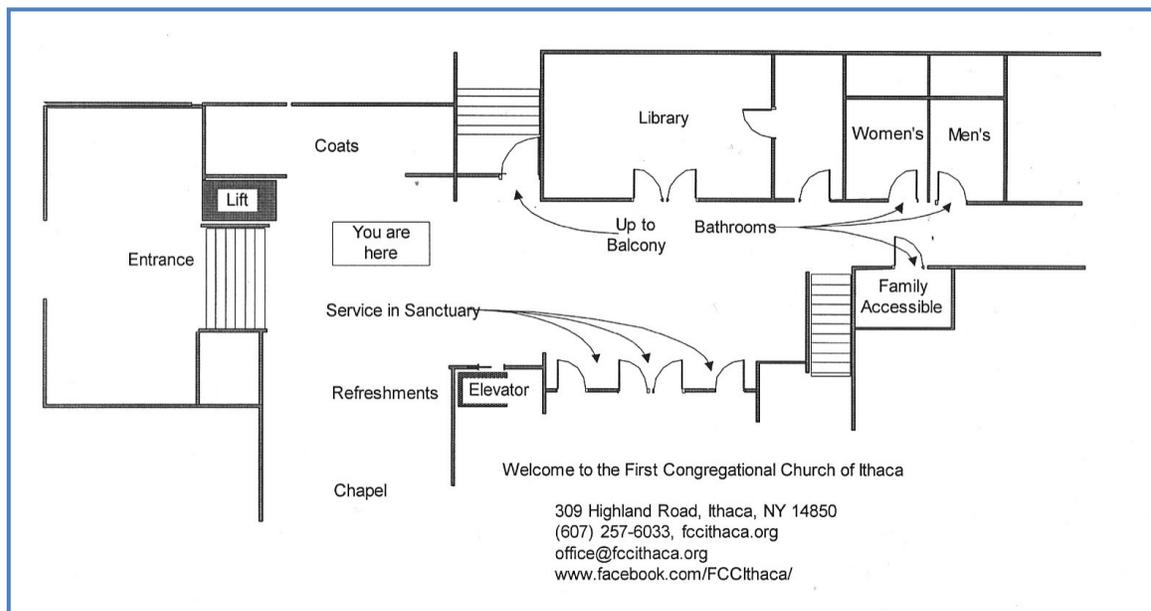
- ❖ To enter the building, please use the main doors, which are the ones facing Country Club Rd--see photo above. (If you use the lower parking lot, go through the doors on the same level as the lot and use the elevator to take you to the main level.)
- ❖ As you enter the building, walk straight ahead to get to the sanctuary. There is a short flight of stairs to navigate, and there is also a lift next to the stairs.
- ❖ Next to the main sanctuary is a small chapel. Please feel free to use this area if you or your children would like a break from services. It is a spot where you can talk softly but still hear the services through a sound system.

- ❖ Childcare and children’s services will be in two places. Preschool age children will be on the upper/main level in Room 1-2. Children ages 6-10 will be downstairs in Room 10-11. Ushers can direct you to these rooms.
- ❖ Yoga and meditation (on Yom Kippur afternoon) will be held downstairs in Room 10-11.
- ❖ The Rosh Hashanah evening oneg will be held in an area just outside the sanctuary, and the Rosh Hashanah day oneg and break-the-fast will be held downstairs in Fellowship Hall.

Sanctuary: The FCC sanctuary space is very large and will easily accommodate us. Some notes to keep in mind:

- ❖ We will be sitting in pews. We encourage everyone to bring a pillow or two to sit on or against. There is plenty of seating and we will not be using the balcony space.
- ❖ If you are in a wheelchair, there are two open spaces next to pews where you can sit in your wheelchair. There is also some open space at the front of the sanctuary. It would be best if your wheelchair is not left in the aisle. Ushers will be on hand to help you find a space that is comfortable for you.
- ❖ If you use a walker, it would be best if your walker is not left in the aisle. An usher can move it to the back of the sanctuary, if needed, and bring it to you at the end of the service. It can also be placed at the side of the pews close to the walls.
- ❖ If you are hearing impaired, you can either borrow one of the six hearing devices that the FCC has available, which receive sound via an infrared system OR if you have a hearing aid with a T setting (telephone) you can switch to that setting and pick up sound transmitted from a hearing loop located in the floor of the sanctuary.
- ❖ Similar to what we did at the Hangar, if you are participating in an honor, approach the bima area at least five minutes in advance of when you will be reading/chanting/singing and there will be seats reserved in front of the bima.
- ❖ Please be aware that the FCC hosts a preschool program that will be in session during daytime services on both Rosh Hashanah and Yom Kippur.

The map below details the entrance and main level of the FCC that leads to the sanctuary.



Congregation Tikkun v'Or

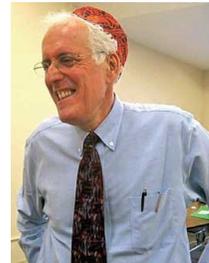
The Isaiah Challenge 2019/5780

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/discussion on Yom Kippur, with one or more social justice leaders who devote their lives to justice.

Isaiah's Call for Justice in Our World in 2019 ***An Interfaith Conversation between Local Religious Leaders***

How do we bring Isaiah's message to our communities?
How do we stand in solidarity with one another in this challenging time?

Yom Kippur, Wednesday, October 9, 3:00 – 4:15 pm
First Congregational Church of Ithaca
309 Highland Road, Ithaca



Reverend David Kaden, Senior Minister, First Congregational Church of Ithaca
Mahmud Burton, President, Al-Huda Islamic Center; Co-founder, Islamic Community Outreach Services
Reverend Debbie Bennett Reynolds, Pastor, First Baptist Church
Rabbi Brian Walt, Congregation Tikkun v'Or, will moderate and also participate in the conversation.

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. He has three children, Galya Walt, Benjamin and Chana Joffe-Walt, and three grandchildren, Jacob, Micah and Adam.

Tikkun v'Or High Holy Days 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:

- In the church, there is a small chapel next to the sanctuary where families can sit and talk quietly.
- If your children (or you) need a break, they can go outside, take a walk, have a snack, or sit in the small chapel 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.
- Childcare and children's services will be upstairs in Room 1-2 for preschoolers (same floor as the main sanctuary) and downstairs in Room 10-11 for ages 6-10.

This year, children's services will be taking place during the Torah service. Children are encouraged to be in the sanctuary as we take out the Torah and make a procession around the sanctuary, and then an announcement will be made about the children's services. Parents are welcome to join in the children's services or to stay in the main service. After the children's services, children older than 10 are encouraged to join again in the main service for the Rabbi's sermon. Childcare for younger children will continue until the end of the morning services.

New this year: With the extra space at the FCC, we will be able to offer childcare for evening High Holiday services and during the Isaiah Challenge (in Room 1-2).

Tikkun v'Or High Holy Day Services & Activities for Children

ROSH HASHANAH: Monday, September 30

- **For preschool children** (ages 2-5): There will be childcare throughout the service, with a children's service for this age group from 10:30-11:15 a.m., all held upstairs in Room 1-2.
- **For elementary school age children** (ages 6-10): There will be childcare from 9:00-10:30 a.m., with a children's service for this age group from 10:30-11:15 a.m., all held downstairs in Room 10-11.

YOM KIPPUR: Wednesday, October 9

- **For preschool children** (ages 2-5): There will be childcare throughout the service, with a children's service for this age group from 11:15 a.m.-12:00 p.m., all held upstairs in Room 1-2.
- **For elementary school age children** (ages 6-10): There will be childcare from 9:00-11:00 a.m., with a children's service for this age group from 11:15 a.m.-12:00 p.m., all held downstairs in Room 10-11.

There will be ushers on hand to direct you to the childcare rooms.

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. This year, we will drive down to Stewart Park to conduct the Tashlich service.

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 10. Information about placing photos or objects on the Table of Remembrance is on page 7.)

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. We also encourage everyone to bring their own plates and utensils to cut down on throwing away paper and plastic.

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 throughout Yom Kippur (both evening/Kol Nidre and daytime) services. 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.

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.

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 31) through Yom Kippur (October 9) 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:

Our God and God of our
people, may this new year
be good for us and sweet.

Yehee ratzon milfanecha
Adonai eloheynu vaylohay
Avoteynu ve'imoteynu,
She'techadesh aleynu
Shanah tovah umehtuka

יהי רצון מלפנך
יי אלהינו ואלהי
אבותינו ואמותינו
שתחדש עלינו
שנה טובה ומתוקה

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. Send the names you would like read, the relationship of the person to you, and, as appropriate, the pronunciation of the name. Also please indicate whether the person has died since last Rosh Hashanah, and the date of his or her passing, if you wish.

We appreciate getting names in advance.

Email names as soon as possible to Nomi Talmi at: eema.nomi@gmail.com.

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.

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

Temple Donations

CONTRIBUTIONS TOWARD HIGH HOLY DAY EXPENSES ARE VERY MUCH APPRECIATED.

A DONATION ENVELOPE WILL BE AVAILABLE IN YOUR BOOK AT HIGH HOLY DAY SERVICES.

OR YOU MAY SEND A DONATION TO BOX 3981, ITHACA, NY 14852. THANK YOU.