



**Congregation
Tikkun v'Or**

Ithaca Reform Temple
Spirit • Community • Justice

**High Holidays 2020
Days of Awe 5781**

High Holiday services will be held on Zoom, led by Rabbi Shahar Colt.

To receive the Zoom links for services, see page 2.

To receive a printed machzor, see page 2.

Please read through this entire guide to understand how services will be conducted this year.

SLICHOT 8:00 p.m. **Saturday, September 12**
Visiting Rabbi Shahar Colt will explore core High Holiday traditions (where do they come from and what are their aims?) including the tradition of Teshuvah. More details are on page 5.

Rosh Hashanah

ראש השנה

ROSH HASHANAH EVENING 7:00 p.m. **Friday, September 18**

ROSH HASHANAH MORNING **Saturday, September 19**

Morning Service	9:30-11:30 a.m.	
Torah Service	10:30 a.m.	
Rabbi's Sermon	11:00 a.m.	
Shofar Service	11:15 a.m.	
Apples & Honey Picnic	noon	See details on page 5
Tashlich	1:00 p.m.	See details on page 5

Yom Kippur

יום כפור

YOM KIPPUR KOL NIDRE 6:45 p.m. **Sunday, September 27**

YOM KIPPUR SERVICES **Monday, September 28**

Morning Service	9:00-11:30 a.m.	
Torah Service	10:30 a.m.	
Rabbi's Sermon	11:00 a.m.	
Return of Torah to Ark	11:15 a.m.	
<i>Break</i>	11:30-12:30 p.m.	
Yoga	12:30-1:15 p.m.	Led by Jody (Jyoti) Kessler
Meditation	1:30-2:15	Led by Ira Kamp
The Isaiah Challenge	2:30-3:45	More details to come through enews
Avodah Service	4:30-5:00	See details on page 5
Discussion with Rabbi	5:00-5:30	See details on page 6
Yizkor	5:30-6:15	See details on pages 6 and 10
Neilah/ Havdalah/Shofar	6:15-7:15	

Children's programs will be held separately. Please see page 5.

ABOUT TVO HIGH HOLIDAY SERVICES ON ZOOM

To participate in services, you must register beforehand in order to receive the Zoom links.

If you are a member of TvO: you will receive an email with instructions on how to register.

If you are **not a member of TvO:** you may obtain the registration link by sending an email to: info@tikkunvor.org

Once you obtain the Zoom links, we ask that you do not share them publicly. However, we do encourage you to spread the word that our services, as always, are open to everyone and those interested should use the email above to register. Below are some more details on how we will conduct services via Zoom.

High Holiday Machzor: We have created a special prayer book specifically for the 5781 High Holidays in the form of a PDF file. If you have registered to attend a service, you will be sent a link to this file, which will be on the TvO website, on or around September 11. There are several options for being able to see the prayers in the machzor while looking at the Zoom screen:

- Open the file on the same computer you are using to access Zoom.
- Open the file on another device.
- Print out the prayer book file beforehand. (It is approximately 100 pages for all High Holiday services, and of course you can print out pages for just those services you will attend.)
- Request a printed copy **by Thursday, September 10** by sending an email to: naomi.wilensky@tikkunvor.org.

We would like to limit the number of copies printed, so please only request one per household. Include your address in your email and expect delivery a few days before Rosh Hashanah.

Zoom facilitators: For each service, there will be a host, a service coordinator, and two ushers.

- The host will post materials through screen sharing.
- The service coordinator will make sure anyone who is participating in the service is ready to go when it is their turn. If you have a pre-assigned role, you will receive an email with more specific information. You may also privately Zoom chat with the service coordinator.
- Ushers will answer questions through the chat function, mute people when needed, monitor the chat, and block anyone who is disruptive. If you are having a technological problem, please feel free to ask for help via the chat function by sending a private message to the usher, who will be identified by the screen name “Ask me questions.”

Recording of service: We ask that you do not record any of the services.

Taking a break: None of our services will exceed two and a half hours. But that is still a long time to look at a screen. If you need to take a break, turn off your video feed for a while. You will still be able to hear, but you could stretch or rest your eyes without distracting others online. It is also fine to leave services completely and log back on at a later time.

If you are looking for ...

How to offer names to be read at Yizkor ...	page 10
How to share your thoughts on Mitzvot and “missing the mark” ...	page 7
More extensive information on using Zoom ...	page 8
How to donate to Tikkun v’Or ...	page 10

FROM RABBI SHAHAR COLT, VISITING RABBI FOR HIGH HOLIDAYS

Dear Tikkun v'Or Community,

I am so delighted to be serving as your rabbi for the High Holidays this year. Of course, this is probably the weirdest High Holiday season of our lives, and I would so much rather be joining you in person than over Zoom. That said, every interaction I have had with your leadership and High Holiday planning committee has made me excited to figure out how to make these Yamim Nora'im, days of awe, indeed full of awe, joy, and meaning under these incredibly challenging, socially distant circumstances.

My connection to Ithaca originated through my spouse, who went to Cornell for her undergraduate degree. I knew she loved Ithaca but I didn't really understand why until several years ago when we came to attend a friend's wedding and I fell in love with the gorges and waterfalls. It felt like a truly magical place. Several years later, I met Rabbi Brian who spoke so highly of the community in Ithaca. It is an honor to be able to follow in the footsteps of such a leader of social justice oriented rabbinic work.



To give you a bit of my background, I live in Watertown, Massachusetts (next to Boston and Cambridge), and this summer I wrapped up five years of serving as Rabbi for Congregational Learning at Dorshei Tzedek in Newton, Massachusetts. I was ordained in 2016 at Hebrew College, and I joined the Reconstructionist Rabbinical Association this year. Before Rabbinical school I studied education, teaching middle and high school and working at summer camps and Hebrew schools.

Some fun facts about me include:

- I have used my bicycle as a primary mode of transportation year round most of my adult life.
- In recent years I've developed a print-making hobby, with the help of an antique set of Hebrew letter printing blocks.
- I love dancing. Since 2007 (!) it has been part of my regular Shabbat practice to take a Haitian folkloric dance class, and I miss it profoundly during these pandemic times.

I look forward to seeing your faces and hearing your voices during Tikkun v'Or's High Holiday programs and services this year. Please take a few minutes to read the other parts of this guide, which offer ideas about how to prepare for and get the most out of our unusual High Holidays this year.

L'Shalom,
Rabbi Shahar

PREPARING FOR HIGH HOLIDAYS IN 2020

BY RABBI SHAHAR COLT

To begin with, we have to acknowledge the profound spiritual loss that comes from not being able to gather in person for High Holidays this year. This is true, in different ways, whether you are just starting to check out Jewish practices, or you come once a year to hear the music, or Jewish rituals form the structure of your life. Somehow we have to acknowledge this loss.

Relatedly, we have to acknowledge that shifting our practices over to a Zoom platform cannot possibly be the same as gathering in person. Zoom was built for adults to have meetings and webinars. It is remarkable to me how many ways it has been adapted in the past five months to support all kinds of events, like religious services, birthday parties, and exercise classes. Yet there is no way to hold each other's hands or join our voices in song. This loss of physical proximity and easy shared participation in ritual requires us to reconsider what we can do together this year.

The Tikkun v'Or High Holiday planning team has been working diligently since early August to make services meaningful, but each individual may also need to do preparation of their own. To that end, here are some notes about the services and ideas for how to get the most out of them.

Follow your usual rituals: Consider how you would get ready to go to services in person, and do all of those things: Cook a special meal, wear your holiday clothes, get your journal out for reflection before, during and after the services, call your friends and family to wish them Shana Tova. If you have not done any of these things to prepare for High Holiday services before, consider doing one of them this year!

Create a sacred space: If you regularly use your device for work, email, and TV watching, what can you change to shift your experience away from these "regular" things and allow yourself to focus on the prayers and music of services? This may involve setting up your device in a different place, cleaning up your desk area, choosing a different Zoom background, or bringing some items of beauty and spiritual value to have nearby. Close your email and mute any notifications so you can focus more deeply.

Let us see each other: Keep your video on while you are "at services." One of the joys of High Holiday services is seeing the whole community come together, and we still want to see each other's faces! Knowing that you are on video may also help you stay focused on what is happening. Consider turning on and off the video only as you might take a bathroom break during regular services—breaks are necessary, but you came "here" for a purpose.

Plan to Participate: Sing along! Even though it can be weird to feel like you are singing to a computer, focus instead on the fact that you are singing with the community of Tikkun v'Or. Singing still moves our spirits, whether we are alone or in a group. There will also be opportunities to join breakout groups for greeting and welcoming each other, for discussion, and for socializing at the end.

This pandemic moment requires significant changes in our behavior and approach to our spiritual practice, but in closing I want to note that this is not the first time in Jewish history when we have had to radically renegotiate spiritual life. Way back in the first century, the Temple in Jerusalem was destroyed, and with it went the whole sacrificial system that had been the core venue for Jewish religious practice and the experience of divine forgiveness. At first, without the Temple, people did not know how to be Jews ... until the Rabbis developed a system of prayer to replace the sacrifices. The Judaism we have today is directly descended from their innovative approach. What innovations will we find this year that will transform our practices for years to come? I look forward to finding out alongside you.

MORE INFORMATION ABOUT OUR SERVICES

High Holidays for Children

Jewish Learning Experiences at TvO will be hosting High Holiday programs via Zoom. Jewish Learning Experiences (aka JLE) is the new name for our education program for children, formerly known as “Religious School.” We are all about experiencing Torah, history, art, dance, music, social justice activism, mitzvot, holidays, Shabbat, Hebrew, blessings, and more, while learning about ourselves, within the Jewish community.

Links to these programs will be publicized in the enews in the near future.

Sunday September 20: songs, stories, and conversations about Rosh Hashanah

9:30-10 a.m.	PreK/1 plus younger children welcome	Led by Rabbi Tziona Szajman
10:30-11:15 a.m.	Ages 6-12	Led by Naomi Wilensky

Sunday September 27: songs, stories, and conversations about Yom Kippur

9:30-10 a.m.	PreK/1 plus younger children welcome	Led by Rabbi Tziona Szajman
10:30-11:15 a.m.	Ages 6-12	Led by Naomi Wilensky

Slichot led by Rabbi Shahar **Saturday, September 12, 8:00 p.m.**

We can feel the reverberation of Jewish time through our holidays, agricultural cycles, and Torah stories. Traditionally, the month of Elul leading up to Rosh Hashanah is a time of Teshuva, deep reflection, and returning to the people we want to be. But unlike Chanukah or Purim, which have powerful and well-known stories associated with them, what Torah stories are relevant in Elul? Our tradition relates that during Elul, Moses was alone with God on Mt. Sinai, in the process of receiving the second set of tablets (since he had smashed the first set in his anger about the golden calf.) In our Slichot program this year we will explore Moses’ experience and the meaning of those two sets of tablets for our own Teshuva processes. Our learning will be framed with ritual.

All are welcome, and no previous experience with Jewish study or prayer is necessary. Please bring a candle and a journal or other means for collecting your thoughts. (I will invite people to close out any other programs on their computer, but if you prefer to write on a computer, that is fine.) The link for this service will be publicized in the enews in the near future.

Picnic & Tashlich **Rosh Hashanah, Saturday, September 19, noon & 1:00 p.m.**

Since most of our Rosh Hashanah as a community will happen via Zoom this year, we are excited to invite you to a physically distanced but socially connected, bring-your-own-everything “Apples and Honey Family Get Together” and “Shofar and Tashlich” after Rosh Hashana services. The Family Get Together will begin at noon on the west end of Stewart Park (near the boat house) followed by a Tashlich service led by Jeff “Sparks” Bercuvitz at 1:00 p.m. Bring your mask and join us for one or both events if you are healthy and feel comfortable doing so. COVID safety guidelines must be followed by all participants. Inclement weather date will be Sunday.

Avodah Service led by Michael Margolin **Yom Kippur, Monday, September 28, 4:30 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. Since the destruction of the Temple, Jews have marked this event during the Avodah service on Yom Kippur, 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.

Discussion with the Rabbi

Yom Kippur, September 28, 5:00 p.m.

Rabbi Shahar would appreciate knowing beforehand thoughts and questions from those who will be participating in the discussion. Please provide brief ideas you would like to share and have the Rabbi respond to; questions you would like her to answer; and/or reactions you have to ideas she presented over the High Holidays.

Please enter your comments and questions on a Google Document set up for this purpose (click [here](#)) or email them to Anne Brous (anne@ithacabakery.com) or Peter Silberman (silbermanp@gmail.com).

Yizkor Service

Yom Kippur, September 28, 5:30 p.m.

Our Yizkor service will be a space dedicated to honoring the memory of important people in our lives who are no longer alive. It will follow a similar format as previous years, including music, reading of names, opportunity for prayer and reflection, and some sharing in commemoration of lives lost this past year. While it is traditional to attend Yizkor services only after the death of one’s parent, all are welcome to join in this space of communal memory, whether you have experienced a loss or wish to witness and support others. Please see page 10 for offering names to be read.

CONTINUING TIKKUN V’OR TRADITIONS ON ZOOM

Congregant Participation

Like in past years, there will be quite a lot of lay participation in services, from congregants reading English translations of prayers, to reciting their poetry, to reading Torah, to blowing the shofar. If you are doing a reading and are unsure of what to do or when to unmute yourself, please use the chat function to “private chat” with the service coordinator, who will be identified by the screen name “coordinator.”

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 readings. However, instead of inviting everyone in each Aliyah group to unmute, one person will be selected to represent the group. Everyone else who wants to join in a particular Aliyah can use the “reaction” button (on the bottom right of the Zoom screen) to raise their hand or put thumbs up. These icons will appear on your Zoom frame until you toggle them off, so when your Aliyah is done, please remember to lower your hand.

On Rosh Hashanah we will invite all those who want to honor new beginnings, such as welcoming a child or grandchild into their family, starting a new job or relationship, and so forth. A second Aliyah will honor those working toward building a more just and peaceful society. On Yom Kippur, we invite all those who have experienced the death of a loved one, have had a close encounter with death, or who are recommitting to choosing life. Also on Yom Kippur, we will have an Aliya to honor TvO leaders, including current board members and past presidents.

Mitzvot, and Ways We've Missed the Mark

It is a Tikkun v'Or Yom Kippur tradition to share both the mitzvot we have done this year and how we have "missed the mark." If you would like to share either, please do so (anonymously) on a Google document set up for this purpose (click [here](#)) Two congregants will read these aloud during our Yom Kippur morning service.

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. Even though we will not be together in the same physical space, we will be together in spirit, and we will see each other on our screens.

High Holidays Tzedakah

We have a long-standing tradition of collecting healthy snacks and juices for GIAC's after school programs. GIAC is currently closed due to the pandemic and we will instead make similar donations to the Southside Community Center.

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

Please drop off your donations between September 12 and September 18 to one of these locations:

- Ithaca Bakery, 400 North Meadow St., look for a box by the south entrance in the foyer
- The porch of Elly Frankel, 108 Cornell St.
- The porch of Miranda Phillips, 402 Utica St, box will be on Tompkins-side porch
- The porch of Faith Rogow, 512 South Plain St.

Or bring them to the synagogue on: Sunday, September 6, 10 a.m. - 12 p.m. *or* Tuesday, September 8, 5:30-7 p.m.

Table of Remembrance

On Yom Kippur we normally have a table of remembrance on which people place a photo or meaningful object related to someone they will be remembering during the day and during our Yizkor service. Consider setting up your own table of remembrance in your home that will serve as a place for prayer and reflection during the day.

Yoga

The yoga session on Yom Kippur afternoon will be a gentle class, appropriate for all levels, including those who are fasting. It is suggested you set up your computer so you can see the screen while also in a comfortable location.

ZOOM TIPS AND ETIQUETTE

If you are not familiar with using Zoom, please read the following tips:

Muting: The mute button is the icon of the microphone at the far left bottom of your screen. When you are muted, there will be a slash through it. If there is no line, you are not muted. To unmute, click once on the icon. To re-mute, click again (it is a toggle switch). Please stay muted at all times except:

- At the moment that you are leading the service (e.g., doing a reading, leading a blessing)
- If the leader has invited you to unmute
- If the leader has opened up mics so people can chat before or after events
- If you are participating in a discussion

IMPORTANT: When you have finished speaking, remember to re-mute.

Chat: If you need to speak with an usher or service coordinator, click on the “chat” button on the bottom of the screen. This will activate a side panel where you can see and send printed messages. The chat function will also be used by the service hosts to post links to readings, reminders, and announcements.

There are two modes for chat: “To Everyone” and “Private.” Be sure that the mode you intend to use appears in the text box that you type in (at the bottom of the sidebar) before you send a message. You can use “private” mode to send a message or question to anyone online and only they will see the message. With the possibility of more than 100 people online for the main services, please use private mode judiciously. Otherwise we may clog up the system’s bandwidth.

Speaker View: On the top of the Zoom screen you can choose the appearance of your screen. There is a grid/gallery view, where you can see twenty people at once. There is also a speaker view, which will provide a large image of the person speaking/singing and a few boxes alongside. Note that when the leader decides to share their screen, you will not be able to choose speaker view.

Signal Problems: If your feed keeps freezing, you can try logging out and back in. If that doesn’t help, try turning off your video by clicking the icon of the video camera at the bottom left of the screen. This uses less bandwidth and may stabilize your signal. People will no longer be able to see you, but you’ll continue to see and hear everyone else.

Breakout Rooms: We will use breakout rooms for discussions. You will be automatically and randomly assigned to a group. If you need to leave that group or have tech issues with the breakout, click on the “leave room” button and you will be returned to the main room. When it is time to return to the large group, you will see a notice on your screen. You can click on the notice or just wait for the breakout session to end, at which point you will be returned to the full feed automatically.

Rules of Respect: Please be respectful of others. If you would not do something during live, in-person services, do not do it during Zoom services (or at least not with your screen on). This would include things like eating, disciplining a child, taking a phone call, rehearsing a dance routine, working out on your exercise equipment, knitting, and so forth.

Feel like you need even more information to get comfortable?

Before the holidays, check out: <https://support.zoom.us/hc/en-us> for tutorials.

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 through Yom Kippur 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 changes it inspires in our lives and 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 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. Do not 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
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Yizkor

יזכור

With the High Holidays 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 their passing, if you wish.

We appreciate getting names in advance. You may send information through this Google document (click [here](#)) or email names to Peter Silberman at: silbermanp@gmail.com.

We are also 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.

It is a Jewish custom to honor the memory of your loved ones with a contribution to the synagogue where you say Yizkor. When doing so, note that the donation is in honor of loved ones who have passed away.

Temple Donations

**CONTRIBUTIONS TOWARD HIGH HOLIDAY EXPENSES ARE VERY MUCH APPRECIATED.
YOU MAY SEND A DONATION TO BOX 3981, ITHACA, NY 14852. THANK YOU.**