

**Congregation
Tikkun v'Or**

Ithaca Reform Temple
Spirit • Community • Justice

**High Holidays 2021
Days of Awe 5782
ימים נוראים**

High Holiday services will be hybrid – in-person with simultaneous remote attendance via Zoom, led by Rabbi Shifrah Tobacman and the High Holiday Leadership Team.

Zoom links for services will be sent out in the enewsletter.

For information on the machzor, see page 2.

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

SELICHOT 7:00-8:30 p.m. **Saturday, August 28**
A TIME FOR COMPASSION: THE “GETTING-READY RITUAL” OF SELICHOT
(with Rabbi Shifrah) We hope you’ll join us for this special gathering focused on compassionate reflection and preparing us spiritually for the High Holidays. More details are on page 4

Rosh Hashanah

ראש השנה

ROSH HASHANAH EVENING 7:00 p.m. **Monday, September 6**

ROSH HASHANAH MORNING **Tuesday, September 7**

Morning Service	9:00-11:30 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 7:00 p.m. **Wednesday, September 15**

YOM KIPPUR SERVICES **Thursday, September 16**

Morning Service	9:00-11:45 a.m.	
Torah Service	10:30 a.m.	
Rabbi’s Sermon	11:00 a.m.	
Return of Torah to Ark	11:15 a.m.	
Break	11:45-12:30 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 5
Yizkor	5:30-6:15	See details on pages 5 and 9
Neilah/ Havdalah/Shofar	6:15-7:15	

- **Children’s programs will be held separately. Please see page 4.**

If you are looking for ...

How to offer names to be read at Yizkor ...	page 9
How to share your thoughts on Mitzvot and “missing the mark” ...	page 6
More extensive information on using Zoom ...	page 10
How to donate to Tikkun v’Or ...	page 9

Hybrid services: The Tikkun v’Or High Holiday planning team has been working diligently to prepare meaningful holiday experiences this year. We acknowledge the disappointment in not yet being able to return to full, in-person gatherings, where all of us can hug, and sing, and dance together. But we’re pleased that, COVID protocols allowing, we have created a set of hybrid services, with every household having at least one opportunity to attend a service in-person at TvO (albeit masked and distanced, as well as vaccinated and/or tested negative). All services will also be conducted via Zoom.

Zoom information: Zoom links will be provided in the enewsletter. For each service, there will be two Zoom facilitators, a host and an usher.

- The host will post materials through screen sharing.
- The usher 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 usher.
- The host 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 host, who will be identified by the screen name “Host”

In-person services

If you requested to attend services in person, please read carefully:

- COVID safety: Due to the seriousness of the Delta variant:
 - All in-person attendees must be vaccinated, or have a negative COVID test within 72 hours of service attendance.
 - Everyone please wear masks.
 - Windows will be open, weather allowing.
- Service assignments: To balance COVID space limitations with our wish to be together, we made sure that all who wish can attend at least one service in person. We worked hard to be as fair as possible; happily, with very few exceptions, everyone got their first or second choice. If you plan to attend in person, and agree to the above safety protocols: click [here](#), find your name, and change its font to bold. Any questions? Contact Miranda Phillips: phillipsville@gmail.com.

Please note: things could still change. If COVID worsens, we will revert to last year's model, with only the Rabbi and song leaders attending in person, and all others attending online.

High Holiday Machzor: Last year, we created a special prayer book for our High Holiday services. Many of you told us how much you appreciated this prayer book, so we will use it again this year. We will also prepare a separate short supplement document, with a few additional readings and prayers to complement last year's prayer book. The prayer book and supplement files will be on the TvO website on or around August 30.

There will not be printed copies available at the in-person services. If you would like a printed copy, you will need to print out the prayer book beforehand or have already submitted a request for a printed copy. Alternatively: If you prefer to avoid printing, and don't mind viewing your machzor on a screen, you can download it to an iPad, and bring that to services. Please make sure to download the machzor rather than

try to read it off the TvO website, there isn't enough bandwidth at the temple for streaming during services.

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.)

For those of you who submitted a request for a printed prayer book, pick-up and delivery will happen during the week before Rosh Hashanah, August 28-September 5

FROM RABBI SHIFRAH TOBACMAN

Dear Tikkun v'Or Community,

As TvO's new rabbi, it's a pleasure to be joining with you this year for our first High Holidays together. I look forward to a meaningful, inspiring, and awe-filled season.

Along with many Jews around the world, we'll be spending some time during the holidays discussing the *shmita* year, the culmination of a seven-year agricultural cycle in Torah. It's a year in which the ancient Israelites were instructed to forgive debt and allow the earth to rest. They were told to let the fields lie fallow, and allow those in need to harvest from the fruit of the trees. A rest for the earth. A reminder to act justly. A reminder that compassion is essential.

With this in mind, and even as we grapple with our own personal struggles, we'll lean into the three watchwords that anchor Tikkun v'Or's mission. Spirit. Community. Justice. And we'll use the wisdom of Jewish tradition to do so, accessing the spiritual tools of *tefillah* (prayer); *teshuvah* (reckoning, returning, re-connecting with our best selves); and *tzedakah* (often translated as charity, but perhaps more closely related to restorative justice.)

A common question I get these days is why I moved here from California this summer. Why uproot my established life in the San Francisco Bay Area to move to this new and unknown place? There are many answers to this, and you'll undoubtedly hear more about them over time. Some are climate related. Some are spiritual. Some are deeply personal. For now though, here's what it comes down to. Spirit, community, and justice.

Since I was a young adult, these aspects of life have been interwoven into the fabric of my own life and thought. Since becoming a rabbi six years ago, I served for several years as an interfaith chaplain. This was immensely rewarding. But I've also kept my eyes open for a community to serve as spiritual leader, one with whom to help weave the world in which we want to live. So



today, as the environmental and social urgency to repair, nurture, and wisely sustain Life accelerates on our beloved planet, well, it seems unsurprising that TvO and I would find each other now.

L'shana tova. Wishing you, and all of us, a year of *tikkun*, of healing and repair. May our *teshuvah* this season prepare the soil of our lives for the transitions that lie ahead, and for the transformations we seek. Thank you for your warm and gracious welcome into this lovely and resilient community.

-Rabbi Shifrah

MORE INFORMATION ABOUT OUR SERVICES

High Holidays for Children

We welcome children and their caregivers to services at Tikkun v'Or! Children learn about Jewish community and prayer by participating. At Tikkun v'Or, we believe it is the joy, privilege, and responsibility of all in our community to guide and nurture our children, and to learn from them. This year children's services will be youth-led, in person and online:

Tuesday, September 7, 4-5:30 p.m.:

Songs, prayers, torah reading and conversation for Rosh Hashanah

Children of all ages welcome

Led by kids ages 7 through 17, organized by Miranda Phillips and Michael Margolin

Wednesday, September 15, 4:00-5:30 p.m.:

Songs, prayers, torah reading and conversation for Yom Kippur

Children of all ages welcome

Led by kids ages 7 through 17, organized by Miranda Phillips and Michael Margolin

While you do not have to sign up for children's services, we appreciate knowing how many children will be attending, and whether you will join us in person or online. For more information about this service and how to let us know if you will be attending, click [here](#).

Selichot led by Rabbi Shifrah

Saturday, August 28, 7:00 p.m.

The process of *teshuvah*, of returning to our most whole and loving selves, doesn't only have to happen on the High Holidays. It's a process we can benefit from any time. It's also one that's easy to lose track of in the complicated nature of our lives. So we're especially reminded to take stock and make amends during the forty days leading up to Yom Kippur. A core aspect of this is nurturing compassion towards ourselves, other people, all living beings, and the earth itself.

We'll use special prayers and songs, known as *selichot*, as an entrée for considering where and how we want to nourish healing and compassion. There will be an opportunity to journal on key questions, so please bring something to write with or another way to collect your thoughts.

Like the high holiday services, this service will be hybrid, in-person with simultaneous remote attendance via Zoom. The link for this service will be publicized in the enews in the near future.

Picnic & Tashlich **Rosh Hashanah, Tuesday, September 7, noon & 1:00 p.m.**

Since much 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, September 12.

Avodah Service led by Michael Margolin **Yom Kippur, Thursday, September 16, 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.

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, Thursday, September 16, 5:00 p.m.**

Rabbi Shifrah 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. And if you can't figure out exactly what your question is in advance, or if you come up with one at the last minute, or if you're just curious, come and participate in the discussion anyways. We can't promise we'll get to everyone's questions, but we'll do our best.

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, Thursday, September 16, 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, whether they've passed recently, or in years past. We 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. All are welcome to join in this space of communal memory, whether you have experienced a loss or wish to witness and support others. Each person is also encouraged to follow the needs of your own grieving journey, and participate as much or little as makes sense for you. For those attending in person, please be punctual as the doors to the sanctuary will be closed at the start of this service. (Information about submitting names for Yizkor is on page 9. Information about placing photos or objects on the Table of Remembrance is on page 6.) Please see page 9 for offering names to be read.

CONTINUING TIKKUN V'OR TRADITIONS

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 at a service you will be attending in person, please check in with the usher when you arrive. If you are doing a reading at a service you are attending via Zoom 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 “usher.”

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, our Torah reading reminds us to “choose Life so that you and the generations after you shall live.” We’ll have one or two aliyot focused on the idea of re-committing to Life, our own and that of all on our beloved planet. Also on Yom Kippur, we will have an aliyah 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 not everyone will be together in the same physical space, we will be together in spirit, and we will see each other on our screens.

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. If you are not attending services in person, consider setting up your own table of remembrance in your home that will serve as a place for prayer and reflection during the day.

High Holidays Tzedakah

We have a long-standing tradition of collecting healthy snacks and juices for GIAC's (Greater Ithaca Activities Center) after school programs. We are continuing that tradition and as of last year we have added HHD donations to Southside Community Center. Anne Brous will be picking up donations from collection sites multiple times.

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, etc.) that can be mixed together with dried fruit to make trail mixes
5. Fruit cups
6. Any healthy snacks youngsters tend to like
7. **No foods with peanuts or tree nuts**

Please drop off your donations between August 28 and September 16 at 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 Carol Chernikoff, 801 N. Tioga St, drop off on Tompkins-side screened-in porch
- The porch of Faith Rogow, 512 South Plain St.

Or bring them to the synagogue if you are attending services in person.

During Services

When attending in person, 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. If you are joining services by Zoom, remember 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.

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.

REFLECTIONS AND SUGGESTIONS FOR THE DAYS OF AWE

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 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 do? Affirm and honor the many ways in which your life reflects 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 *tikkun olam*, the healing, repair, and transformation of our world?
- 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 (*chesed/rachamim*), justice (*tzedek/tzedakah*), love (*ahavah*) and joy (*simcha*) into my life and into the world?

Nurturing Self-Compassion

- Acknowledge and celebrate the many ways each of us is blessed and living a life of integrity. Always start with the positive!
- Think of small and manageable changes that you are able to make.
- 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.

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 name 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.

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.

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 DONATE ONLINE AT [HTTPS://TIKKUNVOR.ORG/DONATE/](https://TIKKUNVOR.ORG/DONATE/), OR SEND A DONATION TO
BOX 3981, ITHACA, NY 14852. THANK YOU.**

ZOOM TIPS AND ETIQUETTE

For everyone:

Compared to last year, most of us are much more familiar with online gatherings, but perhaps more for work or school than for spiritual pursuits. So to help you make the most of these hybrid holidays, here are some reminders about attending Zoom services:

1. 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 (it is traditional to wear white for Yom Kippur), get your journal out for reflection before, during and after the services, call your friends and family to wish them Shana Tovah/Happy Jewish New Year! If you haven't done any of these things to prepare for High Holiday services before, consider doing one of them this year!
2. 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? You might consider 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 and enhance your experience. Close your email and mute any notifications to allow you to focus more deeply during the service.
3. When it's possible and comfortable for you, keep your video on. Being able to see one another helps everyone feel the spirit of being in community.
4. Plan to Participate: Have a copy of the mahzor (prayerbook) within reach so you can follow along and join in the singing! If it feels weird to sing to a computer, focus instead on the fact that you're singing with the community of Tikkun v'Or. Singing still moves our spirits, whether we're alone or in a group. There will also be opportunities to join break out groups for greeting and welcoming each other, for study, for sharing the names of your loved ones who are ill or whom you are remembering, and for socializing at the end.
5. Take breaks. None of the services will exceed 2.5 hours, but that's 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'll 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.

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

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

Zoom controls: Controls including muting, video, chat, etc. can be found on the bottom of your computer screen. On an iPad the controls are at the top. If you can't find the control you are looking for, click on "More" and additional controls will appear. You can switch the appearance of your screen between grid/gallery view, where you can see multiple people at once, and speaker view, which will provide a large image of the person speaking/singing. The view choice can be found at the top of the screen (on the right on a computer and the left on an iPad).

Muting: The mute button is the icon of the microphone. 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 host, click on the “chat” button. This will activate a side panel where you can see and send printed messages. The chat function will also be used by service hosts to post page numbers, 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. If you’re trying to reach the host or usher, look for the person with “host” or “usher” next to their name. 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.

Signal Problems: If your feed keeps freezing, 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: Leaders may 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 main feed automatically.

Feel like you need even more information to get comfortable?

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