



**Congregation
Tikkun v'Or**

Ithaca Reform Temple
Spirit • Community • Justice

**High Holidays 2022
Days of Awe 5783
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, with musical spiritual leadership by Miranda Phillips, Richard Rosenfield, and Azameira.

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

For information on the prayer book, see page 3.

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

SELICHOT 7:30-9:00 p.m. **Saturday, September 17**
A TIME FOR COMPASSION: THE “GETTING-READY RITUAL” OF SELICHOT
(with Rabbi Shifrah) A 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	6:45 p.m.	Sunday, September 25
Led by Rabbi Shifrah Tobacman		
ROSH HASHANAH MORNING		Monday, September 26
Morning Service led by Rabbi Lenore Bohm	9:00-11:30 a.m.	
Congregant d’var Torah by Aaron Sachs	10:30 a.m.	
Torah Service	10:40 a.m.	
Shofar Service	11:15 a.m.	
Community Picnic	~noon	Details on page 5
Tashlich	1:00 p.m.	Details on page 5
Yom Kippur		יום כפור
YOM KIPPUR KOL NIDRE	6:45 p.m.	Tuesday, October 4
Led by Rabbi Shifrah Tobacman		
YOM KIPPUR SERVICES		Wednesday, October 5
Morning Service led by Michael Margolin and R. Shifrah Tobacman	9:00-12:00 noon	
Congregant d’var Torah by Sue Merkel	10:30 a.m.	
Torah service	10:40 a.m.	
<i>Break</i>	12:15-1:00 p.m.	
Youth services	1:00-2:00 p.m.	Details on page 4
Yoga	1:00-1:30	with Beth Cohen (zoom only)
Meditation	1:45-2:15	with Ira Kamp (zoom only)
The Isaiah Challenge – Luis Aguirre-Torres	2:30-4:15	Details on page 5
Avodah Service	4:30-5:15	Details on page 5
Yizkor	5:30-6:15	Details on pages 5 and 9
Neilah/ Havdalah/Shofar	6:15-7:15	

• **Rosh Hashanah youth programs will be held Sunday, September 25, during JLE. 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 vaccinated). 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 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”.
- 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.

In-person services

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

- COVID safety:
 - All in-person attendees must wear masks.
 - Everyone please be vaccinated.
- Service assignments: For COVID safety, all High Holiday services are limited to 75 people in person this year. All others are welcome to join us online. TvO members and their guests who requested (before the August 24 deadline) in person services can attend at least twice. Additionally, approximately 10 spots in each service have been saved for non-members who find us in the next month and need a place to go for the holidays. If non-members don't end up needing these saved spots, we'll give them to TvO members on waitlists. Service assignments are listed [here](#). Thank you for adjusting, again and again, to help us balance safety with our wish to be together. Questions? Contact Miranda Phillips: phillipsville@gmail.com.

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

Security

Keeping our community healthy is a top priority. We are equally committed to keeping everyone safe. One of the most effective ways that we can enhance security is by controlling access into our building. To that end, we plan to revive our greeter system which was put into place prior to the pandemic.

Two greeters will be stationed at the door: Greeters will be a welcoming and watchful presence before and during services, following the protocol outlined in this document: [The Power of Hello Guide for Houses of Worship](#). Because of our COVID protocol, Service attendees will be asked to sign up in advance, and sign in at the door. Once services begin, greeters will lock the doors and greet latecomers. In

the unlikely event that there is a threat to the community, greeters will alert folks to quickly exit the building and will call 911.

Parking

While we are overjoyed to be able to have in-person services at the temple, because our seating capacity has been expanded from last year, we may not have sufficient space in our parking lot for everyone. We encourage people to carpool, if possible, to reduce the number of cars needed to park. In addition to parking at the temple, parking will be available at Innovative Dynamics, the building just north of the temple on Triphammer Road (2569 N. Triphammer Rd.). If the temple parking lot is full, you can drop off your passengers in the circle then drive to the lot next door. A shuttle van will pick you up and transport you to the temple. After services, shuttle vans will transport people back to their cars. Please do NOT park along Burdick Hill or Triphammer Roads.

High Holiday Prayer Books

Several years ago, 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 continue to use it. We will also prepare a separate short supplement document, with a few additional readings and prayers to complement our prayer book. You can find the prayer book on the TvO website [here](#). The supplement files will be on the TvO website a day or two before each holiday.

To learn how to access a prayer book, for in person or online services, please see [here](#). If you've requested a printed copy, Naomi will let you know where you can pick yours up in your neighborhood between Sept. 20-25. Questions? Please contact Naomi: naomi.wilensky@tikkunvor.org.

FROM RABBI SHIFRAH TOBACMAN

Dear Tikkun v'Or Community,

It's been an honor to serve this community for the past year, and I'm looking forward to observing the High Holidays together once again, entering the new year with thoughtful, meaningful, and music-filled services. We'll take in the teachings and *kavannot* of TvO's professional and congregant spiritual leaders and musicians. We'll welcome guest Rabbi Lenore Bohm, who will lead services on Rosh HaShanah morning. Most of all, we'll benefit from the power of praying and being together during this potent season.

This year we'll be focusing on a three-part theme:

Return. Repair. Resilience.

Return — because each year at this time we engage in the very personal practice of *teshuvah*, an opportunity to search within for the ways we've been out of alignment with our own sense of integrity, that we've missed the mark with others, that we



might care for ourselves and each other more attentively in the coming year. We reset our spiritual and ethical compass.

Repair — because there are always threads in the fabric of our lives that can use repair, and because there is so much need in our world for *tikkun* (repair and transformation.) Our tradition gives us a guide for how we can live more fully into the values of love, justice and connection that we hold dear. Even as we move into an uncertain future, the High Holidays can help make way for the healing for which we yearn.

Resilience — because now more than ever our world is calling upon us to live and thrive in the face of challenges that we cannot fully imagine yet, but that we will face nonetheless. And it's calling upon us to help each other do so. We'll consider how we can celebrate life even as we honor the heartbreaking losses of our lives and times. We'll look at resilience from an individual, congregational, and societal point of view, considering how to hold ourselves and each other tenderly, and also accountable, as we strive for justice, navigate a climate in crisis, and care for our aching planet. We'll pose the question: how can we be more buoyant?

May your high holiday journey be rich and rewarding. May we uncover the healing we need.

B' tzedek v'shalom (toward wholeness and justice),
Rabbi Shifrah

MORE INFORMATION ABOUT OUR SERVICES

High Holidays for Youth

We welcome children and their caregivers to services at Tikkun v'Or! Youth 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 support our children, and to learn from them. Please join us!

This year youth services will be simultaneously in person and online. Due to space constraints, in-person service is for kids ages 7 through 18 and their families. But others are most welcome online.

We appreciate knowing ahead of time how many people will be attending.

For details about each service and to register, please see [here](#).

We look forward to celebrating with you!

Please contact Miranda with any questions: phillipsville@gmail.com

Selichot led by Rabbi Shifrah

Saturday, September 17, 7:30-9:00 p.m.

Selichot: Contemplative Preparation for the High Holidays

A contemplative and reflective ritual of song, poetry, and writing to help us prepare for the High Holidays. We'll consider what we'd like to focus on this season as we do our *teshuvah*, the healing and forgiveness that return us to aspects of ourselves and others that we hope to reclaim, redeem, renew, or remember.

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.

Community Picnic & Tashlich **Rosh Hashanah, Monday, September 26, noon & 1:00 p.m.**

Since some 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 “Community Get Together” and “Shofar and Tashlich” after Rosh Hashana services. The Community Get Together will begin a half an hour after the end of services (~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 lunch, blankets, apples & honey if you’d like, and join us for one or both events if you are healthy and feel comfortable doing so. COVID policy: blankets 8 feet apart, masks optional.

Isaiah Challenge Lecture **Yom Kippur, Wednesday, October 5, 2:30 p.m.**

Each year on Yom Kippur, TvO invites a guest from the broader community whose wisdom and experience can inspire us to pursue the Torah’s call to social justice. We do this in the tradition of the biblical prophet Isaiah, who raised his voice against inequity, and exhorted the people to take on this holy work.

In keeping with the synagogue’s upcoming climate justice initiative, we’re honored to be joined by Luis Aguirre-Torres, PhD., Director of Sustainability for the City of Ithaca, who will be this year’s Isaiah Challenge speaker.

Dr. Aguirre-Torres is in charge of the design and implementation of the City's decarbonization and climate justice strategies. He is also co-chair of the NY State Climate Impact Assessment, Society and Economy Technical Working Group. Prior to joining the City of Ithaca, he was the President and CEO of GreenMomentum, a think tank specialized in climate change legislation, as well as renewable energy deployment and financing. In 2012 and 2016 he was recognized by the White House for his work promoting climate justice in Latin America.

Avodah Service led by Jeff Bercuvitz **Yom Kippur, Wednesday, October 5, 4:30 p.m.**

It has become our tradition to hold a creative and participatory service to mark *our "holy of holies."* This is a moment in which we create a safe, reflective space for anyone who chooses to share something Real that is on your heart at this powerful moment on Yom Kippur afternoon. The broad prompt might be “The Work” or “Service,” two of the meanings of the Hebrew word *avodah*. In the Chasidic tradition, *avodah* suggests “divine service.” You are invited to share a poem, a song, body movement, an object that is holy for you, or perhaps a reflection on something that is coming up for you. This could be a response to some of the challenges of the past year and/or inspiration for the new year. It's possible that you might want to offer some personal response to the theme chosen for the chaggim at TvO this year, *"T'shuvah, Repair and Resilience"* but you do not need to do so. Jeff Bercuvitz will serve as our convener. Jeff notes: "I used to call this 'The Kleenex Service' because I was moved to tears so often by the *authenticity* of what people shared with the community in this forum. The *avodah* service is about gathering to go deep, to share and to *Witness*. These are not performances; they are *offerings* -- moments of genuine sharing. They should be no longer than two minutes each, in order to create space for all who might choose to share. Any responses should be silent. Absolutely NO applauding. No questions from those assembled. Just the gift of mutual Presence."

Yizkor Service **Yom Kippur, Wednesday, October 5, 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. Please see page 9 for offering names to be read. Information about placing photos or objects on the Table of Remembrance is on page 7.

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. Everyone online 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 are encouraging all TvO members and guests to bring collected offerings for our Rosh Hashanah/Yom Kippur community service donations. It has been our tradition to donate non-perishable collected items during the HHD season. We will be donating our items to the Southside Community Center's lunch program and food pantry. You can drop off donations at the temple if you are attending services in person or at Ithaca Bakery, 400 North Meadow Street, look for a box by the south entrance in the foyer. Drop-offs will be accepted between September 17 – October 7. We will deliver everything to Southside a day or two after Yom Kippur. Thanks to all who will join in this spirit of generosity representing the missions of our Congregation: Community, Spirit, Justice.

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**

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'tchadesh 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 for sharing the names of your loved ones who are ill or whom you are remembering.
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 don't see a toolbar at all, try using your mouse or cursor control to hover over the top or bottom of the screen, or over your square. Options should appear. 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). Note that when the Zoom facilitator spotlights a service leader, singer, or reader, you will not be able to change to the speaker or gallery view.

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.

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>.