



Congregation Tikkun v'Or

Ithaca Reform Temple
Spirit • Community • Justice

Issue 233: March-April-May Spring 2023

Adar - Nisan - Iyar - Sivan 5783

From Rabbi Shifrah Tobacman

דברי הרבא

Dear TvO Community,

“Before COVID,” a congregant said to me, “We used to do this all the time.”

This was after our B’yachad Climate Justice Tu B’shevat Seder on February 5. Over thirty people, young and old, celebrated the new year of trees at the temple, eating the special fruits associated with the holiday, singing, offering blessings, and learning about how we can make an impact together on issues of climate justice. As Rabbi Zalman Schachter Shalomi (z”l) said, “The only way to get it together is together.” So we’ve named our Climate Justice Initiative “B’yachad” (Together), because we can only get through the realities of the climate crisis together. But that isn’t the only reason that being b’yachad is critical in these times.

The person quoted above was referring to how the community used to get together regularly at the building to share Shabbat, holidays, bnei mitzvah celebrations, and food, as well as just to relish in each other’s company. As important as we’ve all come to realize it is to make electronic access available for community connection, this person was articulating many people’s longing to reconnect more in person. I understand. There is nothing like being in a room together, sharing in the spirit of a holiday, and enjoying the relationships, old or new, that we experience there.

This is a congregation with a lot of love, passion for justice, community spirit, and creativity. Of course people want to be together! I see this communal spirit when I’m working with an ill congregant or someone who has lost a loved one, and a whole team of people is organized to also provide support. I see it when our teachers, spiritual leaders, musicians, and families support our bnei mitzvah students in joyful celebrations of their spiritual journeys. I see it when members step up to lead services, lead programs, serve on committees, offer their musical talents, share their original poetry, organize for social justice, serve food to those in need, or offer support to refugees. I see it in the thoughtful conversations at Board meetings about difficult topics. I experience it in the thoughtful approach people take in meetings and educational sessions of the Avodah Committee, the Bereavement Support Group, the Visitors Working Group, and others.

On Tu B’shevat, I witnessed it in the joy in people’s faces at being together. And I witnessed it in the skill of my companions on TvO’s newly formed Climate Justice Council, who hosted the seder that day, and are leading the Climate Justice Initiative.

Don’t get me wrong. I’m very grateful for the ways that this and other communities have managed to stay afloat in the last few years, largely because we’ve learned to make use of online technology such as zoom. And I’m grateful that this technology also makes it possible for people to attend services and other events when it would otherwise not be possible.

On Yom Kippur two of our main leaders (myself and one of our liturgical singers), were

unable to attend in person because of COVID infection in our households. With the help of people who assisted in those roles in person, combined with the wonders of technology that allowed the two of us to participate via Zoom, we were able to provide a meaningful experience for those online and those at the temple. On Chanukah, when an ice storm made driving unsafe, we were still able to gather online to light candles, sing songs, and enjoy the warm glow of community. Members with health challenges, accessibility issues, conflicting travel, and day-to-day scheduling conflicts have benefited from the enhanced inclusivity and ease that online access makes possible. It helps us walk our talk as a welcoming community.

AND ... there is still that longing. There is the deep sadness so many of us have felt from the cumulative impact of not being in each other's physical company more often.

The Board has recently announced a change in our COVID policy, one that I support. We will be a mask-optional facility unless public health guidelines for our area indicate otherwise. We will also begin having onegs and sharing meals in the sanctuary, and will relax limitations on the number of people attending. As someone who has had many friends, family members, clients and congregants with compromised immune systems, I know such a move will have consequences for some in terms of their comfort level and safety. In response, the Board has decided to designate a mask-only section in the sanctuary for those for whom that might make in-person attendance possible. We fully expect that congregants and guests will respect one another's needs and preferences, whether or not people choose to wear masks.

We will also continue to take advantage of the technology at our disposal, offering many hybrid and online events, and waving and smiling at each other in the multidimensional gathering spaces we share.

May we continue to meet the moment, b'yachad, together.



Torah Study

תורה

First Saturdays of the month at 11 a.m. at Tikkun v'Or: March 4, April 1, May 6

Join Carol Shama in looking at the weekly parasha (Torah portion), comparing translations and sharing our own responses, interpretations, and commentaries. No Hebrew or prior Torah study required. All are welcome to join in person at TvO.

Contemplative Morning Services: Tuesdays from 8:30-9:30 a.m.

This weekly morning service, alive with music, poetry, prayer, quiet contemplation and a sense of community, has become a weekly anchor for many of us in these uncertain times.

Led by Lauren Korfine, Diana Levy, and Judy Saul. All are welcome!

Check your TvO weekly email or contact info@tikkunvor.org for the Zoom link.

Shabbat and Holidays**שבת וחגים**

Check your weekly TvO email for more details on all services. If there is a Zoom link in the email, the service is on Zoom. If there is a Zoom link *and* a sign up for in-person attendance, it is a hybrid program. Contact info@tikkunvor.org to be added to the email list. The schedules are also updated regularly on the TvO Facebook page and website, www.tikkunvor.org. Please note starting in March, Friday night services will begin again at 7:30 pm unless noted otherwise.

Friday, March 3, 7:30 pm	Kabbalat Shabbat (Welcoming Shabbat)	<i>Leader TBA</i>
Friday, March 10, 7:30 pm	Kabbalat Shabbat	<i>Leader TBA</i>
Friday, March 17, 6 pm	Bet/Gimel Shabbat	Rabbi Tziona Szajman
	<i>Led by and for the students of kitah bet/gimel (2nd and 3rd grade)</i>	
Saturday, March 18, 10 am	Shabbat morning	Rabbi Shifrah Tobacman
Friday, March 24, 7:30 pm	Kabbalat Shabbat	Rabbi Shifrah Tobacman
Friday, March 31, 7:30 pm	Kabbalat Shabbat	<i>Leader TBA</i>
Friday, April 7	<i>No services scheduled</i>	
Friday, April 14, 7:30 pm	Kabbalat Shabbat	Rabbi Shifrah Tobacman
Friday, April 21, 7:30 pm	Shabbaton with Rabbi Jim and Eliana Ponet	
Saturday, April 22, 10 am	Shabbaton with Rabbi Jim and Eliana Ponet	
Friday, April 28, 7:30 pm	Kabbalat Shabbat	Michael Margolin and Eli Ash
Saturday, April 29, 10 am	Shabbat morning	Rabbi Shifrah and Michael Margolin
		Bar Mitzvah: Eli Ash
Friday, May 5, 7:30 pm	Kabbalat Shabbat	<i>Leader TBA</i>
Friday, May 12, 7:30 pm	Kabbalat Shabbat	Michael Margolin and Sammy Epstein
Saturday, April 29, 10 am	Shabbat morning	Rabbi Shifrah and Michael Margolin
		Bar Mitzvah: Sammy Epstein
Friday, May 19, 7:30 pm	Kabbalat Shabbat	<i>Leader TBA</i>
Friday, May 26, 7:30 pm	Kabbalat Shabbat / Shavuot	Rabbi Shifrah

Rachel & Ethan Ash
invite you to join us as our son
Eli Strauss (Eliyahu Avram)
is called to the Torah as a bar mitzvah
Saturday, April 29, 2023
10 a.m.

Colleen Barry & Andy Epstein
invite you to join us
at the Bar Mitzvah of our son

Samuel

Saturday, May 13, 2023
10 a.m.

Spring Holidays and Learning
Join the celebrations for Purim and Passover, and
Count the Omer leading up to Shavuot

Check the TVO e-news and website for times, links, and other details

Purim Monday, March 6, 6:30-8 p.m.

Celebrate Purim with TVO and Temple Beth El, at 401 N. Tioga St., and online

Pull out your groggers (noise-makers)! Put on your costumes! We are going to be rockin' the Scroll of Esther during our annual megillah reading, in conjunction again this year with Temple Beth El, in their sanctuary in downtown Ithaca. There will be sweets, songs, short skits and a multilingual reading of the story of the Torah's most celebrated heroine. Special favors for those who come festively attired!

Pesach: Thursday, April 6, Second Night Seder at TvO

We'll be gathering at the synagogue for a Passover seder and holiday meal, with cups dedicated to issues we care about in our world today, like climate justice, democracy here and everywhere, and more. We've heard that some of our favorite TVO musicians will be there, too!

Counting the Omer: An 8-session Embodied Mindfulness Group
with Rabbi Shifrah

Intro and preparation session Tuesday 4/4, 7-8 p.m.

Thursday evenings 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25 (Erev Shavuot)

Counting the Omer is a rich and meaningful 49-day spiritual practice done each year from the second night of Pesach, until Shavuot seven weeks later. It involves saying a blessing, counting each day, and noticing two qualities of Divine and human expression that are focused on for that particular day. The practice can be used as an opportunity to deepen our understanding of ourselves — in body, mind, and spirit — and enhance our relationship with others. Each week will include a brief teaching and simple embodied practice, sharing of our experience with the Omer journey, and counting the Omer together. For people of all levels of practice and physical abilities.

Shabbat Shavuot / Kabbalat Shabbat and Shavuot at TvO

Friday, May 26, 7:30 pm

At TvO and Online

With Rabbi Shifrah and TvO's musical spiritual leaders

Join us to celebrate Shabbat and honor Shavuot,
 a holiday for learning, revelation, and special prayers and songs.

B'Yachad / Together! TvO's Climate Justice Initiative

The TvO Climate Justice Council would like to thank everyone who has already participated or shown interest in TvO's Climate Justice Initiative. We encourage everyone in the community to join in the effort. Here are some things you can do.

Finger Lakes Climate Fund: Offset the impact of your travel by contributing to this fund, which gives proceeds to low and moderate income households so they can upgrade to clean energy. Use this link to learn more about [Finger Lakes Climate Fund](#), AND contact Holly Hutchinson for more information about how to join the TvO Carbon Race Team. hhutchinson2@gmail.com

Move Your Money: Moving our money away from big banks and financial institutions that fund the fossil fuel industry is a powerful way to put pressure on those industries to stop polluting our land, air, and water, and that of developing nations most impacted by the climate crisis. To move your own money, see these handouts on [big banks](#) and [alternative banks](#). AND join a local contingent (including folks from TvO) for a national day of action on March 21, at 12 p.m., in front of Chase Bank! Contact ratkin1@aol.com for more information

TvO Land: Participate in or learn more about TvO's efforts to enhance our stewardship of the land on which our temple sits. Contact martha.a.armstrong@gmail.com

Climate Buddies: Find a buddy to help you stay on track with your climate action goals, and have fun doing it! Contact elanshapiro343@gmail.com to find out how

Join the TvO Climate Justice Council: Bring your passion for the earth and all that live upon it, along with your penchant for justice, to help move our Climate Justice Initiative forward. You're also welcome to come to a meeting and see what you think about getting involved. Contact omega.nicole@gmail.com to join the CJ Council and find out about upcoming meetings.

Current Members of the Climate Justice Council: Ruth Atkin, Holly Hutchinson, Omega Hollies, Lois Levitan, Catherine Shane, Elan Shapiro, Rabbi Shifrah Tobacman

WISDOM FROM OUR YOUNG PEOPLE

Eli Ash, one of TvO's bnei mitzvah students this year, wrote a poem that speaks to the urgency of the climate crisis. He shared it in his Sunday class, and graciously allowed us to read it at the Tu B'shevat seder. We are now sharing it with the whole community to remind us all of how important our individual and collective actions are.

Co2 Late

The garbage-filled rivers
the flooded streets
we act like we're trying
but we can't seem to move our feet.
It's too late
The temperature is rising
the ice is melting
animals are dying
but we take our time
while the kids are crying.
It's too late.

The planet we call home
is dying because of us.
The carbon we put into our atmosphere
the coal we burn, the fossil fuels we release.
The trees that keep us alive
cut down used for the houses and buildings
and products.

The houses and buildings that take up land.
The land we sell,
The land that was given to us
Given to us from our mother
Our mother earth.
It's too late.

One small action, one small decision
It's all we can do to repair our world.
The falling-apart blue marble
Planet Earth
The planet that holds eight billion human lives
The planet that holds even more plants and animals
Working together is our last try.
Our last try to fix this planet, this earth, this world.
Is it too late?

Jewish Learning Experiences

בית ספר תיקון ואור

We've had many special guests at Jewish Learning Experiences in the past few months. [Dori Weinstein](#) shared stories of how she became an author of Jewish books for kids. Jennie Lavine conducted a TvOrchestra of JLE students with their instruments. Dan Baer from [Camp Seneca Lake](#) led camp activities. Nomi Talmi led another fabulous session of Israeli dancing. Rabbi Shifrah taught about the fruits and connections of Tu b'Shvat. And our very own TvO Jewish Poetry Panel - Fran Markover, Ian Shapiro, and Susan Eschbach - led the students in exploring the question of "what is Jewish poetry?"

We also discovered some important ideas about justice through quotes from Dr Martin Luther King Jr., and made fleece blankets for children at the Advocacy Center shelter.

Thanks to Abby Thomas for filling in when Naomi was ill. Thanks to Kenny Berkowitz and Wendy Keningsburg for filling in when Michael was away. Thanks to Marne Oshae for working with the students as they prepared to lead services, and to Ira Kamp for working with the sound system.

On March 5, 3-5 p.m. TvO is hosting a community Purim Carnival with games, crafts, Circus Culture, and more!

On March 26 the dalet-zayin students (4th-7th grade) will participate in the Witness to Injustice Workshop with the Neighbors of the Onondaga Nation (a Committee of the Syracuse Peace and Justice Council.

We're looking forward to welcoming back Jennie Lavine for more klezmer, and trying some Passover theater improv with Sarah Plotkin.

Kitah Bet/Gimel ביתה ב/ג (grades 2/3) celebrated Chanukah with fried treats from around the world. They planted radishes for Tu b'Shvat with Rabbi Shifrah. Students are now preparing for their class service on Friday, March 17.

Kitah Daled/Hey ביתה ד/ה (grades 4/5) focused on Jewish women in American history, including Rose Schneiderman, Maud Nathan, Paulin Newman, Emma Goldman, and Annie Nathan Mayer, who each worked on pay equality, women's suffrage, labor conditions, free speech, and education activism.

Kitah Vav/Zayin ביתה ו/ז (grades 6/7) students led two services this winter -- one Friday night and one of Shabbat morning. They are learning to get up close and personal with the Torah, delving into each story, thinking about how different characters in the Exodus story might have felt, and trying to count how many commandments there really are in "The Ten Commandments" (9? 10? 11? 12? more?). They are now entering bmitzvah season, and will celebrate and honor each other as they take leadership roles and responsibility as young adults.



Family JLE (grades K/1) celebrated Shabbat in January with a Shabbat lion and games of Shabbat museum and Squirrels and Trees. In February they met at Lime Hollow Nature Center to learn about trees for Tu b'Shvat. Did you know that the New York State tree is the sugar maple? Saturday, March 4 will be all about Purim, April 1 is time to prepare for Passover, and

May 20 brings us to Shavuot.

Families who participated this year and those interested for next year will be invited to join on Sunday, June 4, for our final program for this school year.

ITHACA NO'AR

No'ar means teenager in Hebrew, and this program is open to all Jewishly-identified teens in Ithaca (regardless of affiliation or prior involvement). Ithaca No'ar has been crafted with teen input and the educational leadership of both Tikkun v'Or and Temple Beth-El. Contact naomi.wilensky@tikkunvor.org for enrollment information.



Purim Carnival!!

Sunday, March 5, 2023 - 3 to 5 PM
 Congregation Tikkun v'Or at 2550 N. Triphammer Rd

All are invited!
 Come in costume! Games, crafts, Purim snacks, and more!

Bring a non-perishable food item for donation to local pantries. Monetary donations for local non-profit organizations also welcome.

Hosted by Tikkun v'Or and Temple Beth-El, with support from PJ Library and IAUJC

info@tikkunvor.org www.tikkunvor.org

 Temple Beth-El
 Ithaca New York est. 1924

 PJ Library

 Congregation Tikkun v'Or
 Ithaca Reform Temple
 Spirit - Community - Justice

 Ithaca Area United Jewish Community
 Honoring Our Past. Shaping Our Future.

Visitors' Working Group: Coming this Spring to TvO

NIGHT OF BEGINNINGS: A Radical Re-visioning of the Passover Seder Sunday, March 26, 3–5 p.m. on Zoom

Dr. Marcia Falk will read from and discuss her new haggadah, which returns to the roots of the Passover festival with a full recounting of, and original commentary on, the Exodus story. This “radicalizing” of the seder—rooting it to its ancient biblical source, which is largely absent from both the traditional haggadah and almost all modern haggadot—is also “radical” in another sense, re-creating the rabbinic offerings with new blessings that offer an inclusive theological vision. To enrich the blessings and other readings, Night of Beginnings contains new poetry and kavanot—meditative directions for prayer. Colored pages from the haggadah, which enhance the written texts with drawings of springtime flowers, will be shown on the screen during the reading.

There will be time for questions, comments, and requests after the presentation. If there is a particular passage in the haggadah that you would like to hear in Marcia’s version, please feel welcome to ask.

About Maria Falk: Dr. Marcia Falk is the author of *The Book of Blessings; The Days Between: Blessings, Poems, and Directions of the Heart for the Jewish High Holiday Season; Inner East: Illuminated Poems and Blessings*; and other books of poetry and translation. Her new haggadah, *Night of Beginnings* was published in 2022 by the Jewish Publication Society and University of Nebraska Press. <https://jps.org/books/night-of-beginnings/>

THE POWER OF PAUSE - A SHABBATON

Friday, April 21 – Sunday April 23 in person at TvO and on Zoom

Shabbat is the defining Jewish art, the one that grounds the spirit and feeds the body of the Jewish people. It is also the most subtle for, like a person, it can only be glimpsed through masks that both reveal and hide a presence and an absence, an embrace and a retreat, an affirmation and a negation. Like every word, the Hebrew root, SHABBAT שבת broadcasts on multiple frequencies. When it first appears in the Book of Genesis it means “STOP” and communicates “COMPLETION.” After the completion of everything described in Chapter One, comes the great pause in Chapter Two, the moment when the Most Moved Mover becomes Memory Remembering. Over time, as SHABBAT becomes a place we can inhabit, one begins to discern in the word, SHABBAT שבת, the sound of DWELLING as in Psalm, 133 *Hinei Ma Tov U’Mah Naim SHEVET achim gam yachad* “How good it is for sisters and brothers to dwell together.”

Shabbat separates time past from the eternal present and in so doing gives birth to memory. All Jewish art, including the art of living, begins with remembering what was before there was a was. Ground zero to a week, a comma to a narrative, a STOP sign to a speeding car, a ceasefire to a war, an awakening from the nightmare of history, a landing to a flight, a coming home It is Shabbat that makes leaving home possible and turns living in the world into a precious gift.

Join us for a series of opportunities to consider how best to put this Power of Pause to use in your personal life and how we, as a congregation, can strengthen and support the practice of Shabbat.

This Shabbaton is divided into three segments:

1) Departure - the Art of Letting Go: Kabbalat Shabbat on Friday, April 21, 7:30 p.m.

Retelling the week that was in song, prayer, silence and story.

The service will be followed by an Oneg hosted by the congregation.

2) Arrival - the Torah of Rest: Saturday, April 22 at 10 a.m.

The Torah of Rest, a Shabbat morning service: allowing the soul's song to fertilize, plant, grow, and bud, the sounds of Sinai teaching

3) Return - Reflection, a Jewish learning program: Sunday, April 23 at 2 p.m.

Exploring implications for action, bringing Shabbat into the Week, the application of the Art of the Pause to the demands, crises, exigencies, responsibilities of living in the world.

In addition, the Ponets will participate in Sunday morning's JLE session, leading the students in considering how they pause for Shabbat and bring it into their lives.

About Rabbi Jim and Elana Ponet:

Rabbi James Ponet served as director of Yale Hillel and Jewish Chaplain at Yale from September 1981 until July 2015. He earned his undergraduate degree from Yale in Religious Studies and his master's and doctoral degrees from Hebrew Union College, where he was ordained in 1973. After his ordination, Rabbi Ponet and his wife Elana lived and worked in Israel for eight years during which time the couple had three children. A fourth was born in New Haven. Ponet taught at the Pardes Institute of Jewish Studies, the Shalom Hartman Institute, pursued doctoral work in medieval Jewish philosophy at Hebrew University and served in the IDF Artillery. He currently teaches a course at the Yale Divinity School as well as conducting zoom courses for the Yale Alumni College.

Elana Ponet describes herself as a student of the way of life as a seeker, supplicant, and quester. She trained home daycare workers in Jerusalem, has run nursery school programs, and directed the Hillel Children's School at Yale for more than 20 years, an alternative Sunday school for elementary school children and adolescents. Elana has a B.A. in Literature (English) from Boston University, a Masters in Child Development from the University of Cincinnati and an M.S.W. from Wurzweiler of Yeshiva University. She has spent years studying Jewish subjects - Bible studies, Jewish Philosophy, Jewish Music, Talmud and Hebrew. For the past few years she's been teaching a course on Zoom about Jewish Women in the Bible, "Women's Voices Heard and Hidden" and is currently studying Yiddish and learning to create with mosaics.



Presidents' Words

דברי הנשיא

Dear TvO members and friends,

This is an exciting time for TvO, as we crawl out from under the pandemic into spring.

The Board has been involved with long-term planning, discussing our governing structure and bylaws and the use of our space and building. Led by Martha Armstrong, a small group has been working on **reviewing and revising our bylaws** to better match our current needs. We will present a draft from the Board in early April, when we will provide opportunities for congregational feedback. We hope to have a final version available at the annual meeting in June, when we will ask the congregation to vote on its approval.

Our 18-year-old building is showing its age and we continue to address its needs. Inside our building, we will have **new flooring installed**, hopefully this summer. Outside, Martha Armstrong and a group of interested congregants brainstormed about **how to better utilize the land surrounding the synagogue**. Moving forward, we will be assembling a working group to assess ideas, determine costs, discuss fundraising needs, and plan for some engaging, low-cost projects this spring. Please reach out to Martha if you would like to be involved.

We are excited to be **planning more events** through the Visitors Working Group and more activism through the Climate Justice Initiative. Of special note is our upcoming **weekend Shabbaton, April 21-23** with Rabbi James Ponet and Elana Ponet from New Haven, CT. The Board has updated our COVID policy to allow for mask-optional events and eating and schmoozing in the synagogue. We have heard that many of you have missed getting together for onegs and meals. Others have missed opportunities for cross generational gatherings. We are hopeful that people can once again find in TvO a welcoming spirit of Jewish comradery.

To that end, we are resurrecting our program to coordinate volunteers, now called **Kulanu** (“**All of Us**”). We will be offering a link to a google doc that will allow folks to sign up for a task and time that works for you. We have an **urgent need for someone to help oversee this program**, so if you want to get more involved with TvO in a very meaningful way, please contact co-presidents Sue Merkel or Laurie Willick at president_22@tikkunvor.org. We also have a ongoing need for Zoom angels! Anyone willing to help can contact Naomi at naomi.wilensky@tikkunvor.org.

And of course, the more we do to build community and support the congregation, the more it costs us. Thanks to Laurie Willick and our fundraising committee who are planning an **amazing event, “Listen to your Mother,”** that will involve rousing story-tellers from across Ithaca sharing memories of their mothers and families. To be held on Saturday, May 13, half of the proceeds will benefit the Sustainable Tompkins Finger Lakes Climate Fund, and half will go to support the synagogue. Mark this not-to-be-missed event on your calendars! And if you have or know of a business that might want to be a sponsor of this event, please let us know.

The goal of your Board is to provide each and every member multiple ways to connect to Judaism through Tikkun v’Or. Please do take advantage of these (and many other) opportunities to engage with us. We look forward to seeing and hearing from you in the weeks and months to come. For more details about what your Board is up to, please check out the members-only website. Thanks to Joan Friedman and Ellie Frankel, new updates are posted every few weeks. And please do not hesitate to contact Laurie Willick or Sue Merkel at president_22@tikkunvor.org should you have any questions or concerns.

– Sue Merkel and Laurie Willick

Feeding the Hungry: Machil Re'avim

מאכיל רעבים

Tikkun v'Or helps St. John's Community Services provide meals to those who need, by making 60 lunches for the 4th Thursday of each month.

In December we served a hot meal at St. John's Community Center instead of making to-go bagged lunches as we usually do. Many people were involved in planning and carrying out the effort and we appreciate all their help. Thanks to the following people: Sherry and Peter Burford, Nina Cummings and Doug Stayman, Dorothy, Paul, and Samuel Debbie, Ann Hoffman and Brian Heltsley, Sue Merkel, Marne Einarson, Carol Grumbach, and additional financial support from Harriet London
January: Ken Birman and Anne Neiryneck

If you would like to help please contact Dorothy Debbie at dorothynotwork@gmail.com or 272-3893. For those of you who would like to help out but can't make the lunches, you can still contribute financially by donating to the **TvO Feeding the Hungry Fund** to used to reimburse the person who buys the supplies.

PASSOVER for ALL
LET ALL WHO ARE HUNGRY COME AND EAT
כל רעב יבוא ויאכל

Passover

Passover begins this year on Wednesday, April 5. The TvO seder will be on Thursday, April 6. Information coming soon!

To learn more about Passover, check these links. If you are viewing this newsletter in print, just search for "Passover" and the source.

[URJ](#) Union for Reform Judaism - history, traditions, activities recipes

[My Jewish Learning](#) - the basics, and more

[Reconstucting Judaism](#)

[American Jewish World Service Social Justice Haggadot](#) Many options for haggadot, readings, and resources

[Ritual Well](#) New ideas for Passover discussions and activities

[Global Jews / Bchol Lashon](#) Resources on Passover inclusivity and diversity

[PJ Library](#) Books, videos, activities for families with young children

Condolences

תנחומים

Tikkun v'Or sends our condolences to Hallie Mitnick as she mourns the loss of her beloved grandfather, Dr. Hugh Wolff of San Antonio, TX, who passed on December 23, 2022.

With sadness we share the news that Evelyn Berkowitz, mother of TvO member and JLE teacher Kenny Berkowitz, passed away peacefully early in the morning on December 22. Evelyn was 98 years old. Kenny described his mother as a smart, social, independent woman who loved her friends and family, completed a graduate degree, and forged a career on Wall St. in a field in which few women were able to do so at the time. In addition to Kenny and his sister Jane, Evelyn will be missed by her grandchildren Lauren, Duffy and Menzie.

We are sad to announce the recent death of Sara Willick, mother of TvO member Laurie Willick, mother-in-law of Alexi Zentner, grandmother of Zoey and Sabine, among many other family members. Sara was known to be “a small woman with a big heart,” and was a beloved friend to many. Memorial contributions can be made to the American Heart Association or the Harvey Kornblum Jewish Food Pantry in Sara’s memory.

May their memory be for a blessing, May their memories be a blessing.

Tribute Cards

A Tribute card has been sent by the Enns Family to the Willick / Zentner Family in memory of Laurie’s mother, Sara. May her memory be for a blessing.

Tribute cards are an easy way to acknowledge lifecycle events (simchas, yahrzeits, memorials, expressions of appreciation and thanks), while reinforcing our community connections, and supporting our financial needs.

Each card sent is a donation to our synagogue. For more information, contact Sherry Burford at <sherry@tikkunvor.org>

Bereavement Support Group

If you are in need of planning or support, please reach out:

Email the Bereavement Support Group at: BereavementSupport@tikkunvor.org. This email includes Rabbi Shifrah and Naomi Wilensky as well as other members of the Bereavement Support Group. You can also email Rabbi Shifrah directly at: rabbishifrah@tikkunvor.org.

If you prefer to not use email, please call Rabbi Shifrah or a member of the group:

- Rabbi Shifrah cell: 607-229-6747; TvO office: 607-256-1471.

More information is also available on our [website](#).

Tikkun v'Or COVID Guidelines: as of February 2023

As COVID restrictions loosen around us, the TvO board has been grappling with trying to balance keeping our most vulnerable community members safe while at the same time trying not to lose our sense of community. Many have noted missing opportunities to gather for onegs and meals. Others have missed opportunities for cross generational gatherings: COVID has deepened the gap between the silos of our JLE students and our older population.

With that in mind, we surveyed our members to determine how they feel about our current COVID guidelines. Of those who responded, a strong majority are in favor of relaxing our current practices regarding COVID, recognizing that we may need to reinstate stricter guidelines in the future if local conditions change.

At this time, the following are our COVID procedures:

Masking: We will drop our masking mandate and move to a mask-optional policy.

Social Distancing: We will allow events to be held at full building capacity. This includes B-Mitzvah ceremonies, services and other events.

In order to protect vulnerable individuals who would like to attend larger events, we will create a masking-only, socially distanced section in the sanctuary for those events. We will also continue with hybrid services for those who wish to attend from home.

Food: We will resume onegs, potlucks and allow for catered events in the building.

As we relax our COVID policies, we want to make sure to support all of our members. Please do not attend services, classes or events in person if you feel sick or have any symptoms of illness. Please mask if you wish or if you have been in close contact with someone who tests positive for COVID. Please continue good hand hygiene, especially if handling food that will be served to the community.

We encourage members to keep up to date with health alerts, guidelines, and recommendations from the Tompkins County Health Department. As COVID conditions change in the community, the TvO Board, takes the liberty and responsibility to adjust the guidelines as needed.

Donors

צדקה

Many thanks to our recent donors:

Building Fund

Robert & Patricia Libby

General Fund

Anonymous

Gloria Mills, in honor of Vilasani's naming (Ilana Sarah)

Bridget Meeds

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Samuel & Carol Shama

Carol Bushberg, in honor of Cantor Abbe Lyons

Steve Kress & Elissa Wolfson

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Charles Guttman & Shirley Ladd

Nediv Lev

Steve Hoffman & Carol Teelin

Rabbi's Discretionary Fund

Living Hope Fellowship

Thanks to the [IAUJC](#) (Ithaca Area United Jewish Community) for continued support to our Jewish Learning Experiences program.

Many Thanks

רב תודה

Thanks to:

Recent Shabbat leaders: Rabbi Shifrah Tobacman, Barbara Regenspan and Beth Cohen, Anne Brous, Annie Wexler and Tony Gaenslen, Miranda Phillips and Jennie Lavine, Peter Silberman and Chris Xenakis, Michael Margolin and Kenny Berkowitz and the students of kitah vav/zayin;

Recent Zoom angels: Peter Silberman, Beth Cohen, Mihal Ronen, Sue Merkel, Rachel Ash, Naomi Wilensky;

Torah chanters Richard Rosenfeld and Lise Rosenfeld;

Music leaders Lauren Korfine and Marne Oshae;

Mara Sapon-Shevin, Fran Markover, and Julia Kleinberg for adding music and poetry to services;

Anne Rhodes, Elaine Leeder, and Eric Maroney for their special presentations at TvO in the past few months.

Mazel tov!

מזל טוב

Mazel tov! Sherry and Peter Burford have welcomed a new granddaughter, Maya Lilith Allen-Burford, born Tuesday, January 10 to their daughter Sarah Burford and her husband Nathaniel Allen, joining her 4-year-old “Big Sister” Raisa.

Mazel tov to Mona Kallander on becoming a bat mitzvah in February.

Kol Hakavod to Aaron Sachs on his new book, [Up From the Depths: Herman Melville, Lewis Mumford, and Rediscovery in Dark Times](#), nominated as a finalist for the National Book Critics Circle.

Kol Hakavod to Jennifer Savran Kelly on the launch of her book, [Endpapers](#).

ZOOM!

Zoom and online programming is now part of our lives and one way in which TvO reaches people in the community who might otherwise not be able to participate due to weather, distance, illness, or other factors.

Are you ready and willing to be a Zoom Angel? One of the chosen few who host online?

Easy instructions and training is available.

Teens may be eligible for community service credit or a stipend.

Contact info@tikkunvor.org to ask how you can help.



Ithaca Area United Jewish Community has been keeping busy with programs and opportunities:

- PJ Library subscriptions are always increasing. There are now 170 subscribers in our area.
- Holiday gift bags were prepared for Hanukkah and Tu B'Shevat
- We joined with the Binghamton Federation and offered a free screening of the film, "The Automat." Cornell Professor Elissa Sampson moderated the talk-back with the film's director.
- Financial assistance for Jewish summer camp is available. Go to <https://iaujc.org/iaujc-camp-awards> to find out more.
- Do you have a great idea for a program that can help bring community members from different groups together? Apply for a New Initiatives Grant. Go to <https://iaujc.org/new-initiatives-fund> to find out more.
- Our annual Holocaust Commemoration will likely be an in-person event this year on April 17. Our speaker will be retired math teacher from IHS, Severin Drix. He will tell us about his father's experiences surviving the Janowska concentration camp.



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Welcoming Committee

ועד החברות

Welcome to all our newest members:

Carol Barsody

Eric Maroney

Carol Castleman and Theo.

Galit Pearlman and Talalya Centeno and their children, Gefen, Paz and Cy

We love to welcome and get to know our new members.

For more information contact Lois Levitan, loislevitan@gmail.com.

Contact Us

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Sally Ezra

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Presidents

Laurie Willick and Sue Merkel

presidents_22@tikkunvor.org

Contact information for other board members and committee chairs can now be found on the TvO members-only section of the website. If you are a member and do not yet have the password for this section, contact info@tikkunvor.org

Rabbi Shifrah

רב שפּרה

OFFICE HOURS: Rabbi Shifrah's regular office hours are from 2-6 p.m. on Wednesday and Thursday. Congregants can also contact the rabbi directly if they'd like to schedule an appointment, either during regular hours or at another time (such as weekday evenings or Sundays). Contact rabbishifrah@tikkunvor.org or call/text 607-229-6747. R. Shifrah is generally not available on Monday and Tuesday, except in the case of an emergency.

The TvO newsletter is now published quarterly, providing a preview of upcoming events, information from TvO committees, and thanking all those who have been involved in the community.

More time-sensitive details will be provided through:

- Weekly enews. contact info@tikkunvor.org to be added to the list
- TvO members' listserv listserv-moderator@tikkunvor.org
- TvO website www.tikkunvor.org
- TvO website section for members' only. Contact info@tikkunvor.org
- TvO [Facebook page](#)

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

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