



**Congregation
Tikkun v'Or**

Ithaca Reform Temple
Spirit • Community • Justice

**High Holidays 2023
Days of Awe 5784
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 and Azameira.

For planning and security purposes, we are asking everyone to sign up for every holiday program they plan to attend in person. Links can be found under the descriptions for each program.

For information on the prayer book, see page 3.

PRE-HIGH HOLIDAY PREPARATIONS

If you'd like to reflect before the holidays, we have several events planned. For more information see page 5.

Rosh Hashanah		ראש השנה
ROSH HASHANAH EVENING Led by Rabbi Shifrah Tobacman	6:30 p.m.	Friday, September 15
ROSH HASHANAH MORNING Morning Service led by Rabbi Lenore Bohm and Rabbi Shifrah Tobacman Congregant d'var Torah by Doug Stayman Torah Service Shofar Service	9:00 a.m.-12:00 noon 10:30 a.m. 10:40 a.m. 11:15 a.m.	Saturday, September 16
ROSH HASHANAH SECOND DAY Youth Service Community Bring-Your-Own Picnic Tashlich	10:00-11:45 a.m. 12 noon-1:00 p.m. 12:30-1:30 p.m.	Sunday, September 17 Details on page 5 Details on page 5 Details on page 5
Yom Kippur		יום כפור
YOM KIPPUR KOL NIDRE Led by Rabbi Shifrah Tobacman	6:30 p.m.	Sunday, September 24
YOM KIPPUR SERVICES Morning Service led by Michael Margolin and Rabbi Shifrah Tobacman Congregant d'var Torah by Carol Shama Torah service Yoga Youth program Meditation The Isaiah Challenge Avodah Service Yizkor Neilah/ Havdalah/Shofar Break-the-Fast Dish to Pass	9:00-12 noon 10:30 a.m. 10:40 a.m. 12:15-1:00 p.m. 1:15-2:15 p.m. 1:30-2:00 p.m. 2:30-4:00 p.m. 4:15-5:15 p.m. 5:30-6:15 p.m. 6:15-7:15 p.m. 7:15 p.m.	Monday, September 25 Led by Beth Cohen Details on page 5 Led by Ira Kamp (zoom only) Details on page 6 Details on page 6 Details on page 7 and 10 Details on page 7

If you are looking for ...

How to offer names to be read at Yizkor ...	page 10
How to share your thoughts on Mitzvot and “missing the mark” ...	page 7
More extensive information on using Zoom ...	page 11
How to donate to Tikkun v’Or ...	page 10

Hybrid services: The Tikkun v’Or High Holiday planning team has been working diligently to prepare meaningful holiday experiences this year. To accommodate the most people, we have created a set of hybrid services, with every household having at least two opportunities to attend a service in-person at TvO. 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 wish to attend services in our building, you will need to sign up. Every member who wishes can attend 2 of the 4 main holiday services -- RH evening and morning, YK evening and morning -- in person. (And you are always welcome at any of these services online.) We know this limitation may be frustrating, and we are sorry. To understand our rationale, please see [here](#).

To sign up for one of the four main services, visit [here](#).

Other services and programs (e.g. youth programming; Rosh Hashanah picnic and tashlich; and Yom Kippur Yoga, Meditation, Isaiah Challenge, Avodah, Yizkor, Closing service and havdalah) do not count for your two allotted in-person services. We expect that anyone can come who wishes, since these services never in our experience fill up to capacity. **Register [here](#).**

Please sign up for one task: we rely on volunteers to make our services possible for all. Since these roles are key and many, we ask that everyone please sign up for one support task if you're comfortably able. Some roles are easy and can be done during whichever service you plan to attend anyway -- tasks that won't detract from your ability to be present: bringing challah or honey or chopped apples; pouring wine/juice before the service; straightening prayer books and chairs after a service; organizing the Break-the-Fast and helping with set-up and clean-up. To learn more and sign up, please see: [Rosh HaShanah](#) or [Yom Kippur](#). Other roles are also key, but conflict with one's ability to be present in services. Are you willing to help at a service you weren't planning to attend (it will not count towards your limit of 2 in-person services)? To learn more and sign up, see: [Greeters](#), [Zoom](#), and [Parking](#). Thank you in advance for your help.

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.

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 limited seating at the temple, 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. A professional security guard will be present outside during all holiday services.

Please note that there are many entrances and exits at Tikkun v'Or. Please use the front door to enter the building at all times. Use the other doors only during emergencies. Note that from the lobby you can exit to the south (by the bathrooms) or the west (to the patio). From the sanctuary you can exit either through the lobby, to the patio (south), towards the front door (south corner) or towards the shed (north corner).

Parking

While we are overjoyed to be able to have in-person services at the temple, 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 TvO parking circle then drive to the lot next door. A shuttle will pick you up and transport you to the temple. After services, shuttles will transport drivers back to their cars. Please do NOT park along Burdick Hill or Triphammer Roads.

High Holiday Machzor

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 the 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.

- In-person services: Prayer books will be provided on site for all who attend. Please do not take these home. A limited number of large-print prayerbooks are also available. Please let us know if you would like to use this by emailing HighHolidays@tikkunvor.org.
- Zoom services: During zoom services, you'll be given a link to an electronic version of our prayer book. If you prefer to have a hard copy at home and you don't already have last year's prayer book, and it's a hardship to print the pages you need from our website, you can request a printed copy (one per household) [here](#), before September 1. Pick-up and delivery of printed copies will happen during the week before Rosh Hashanah, September 10-15.

FROM RABBI SHIFRAH TOBACMAN

Dear TVO Community,

Here we are, once again approaching the *yamim noraim*, the Days of Awe, the High Holidays. Or maybe you say High Holy Days. Our diverse community expresses our Jewish experience in different ways. But whatever you call this time of year, the emotional and spiritual resonance of these annual gatherings is powerful.

Once again, we'll greet each other on Rosh HaShana with a hearty "*l'shana tova* — to a good year," and enter the new calendar cycle with thoughtful, thought-provoking, meaningful, and music-filled services. Over the ten-day period, we'll engage in the process of teshuvah — self-reflection, return and re-alignment. We'll examine ways we've missed the mark with others, so that we might be more attentive to one another and our world in the coming year. We'll open our hearts to seeking and offering forgiveness. We'll reset our spiritual and ethical compass.



During this year's services, we'll be weaving in a thematic thread of *panim el panim* (face to Face). *Panim el panim* is how the Torah describes Moses' encounters with YHVH in the portable sanctuary in the desert. (Shemot 33:11) They were intimate, personal, and yet with essential impact for the community as a whole. We'll put particular attention on facing and welcoming the stranger, especially immigrants and refugees, as Sarah and Abraham did in the Torah when strangers appeared unexpectedly at their tent, and they offered gracious hospitality. (Ber. 18:1-8) We'll turn to face each other, to consider the connections in our lives as intimate beloveds and beloved community, human beings on a beloved planet and participants in our local community, next door neighbors and global residents with neighbor nations.

Our world today is calling upon us to face new challenges, some of which we cannot fully fathom yet, but which we will face nonetheless, and we need each other to do this. We'll consider how to hold ourselves and each other tenderly, and also hold ourselves accountable, as we strive for justice, navigate a climate in crisis, and care for our aching planet. And to help us along the way, we'll honor and celebrate the awe-inspiring and life affirming relationships that we share at TVO and beyond.

May your high holiday journey be rich and rewarding. Together, may we bring about the blessings of *tikkun ha-nefesh* (healing of the soul) and *tikkun olam* (healing and transformation of the world).

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

MORE INFORMATION ABOUT OUR SERVICES

High Holidays for Youth

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!

Rosh Hashanah

Children learn by participating. On the second day of RH, Sun. Sept. 17, please join us in person for our youth service: led primarily by and for kids ages 7 through 13 and their families. (Younger siblings are welcome to come along!) Congregants without kids are also most welcome, to get to know the great youth in our congregation. To attend, please register [here](#).

Picnic and Tashlich: the RH youth service above is followed by a community picnic and tashlich (a special RH tradition involving water) if you'd like to stay. Both events are for all ages. For details and to register, please see the "Community Picnic" section below.

Yom Kippur

K-5th graders and their families are warmly welcome in person at our youth program, Sept. 25, 1:15-2:15PM. Please register [here](#). Siblings and other family members are also invited for singing, activities, and shofar blowing.

6th and 7th graders (without parents) will come together for "Day of Awe in the Woods", Sat. Sept. 23. Please register [here](#).

At adult services: Due to space constraints, regretfully we are not able to provide childcare. That said, youth and children are warmly welcome at all services. Little ones can bring quiet toys and can go in/out quietly with a caregiver at any time.

We look forward to celebrating with you!

High Holiday Preparation: Rosh Chodesh Elul and Selichot

Rosh Chodesh Elul, Saturday, August 19, 7:00-8:45 pm, in person only

Join Rabbi Lenore Bohm at Tikkun v'Or for the beginning of the month of Elul. The new moon of Elul ushers in the annual High Holy Day season of quest and questions. Let's join together to consider some poetry, readings, and our own doubts and desires as the calendar page turns.

The program will be followed by havdalah and singing with Miranda Phillips and Lauren Korfine.

If you plan to attend, please sign up [here](#).

Selichot, Saturday, September 7:30-9:00 pm, hybrid

Rabbi Shifrah will lead a contemplative and reflective ritual of seasonal prayers, 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 re-member. We'll consider how to employ love, compassion, and honesty as we come *panim el panim*, face to face, with ourselves, each other, and our world.

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.

Note: You do not need to pre-register for this program.

Community Picnic & Tashlich Rosh Hashanah, Sunday, September 17, noon & 12:30 p.m.

On the second day of Rosh Hashanah, we are excited to invite you for a community get together: a picnic, followed by shofar and Tashlich, for all ages. Please join us!

Location: All events are on our grounds at Tikkun v'Or this year.

Timing: Picnicking will begin after the end of youth services (~noon) followed by a Tashlich service led by Jeff “Sparks” Bercuvitz at 12:30-1:30 p.m.

Please bring: your lunch, blankets, apples & honey if you’d like, and join us for one or both events. Register [here](#).

Isaiah Challenge Lecture Yom Kippur, Monday, September 25, 2:30 p.m.

The Isaiah Challenge Lecture seeks to inspire us to resist injustice, racism, cruelty, and violence to build a world of freedom, equality, justice, and compassion for all. To that end, and given our High Holiday theme this year of “panim el-panim” (face to face), we propose that the Isaiah Challenge Lecture address the plight of refugees and immigrants as they try to make a home in our community. As we were once strangers in a land, what do we do when we come face to face with strangers in need in our community?

We’ll begin the presentation with a history of TvO’s involvement in the sanctuary movement, primarily through the action of Harvey and Bryna Fireside. We’ll then hear from Casey Verderosa, Executive Director of Ithaca Welcomes Refugees, about her work resettling refugees here, and about the challenges and resources for refugees in Tompkins County. We’ll also hear a personal story directly from a refugee who has settled here. There will be plenty of time also for questions and discussion. Please join us! Please register [here](#).

Avodah Service led by Jeff Bercuvitz Yom Kippur, Monday, September 25, 4:15 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 -- but not necessary -- that you might want to offer some personal response to the theme TvO is focusing on for the High Holidays this year:

Our **theme** will be “panim el-panim” (face to face). On the High Holidays we’re invited to come face to face – with ourselves, each other, and the larger world. We will be looking inwards and outwards, exploring what it means to care for ourselves and each other? What does it mean to care for the larger world at our doorstep, including the many refugees arriving in Ithaca in increasing numbers from around the world? What adjusting and repair (tshuvah) do we need to make?

If that brings up something for you, by all means you might choose to respond to that during the Avodah service. You should not, however, feel any pressure to fit with that and should just speak (or sing, or read) from the heart.

Jeff Bercuvitz will serve as our convener again this year. Jeff notes: *"I used to call this 'The Kleenex Service' because I was often moved to tears by the authenticity of what people shared with the community in this gathering. The avodah service is about gathering to go or deep, to share and to Witness. These are not performances; they are offerings -- moments of genuine sharing. They should be no longer than two or three 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."

Please register [here](#).

Yizkor Service **Yom Kippur, Monday, September 25, 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 10 for offering names to be read. Information about placing photos or objects on the Table of Remembrance is on page 8. Please register [here](#).

Break-the-Fast **Yom Kippur, Monday, September 25, 7:15 p.m.**

Join us at the conclusion of services on Yom Kippur for our traditional community Break-the-Fast dairy potluck. Please bring a dairy/vegetarian dish to share and include a list of ingredients for those with food allergies. Please consider signing up [here](#) to help so everyone can get home quickly. Register to attend at this [link](#).

CONTINUING TIKKUN V'OR TRADITIONS

Congregant Participation

As in past years, there will be much lay participation in services: congregants reading English and Hebrew prayers, reciting poetry, chanting Torah, and 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.

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.

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 15 – September 27. 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**

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 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.

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 include gentle movements to free and mobilize the joints, followed by relaxation if time permits. The class will begin ~15 minutes after the end of morning

services. It is suggested you bring a mat (and change into comfortable clothes), but having a mat is not essential. Please register [here](#).

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

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 previous years, 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>.