



**Congregation
Tikkun v'Or**

Ithaca Reform Temple
Spirit • Community • Justice

**High Holidays 2025
Days of Awe 5786
ימים נוראים**

High Holiday services will be in-person at **Tikkun v'Or on Rosh Hashanah** (2550 N. Triphammer Rd) and at the **First Unitarian Society of Ithaca on Yom Kippur** (306 N. Aurora Street),

led by the Collective Leadership Team,

with musical spiritual leadership by Miranda Phillips and Azamara.

For planning and security purposes, please register for every holiday program you plan to attend.

Sign-up links can be found under the descriptions for each program.

All may also attend via Zoom, with links available the week before the holidays.

For information on the prayer book, see page 4.

Rosh Hashanah at Tikkun v'Or		ראש השנה
ROSH HASHANAH EVENING		
Monday, September 22	6:30 p.m.	Led by Rabbi Lenore Bohm
ROSH HASHANAH		
Tuesday, September 23	9:00 a.m.-12:00 noon	Led by Rabbi Lenore Bohm and Miranda Phillips
Torah Service	10:10 a.m.	
Story and Shofar Service	11:15 a.m.	
Community Bring-Your-Own Picnic	12:30-1:15 p.m.	
Tashlich	1:15-2:15 p.m.	Led by Jeff Bercuvitz
Sunday, September 21		
Youth Services – in-person only	9:30-11:30 a.m.	Led by Miranda Phillips and JLE students
Yom Kippur at the First Unitarian Society of Ithaca		יום כפור
YOM KIPPUR KOL NIDRE		
Wednesday, October 1	6:30 p.m.	Led by Faith Rogow
YOM KIPPUR SERVICES		
Thursday, October 2		
Morning service	9:00-12 noon	Led by Michael Margolin
Torah service	10:40 a.m.	
Youth programs– in-person only	10:30 a.m.	Led by Kenny Berkowitz and Jennie Lavine
Break	12 noon-1:30 p.m.	
Meditation – in-person only	1:30-2:15 p.m.	Led by Ira Kamp
The Isaiah Challenge	2:30-3:45 p.m.	By Peyi Soyinka-Airewele
Avodah Service	4:00-5:15 p.m.	Led by Jeff Bercuvitz
Yizkor	5:30-6:15 p.m.	Led by Lauren Korfine, Judy Saul, and Diana Levy
Neilah/Havdalah/Shofar	6:15-7:30 p.m.	Led by Lauren Korfine
Break-the-Fast Dish to Pass	7:30 p.m.	

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Donations

So that all can attend regardless of means, we do not charge for holiday attendance. At the same time, we depend on donations to support our beloved staff and building and make our holidays possible. If you can give, please consider: What is a meaningful and manageable amount for me this year? Or, if you prefer: How much would I have been comfortable paying if Tikkun v'Or charged for holiday attendance as most synagogues do?

Please give online at tikkunvor.org/giving, or send a donation to Box 3981, Ithaca, NY 14852. Thank you for your consideration.

Details:

Hybrid services: The Tikkun v'Or High Holiday planning team has been working diligently to prepare meaningful holiday experiences this year. Rosh Hashanah services will be held at Tikkun v'Or. Yom Kippur services will be held at the First Unitarian Society of Ithaca, 306 N. Aurora Street. All services will also be conducted via Zoom.

Zoom information: There will be only one Zoom link for all services. The Zoom link will be provided via the TvO newsletter the week before High Holiday services. For each service, there will be one Zoom host.

- The host will answer questions through the chat function, mute people when needed, monitor the chat, and block anyone who is disruptive. If you are having a technological problem, please feel

free to ask for help via the chat function by sending a private message to the host, who will be identified by the screen name “Host”.

In-person services:

Registration: If you wish to attend services in-person, you will need to sign up. To sign up for any of the four main services, visit [here](#).

Consider bringing seat cushions: As many of you know, the chairs at the temple are plastic and some find it uncomfortable to sit in them for extended periods of time. While there are a few cushions available at the temple, you may want to bring a cushion or pillow with you to services.

Other services and programs (e.g. youth programming; Rosh Hashanah picnic and tashlich; and Yom Kippur Meditation, Isaiah Challenge, Avodah, Yizkor, Closing service and havdalah)

Anyone can come who wishes. Register [here](#).

Health guidelines:

While we have good air circulation at TvO, we ask that you also please respect these requests:

- Anyone feeling ill should stay home and join on Zoom
- If you do come but believe you may have been exposed to someone with a communicable disease, or if you have very mild symptoms, please be sure to wear a mask

At the Unitarian Church we can provide a section for those who would like more physical distancing

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? To learn more and sign up, see: [Greeters, Zoom, and Parking](#). Thank you in advance for your help.

Security

Keeping our community safe is a top priority. One of the most effective ways that we can enhance security is by controlling access into our building. A professional security guard will be present outside during all holiday services.

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](#). 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.

Please use only the front door to enter Tikkun v'Or at all times for Rosh Hashanah. Note that there are other exits to use only during emergencies. 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).

At the First Unitarian Society of Ithaca on Yom Kippur, please enter through the main door at the corner of Buffalo and Aurora streets. In the case of an emergency, you can exit through the main door, a door on Aurora Street, or an exit-only door on Buffalo Street. There is a wheelchair accessible door on Aurora

Street. Please go to the greeters at the main entrance and they will let you in the wheelchair accessible door. If you need accommodations, please contact Naomi at highholidays@tikkunvor.org.

Parking on Rosh Hashanah at TvO

Parking update – very important: While it's very meaningful to us to have services at TvO and we have seats enough for all who've registered, we don't have enough room in our parking lot (a good kind of problem!). **If you are the only person coming in your car**, please sign up [here](#) to carpool; then we'll have plenty of room for all in our lot. **On the off chance that our lot is full:** Please do NOT park along Burdick Hill or Triphammer Roads -- it's unsafe and illegal. Instead, please ask our parking volunteer to drive with you (in two cars) to the Target parking lot down the road. You can leave your car at Target; our parking volunteer will drive you back to TvO.

Parking and accessibility on Yom Kippur:

Yom Kippur services are at the First Unitarian Society of Ithaca (306 N. Aurora Street). There is ample parking in downtown Ithaca although not right at the church. Congregation Beth El is holding their services on these same holidays, and they also use street parking. It's a wonderful thing that so many of us will be celebrating, but it does require us to be thoughtful and patient regarding parking. Please come early; or drop off passengers near the building, then park many blocks away and leave time to walk. If that's a hardship, please consider parking in any of Ithaca's downtown parking garages (Seneca St. garage at 202 East Seneca St., Green St. garage at 120 East Green St, or Cayuga Street garage at 235 South Cayuga St.). A wheelchair entrance is on Aurora St. (but please come first to the corner of Buffalo and Aurora to ask the greeter there to let you in the Aurora St. entrance).

High Holiday Prayer Book (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. If you already have a prayerbook from last year you can use that. 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.
- Zoom services: During zoom services, you'll be given a link to an electronic version of our prayer book including the supplement.

FROM THE COLLECTIVE LEADERSHIP TEAM

Welcome to the journey that is the Yamim Noraim, the Days of Awe.

This season calls us to remember our sacredness, our fallibility, and our responsibility—to ourselves, to each other, to all peoples and to our planet. We invite you to set aside your daily tasks and step into a process of reflection, connection, reckoning, joy, and mourning. During these holy days, we have the opportunity to take ourselves apart and reassemble once more, to create renewed energy for our lives and for the pursuit of our ideals and aspirations. And if there are a few spare parts left over, don't worry—we probably didn't need them anyway.

Throughout history, Jewish people have faced immense challenges—and we have continued to find our way through faith, creativity and resilience. Many peoples across the world have also endured deep pain, struggle, and injustice. We all long for dignity, healing, and liberation.

This year, in addition to our personal and relational struggles, we witness the unraveling of rights and protections of many vulnerable groups in our own country. We also hold the fear and grief that many Israelis and Jews around the world feel in the face of rising antisemitism. And at the same time, we open our hearts to the profound suffering of the Palestinian people, whose pain invites us to reflect deeply on our values, our responsibilities, and our shared humanity.

This High Holy Day season, our intention is to create spiritual moments that will be inspiring, comforting, challenging and energizing as we face our own limitations and the brokenness of the world we inhabit.

Using a collective leadership model as we did last year, High Holiday services will be led by members of TvO. The spiritual leadership crew for this year's High Holiday services includes Jeff Bercuvitz, Lauren Korfine, Michael Margolin, Miranda Phillips, Faith Rogow and Rabbi Lenore Bohm. Others will be participating, including Judy Saul, Diana Levy, Jonathan Plotkin, Gavin Sacks, Mihal Ronen, Martha Armstrong and Fran Markover. We feel blessed to be part of a community with so much thoughtful and generous participation. We appreciate that TvO encourages each of us to create and nurture our own sacred space within the sanctuary's actual and metaphorical walls.

In Community and with Shalom,
Rabbi Lenore, Michael, Lauren, Faith, Miranda, and Jeff

Youth Programming

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 in-person at any or all of the following services!

Rosh Hashanah

Children learn by participating. On the Sunday before RH, September 21, 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. No need to register if your child attends our school (JLE) Otherwise please contact highholidays@tikkunvor.org to let us know you're coming.

Story and Shofar Service: On RH day, September 23, if you have young children please consider joining the end of the service (starting at 11:15 am) for a story and shofar service. If this program is full in person, please consider joining us by Zoom.

Picnic and Tashlich: Both events are for all ages. For details and to register, please see the "Community Picnic" section below.

Yom Kippur

- Youth services, for ages 6-12, will be led by Kenny Berkowitz on YK day, October 2, 10:30-11:30 pm. This year the youth service is just for kids. A parent should be nearby, either at the main service or elsewhere in the building. Please register [here](#).
- Family services, for ages 2-6 with a caregiver, will be led by Jennie Lavine on YK day, October 2, 10:30-11:30 pm. Please register [here](#).

Childcare

Due to space constraints, regretfully we are not able to provide childcare for Rosh Hashanah. 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. Childcare will be provided for Yom Kippur **Kol Nidre (evening)** and **morning** services at the First Unitarian Society of Ithaca. Bags with quiet activities for

children (for ages 2-5 and for ages 5-9) will also be provided at all services. We look forward to celebrating with you!

Community Picnic & Tashlich **Rosh Hashanah, Tuesday, September 23, 12:30 & 1:15 p.m.**

Following services on 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 to be announced. Picnicking will begin after services (~12:30) followed by a Tashlich service led by Jeff “Sparks” Bercuvitz at 1:15-2:15 p.m. Please bring: your lunch, blankets, apples & honey if you’d like, and join us for one or both events. Members do not need to register. Non-members, please register [here](#).

Isaiah Challenge Lecture **Yom Kippur, Thursday, October 2, 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 continuing work for social justice in a climate of a crumbling safety net, we are honored to be joined by **Dr. Peyi Soyinka-Airewele**, this year’s Isaiah Challenge speaker.

Dr. Peyi Soyinka-Airewele, is a Professor of African and Comparative/International Politics at Ithaca College and co-president of the Africana Women's Initiative (AWI). Much of her work is dedicated to making rights and protections accessible and attainable to vulnerable individuals and groups through advocacy, emergency support, and other strategies that are sensitive to issues of culture, socioeconomic class, nationality status, gender, faith, and the myriad other factors that affect whether people are treated in a just and equitable manner.

In addition, as the Chair of the Tompkins County Human Rights Commission, Dr. Soyinka-Airewele continues her to work to protect marginalized individuals in Tompkins County and to provide material support for those suffering from poverty and abuse. She works to empower women immigrants who tend to be rendered invisible even as they deal with interlocking oppressions of racism, discrimination, and silencing. Peyi is also involved in providing access to transformative development for environmental sustainability in low-income communities and works with an international interdisciplinary collaborative committed to those goals.

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, Thursday, October 2, 4:00 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: tending to community. The service will be livestreamed over Zoom, but people on Zoom will not be able to contribute.

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, Thursday, October 2, 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 12 for offering names to be read. Information about placing photos or objects on the Table of Remembrance is on page 10. Please register [here](#).

Break-the-Fast

Yom Kippur, Thursday, October 2, 7:30 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. Register to attend [here](#). Please consider signing up in column G at this [link](#) to help so everyone can get home quickly.

Songs for the HHD

Hevre (Friends),

When we fill the sanctuary with our voices on the High Holidays, we create a special energy that can be healing and empowering and joyous. But it only works when people know the tunes. So once again this year, we're providing a preview of some of the music we'll be singing during services this year.

Below are links for a few of the songs. Some are new to Tikkun v'Or. Others will be quite familiar, but you may appreciate a reminder or want to share them with guests so they can join in the singing, too. As you prepare for the Days of Awe, you may want to put them on repeat until you know them so well that you can sing without thinking and just feel the vibrations we create when we sing together. We can't wait to join all our voices in one magnificent celebration!

-The High Holiday Leadership Team

Erev Rosh HaShanah

[Bob Marley – Redemption Song](#)

<https://www.youtube.com/watch?v=yv5xonFSC4c>

[Yah Ribon \(י-ה ריבון\) - Josh Warshawsky \(youtube.com\)](#)

https://www.youtube.com/watch?v=O9TvMf1I_LA

We'll sing the first verse.

Rosh HaShanah

Hillel Tigay - Hallelujah

https://www.youtube.com/watch?v=askDN2NR_dc

Areshet S'fateinu (trad.)

https://drive.google.com/file/d/1bTrtLW6xu3AuiePAoTVF-NU4shhsaUAT/view?usp=drive_link

Oseh Shalom <https://gal-chadash.bandcamp.com/track/oseh-shalom-illu-finu-canon-rabbi-miriam-margles>

- A simpler teaching track that makes it easier to hear the three parts is available here:

https://drive.google.com/file/d/1bjp0j4co-mTEtX_8mXYHSkeXws4EiQob/view?usp=drive_link

Avinu Malkeinu – a teaching track of the mash up that TV'O uses

https://drive.google.com/file/d/1xoTiVGuZyz26gIOflEr05pIpBE_7lW7n/view?usp=drive_link

Kol Nidre

Lo Ira (folk tune)

https://www.youtube.com/watch?v=PZrEihK2rdE&list=RDPZrEihK2rdE&start_radio=1

Bishiva Shel Mala – Debbie Friedman

https://drive.google.com/file/d/1fc-gplrhOMhyR3LfFIR4XhiDpNpi4RhB/view?usp=drive_link

We'll be doing an adapted version of this. The first part will be a call and response (so no jazz sax, sorry) and the words to the second part (that begins with Anu...) will be what's in our machzor, not the words on the recording. So the purpose of the recording is just to familiarize yourself with the melody.

Create a Pure Heart in Me Great Spirit – Nava Tehila Based on Psalms 51,12; music by Yoel Sykes & Daphna Rosenberg

https://www.youtube.com/watch?v=oKKNwwXXVi0&list=RDoKKNwwXXVi0&start_radio=1

Shalom Rav – Steinberg

https://www.youtube.com/watch?v=MoNNLUIdneyM&list=RDMoNNLUIdneyM&start_radio=1

We'll sing only the first sentence.

Gonna Get Through This World – The Klezmatics

https://www.youtube.com/watch?v=FWCvv9t0xKM&list=RDFWCvv9t0xKM&start_radio=1

Yom Kippur

I am Alive - David Zeller

<https://wellspringsofwisdom.com/alive-song-breath-live/>

Ashrei - Aly Halpert

<https://alyhalpert.bandcamp.com/track/ashrei>

Hallelu! Psalm 150 – Miriam Margles

<https://www.youtube.com/watch?v=iHvI8A0myvY&t=47s>

Ahavah Raba - Marsha Attie

<https://soundcloud.com/newsynagogueproject/ahavah-rabah-marsha-attie>

We Shall Be Known – Ma Muse

https://www.youtube.com/watch?v=k4xhQcgyoLk&list=RDk4xhQcgyoLk&start_radio=1

[Ayeka – Aly Halpert](https://alyhalpert.bandcamp.com/track/ayeka)

<https://alyhalpert.bandcamp.com/track/ayeka>

[L'dor vaDor - Josh Nelson](https://www.youtube.com/watch?v=hzV0Y4MkIBQ)

<https://www.youtube.com/watch?v=hzV0Y4MkIBQ>

Consider showing appreciation for the musicians whose art brings life to our worship by purchasing their albums or tracks (where available).

CONTINUING TIKKUN V'OR TRADITIONS

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 by September 25th (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 Tikkun v'Or 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 when you drop off children at Jewish Learning Experiences or 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 16 – October 9. We will deliver everything to Southside a week 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.

REFLECTIONS AND SUGGESTIONS FOR THE DAYS OF AWE

While the prayer services on the Days of Awe will inspire us, the real spiritual and moral work takes place in our lives. The power of communal prayer is in the changes it inspires in our lives and in the world.

Questions for Reflection

- What are the blessings of the past year, for me, my family, my community, the world? Notice the blessings and give thanks for each one. What have been the challenges for me over the past year?
- In what ways does my life reflect what I believe God/my Higher Power/my ethical vision calls me to be and do? Affirm and honor the many ways in which your life reflects that which you are called to be and do.
- What changes, starting with the small and manageable, do I need to make to align my life even more fully with what I am called to be and do?
- What are the ways in which I am blessed by the relationships of those closest to me? Affirm and honor the many blessings in your relationships with others. Tell your family, friends and others how much you appreciate and love them.
- How do I express my connection and commitment to *tikkun olam*, the healing, repair, and transformation of our world?
- How do I want to participate in groups or organizations that are working to bring justice and peace into our world?
- In what ways can I make a contribution to bring more compassion (*chesed/rachamim*), justice (*tzedek/tzedakah*), love (*ahavah*) and joy (*simcha*) into my life and into the world?

Nurturing Self-Compassion

- Acknowledge and celebrate the many ways each of us is blessed and living a life of integrity. Always start with the positive!
- Think of small and manageable changes that you are able to make.
- Don't avoid difficult questions: Whom have I caused pain this year? In what ways have I fallen short of my highest self?
- Ask for forgiveness and take on acts of love and caring that could help soften and heal relationships that have been hurtful to you and/or others.

Suggestions for Action

Teshuvah: Make a commitment to do one act of reconciliation or turning every day.

Examples: Send a Rosh Hashanah card to someone who may be especially touched by hearing from you, or someone with whom you had conflict during the year. Reach out in a loving way to people in your life. Make a small and manageable commitment to live with more compassion, thought and consciousness.

Tefilah: Take on one commitment that will nurture and strengthen your spiritual practice.

Examples: Take a few minutes for prayer/silent reflection at the beginning and end of your day. Devote this time just to being quiet and listening to your inner *shofar*, your inner voice. You may want to say the Shema at the end of your silent prayer or meditation. Say a *bracha*/blessing of gratitude every day or several times a day (before eating, on waking up in the morning). If you know a traditional blessing, use those words; if not, express your gratitude in your own words or in silence.

Tzedakah: Take on one commitment to bring justice into our world.

Example: Is there an organization that you could join or help? Give some time, energy and money to a cause or several causes that you care about. Support the activists in your community.

Rosh Hashanah Home Blessings

It is customary to begin the Rosh Hashanah celebration with a festive holiday meal at home. During the course of the meal, pieces of apple and challah are dipped in honey and distributed to all. In this way, we begin to enjoy the sweetness of the year to come. We hope and pray that all people will experience a good and sweet year by offering this traditional prayer:

Our God and God of our people,
may this new year be good for us
and sweet.

Yehee ratzon milfanecha
Adonai eloheynu vaylohay
Avoteynu ve'imoteynu,
She'techadesh aleynu
Shanah tovah umehtuka

יהי רצון מלפנך
יי אלהינו ואלהי
אבותינו ואמותינו
שתחדש עלינו
שנה טובה ומתוקה

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.

Please provide names a week in advance (by September 25th). 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.

Donations

YOU MAY DONATE ONLINE AT TIKKUNVOR.ORG/GIVING OR SEND A DONATION TO BOX 3981, ITHACA, NY 14852. THANK YOU FOR YOUR CONSIDERATION.

ZOOM TIPS AND ETIQUETTE

Zoom basics:

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. Please stay muted at all times.

Chat: If you need to speak with the 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, look for the person with "host" 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>.