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Refuah Shlemah

We can use our electronic devices and a software application called **ZOOM** to conference in to one another for Study Sessions, Torah Study, Bet Seifer, and Shabbat services.

Congregation Iyr Ha-Melech  
206 Concession Street  
Kingston, Ontario  
K7K-2B5 Canada

# Congregation Iyr Ha-Melech



## PLANS FOR 5781 (2020-2021)

### *WHILE COPING WITH COVID-19*

KFL&A Public Health have lifted some COVID-19 pandemic restrictions for phase 3. This means, among other things, that the Board of Directors of IHM have decided to plan services in the Kingston Unitarian Fellowship Hall.

**Address:** 206 Concession Street.

We will also broadcast those services via ZOOM to any member that is unable or not ready to attend.

## Upcoming Events

### High Holiday Services

*Led by Cantor Lawrie Bloom*

#### Rosh Ha'Shanah

**Evening – 7:00pm**

Friday September 18, 2019

**Daytime – 10:00am**

Saturday September 19, 2019

#### Yom Kippur

**Evening Kol Nidre – 7:00pm**

Sunday September 27, 2019

#### Day and Evening Service

Monday September 28, 2019

Morning Service - 10:00am

Night Time Service - 5:45pm - 7:15pm

**To accommodate safety precautions during phase 3 of the pandemic, refreshments will not be served. We invite you to bring your own to break the fast**

## Shabbat Weekends

1. October 16-17, 2020
2. November 13-14, 2020
3. December 18-19, 2020
4. January 15-16, 2021
5. February 19-20, 2021
6. March 12-13, 2021
7. April 16-17, 2021
8. May 14-15, 2021

## Bet Seifer

Our teacher, Aleeza Sohn is going to be following the example of Limestone District School Board with a hybrid model of online and in-person learning. Her first lesson will be held outdoors on September 12, 2020. Location to be announced and weather permitting.

KUF is open and booked for our first indoor class date of October 03, 2020.

Of course, we are deferring to individual judgment and comfort with returning to in-person learning. We can begin with an online or an in-person model.

Aleeza is interested in your thoughts and wants to be as accommodating as possible. You are welcome to email her directly at [sohna@limestone.on.ca](mailto:sohna@limestone.on.ca).

## Pesach 2021

In 2020 the Seniors Association on Francis Street took measures to ensure our protection by shutting down their facility.

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We were unable to hold our 2020 Community Passover Seder. There is no word yet on plans for 2021.

## Mens and Womens Groups

Schedules TBA

For gatherings, such as men's and women's study groups, we continue to meet virtually. I still believe that this is the best way to go for the time being. But I leave it up to these groups to decide when they are ready for in person encounters again. IHM neither endorses nor prohibits elective social contact. We trust in the good judgment of our members to make decisions that are right for them.

## MESSAGE FROM THE PRESIDENT

High holidays are upon us again. For me, since joining Congregation Iyr Ha'Melech, this is an especially memorable time. It has been seven years since Louise and I moved to Kingston. We joined IHM for the High Holidays in 2013. At that time, Bunny Singer and Sherry Stayer were co-presidents. They were so welcoming! Before we had even attended service we were invited to Bunny's home and I was asked if I would open the Ark at the upcoming service. I was brought in, not only as a member of the congregation but as a member of the Board of Directors. Particularly touching to me is the trust you have placed in me to elect me President. I was and continue to be moved. You have voted *more than once* to permit me to serve in excess of our constitutionally-declared term limits. These were and still are distinct honors. What I'm saying is, this congregation is a gift.

Shortly after joining, in 2013, I was hit with a double tragedy. The loss of my mother on October 28 and a Cancer diagnosis on October 29. It is almost 7 years later and I am in full remission, but just three years ago, again at the time of the High Holidays, I fell to a bout of pulmonary sarcoidosis, which had me actually dropping out of my chair at services. And this year, you ask? This year, I am laid up after a workplace accident in July with a broken heel. Post-surgery, I am healing and held together with a plate and screws. So, what is it about this time of year for me? There must be better ways to mark the new year than personal tragic circumstances!

I also want to take the time to thank the congregation for its gift basket, courtesy of the Sunshine Committee, chaired by Martha. I also want to thank Byron and Susan, Bunny and Michael who dropped off meals. And thank you to Jochebed, Ruth and Ken, Robert, and Matthew who called and emailed your prayers, remembrances, concerns and best wishes. I really appreciate the strength of the community in all its love and support. I'm told that I'm being remembered every week in the KJC Choir.

This brings us back to distinct honors. Each and every time I've gone through a hard time, one consistent response has occurred. The members and leaders of Congregation Iyr HaMelech have ensured I was in their thoughts and prayers. Even in that first year, when I was not very well known. I received a call from Rabbi Matthew Kaufman. Invitations to Shabbat dinners. Inclusion in prayers for healing. The sense of community and belonging this gave and continues to give me, makes me look forward to this time of year. I particularly look forward to seeing everyone after a long summer away.

That's why I am taking advantage of the lifting of restrictions for COVID 19 and ensuring I'm going to be at KUF, in person for the High Holidays. I'm looking forward to seeing our Trebec scroll opened to mark the new year.

I know some feel it's too soon and too risky for themselves. That there will be other occasions in the future when we can feel safer. But I'll be there, courtesy of conspicuous mobility aids. I'm putting my trust in our ability to follow precautions and meet safely. Can you notify us of your decision in advance, if you will participate, either in person or online? Aliyahs will be offered both in person and virtually.

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I'm also asking you to take extra steps. Unlike other years I cannot offer to jump in with both feet. Not this year. I will not be attempting any form of supported walking or any weight bearing actions for three more months minimum. Not until November, *at the earliest*. My own circumstances have called for a whole reorganization and rethink of my life. Also true when any one of us gets injured or ill, as we are all prone to do in turn. There needs to be a strong and active team to pick up the pieces. In my short years with IHM, we saw this. Particularly with Frank Lewis, of blessed memory. He did so much for us but got so ill so quickly he was not able to pass everything forward -- deepening the loss even further.

IHM now has a long history with Kingston. Relatively new but still more than 45 years. We are now also an aging and shrinking congregation. This is happening to institutionalized religion across North America and the western hemisphere. This year three of our families have moved to another congregation. Their reasons being they were seeking a greater sense of community. This presents us with an opportunity to change. I'm left wondering how.

How can we turn this around? How do we change the set-up to get what is needed accomplished, to be welcoming, to remain vibrant? This year IHM will not only be engaging the services of a new congregational leader – as our Rabbinical / Lay-Leadership search continues (there are candidates to consider), we will need to change our approach to serving our members in the way we meet and conduct services.

So, I invite you all now. Please jump in. We need your help and involvement this year however you can. Are you able to deliver prayer books to those staying at home? If you are among those staying home please email [iyrhamelech@gmail.com](mailto:iyrhamelech@gmail.com) so you can be added to the list for delivery. Can you attend to extra duties in hall? We will need to take in the information and receive a special declaration for those attending in hall. I will send a blank via separate email. The books need to be swabbed along with all touchable surfaces before and after each service. We would appreciate tablets and laptops for rebroadcasting different views and angles of the service via ZOOM. \*\*A Torah Cam \*\* An Ark cam \*\* A Podium Cam \*\* A Minyan Cam \*\*

## High Holiday Guest Leader

Ruth Dukas' nephew, Cantor Lawrie Bloom, will be leading our High Holiday services in person. It is our pleasure to welcome him.



I am asking you to be there too, in person or on screen. Either is fine. Either forms a minyan according to many Jewish authorities in the time of Covid-19.

Lawrie and his wife, Charron live in Georgetown, Ontario. They are founding members of the Har Tikvah Congregation of Brampton. Lawrie is a Past President and has served on the Board in many positions since the inception of the group in October of 1977. He has been the leader of the Cantorial Soloists for many years and has led Shabbat services in the absence of a Rabbi. Lawrie completed the Rabbinic Aide program in 1983. He enjoyed leading a Shabbat service many years ago at IYR HAMELECH. Lawrie is working hard in preparing for the upcoming High Holy Days and looking forward to leading services.

I look forward to seeing you all next month. Please stay safe.

**Richard Cohen**  
**President**  
**Congregation Iyr HaMelech**

<b>Congregation Iyr HaMelech High Holiday Attendance at KUF                      Screening Questionnaire</b> Please print and fill out one copy of this form for each day of attendance		
DATE		
Visitor Name		
Phone Number(s)		
Email		
<b>1. Are you experiencing any of the following symptoms:</b>	<b>YES</b>	<b>NO</b>
a. Fever of 38 C or higher		
b. Cough		
c. Difficulty Breathing or Shortness of Breath		
d. Malaise (severe fatigue or feeling of being generally unwell)		
<b>2. In the last 14 days have you:</b>	<b>YES</b>	<b>NO</b>
a. Travelled outside of Canada		
b. Been in close contact with someone who has a confirmed or probable case of COVID-19		
c. Been in close contact with a person with an acute respiratory illness who has been to the above countries within 14 days prior to their illness onset?		
If you have answered YES to any of the above questions, please delay your attendance AND contact your healthcare provider, or Telehealth Ontario (1-866-797-0000)		
<b>Signature:</b>	<b>Name (please print):</b>	

### *Mi Sheberach*

May the One who blessed our ancestors —  
 Patriarchs Abraham, Isaac, and Jacob,  
 Matriarchs Sarah, Rebecca, Rachel, and Leah

—  
 bless and heal the ones who are ill:  
 Richard Cohen, Renee O’Farrell  
 May the Holy Blessed One  
 overflow with compassion upon  
 them, to restore them, to heal them,  
 to strengthen them, to  
 enliven them.

The One will send them,  
 speedily,  
 a complete healing —  
 healing of the soul and healing of the body

—  
 along with all the ill,  
 among the people of Israel and all  
 humankind,  
 soon, speedily, without delay,  
 and let us all say: Amen!



*Wishing you a speedy  
 and complete recovery.*

### *Mi Sheberach*

Avoteinu: Avraham, Yitzhak, v’Yaakov,  
 v’Imoteinu: Sarah, Rivka, Rachel v’Leah,  
 Hu yivarech virapei

et hacholeh

Richard Cohen, Renee O’Farrell  
 HaKadosh Baruch Hu  
 yimalei rachamim alav/aleha,  
 l’hachalimo/l’hachlimah,  
 u-l’rap’oto/u-l’rap’otah,  
 l’hachaziko/l’hazikah,  
 u-l’chay-oto/u-l’chay-otah.  
 V’yishlach lo/lah bim-hera

r’fuah shlemah,

r’fu-at hanefesh u-r’fu-at hagoof,

b’toch sh’ar cholei Yisrael v’cholei yoshvei tevel,

hashta ba’galah u-vizman kariv,

v’no-mar, Amen!g.