



TEMPLE BETH EL

VirtSHUL

**Your up-to-date guide to all  
things TBE during the  
Coronavirus Pandemic.**

TBE's Building remains closed to the public. You can still reach us by leaving a voicemail at 207-774-2649 or by emailing [office@tbemaine.org](mailto:office@tbemaine.org).



# Prayer

*BACK BY POPULAR DEMAND!*

## **WEEKLY Shabbat Morning Services**

**Dates:** Every Saturday!

**Time:** 9:30am

**Login Info:** Contact [office@tbemaine.org](mailto:office@tbemaine.org) or check TBE-mail for the Zoom link

Join Rabbi Braun and our beloved Saturday morning minyan for Shabbat morning services. All are welcome!

## **TBE Brotherhood Morning Minyan**

**Dates:** Every day except Shabbat and Yontif

**Time:** 8:00am

**Login Info:** <https://zoom.us/j/98421974937>

Be one in a minyan! Our own Tom Berman will be continuing to hold the TBE Brotherhood's morning minyan service at 8am Sunday through Friday, except Yontif.



# Prayer

## **Statewide Kabbalat Shabbat Services**

**Dates:** Fridays July 31, August 28

**Time:** 6:30pm

**Login Info:** Advanced registration required. Register [HERE](#).

Find more information about the event [HERE](#) and the Center for Small Town Jewish Life [HERE](#).

## **Shabbat Niggun**

**Date:** Friday August 7

**Time:** 5:30pm

**Login Info:** Contact [office@tbemaine.org](mailto:office@tbemaine.org) or check TBE-mail for the Zoom link

"Because the essence of prayer is a song, and man cannot live without a song." - Abraham Joshua Heschel

In our current circumstances, many of us miss singing together. Join TBE for a spiritual, singing Kabbalat Shabbat followed by Ma'ariv. No experience required, no auditions necessary.



# Words of Torah from Rabbi Braun

July 30, 2020 / 9 Av, 5780

Tisha B'Av, the 9th day of the Hebrew month of Av, is considered to be the saddest day in the Jewish year. On that day, though separated by almost 500 years, tradition teaches that both the First and Second Temples were destroyed. Others will say that expulsions, massacres and even the Shoah began on the 9th of Av. On this day it is customary to fast for 25 hours, just as we do on Yom Kippur. We are like mourners:

we refrain from pleasures like intimate relations, wearing leather, and listening to music. We read the Book of Lamentations, Eicha, to a beautiful and haunting melody. It begins "Alas, lonely lies the city once filled with people..."



While it is an old story, a midrash tells the story of Kamsa and Bar Kamsa, one a friend of a wealthy person and the other his enemy. When an invitation to a party is addressed to the wrong Kamsa, a scene occurs at the party when he arrives. The drama became so intense that the Rabbis teach it was that very ugly moment that led to the destruction to the Second Temple (Talmud Gittin 55b).

Sometimes it is hard to get into the observance of Tisha B'Av, but these days, as we throw insults back and forth, as ideologies separate old friends, I look to the day as a reminder of the destruction we can bring upon ourselves for no good reason.

Our partnership among different organizations in Maine is the perfect response to Tisha B'Av - we are here for one another, no matter where we go - or don't go - to daven.



# Social Connection

*Last Chance This Summer!*

## Spirits and Spirits

**Dates:** Thursday 8/13

**Time:** 5:30pm

**Login Info:** [https://zoom.us/j/228515480?  
pwd=R3Z2NzdjeDJSR2lvYkE5Q3VSN2R0dz09](https://zoom.us/j/228515480?pwd=R3Z2NzdjeDJSR2lvYkE5Q3VSN2R0dz09)

"We start as dust, we end as dust. In the meantime, let's have a drink." Make yourself a beverage, get comfortable, and let's have meaningful conversation Jewishly. L'chaim!



# TBE News

## **TBE High Holidays 5781 Survey**

Thank you to everyone who filled out the survey! The High Holiday Task Force is hard at work interpreting results and assembling meaningful programming. An update will be sent out at the end of August.

## **KBE Registration for 5781**

Registration is open for Kadima Beth El and Hebrew High for 5781 (2020-2021)!

While there is tremendous uncertainty about the fall, we are committed to providing a full year of Jewish education to our families. The first day of school is Wednesday, September 9 with a Welcome Back Sunday on September 13. The scholarship and early bird registration deadline has been extended to Friday, August 14 to allow us all time to learn more and adjust accordingly. But the school year is happening, so if you're committed to participating, register now! We've also deeply discounted the PreK-Kindergarten class to encourage new families to enroll, even in this climate of uncertainty. Don't let your child miss out!

Register [HERE](#).

For more information, contact Abby Halpern at [education@tbemaine.org](mailto:education@tbemaine.org) or visit the KBE website at [www.tbemaine.org/kadima-beth-el](http://www.tbemaine.org/kadima-beth-el).



# TBE News

## Mazel Tov!

Mazel tov to Sherri Quint for being awarded the JCA's Karen M. Lerman Award. As they wrote so eloquently in their press release:

It seems like this year defines Sherri. She lives her life never expecting anything in return and shuns the spotlight when recognized for doing all of the mitzvot she does on a regular basis. She has set the bar high with respect to unconditional volunteerism and has been doing so for nearly a decade. Her involvements are innumerable and her achievements are impressive.



Thank you for all of your hard work, Sherri!

## Shofar

Interested in reading the latest news from TBE? Check out the Summer edition of the Shofar [HERE](#).

## Would you like to borrow a Siddur?

Several congregants have asked if they can borrow a Siddur Lev Shalem to use during Zoom services. If you are interested in having a prayer book at home until we are able to meet again in person, please contact the office at [office@tbemaine.org](mailto:office@tbemaine.org) or by calling 207-774-2649 to leave a message and we can arrange to get one to you.



# Recommendations

## Online Jewish Resources

### Ten Minutes of Torah

Rabbis and Jewish leaders from around the state of Maine provide 10 minutes of Torah every day. Click [HERE](#) to watch.

### PJ Library Resources for Families

The PJ Library website has lots of great ideas for families including story times, craft-alongs, and virtual field trips. Check them out [HERE](#).

### Jewish Together

Virtual community and informative resources, powered by The Jewish Federations of North America.

Summer 5780 resources found [HERE](#).

Racial Justice resources found [HERE](#).

### jewishLIVE

An online resource full of live events that run the gamut of Jewish learning. As they say on their website: "You can think of jewishLIVE as a digital Jewish Community Center (JCC)." Click [HERE](#) for their calendar page or go to [jewishlive.org](http://jewishlive.org) for more information.



# Recommendations

## Online Jewish Learning

### **Jewish in Cuba presented by JCC Chicago**

Experience Cuba up close and personal (at least as close as you can get without being there). Spend some time with Miriam Levinson, Cuba expert and JCC Travel Professional. Miriam was born in Cuba and closely follows everything Cuban. The presentation will explore the Jewish community, what it was like to be Jewish in Cuba – past, present, and future – and what it was like to leave Cuba and start a new life in Chicago. During the past 20 years, Miriam has led over 200 programs to Cuba and is looking forward to visiting soon.

Thursday, July 30 at 8pm. Advanced registration is required for this free program. Click [HERE](#) for more information and [HERE](#) to register.

### ***Let the People Decide* Documentary Film Discussion**

Join ADL Northeast Division for a panel discussion on voting rights and the documentary *Let the People Decide*, a film documenting the struggle for voting rights from the 1960s to right now. Registration required for online home access to the film. After viewing the film, join us for a panel discussion featuring filmmaker Gavin Guerra and voting rights experts.

Tuesday, August 4th at 7:00 PM. Click [HERE](#) to register.



# Recommendations

## Online Jewish Learning

### ***400 Miles to Freedom: A Perilous Journey from Ethiopia to Israel***

*400 Miles to Freedom* documents Avishai Mekonen's perilous journey from Ethiopia to Israel during Operation Moses in 1984 when the Israeli government secretly moved 8,000 Ethiopian Jews to Israel under a veil of complete secrecy. Mekonen is a filmmaker and photographer whose work includes the award-winning documentary *Video Flour*.

The film will be available for screening from July 30th to August 6th. A conversation between filmmaker Avishai Mekonen, historian Steven B. Kaplan, and ethnomusicologist Kay Shelemay will take place on Thursday, August 6th at 4 p.m. This event is free, but requires registration. Click [HERE](#) for more information and [HERE](#) to register.

### **Jewish Women You Thought You Knew (or Never Knew!)**

Join the Jewish Women's Archive on Thursdays in August to delve into the lives, challenges, choices, and innovations of Jewish women who changed our story. Each session will focus on a different historical figure, facilitated by a scholar of Jewish women's history. Sessions are designed to stand alone, so attend as many evenings as you'd like! No advanced reading or preparation required. For course details, visit [jwa.org/events](http://jwa.org/events).

August 6, 8 p.m. – Golda Meir

August 13, 8 p.m. – Bertha Pappenheim

August 20, 8 p.m. – Sarah Schenirer

August 27, 8 p.m. – Bella Abzug

Suggested \$36/person donation for the course series. Click [HERE](#) to register.



# Recommendations

## Around the Jewish Community

### **SMJCA (Southern Maine Jewish Cemetery Association)**

There are so many people buried at Mount Sinai and Smith Street Cemeteries whose stories are lost to time. Often, the only thing we have are their names and some dates. How wonderful it would be if we could collect some of their stories and photos! SMJCA will post a photo of a headstone and share what info we have about them. If you have a story, information, or a photo, please share them with [us](#).



Today we share the headstone of Mary Goldharber (abt. 1880 - 5/18/1917). Click [HERE](#) to read more about Mary and her family.

### **Maine Jewish Museum Pop-Up**

While repairs take place to the museum and synagogue, the Maine Jewish Museum is excited to announce its pop-up initiative. Located at 67 Washington Avenue (Portland) the exhibit includes pieces by Alex Sax & Jane Sutherland, Meghan Nathanson, and Clara Cohan. The pop-up will open on July 16 and run Thursday, Friday, Sunday & Monday: 11am - 5pm and Saturday: 11am - 6pm.



# Recommendations

## Local Resources

### **Mainers Together Facebook Group**

Mainers Together is connecting people with services, delivering groceries and supplies, and providing some financial assistance. If you have a need, please reach out using the confidential form on the website. If you have time or financial stability, you can sign up to volunteer or donate. More information [HERE](#).

### **Portland Summer Meals Program**

No-cost breakfast and lunch for individuals under 18. More information [HERE](#).

### **Volunteer shoppers available for Portland seniors (65+)**

Contact Linda Weare, Director, Portland Office of Elder Affairs  
207-541-6620 or [lswe@portlandmaine.gov](mailto:lswe@portlandmaine.gov)

Or contact [office@tbemaine.org](mailto:office@tbemaine.org) if you'd like to request some shopping assistance from one of your fellow TBE members! Many people have offered and would be happy to assist.



# Recommendations

## Local Resources

### **Resources for food delivery and/or curbside pick up** **Portland Food Map**

Online restaurant guide, including options for take-out, delivery, and indoor/outdoor dining. Updated regularly. More information [HERE](#).

### **Southern Maine Farm to Home Table Sales and Barter Group**

Facebook group dedicated to the sale of farm products directly from the farm to the consumer. Including but not limited to dairy, meat, produce, honey, eggs, and baked goods. More information [HERE](#).

### **Portland Farm Drop**

Order from local farms and producers online. Pick up order on Thursdays in Portland. More information [HERE](#).