



TEMPLE BETH EL

VirtSHUL

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

Prayer

Shabbat Niggun

Date: June 5, July 10, August 7

Time: 5:30pm

Login Info: Contact 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 are missing singing together. Join TBE for a spiritual, singing Kabbalat Shabbat followed by Ma'ariv. No experience required, no auditions necessary.

Welcome Shabbat with TBE on Shavuot

Date: Friday May 29

Time: 5:30pm

Login Info: Contact office@tbemaine.org or check TBE-mail for the Zoom link

Our Holy Space is where we connect wherever and however we are. Have your candles, wine and challah ready and we will light candles, sing, remember those whose yahrzeits occur this week, bless our children, and say kiddush and Motzi.

Shavuot Services

Date: Saturday May 30

Time: 9:30am services begin, 10:30am Torah Study, 11am Yizkor

Login Info: Contact office@tbemaine.org or check TBE-mail for the Zoom link

Marking the receiving of the Torah at Mt. Sinai and the wheat harvest in Eretz Israel, Shavuot is a holiday of special spiritual significance best known for its tradition of rich dairy-based desserts and Tikkun Leil Shavuot - an all nighter of Torah study. Join us on Zoom for remote services led by Rabbi Braun.

Prayer

Monthly Shabbat Morning Services

Dates: June 20 (Benny Gelchinsky's Remote Bar Mitzvah!), July 18, August 15

Time: 9:30am

Login Info: Contact office@tbemaine.org or check TBE-mail for the Zoom link

We're getting the band back together and we want you to play a part. No, TBE is not going to start playing rock music on Shabbat, but we ARE bringing our beloved Saturday morning minyan together for Shabbat morning services. All are welcome!

KIDdish

Dates: Fridays 5/8, 5/15, 5/22, skip Shavuot, 6/5

Time: 5:00pm

Login Info: Contact office@tbemaine.org or check TBE-mail for the Zoom link

Introducing KIDdish! Every week a different family will host a short but sweet song, story, and blessings to welcome Shabbat among friends via Zoom. We invite you and your children (best for 6 and under) to tune in and participate!

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 Shabbat and Yontif.

Prayer

The Latest Words of Torah from Rabbi Braun



Updated 5/7/20

Recommended Streaming Service Option

B'nai Jeshurun in New York City broadcasts Kabbalat Shabbat services at 6:30PM and Shabbat and Holiday Morning services at 10:00AM via [Livestream](#).

Learning

Mindfully Learning the Morning Service

Dates: Sundays 5/10, 5/17, 5/24, 5/31

Time: 9 – 9:30am

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

One of the things we love most about our TBE community is our culture of participation and leadership in services. Whether you sometimes feel off-beat at services, or you actually feel pretty good and want to become empowered to join other community members in leading parts of the service, these Sunday morning sessions will help get you there.

Coronavirus and Jewish Law with Rabbi David Freidenreich

Dates: Sundays 5/31, 6/7, 6/21

Time: 11:00am

Login Info: Please email office@tbemaine.org by May 28th to reserve your spot in the class.

What can the Talmud teach us about Zoom? How might Jewish values guide doctors overwhelmed by cases of COVID-19? What wisdom does our tradition offer about the economic impacts of social distancing restrictions? In what ways have Jewish responses to the pandemic differed from those of other religious communities? We'll discuss these questions and more, drawing on material found at web.colby.edu/coronaguidance.

Social Connection

Coffee Klatsch with Rabbi

Dates: Wednesday 5/27

Time: 10 – 11:00am

Login Info: [https://zoom.us/j/96643311953?
pwd=bmZQOS81QlRlWW9mNGsxbWRzYXpCdz09](https://zoom.us/j/96643311953?pwd=bmZQOS81QlRlWW9mNGsxbWRzYXpCdz09)

Relax, grab a cup of coffee, something yummy, and join Rabbi Braun for some company and casual conversation.

Spirits and Spirits

Dates: Thursdays 6/11, 7/9, 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



KBE will not be meeting in person again this year, but the learning and connections continue! Students in 2nd grade and up are continuing their Hebrew classes via Zoom. Prayer study is taking place on an individual basis through an online prayer curriculum called PrayerTech, which has been tailored to our existing curriculum. 7th grade and Hebrew High are also taking place over Zoom. Finally, the teachers have been connecting with their students informally to support family Jewish life and living.

Looking for apps for practicing Hebrew? You can find them on the KBE blog. You can also follow KBE Maine on Facebook.



A few talented TBE Members have been in touch to let us know that they are happy to sew homemade face masks for anyone who would like one.

Simple email office@tbeaine.org to make your request.

Recommendations

Online Jewish Learning

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](#).

Daily Learning during the Omer with Hadar

In the deep isolation that defines our moment, many have felt the days and weeks blur into each other and we've realized the critical role that community plays in giving our lives meaning. The Omer presents a rare opportunity to demarcate our time with Torah, ritual, and community. Together with Hadar Faculty, we'll study sections of Pirkei Avot and count the Omer each night.

The Great Big Jewish Food Fest - Online and in your kitchen

May 19 - 28, 2020

A completely FREE virtual festival! Click above for the event schedule, details and to register.

The Rabbinical Assembly's Tikkun Leil Shavuot: Torah from Coast to Coast

Thursday, May 28 at 9pm - Friday, May 29 at 9am

Will be broadcast on their YouTube channel - www.tinyurl.com/RATikkun

The full schedule can be found at -

<https://www.rabbinicalassembly.org/story/schedule-tikkun-leil-shavuot>

Recommendations

Around the Jewish Community

Maine Conference for Jewish Life June 12-14

Registration for the 2020 conference is open!

In recognition of the constraints of our extraordinary times, the 2020 Maine Conference for Jewish Life will go online. In accordance with the strictures of Shabbat, the conference will now consist of statewide services on Friday night, June 12, and a day of learning on Sunday, June 14, capped off with an intimate concert with Nefesh Mountain. While we are of course heavy-hearted by the thought that we won't see one another in person just yet, we are excited and eager to bring an inspiring, exciting, and uplifting program of learning. A new registration page is live (<http://www.colby.edu/jewishlife/registration/>), and the schedule is posted here (<http://www.colby.edu/jewishlife/schedule/>). We hope to see you there, and that you'll invite friends and family from near and far to join in, as well. If you have questions about this year's conference or the MCJL in general, please contact Director of Summer Programs, Mel Weiss, at maweiss@colby.edu.

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 info@smjca.org.

Today we share the headstone of Hilda Grinker - Hinda bat Meir Zelig - abt. 1863 - 4/19/1928. Click [HERE](#) to read more about Hilda and her family.

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. There are a lot of ways you can help from home!

Resources for food delivery and/or curbside pick up:

Portland Food Map

Southern Maine Farm to Home Table Sales and Barter Group on Facebook

(This group is for selling farm products direct from the farm to the consumer. dairy, meat, produce, honey, eggs, baked goods and other food items.)

Volunteer shoppers available for Portland seniors (65+)

Contact Linda Weare, Director, Portland Office of Elder Affairs

207-541-6620 or lsw@portlandmaine.gov

Or contact 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.