



Chadashot Ha'am

A bi-monthly newsletter for Congregation Bet Ha'am

March/April 2021

Adar/Iyar 5781

Welcome to the Chadashot! Some articles are presented in part; click the "Read More" link to go to our website where you can finish the story. Other content is presented here in full.

RABBI JARED H. SAKS



Dear Friends,

We are approaching one full year of this global pandemic, a year apart and yet, we've still found paths to be together. Just less than a year ago, we gathered for Purim without a real sense of the tsunami that was coming. A week later, we held our last in-person religious school class, a board retreat, and by the middle of March our world had become unimaginable. I've grasped for the words to mark this moment, one year in this alone and, yet, together. Here is what I have to offer:

One Year

One year.

One year since our lives
were upended by the pandemic.

An anniversary of sorts
or perhaps,
a *yahrzeit*.

One year of mourning
the deaths of loved ones,
beloved community members,
friends, neighbors, coworkers,
and strangers,
lives unnecessarily cut short.

We long for hugs and kisses,
high fives and seeing people's smiling faces in the flesh
for singing together on Shabbat
and breaking bread
and meeting new people.

A year ago, we couldn't fathom
that this would still be our world.
Surely, by summer
we would have been together.

Summer came and went,
then fall,
now winter
soon spring.
And, still this surreal life.
This year.

The first *yahrzeit* marks not the end of grief,
but rather its turning point
At first, we thought,
we don't know how we'll get through this.
But we have.

We stand now at the cusp
of who-knows-how-long
that still lies before us.

And, yet, we know we can get there
because we are here.
We tell ourselves the fabled tale
of Itzhak Perlman
and the broken string.

Let's make music
with what we have left.

LYNN URBACH, President

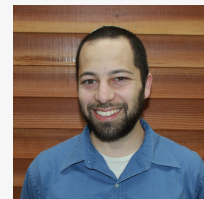


President's Corner

Do you know why you belong to a Reform Congregation? Is it a conscious choice, or one of convenience? To me, the difference between the theologies of the Reform Movement (and Bet Ha'am) and the Conservative Movement (Temple Beth El, TBE), is...

[Read more
www.bethaam.org](http://www.bethaam.org)

SAM SPINRAD, Education Director



Developing a Shabbat Routine

As a Jewish parent of young kids, I often felt like my observance of the fourth commandment was half-hearted. Until recently, I found it easy to "remember Shabbat," but challenging to "keep it holy." ...

L. MARK STONE, Treasurer



Treasurer's Ledger

(Report is under the "February 2021" tab.) On the Revenue Side of Life... Our second Paycheck Protection Program loan in the amount of \$65,000 (the same amount as our first loan) was recently approved by the bank and the money disbursed to us...

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Bat Mitzvah

Julia Young—March 6, 2021

Julia is a 7th grader at Falmouth Middle School where she is a member of the alpine skiing and volleyball teams. In addition to skiing and volleyball, Julia loves drawing, horseback riding, travel, and playing with her dogs Kira and Max.



Julia is a member of both the Jewish and Asian American communities and is deeply concerned about the racist rhetoric and violence directed towards Asian Americans, which have intensified since the beginning of the COVID-19 pandemic. As her Bat Mitzvah project, Julia has chosen to raise money to help fund the Asian American Legal Defense and Education Fund's efforts to protect and promote civil rights and social justice for the Asian American community. Julia will attend the Asian American Defense and Education Fund's virtual Lunar New Year's Gala on March 4, 2021 (<https://www.aaldef.org/events/march-4-aaldef-virtual-lunar-new-year-gala-and-2012-justice-in-action-awards/>) and invites members of the Bet Ha'am community to join her in supporting this leading civil rights organization.

Julia would like to thank everyone who has supported her as she has prepared to lead services as a Bat Mitzvah—Cantor Sheila Nesis (her tutor), Rabbi Saks, Sam Spinrad, all the wonderful volunteer teachers at Congregation Bet Ha'am and, of course, her family and friends.

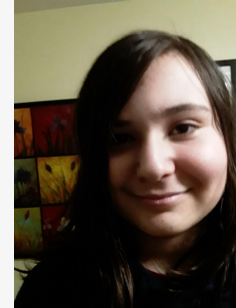
Bar Mitzvah

Zephyr Conford—March 13, 2021

Hi. My name is Zephyr. I'm 13 years old and in seventh grade. I live in South Portland and Woolwich, both in Maine. I have an eleven-year-old younger brother, two black cats, three dogs, and 14 chickens. I

like video games and building things, mainly electronics and stuff like that.

My tikkun olam project is helping cats. As I said earlier, I have two cats that I adopted so I know first-hand that cats need to be helped. I'm helping feral cats to be exact. I wouldn't call it major or anything, just feeding them, but if I know that I help at least one cat, that's enough for me.



My Bar Mitzvah is coming up soon, March 13th to be exact so I'm excited for it. I had the pleasure of being tutored by Sam, the director of the school at Bet Ha'am.

As for my biggest inspiration, no doubt it would be my grandfather. He's the main reason I joined the Temple in general. He's kind, funny, creative, and a great person all around and I have the utmost pride calling him my grandfather.

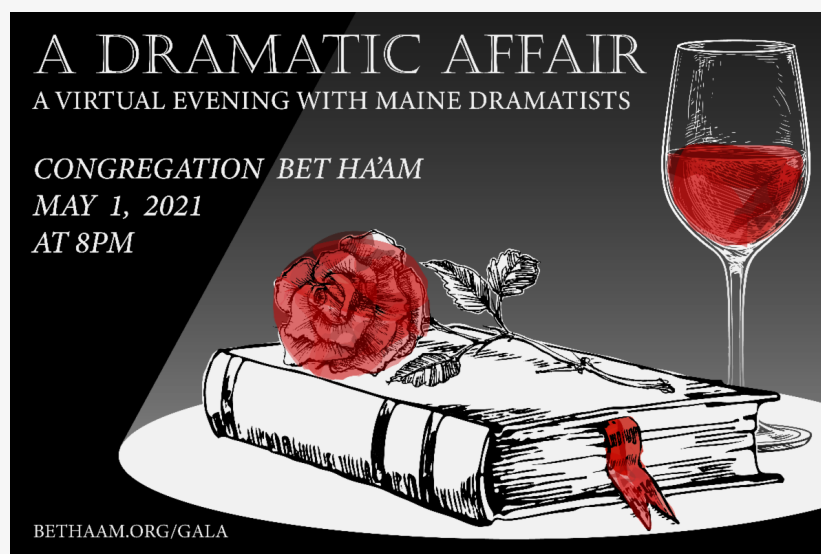
Bat Mitzvah

Ziza Kaback – April 10, 2021

Ziza is a 7th grade student at Mahoney Middle School in South Portland. Her parents are Holly Christensen and Russell Kaback, and she has a younger sister named Taj. Ziza dances with Portland Youth Dance company, where she performs as part of the hip hop crew. She also likes to make art and is interested in sustainable fashion. She enjoys boating and other summertime water activities. Her dream is to live and travel in a school bus that she renovates herself.

She hasn't decided on a specific mitzvah project yet, but she plans to do something involving body positivity, which ties into themes in her d'var torah. She is making posters of her original artwork based on this idea and selling them to raise money to go towards an organization that works to promote healthy body image and awareness.

Ziza would like to thank the Bet Ha'am community, including her teachers, Rabbi Sacks, Sam Spinrad, as well as her grandparents, aunts and uncles and cousins, her sister Taj, and her parents, for inspiring and helping her on her way to becoming bat mitzvah.



Our Gala - Congregation Bet Ha'am

Bet Ha'am's fourth annual gala fundraiser will indeed be A Dramatic Affair, a virtual evening with Maine dramatists presented Saturday evening, May 1, 2021 at 8 PM .

Our entertainment will be drawn from Maine's vibrant theater community. Event...

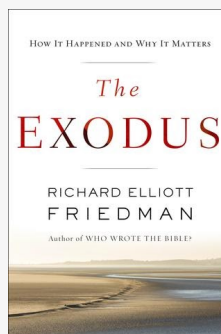
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Cooking with Karli

Long before the pandemic, I was listening to a podcast put out by Kveller about Jewish parenting. One of the guests was chef and restaurant/bakery owner, Einat Admony. I immediately related to her stories around getting her children to try ...

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The Exodus by Richard Elliott Friedman

I should have majored in Biblical History when I first went to college in 1968. I certainly had a thirst for it, even at age 18. But eventually the love of science and medicine forced me to put it on the back burner...

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Amplify Black Stories

Because Black History shouldn't only be relegated to February, the shortest month of the year, Penguin Random House has put out the Black Excellence Booklist. Here is a partial list of suggestions to get you started. If any of you own any of ...

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CONDOLENCES

Zecher T'zaddik L'vrachah to:

- Sarah Cropley on the loss of her grandfather, Ron Cropley
- Jane Snerson on the loss of her friend, Zita Fine
- Susan Lieberman and Stephen Frantz on the loss of Susan's mother, Barbara Lieberman
- Doreen Athans and Michael Messerschmidt on the loss of Doreen's mother, Katina Athans
- Condolences to the family and friends of Judy Plano

THANK YOU!

Volunteer Opportunities

- To everyone who donated to us through Amazon Smile and Clynk.
- To everyone who helped make the Tu Bi Sh'vat Sedar so beautiful.
- To Mike Levine who wrote a new *Purim Shpiel for Covid Times*, Rachel Stamieszkin who coordinated our megillah reading, and all of the Purim players and readers who made our celebration fun.

DONOR GALLERY

Donate Online

Annual Fund

- In honor of our wonderful staff: Chris Skidgel, Ivan Gonzalez, Karen Hindall, Teri Berenson, Sam Spinrad, and Eben Toste by Rachel Lefkowitz
- Sue Howard
- Daniel Oppenheim and Layne Gregory
- In memory of David Reed by Rachel Reed
- In memory of Juliette Ebner by Garth Ebner
- In memory of Ruth and Norman Salzberg by Meryl Troop
- Dana Gold and Robert Morrison
- Susan Horowitz and Gail Kass
- Gretchen and Gerry Greenberg
- Susan Berkman and Maxine Farber
- Ada and Don Olins
- Andrea Schick
- Robin and Laurence Rubinstein
- Whitney Hess and Frederick Selby
- Bill and Jodi Welch
- Susan Lieberman and Stephen Frantz
- Larry Landau
- Meryl Troop
- In appreciation of Sharon Newman by Andrea, Chip, and Sophie Gavin
- In memory of Gertrude Schick by Andrea Schick
- In honor of Mary Michael by Amy Roemer
- Rachel Freedman

Rabbi Cohen Fund for Worship & Learning

- In memory of Diane Bennett Hammer on her Yartzeit by Robert Hammer

Rabbi's Discretionary Fund

- In memory of Harriet Passerman on her first Yartzeit by the Passerman-Turner family
- Adam Roth-Saks
- In appreciation of Rabbi Saks by Joanie and David Caldwell
- With gratitude to Rabbi Saks as Sophie became Bat Mitzvah by Andrea, Chip, and Sophie Gavin
- With gratitude to the wonderful volunteers who helped us during our hospital stay by Sheila and Dan McIntosh
- In appreciation of Rabbi Saks and his comforting support during the violence in DC by Ki and Bill Leffler
- Rev. Kathryn Albert-Dawn

General Fund

- In memory of my cousin, Roz Bernstein by Alan and Susan Seltzer
- In appreciation by Marilyn and Alan Davis
- In memory of Charlotte Kopans by Rona and Robert Rosenthal
- In memory of my mom, Marsha Blackman on her Yartzeit by Wendy Sirois
- To celebrate our new president Joe Biden by Bill and Ki Leffler
- In memory of William Newman by Diane Newman

- In memory of Harold Newman by Diane Newman
- In memory of Virginia Kittle and Martin B. Kohn on their Yartzeits by Laura Kittle and Jeremy Moser
- In memory of Lewis Rosenthal by Robert and Rona Rosenthal

Rabbi Sandmel Education Fund

- To honor Rosie Lenehan, Andrew, Sam, and George Gelman by Sheila and Martin Gelman

Religious School Library Fund

- In memory of Will Spinrad by Karen Hindall

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