



This Week at Chabad Lubavitch of Maine



CANDLE LIGHTING TIMES
FOR
PORTLAND:

Friday, Oct. 8 5:51 pm

Torah Portion: [Noach](#)

Chabad Lubavitch of Maine **Email:** chabadofmaine@gmail.com **Phone:** 207-871-8947 www.ChabadofMaine.com



Message from the Rabbi

Dear Friends,

The Torah portion of Noach, which is read this week, describes the great flood G-d brought upon the world, allowing only Noach and his family to survive in a specially structured ark.

The flood is often used as a metaphor for the deluge of worldly affairs a person faces on a daily basis. What starts out as a simple drizzle of responsibilities can suddenly turn into an outright downpour over which we have no control.

The only solution to such an overpowering flood is to take shelter in an ark the protection offered to us by G-d through the words of prayer and Torah study. When we feel the deluge about to start taking over, retreat to the ark and we will be fine.

And then, after the flood waters calm down, we can poke our heads back out into the wilderness and re-engage with the world. But never forget that the arks protection is always there for us whenever we need it.

Shabbat Shalom!

Rabbi Wilansky



New JLI Course: Outsmarting Antisemitism

**Why are
many Jews
joining anti-Israel
movements,
and what can
be done to stop
this?**

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We cannot let antisemitism define our Judaism, but we cannot ignore it either. As direct memory of the Holocaust fades, Jews around the world are wondering whether the patterns of past centuries are returning, in both the Old and New Worlds, where Jews experience more hate crimes than any other group.

Are Jewish people doomed to be stuck in this cycle forever? Is there a way to escape this history of hate?

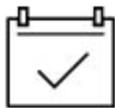
Outsmarting Antisemitism takes this dark subject on squarely, with a sense of unabashed optimism, profound faith, and a distinctly Jewish approach.

Through illuminating source texts and captivating case studies, this course considers the sources of this ancient scourge, along with the appropriate strategies for overcoming it. It's time to find the confidence to fight hate with hope and to stand tall against antisemitism with positivity, purpose, and plenty of Jewish pride!

**Virtual: 4 Mondays, 7:00-8:30 P.M.
Starting November 1**

**In-person: 4 Tuesdays, 6:30-8:00 P.M.
Starting November 2**

Register Today!



**Fresh Challah and
Babka at the
Scarborough Farmer's
Market!**



Fresh, homemade, kosher, and delicious Challah and Babka for sale at the Scarborough Farmer's Market this Sunday, 10/10, 9:00am-1:00pm!

Made with quality ingredients and local honey 🍯🥖



Torah Studies: Why is Jewish lifestyle so expensive?



WHY IS A JEWISH LIFESTYLE SO EXPENSIVE?

Not long ago, we each purchased a Lulav and Etrog set for Sukkos for a tidy sum. A pair of Tefillin is even more costly, and to send a child to a Jewish school you need to open a savings account. Why must things be this way?



Sunday, Oct 10, 2:00 pm



chabadofmaine.com/zoom



JEWISH INSIGHTS

A TASTE OF THE REBBE'S TEACHINGS

PARSHAT LECH LECHA

Join Rabbi Levi for the weekly Torah Studies on Parshat Lech Lecha!

Sunday, Oct 10, 2:00 pm

chabadofmaine.com/zoom



Service Times

Thursday

7:00 am

Friday night

6:00 pm

Shabbat day

10:30 am



Donate

Join in and become a partner in the work we do!

Help us continue our work



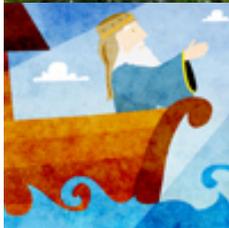
This Week @ www.ChabadofMaine.com



ESSAY

A Jewish Environmental Cosmology

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BY THE NUMBERS

14 Facts About Noah Every Jew Should Know

How much do you know about the righteous man whom G-d chose to survive a mighty deluge and repopulate the world with his children?

[More...](#)



PARSHAH

How Did Noah's Dove Get Its Leaf?

The story does not say where the dove found the leaf, nor how this convinced Noah that it was safe to unseal the door of the vessel that had kept him and his family safe for an entire year.



YOUR QUESTIONS

Where Did the 70 Nations Come From?

The concept is found in various passages of the Talmud and Midrash.

[More...](#)

Parshah in a Nutshell

Parshat Noach

Gd instructs **Noah** the only righteous man in a world consumed by violence and corruption to build a large wooden *teivah* (**ark**), coated within and without with pitch. A great deluge, says Gd, will wipe out all life from the face of the earth; but the ark will float upon the water, sheltering Noah and his family, and two members (male and female) of each animal species (and 7 of the "**pure**" species).

Rain falls for **40 days** and nights, and the waters churn for 150 days more before calming and beginning to recede. The ark settles on Mount Ararat, and Noah dispatches a **raven**, and then a series of **doves**, to see if the waters were abated from the face of the earth. When the ground dries completely exactly one solar year (365 days) after the onset of the Flood Gd commands Noah to exit the *teivah* and **repopulate the earth**.

Noah builds an altar and offers sacrifices to Gd. Gd swears never again to destroy all of mankind because of their deeds, and sets the **rainbow as a testimony** of His new covenant with man. Gd also commands Noah regarding the sacredness of life: **murder** is deemed a capital offense, and while man is permitted to eat the **meat** of animals, he is forbidden to eat flesh or blood taken from a living animal.

Noah plants a vineyard and becomes **drunk** on its produce. Two of Noah's sons, Shem and Japheth, are blessed for covering up their father's nakedness, while his third son, **Ham**, is punished for taking advantage of his debasement.

The descendants of Noah remain a single people, with a single language and culture, for ten generations. Then they defy their Creator **by building a great tower** to symbolize their own invincibility; Gd confuses their **language** so that one does not comprehend the tongue of the other, causing them to abandon their project and disperse across the face of the earth, splitting into **seventy nations**.

The Parshah of Noach concludes with a chronology of the ten generations from Noah to Abram (later **Abraham**), and the latter's journey from his birthplace of Ur Casdim to Charan, on the way to the **land of Canaan**.



Chabad World News



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HOLIDAY WATCH

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