



April 30 - May 6, 2021  
18 - 24 Iyyar 5781

## tbe-mail

### **SPECIAL THIS WEEK**

### **Lorin's Last Shabbat Bachutz - This Saturday!**

Join Lorin for the last Shabbat Bachutz that he will lead as the Rabbinic Intern! Spring has finally arrived, so it's the perfect time to get outside, see the buds and the birds, and give a big ol' thank you to Lorin (don't worry though, he's not leaving Maine!).

The intention is to walk and simply be together in the delight of Shabbat. There will not be a formal service, but the group will stop along the way to sing gently, offer prayers, and immerse in some Torah. Lorin will provide a handout with a few prayers and psalms, but will not include a full Amidah (feel free to bring your own siddur or benchers).

The group will meet at Mill Brook Preserve in Westbrook; please note the terrain at this location is a little more diverse than previous Shabbat Bachutz.

**Registration is required.** Please RSVP by tonight (April 29). An email will go out to registered participants on Friday, April 30 by 3pm with details on where to meet.

[Register Here](#)



Shabbat  
Bachutz

## From Rabbi Braun



*Rabbi Carolyn Braun*

I have been thinking a lot about knees this week. Yes, an important part to those amazing limbs that allow us to walk, run, sit, kick, play, and...bow. I'm thinking about knees because tomorrow morning I am getting my first of two

knee replacements; the second one will be replaced in June. It's something I have thought about for a long time, and put off for as long as possible. When I scheduled it in January, I had no idea that we would just be beginning to open up right now! Actually, I thought this might be a time to take a breather. Well, although there's never a "perfect time" to be out of commission, recovery and PT in the warm outdoors sounds better than during the winter! I'm focusing on counting my blessings.

I've spoken with many of you about this surgery. I've visited you in the hospital and listened to your thoughts, encouragement, and hopes for the future. In fact, the only regret I've heard is that "I should have done this long before I did!" You've all encouraged me to get it done, you've put in the time it takes to heal; you have all been my heroes.

On a philosophical level, in these days leading up to my surgery, I've been thinking about the time when I will feel worse before feeling better. While I know recovery will take some time (and I am not always a patient patient), the larger challenge is accepting how vulnerable we really are. The pandemic should have taught me that, as well as many other lessons I have experienced, but - and this is a blessing - because we tend to be so involved in life and coping with it, we (!?) push away our vulnerability, until we are forced to see it. Accepting our limitations and vulnerability also asks us to let go of our control, and accept help from those around us: our families, friends, and wider community. We go into surgery with some control over our bodies, and come out relying on others. We have certain expectations of what we 'should' be able to do and are frustrated when we can't. Even though illness and injury are inevitable, they can be incredibly challenging when they show up.

In my visits with people who are ill or recovering from surgery, and especially to those who are resistant to asking for help, I often talk about how allowing others to do something for us is actually giving them the opportunity to do a mitzvah! We never want to be a burden on others, but putting it into a Jewish context, enabling someone to perform a mitzvah is a whole different perspective. Especially at times when we feel vulnerable, but also in great times, the notion of *kehilla*, community, rings true. The truth is, we need one another - to share joys, sorrows, feasts, and prayer. I'm now thinking of the Jewish concept of *minyan*. For those who are reciting Kaddish and those who take on the obligation to pray in a minyan, a 'mitzvah doer' makes it possible for them to be supported, comforted and joined. It is easy to refrain from making the minyan when we do not need it, but those who need a minyan are not burdening us, they are actually enabling us to be 'mitzvah doers.' We are truly a *kehilla kedosha*, a Holy Community, when we are there for one another.

So, for the next couple of weeks, and for some time after that, I will need to practice what I preach. Already, so many of you have reached out and your kindness and care fills my soul. I have all your stories tucked away to give me courage and I have my care team all set up. I know I will eventually make that 300lb squat and deadlift. But until then, there are good people to lead services in my stead and to take care of whatever else needs to be done at the synagogue. And, most excitingly, there's a good possibility that the next time I'll see all of you, it may be in person at services and events. Meanwhile, I will learn a little more about letting go, accepting my vulnerability, and counting my blessings.

Shabbat Shalom and happy Lag B'Omer.

## This Shabbat:

**Friday, April 30**

**8:00am** [Virtual Morning Minyan](#)

**7:25pm** Candle lighting time

**Saturday, May 1**

**9:30am** [Shabbat Morning Services](#)

**10:00am** Shabbat Bachutz

**8:34pm** Havdalah

## Parashat Emor

פרשת אמור

Leviticus 21:1 - 24:23

Triennial: 22:17 - 23:22

Haftarah: Ezekiel 44:15 - 44:31

**JTS Torah Online**

# This Week @ TBE



## SHABBAT MORNING SERVICES

9:30am on [Zoom](#) Saturday 5/1

Join Rabbi Braun and the Shabbat morning minyan as they daven the traditional Shabbat morning services.



## SHABBAT BACHUTZ

10am Saturday 5/1 - Mill Brook Preserve (Westbrook)

Join Lorin for the last Shabbat Bachutz that he will lead as the Rabbinic Intern! The group will meet at Mill Brook Preserve in Westbrook; please note the terrain at this location is a little more diverse than previous Shabbat Bachutz.

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## VIRTUAL MORNING MINYAN

8:00am on [Zoom](#) Sunday 5/2 through Friday 5/7

Join Tom Berman and the minyanaires for the only daily minyan in Maine! The service lasts about 30 minutes and is a great chance to start the day in reflection and community.

## Upcoming TBE Programs:



Shavuot  
Holiday  
Services

[May 17 & 18 at 9:30am](#)

**The Giving Corner**



Have you considered making a lasting contribution to our community through a planned gift? We would love to talk with you. Contact us by email at [giving@tbemaine.org](mailto:giving@tbemaine.org) by phone at 207-774-2649 and speak with Kate Shalvoy, ext. 204.

### March Donations & Tributes

## Special Announcements

### Todah Rabah!

Thank you to Naomi Freidenreich for reading Torah, Ellie Miller for reading haftarah, and Tom for leading musaf last Shabbat.

### Mazel Tov!

Mazel tov to Rabbi David Freidenreich on becoming a full professor at Colby College!

### KJSF Food Box Pickups & Deliveries

Michael Klahr Jewish Family Services is thrilled to announce that, beginning April 27th, they will be offering food box pickups at the JCA, along with deliveries directly to homes of individuals and families in Cumberland & York Counties. The food boxes have been generously provided by Wayside Food Programs and include a variety of non-perishable items. We will be delivering twice weekly, on Tuesday and Thursdays. If you are in need, or if you know of any individuals/families who are homebound and in need of food, please contact us at 207-772-1959 or [kjfs@mainejewish.org](mailto:kjfs@mainejewish.org).

### COVID-19 Vaccination Location Website

If you are eligible for a vaccination under current state guidance, but are having trouble find a vaccine location, please visit Maine's [Vaccination Sites](#) website to find a vaccination location near you and/or make an appointment.

## TBE Kids

### Help Spread the Word about KBE!

Help us spread the word about KBE! We're having a move-up day on **Sunday, May 16, 9am-10am**. Current and prospective students will get a little taste of what it might be like to be a student at KBE next year. If you know someone interested in KBE, please pass along their contact info so we can invite them! You are our most important partners in building our Jewish community.

Questions? Email Abby Halpern at [education@tbemaine.org](mailto:education@tbemaine.org).



### Upcoming Opportunities for Teens

#### [Trans & Non-Binary Teen Bi-Monthly Processing Space with Keshet](#)

With all of the news around trans youth that has arisen in the past few weeks and months, we know that it has put a damper on many trans and non-binary lives, specifically teens. This is a space for anyone ages 13-18 who identify as trans and/or non-binary to speak what's on their

mind and process as a group. Half the time will be spent as a verbal process and the other half will be an artistic process. Register [here](#).

## Quick Links

[Zoom Links](#)[Simcha List](#)[Community Programs & Events](#)[KBE School](#)[Amazon Smile](#)[Weekly Yahrzeit](#)

## How to Reach Us

*We are continuing to primarily work from home due to COVID-19. We will be checking our emails regularly and will check the voicemail daily.*

### By Phone

(207) 774-2649

*Because we are working from home, we will often return your call from our personal numbers. Please note that Zoe's cell phone area code is from out-of-state, so if you have left us a message and are getting a call from a 650 number, it's probably Zoe!*

### By Email

- Rabbi Braun - [rabbi@tbemaine.org](mailto:rabbi@tbemaine.org)
- Kate Shalvoy - [director@tbemaine.org](mailto:director@tbemaine.org)
- Zoe Levine Sporer - [office@tbemaine.org](mailto:office@tbemaine.org)
- Sherri Quint - [controller@tbemaine.org](mailto:controller@tbemaine.org)
- Abigail Halpern - [education@tbemaine.org](mailto:education@tbemaine.org)



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