



December 24 - 30, 2021
20 - 26 Tevet 5782

tbe-mail

SPECIAL THIS WEEK

COVID-19 Policy Update + Pre-Registration Option

Yesterday, TBE's leadership team announced important changes to our COVID-19 protocols including vaccination or negative COVID test requirements for person ages 16 and older who attend TBE programs and services. Click the buttons below for complete details, and thank you for your understanding and support.

[**COVID-19 Policy Update Email**](#)[**Current COVID-19 Policy**](#)

New! COVID Vaccination Pre-Registration Option

To help expedite the process for future programs and services, we will be compiling a pre-approved list of vaccinated individuals. If you're vaccinated and would like to be added, click the button below to add yourself to the list. Please allow 48 hours for us to process your registration.

[**Submit Proof of Vaccination**](#)

From Rabbi Braun



Listen with ears of tolerance
See through the eyes of compassion
Speak with the language of love
- Rumi

Oy, in the darkest hours of the year, at the time when so many of us want to be with friends and family, at the time when life is slowing down a bit, we find ourselves in another COVID maze. Can we, or should we, gather? Can we, or should we, eat or drink together? Who should be invited into our circle? Is serious illness lurking around the corner? Is there anything about which we can feel certain? And, if we feel certain, are we able to listen to other ideas and make our best choices? Lately, TBE's leadership has spent days trying to channel the wisdom of Solomon. Opinions and emotions run high - for a very good reason. Many of us have had

personal experience with the virus, and many of us have young children and older relatives and friends that we want to protect. Each of us has a different sense of risk and a different sense of trust in the system which colors our opinions. This is the moment when trust in our process and respect and love for one another will go a long way, allowing us to pray, learn, and gather together as a community. You might have already read our revised COVID policy, which began with disagreement and ended in unanimity. I cannot emphasize how much of an achievement that was. I take off my kippah to Jon Gelchinsky, Kate, Sara Kahn-Troster, and the whole Board of Directors for seeing the process through. We are united in the belief that those who can be fully vaccinated, have the responsibility to do so - if not for their own protection, then for the safety of others. If we can save even one life, our tradition teaches, it is as though we have saved the world. In some ways, it's a pretty big responsibility, and it's one we take seriously.

I began with a quotation attributed to Rumi. Jalāl ad-Dīn Mohammad Rūmī was a 13th century Persian poet and Sufi mystic born in 1207 in the area of present day Tajikistan. He died in the Anatolia region of Turkey in 1273. I mention him because my friend Reza Jalali quoted him today (Tuesday) on “Maine Calling” where Reza, Reverend Lewis, and I were panelists. Our assignment was to be part of a statewide conversation regarding “stories about life lessons, words of wisdom and best advice--received and given.” Given my state of mind, it was such a pleasure and a relief to spend an hour listening to how others have gained insight and overcome life's challenges. It was so nice to get out of my own way and to hear so many positive stories and reflections. I was reminded that it was the Winter Solstice for our hemisphere; a time of bringing more light into the world. I don't know how many times and how many ways we will have to contend with the COVIDs of the world. I know, though, that I am lucky to be part of this community - in hard times and in wonderful times, and I feel fortunate that we can reach out to one another, especially when we follow Rumi's wisdom.

Finally, showing my age, I will close with a quote from a less known source, Sgt. Phil Esterhaus from Hill Street Blues, “Hey...let's be careful out there.”

Shabbat Shalom

Rabbi Braun was featured on Maine Calling's program on Life Lessons this past Tuesday! Listen to a recording of her conversation with Jennifer Rooks, Reza Jalali, and Rev. Kenneth Lewis by clicking the button to the right.

Stories About Life Lessons

This Shabbat

Friday, December 24

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

5:30pm Kabbalat Shabbat Services

via [Livestream](#)

3:51pm Candle lighting time

Parashat Shemot

פרשת שמות

Exodus 1:1 - 6:1

Triennial: Exodus 4:18 - 6:1

Haftarah: Isaiah 27:6-28:13, 29:22-23

Saturday, December 25

9:30am Shabbat Morning Services

via [Livestream](#)

4:59pm Havdalah

JTS Torah Online

Become a TBE Member

*"Community is society with a human face –
the place where we know we're not alone."*
Rabbi Jonathan Sacks

This Week @ TBE



UPCOMING OFFICE CLOSURES

12/24-31

Our office will be closed from December 24th through December 31st for a combination of holidays and staff training days. We will not be available to answer incoming calls during this time, but will periodically monitor voice and email messages.

If you experience a synagogue related emergency, please call our emergency number at (207) 318-6394.



KABBALAT SHABBAT

5:30pm in-person and via [livestream](#) Friday 12/24

PLEASE NOTE: Due to the current conditions regarding the COVID-19 pandemic, we are suspending indoor food and drink consumption at TBE so will not be offering an oneg at this time.

5:30pm

Kabbalat Shabbat services will be held in the sanctuary.

Masks are required at all times when in the building (for individuals over the age of 3), as well as proof of full vaccination or a negative COVID test. Please review our [current COVID-19 policy](#) for more information.



SHABBAT MORNING SERVICES

9:30am in-person and via [livestream](#) Saturday 12/25

Join us for Shabbat morning services in our beautiful sanctuary!

PLEASE NOTE: Due to the current conditions regarding the COVID-19 pandemic, we are suspending indoor food and drink consumption at TBE, so will not be offering a kiddush at this time.

Masks are required at all times when in the building (for individuals over the age of 3), as well as proof of full vaccination or a negative

COVID test. Please review our [current COVID-19 policy](#) for more information.



IN-PERSON MORNING MINYAN

8:00am in-person Sunday 12/26, Tuesday 12/28, Wednesday 12/29

Join us for an in-person morning minyan! Meet in the small chapel at TBE. Please note that services will continue to be streamed as the Virtual Morning Minyan service. Please email [Tom Berman](#) with any questions.

Masks are required at all times when in the building (for individuals over the age of 3), as well as proof of full vaccination or a negative COVID test. Please review our [current COVID-19 policy](#) for more information.



VIRTUAL MORNING MINYAN

8:00am on [Zoom](#) Sunday 12/26 - Friday 12/31

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.

Save the Date!

- Drop-in Rumpus Time
- Spirits & Spirits
- Havdalah and Israeli Dancing
- Tu B'Shvat Birthday Party for the Trees
- Parashat HaShavua with Rabbi Goldfinger
- Shabbat Niggun
- Encountering Rabbinic Texts: A Short Study with Rabbi Braun
- Purim



5782

Winter
Programs
at
Temple Beth El

Click [here](#) for
full details.

Special Announcements

Todah Rabah!

Thank you to Tom Berman, David Freidenreich, and Judy Gatchell for leading services last Shabbat.

A big thank you to Jodi Freedman for delivering new member bags for the last number of years! Her role in establishing and cultivating connections between new members and TBE made a huge impact on the many people she welcomed into our community. If you would like to send her a personal thank you, email it to office@tbemaine.org and we will forward it to her.

Keshet's LGBTQ & Ally Teen Shabbaton East Coast Retreat

Registration for Keshet's East Coast (April 8-10) LGBTQ and Ally Teen Shabbatonim is open! Spots are filling up quickly for the long-awaited return of the Shabbaton. [Register today](#) to celebrate

Shabbat, build leadership skills, and create community with LGBTQ Jewish teens in middle and high school from around North America! Learn more [here](#).

Sponsor a Kiddush

Did you or your family celebrate a *simcha* this past year? Want to honor a loved one's *yahrzeit*? With in-person services just around the corner, we are now opening up kiddush or oneg sponsorship opportunities once again. Deb has worked hard to develop a few different kiddush/oneg levels that you can choose from, each a little bit different, but all of them equally delicious. For more information, [visit our website](#).

COVID-19 Vaccination Location Website

In line with the core Jewish value of *pikuach nefesh* (saving of a life), we strongly encourage every eligible TBE member to get their vaccination; we also encourage people who are eligible for boosters to get those as soon as possible. Please visit Maine's [Vaccination Sites](#) website to find a vaccination/booster location near you and/or to make an appointment.



The Giving Corner

Thank you to everyone who makes what we do possible.

November Donations & Tributes

Make a Donation

Quick Links

[Zoom/Livestream Links](#)[Simcha List](#)[Weekly Yahrzeit](#)[KBE School](#)[Amazon Smile](#)[Kiddush Sponsorship](#)

How to Reach Us

Office staff will continue to work from home Mondays and Fridays (where they will check messages and answer emails), but will be in the office Tuesdays-Thursdays.

TBE Office Hours

Tuesday-Thursday
9am-2pm

By Phone

(207) 774-2649

By Email

- Rabbi Braun - rabbi@tbemaine.org
- Kate Shalvoy - director@tbemaine.org
- Zoe Levine Sporer - office@tbemaine.org
- Sherri Quint - controller@tbemaine.org
- Abigail Halpern - education@tbemaine.org
- Deb Criden - events@tbemaine.org

This email was composed using the help of flaticon.com.

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