



As we soldier on through the pandemic and dream of brighter days to come, TBE lay leaders and staff continue to create ways for us to nourish our souls from home and in-person, stimulate our minds, and stay connected to our Judaism and each other. We hope that you will take a look at what we have planned in the next couple of months, and that you will find something that resonates with you.

Learning

Digital Resources from the USM Judaica Collection

When: Wednesday, January 27 at 12pm

Where: Zoom, link will be provided to registered participants

Cost: Free

Pre-registration? Yes, by 1/26. Click [here](#) to register.

Led by: Susie Bock - USM Library Coordinator of Special Collections



Bring your lunch and join us to learn about the incredible archival resources, photographs and documents available to our community.

A free online Lunch & Learn program from USM & the JCA. Co-sponsored by Congregation Bet Ha'am, Temple Beth El, Shaarey Tphiloh, and the Maine Jewish Museum.

Judaism for the Curious

When: Thursdays, January 28-May 6 from 7-8pm

Where: Zoom, link will be provided to registered participants

Cost: \$140 for an individual, \$210 for a couple; or click [here](#) if you are in need of a scholarship.

Pre-registration? Yes, by 1/25. Click [here](#) to register.

Led by: Rabbi Carolyn Braun and Rabbinic Intern Lorin Troderman



There is a Talmudic tale: A person came up to the first century sage, Rabbi Hillel, and asked to convert to Judaism on the condition that Hillel could teach them the entire Torah as they stood on one foot. So Hillel taught them: "That which is hateful to you, do not do to your fellow. That is the whole Torah, all the rest is commentary, now, go and learn it." (Talmud Bavli Shabbat 31a). Now that you know the basics, put your other foot down and join us for a three month exploration of Jewish fundamentals!

This class is for *anyone* who wants to learn about Judaism. While it is not a class specifically for those who are considering becoming Jewish, it is a good place to start. All are welcome.

Biblical Prophecy and Apocalypse

When: Sundays, February 21 & 28; March 7 & 14 at 10am

Where: Zoom, link will be provided to registered participants

Cost: Free, sponsored by TBE's Endowment for Adult Jewish Learning

Pre-registration? Yes, by 2/18. Click [here](#) to register.

Led by: Dr. Sarah Emanuel, Assistant Professor of Theological Studies at Loyola Marymount University in Los Angeles, CA



What is biblical prophecy? What does it have to do with conceptions of the end of the world? Through this four-week course, we will investigate the historical, cultural, and theological contexts of ancient prophecies and apocalypses. We will then put into dialogue these ancient ideologies with contemporary ideations, including those surrounding our current political climate. No prior knowledge is required.

Kids

Rumpus Time @ TBE

When: Sundays and school vacation days at 9:30am and 1:30pm

Where: TBE's Social Hall & Library

Cost: \$10 per 2-hour session

Pre-registration? Yes, at least 48 hours in advance. Click [here](#) to reserve a spot.

Led by: This program is self-service, but staff will be reachable by phone and available to come on site if needed.



It's winter in Maine, it's a pandemic, and your kids are itching to work out their wiggles. Meanwhile, you would love nothing more than to sit down with a cup of something warm and read, work, or just stare into space while your kids enjoy some good clean fun, running wild in a wide open space. Rumpus Time @ TBE is just what the doctor ordered! Play equipment, a speaker for music, paper goods, and coffee/tea/water will be provided. BYO vegetarian snacks.

Camp Ramah Prayer-eoke

When: Sunday February 7 at 9am (precise time TBD)

Where: Zoom. Email [Abby Halpern](#) for the link.

Cost: Free

Pre-registration? Email [Abby Halpern](#) for the link.

Led by: Camp Ramah



A representative from [Camp Ramah New England](#) will be hosting a special "prayer-eoke" for TBE families. This activity is accessible to all because they make it easy to follow along with the prayers, relax, and enjoy! If you are interested in Camp Ramah, there will be a Q&A discussion time as well.

Holidays

DIY Tu BiShvat

When: Sunday, January 24 from 9-9:45am

Where: Zoom

<https://us02web.zoom.us/j/84462169001?pwd=MGJWYlZKUEJ3RVl4NjF3ajNnL2NzZz09>

Cost: Free

Pre-registration? Not required

Led by: Rabbinic Intern Lorin Troderman

Did you know that Pesach isn't the only holiday with a Seder associated with it? In the 16th Century, Kabbalists created a Pesach-like Seder to celebrate Tu BiShvat, the New Year for the Trees. Tu BiShvat is the magical, mystical, ecological holiday that provides us an opportunity to reflect on our personal connections to this planet, its trees, and each other. To honor and celebrate nature and the planet, the

Tu BiShvat Seder includes eating a combination of fruit and nuts, drinking four cups of wine, and reflecting on the divine Tree of Life by discussing passages of Torah and Talmud. This interactive workshop is specifically designed to give you the tools you need to host your own Tu BiShvat Seder. We will briefly review the history and evolution of this holiday, share Seder formats (and Haggadot), recipes (ingredients) and songs, as well as answer any questions you might have when hosting a Seder and other celebratory activities in honor of this day.

TBE's 19th Annual Shalach Manot Project

The giving of *Shalach Manot*, gifts of food to friends and family, is one of the four mitzvot performed on Purim. It is a heartfelt way to emphasize the Jewish unity that lies at the core of the Purim holiday, and to create meaningful connections within our own community at the same time. Each year at Temple Beth El, volunteers prepare containers of goodies (including hamantaschen) for all of our members. Each recipient family will receive one container with a card listing the names of all the families who have contributed in their honor. A portion of all proceeds will be donated to tzedakah.



It breaks our hearts that we can't be together to celebrate Purim in person this year, but giving Shalach Manot and being a part of this massive volunteer effort is a great way to keep us connected during this challenging time. Here's how you can get involved:

- **Send Shalach Manot:** Look for an email from Olivia & Elliott with ordering instructions. Non-TBE members can contact [Olivia & Elliott](#) directly, or click [here](#) to join TBE.
- **Volunteer to assemble (on 2/14) and/or deliver gift bags (on/around 2/21):** Contact [Olivia & Elliott](#) to let them know that you're willing to help!

Purim, Together!

When: Thursday, February 25 at 6:30pm

Where: Zoom, link will be provided to registered participants

Cost: Donation suggested, half of which will go to Good Shepherd Food Bank

Pre-registration? Yes, click [here](#) to register.

Led by: Maine's Rabbis



Join TBE, the Center for Small Town Jewish Life and synagogues from around the state for a statewide Purim party!

The Center for Small Town Jewish Life says it best: We could all use a little celebration! Get your costumes ready, grab a festive drink, and join us for Purim. There will be a shpiel presented by Temple Beth El (the one in Augusta), a chance to share some unusual hamantaschen combinations, and a special challenge for our local clergy (shhh....it's a surprise). As part of the fun we'll invite you to send in a picture of yourself modeling your Purim costumes; we'll string the images together into a video. Serious prizes will be awarded. More details to come!

There will also be a traditional megillah reading, so dust off those groggers and get ready to make some noise!

Half of all donations for this program will go to support Maine's Good Shepherd Food Bank, feeding the hungry in our state. It's an easy opportunity to fulfill the Purim mitzvah of providing gifts for the needy.

Prayer

Havdalah, Together

When: Saturday, January 16 at 6:00pm
Where: Zoom, link will be provided to registered participants
Cost: Donations accepted
Pre-registration? Yes, click [here](#) to register.
Led by: Rabbi Braun, Rabbi Sruli Dresdner, and Rebbetzin Lisa Mayer

Havdalah, Together

Saturday, January 16, 6 p.m.



Statewide Havdalah is almost here! Join community members from across the state as we say goodbye to Shabbat and welcome a new week. Led by Rabbi Braun, Rabbi Sruli Dresdner, and Rebbetzin Lisa Mayer this gathering is sure to be spirited and musical!

Hearty Mainers Havdalah

When: Saturday, January 23 at 5:30pm
Where: Susan T. Goldberg Courtyard at TBE
Cost: Free
Pre-registration? Not required
Led by: Rabbi Braun and Matt Tzucker



So we can't pray indoors together? So it's cold outside? So we can't sing at full volume? There's no rule that says we can't bundle up and pray outside! So let's gather, masked and 6 feet apart of course, in defiance of the cold but in observance of our rituals and of COVID protocols, for TBE's first ever Hearty Mainers Havdalah. Bundle up, stretch your singing voice, bring a warm and/or strong beverage of your choice, and meet us at sundown (5:31pm) on January 23 in the Susan T. Goldberg Courtyard at TBE for a unique Havdalah experience. A little weather never hurt anybody; we are Mainers after all!

Shabbat Bachutz

When: Saturday, February 6 at 10am
Where: Robinson Woods, Cape Elizabeth
Cost: Free
Pre-registration? Yes, by 2/5. Click [here](#) to register.
Led by: Rabbinic Intern Lorin Troderman

When: Saturday, March 6 at 10am
Where: Royal River Park, Yarmouth
Cost: Free
Pre-registration? Yes, by 3/5. Click [here](#) to register.
Led by: Rabbinic Intern Lorin Troderman

Reb Nachman of Bratslav used to pray: רבונו של עולם Master of the Universe, grant me the ability to be alone; may it be my custom to go outdoors each day among the trees and grass, among all growing things. May I express there everything in my heart, and may all the foliage of the field — all grasses, trees, and plants — awake at my coming, to send the powers of their life into the words of my prayer...

Join us for an outdoor Shabbat experience as we walk together amidst the local beauty of the greater Portland area. Through niggunin (wordless melodies), zmirot (shabbat songs), psalms, silence, conversation, prayer, and our own words of Torah, we will make our shul the outdoors as we celebrate the created world on this day of rest. No experience necessary. Bring sturdy shoes, a mask, water bottle, and an openness for all growing things. We will also have a picnic kiddush together, so please bring your own delights.

Virtual Services

Morning Minyan: Daily at 8am, except for Shabbat.

<https://zoom.us/j/96181936131?pwd=T29GUDNTNodveUJIdEVWMok5TGswUT09>

Shabbat Morning Services: Saturday mornings at 9:30am.

<https://us02web.zoom.us/j/89406150220?pwd=enZCWFc2cDJndHN0aENDc2MoODJiUT09>

Kabbalat Shabbat: February 12; March 12; April 9; May 14 at 5:30pm

<https://us02web.zoom.us/j/86505000320?pwd=RFc2US8rb2ExdkxpK3V6UFljakhSdz09>

Tikkun Olam

Food Insecurity

As hard as these times are for everyone right now, some are facing truly dire circumstances. One of the most heartbreaking examples of this is skyrocketing food insecurity. According to Feeding America, "[an average of 60% more people have been seeking help from the organization's network of 200 food banks.](#)" If you are looking for a project this winter and want to help make a real difference, Garbage to Garden has put together a great list of local organizations offering volunteer opportunities to help address food insecurity in our area. Click [here](#) to learn more. If you are particularly interested in issues related to child hunger, we also encourage you to learn more about the work of [Full Plates Full Potential](#), founded by John Woods and TBE member Justin Alfond.



Temple Beth El | 400 Deering Avenue, Portland, ME 04103

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