



חזק חזק ונתחזק

Together

MAY WE BE **STRENGTHENED**

Shabbat Shalom!
TBE-mail for October 9 - 15, 2020
21 - 27 Tishrei 5781

TBE WEEK AT-A-GLANCE



Shmini Atzeret שמיני עצרת

Deuteronomy 14:22 - 16:17
Maftir: Numbers 29:35 - 30:1
Haftarah: I Kings 8:54 - 8:66

Simchat Torah שמחת תורה

Deuteronomy 33:1 - Genesis 2:3
Maftir: Numbers 29:35 - 30:1
Haftarah: Joshua 1:1 - 1:18

JTS Torah Online

Friday, October 9 - Hoshana Raba

8:00am [Virtual Morning Minyan](#)
5:48pm Candle lighting time

Saturday, October 10 - Shmini Atzeret

9:30am [Shmini Atzeret Morning Services](#)
11:20am [Yizkor](#)
6:54pm Candle lighting time

Sunday, October 11 - Simchat Torah

9:30am [Simchat Torah Morning Services](#)
6:52pm Havdalah

Monday, October 12

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

Tuesday, October 13

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

Wednesday, October 14

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

Thursday, October 15

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

WORDS OF TORAH

Some words of Torah from Sherri Quint...

Several weeks ago, I was preparing a gravesite for an unveiling at Temple Beth El Memorial Park. I started trimming and cleaning around the marker and suddenly got a feeling that something – something important – was missing. I looked around, thinking I had forgotten some of my cleaning supplies or the covering. No, all my supplies were at hand. I sat there for a moment trying to figure out what was missing and suddenly, it hit me. I was missing my granddaughter! Over the past few years, she had accompanied me many times to help me prepare for unveilings. She would help trim the grass around the marker, help clean, polish and cover it with cheesecloth. She always finds just the right size stones to hold the cloth to keep it from blowing in the wind. While we worked and afterwards when we walked around the cemetery, she asked me questions:

Oma, did you know them?
What did they like to do?
Do you think their kids are sad?
What's an unveiling for?
What do these symbols on the stones mean?
How come there are rocks on the markers?
Why is there a pitcher by the faucet in the front?
When you die, Oma, will any of your stuff be mine?

And one of the more important questions: Oma, when you're gone, who is going to do all this?

The experience made me realize how important it is to educate children about this aspect of Jewish life and how strong it's always been for Jewish generations. It got me thinking... bringing children to a cemetery is really a wonderful thing to do. It's a great way to teach them to give in a way that won't be paid back.

It connects the generations. For many families, ancestors have been buried at the same cemetery for many generations. Allowing children to see all those who have come before them will give them an appreciation for where they fall in their family's story. This can lead to conversations about ancestors' lives and the history of their family's roots.

It helps creates community. Cemeteries do not maintain themselves and provide some very unique challenges in keeping them safe and beautiful. By letting children participate in some of the maintenance and ritual tasks, they will appreciate the work it takes and teach them that even after death, it is an obligation to care for the deceased both in memory and in more tangible, physical ways such as maintaining our cemeteries.

It can enhance Holiday meaning. Many Jewish holidays and prayers center on the concept of life and death. This is a great time to make those connections and reinforce that although death can be an unfortunate part of existence, it is natural and something you should not fear. It reminds us to appreciate and value life and those people who are in our lives.

It teaches us about the life cycle. At the transition from early childhood to adolescence, children begin to conceptualize death. They understand that life can come to an end and they understand the consequences of that shift. This can be a fearful time and by visiting a cemetery, they have the time and space to process those fears, have conversations about life and death and be able to discuss the lives of those who have passed so they can see that we should focus on how their ancestors lived.

It can open the line of communication to talk about traditions. In Judaism, there are a lot of traditions around death, caring for the deceased, and honoring both body and soul. Often, traditions around holidays is more often a focus and we don't spend as much time on the traditions around other parts of our life cycle. The traditions around death and caring for the deceased can be beautiful, be rich in meaning and it's worthwhile to share these before they are learned through necessity.

It can be a great conversation starter for tough topics. Visiting a cemetery gives children the opportunity to discuss topics that are considered "taboo" or things that they don't think about regularly. Even if a visit to the cemetery doesn't bring up other tough topics, learning about Jewish rituals around death, dying and honoring those who came before us provides the space to learn about their history, the history of where they live and the history of their family. I know from conversations with my granddaughter that kids say the

darndest things (sometimes very humorous), but taking time to see how they perceive the world and understand life is important.

It teaches them to appreciate beauty. Cemeteries can be some of the most beautiful parts of our community, but often go unnoticed or underappreciated. This is a great time to show our young community members a part of their city they may not be aware of or have misconceptions about. Help them see the beauty in an honored place for our lost loved ones to rest and be remembered and to appreciate and understand the obligation of the community to maintain these grounds into perpetuity.

THIS WEEK



Join Rabbi Braun for Shmini Atzeret services on **October 10 at 9:30am**.

Yizkor will begin at 11:20am.

[https://us02web.zoom.us/j/82955032458?
pwd=bHRWd2VHZmRRc3h6REowVm5Vb3hrUT09](https://us02web.zoom.us/j/82955032458?pwd=bHRWd2VHZmRRc3h6REowVm5Vb3hrUT09)



Join Rabbi Braun as we celebrate the end of the Torah reading cycle! While the celebration will look different this year - there won't be any dancing with the Torah - we will be appreciating the wisdom that each one of us possesses. Through the small, but mighty efforts of the Simchat Torah Wisdom Project, we will learn a little something from those in our community.

October 11 at 9:30am.

<https://us02web.zoom.us/j/89537462468?pwd=eTI5V3hsTEJVL29xcUp5WHNPaIQ4UT09>

A Moment of Healing during Shemini Atzeret with Cantor Nesis

Prayers, music and the warm embrace of friends help us to renew our sense of hope, strength and healing. This is for those who are struggling with their physical or spiritual health, for those struggling with sadness and grief, and for caregivers who seek inspiration as they pray for the welfare of loved ones. This is a time to bring healing to our community as we end the High Holidays season together.

October 11 at 4pm. Registration required. With the Center for Small Town Jewish Life.

[Register Here](#)

TBE NEWS

UPCOMING OFFICE CLOSURE

In observance of Indigenous Peoples' Day and in recognition of all the hard work the staff did in preparation of the High Holidays, **TBE's office will be closed on Monday, October 12 and Tuesday, October 13.** We will be back answering emails and phone calls starting Wednesday, October 14.

Vote!

Have you made a voting plan? The upcoming **Presidential Election is on November 3.** If you plan on voting absentee, **Thursday, October 29th at 5pm** is the deadline to request your ballot. The button below will bring you to the website where you can request your absentee ballot or, if you've already requested one, check the status of your ballot.

Update From Portland City Hall:

"Beginning Monday, October 5, people wishing to vote absentee in-person can do so in the City Clerk's temporary office space in the Merrill Auditorium lobby via the Myrtle Street entrance. Hours are 9:00 AM to 4:30 PM, Monday through Friday. The Clerk's Office will offer late hours until 7:00 PM on Thursday, October 15 and 22, for ballot returns only. On Thursday, October 29, the City Clerk's office will remain open until 7:00 PM for voter registration and in-person absentee voting. The last day to in-person absentee vote is Friday, October 30, 2020. Please wear a mask when in-person voting."

For more information about voting in Portland, click [here](#).

For more information about voting in South Portland, click [here](#).

For more information about voting in Cape Elizabeth, click [here](#).

For more information about voting in Saco, click [here](#).

For more information about voting in Falmouth, click [here](#).

For a "one-stop-shop" for all things relating to the upcoming election, visit the League of Women Voters highly informative website [VOTE411](#). It'll help you see what's on your ballot, check your voter registration, find your polling place, and so much more!

Visit VOTE411.org

Request Your Absentee Ballot Here



Share a Story... Share a Photo

There are so many people buried at Mount Sinai and Smith Street Cemeteries whose stories are lost to time. Often, the only thing we have are their names and some dates. How wonderful it would be if we could collect some of their stories and photos! SMJCA will post a photo of a headstone and share what info we have about them. If you have a story, information or a photo, please share them with [us](#).

Today we share the headstone of Machla Sapoll – abt. 1873 – 4/11/1916.

Click [HERE](#) to read more about Machla and her family.

Simchas!

October Simcha List



inspiring Jewish education

KBE Blog

Upcoming Classes

Sunday, Oct. 11

No KBE - Simchat Torah / Indigenous Peoples' Day Weekend

Wednesday, Oct. 14

In-person classes (rescheduled) - 1st-6th grade
7th grade (Zoom)
3:30-5:30pm

KBE on Facebook

UPCOMING EVENTS



Deep Jewish Ecological Principles to Navigate Our Place in a Changing World

WITH RABBINIC INTERN
LORIN TRODERMAN

OCTOBER 18, 25, & NOVEMBER 1 | 10AM | TEMPLE BETH EL VIA ZOOM

"For the place that you stand on is Holy earth" (Exodus 3:5)

This three week overview will introduce and explore some of the core Jewish ecological principles that frame our understanding of our sacred relationship to the land. We will explore biblical texts and their evolution through the Talmudic, Medieval, Modern and Postmodern eras that continue to cry out for attention as we continue our attempt to reconcile our sacred relationship with the earth today. Middot (norms) covered will include Do Not Destroy , בְּלֹת תַּשְׁחִית , Common Land, מִגְרָשׁ Jubilee Year and Release שְׁמִיתָה .

October 18, 25, and November 1 from 10-11am. Facilitated by Rabbinic Intern Lorin Troderman.

<https://us02web.zoom.us/j/83762098383?pwd=Y1dQb2Zoenl4QtyndUFrcGlsL01qdz09>

Pregnancy & Infant Loss Memorial Havdalah Service

Please join our Jewish community as we create a service to give support, love, and remembrance to those who have experienced tragedy during pregnancy or soon thereafter.

Families do not have to grieve in silence. We will join together to mark our experiences and share words of peace and comfort in a safe space. Soon after, we will hold a brief Havdalah service marking the separation from Shabbat into the secular week, followed by a candle lighting recognizing family loss.

Following the Havdalah service, you are invited to stay on the chat to meet other families and learn more about resources in our community available to help through times of grief.

On Zoom with Michael Klahr Jewish Family Services (KJFS) and Congregation Bet Ha'am.

Saturday, October 17 at 6 PM

Advance registration required to receive the Zoom link. Registration will close on Friday, October 16 at 3 PM.

Questions? Please contact Karli at kefron@mainejewish.org

[Register Here](#)

ONLINE JEWISH LEARNING

Ongoing

- [jewishLIVE Online Event Calendar](#)
- [Fill Your Well: Virtual Beit Midrash](#) - Hadar
- [Jewish Learning Videos for Kids](#) - Center for Small Town Jewish Life
- [Keshet Youth Online Arts Circle](#) - Keshet

October

- [Jewish Women's Activism in the United States Online History Course](#) - Jewish Women's Archive
- [Letters from Cuba: Author Ruth Behar in conversation with Julian Voloj](#) - Be'chol Lashon / PJ Library
- [100 Years of "Notorious" Women: Voting Rights and Equal Rights](#) - Boulder JCC / Conference of World Affairs
- [Windows to Israeli Society through Literature & Life: Rachel Korazim and Laura Mandel in Conversation](#) - JArts Boston
- [YOTAM OTTOLENGHI - Ottolenghi Flavor: A Cookbook](#)
- [JONATHAN SAFRAN FOER - We Are the Weather: Saving the Planet Begins Before Breakfast](#)
- [Hartman@Home: Judaism, Citizenship & Democracy](#) - Shalom Hartman Institute
- [Queer Talmud for Beginner's Mind](#) - SVARA, a traditionally radical yeshiva
- [Rabbi Mike Moskowitz on Allyship as a Spiritual Experience and Commitment](#) - Keshet
- [Jews, Whiteness, Power, and Privilege with Prof. Marc Dollinger](#) - Congregation Bet Ha'am
- [1619, 1654, 2020: Jews and Racism with Prof. Marc Dollinger](#) - Congregation Bet Ha'am
- [Book Discussion Series with Park Avenue Synagogue: Emma Goldman: Anarchist Par Excellence](#) - USCJ / Park Avenue Synagogue

November

- [Babka for Beginners – a Baking Workshop for LGBTQ Families](#) - Keshet

ZOOM LINK CENTRAL

In recent weeks we've added more security measures to safeguard our online gatherings and for most programs we are only including participation links here in the TBE-mail (not posted publicly). You may also request assistance with Zoom link information by emailing office@tbemaine.org.

Here is a list of links to upcoming programs:

[Virtual Morning Minyan](#) - 8am daily, except Shabbat and Yontif
<https://zoom.us/j/96181936131?pwd=T29GUDNTN0dveUJldEVWM0k5TGswUT09>

[Shmini Atzeret Morning Services](#) - Saturday, October 10 at 9:30am
[https://us02web.zoom.us/j/82955032458?
pwd=bHRWd2VHZmRRc3h6REowVm5Vb3hrUT09](https://us02web.zoom.us/j/82955032458?pwd=bHRWd2VHZmRRc3h6REowVm5Vb3hrUT09)

[Yizkor](#) - Saturday, October 10 at 11:20am
[https://us02web.zoom.us/j/82955032458?
pwd=bHRWd2VHZmRRc3h6REowVm5Vb3hrUT09](https://us02web.zoom.us/j/82955032458?pwd=bHRWd2VHZmRRc3h6REowVm5Vb3hrUT09)

[Simchat Torah Morning Services](#) - Sunday, October 11 at 9:30am
<https://us02web.zoom.us/j/89537462468?pwd=eTI5V3hsTEJVL29xcUp5WHNPaiQ4UT09>

[A Moment of Healing during Shemini Atzeret with Cantor Nesis](#) - Sunday, October 11 at 4pm
<https://colbycollegejewishlife.regfox.com/a-moment-of-healing-during-shemini-atzeret>

[Deep Jewish Ecological Principles to Navigate Our Place in a Changing World](#) - Sundays, October 18, 25 & November 1 at 10am
<https://us02web.zoom.us/j/83762098383?pwd=Y1dQb2Zoenl4QytndUFrcGIsL01qdz09>

YAHRZEITS



Please note that during this period when we are not able to gather together for regular Shabbat services, yahrzeits being observed by TBE members will be read at morning services Sunday - Friday at 8:00am. You can join the Virtual Morning Minyan on Zoom by clicking [HERE](#), or using the Zoom Meeting ID 98421974937

Saturday, October 10 / 22 Tishrei

Morris Murinson
Bessie Silver

Sunday, October 11 / 23 Tishrei

Benjamin Most
Paul Roberts
David Turcio
Daniel Turkanis

Monday, October 12 / 24 Tishrei

Marcia Goldfarb
Eugenia Shrut

Tuesday, October 13 / 25 Tishrei

Joan Brand
Josephine Gilbert
Dora Nitka

Wednesday, October 14 / 26 Tishrei

David Farber
William Greenwald
Alice Turesky

Thursday, October 15 / 27 Tishrei

Marguerite Blattner
Maurice Gleckman
Evelyn Kasen

Friday, October 16 / 28 Tishrei

Mildred Baker
Eric Greene

HIGH HOLIDAY RESOURCES

Rabbi Braun's Rosh Hashanah Sermon: [For I Desire Kindness](#)

Rabbi Braun's Yom Kippur Sermon: [Maybe Failure Is Not So Bad](#)

Ishay Ribo's [Seder HaAvodah](#)

Ruth Bader Ginsburg's "Prayer for Country"

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