



חזק חזק ונתחזק

Together

MAY WE BE **STRENGTHENED**

Shabbat Shalom!
TBE-mail for September 4 - 10, 2020
15 Elul - 21 Elul 5780

TBE WEEK AT-A-GLANCE



Parashat Ki Tavo
פרשת כי-תבוא

Deuteronomy 26:1 - 29:8
Triennial: Deuteronomy 26:1 - 27:10
Haftarah: Isaiah 60:1 - 60:22

JTS Torah Online

Friday, September 4

8:00am [Virtual Morning Minyan](#)
6:51pm Candle lighting time

Saturday, September 5

9:30am [Shabbat Morning Services](#)
7:57pm Havdalah

Sunday, September 6

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

Monday, September 7

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

Tuesday, September 8

8:00am [Virtual Morning Minyan](#)
7:00pm [Mindfulness and Melodies](#)

Wednesday, September 9

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

Thursday, September 10

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

WORDS OF TORAH FROM RABBI BRAUN

I have a cat. Well, not really, my neighbor has a cat. He is loud, scrappy, and demanding; and he's landed on my front porch. He's predictably, unpredictable. In the morning, when I go out to get the paper, he hops out of the plants and begins whining at me and getting under my feet. If I scare him, he swipes at me but, when I sit on my glider drinking my coffee and watching the birds and the butterflies, he jumps up next to me, curls up and purrs. In this time of pandemic; of social unrest; of High Holiday worry, his presence is comforting. His purrs are calming, and his sweet little body all curled up and comfortable, is affirming. But don't pet him...oh



no. He'll scratch you on a whim - or what seems like a whim to me. I don't understand cats at all.

Somehow, I think "Shmelvie" (a diminutive of the name I gave him, "Shmelvis." I really don't know his name) has been an Elul opportunity, sent to teach me some things about life and about myself. We would like life to be predictable. We would love to know when we will be able to resume our lives and we would like to be in control of our surroundings. We would love to feel that whatever we believe is absolutely true, and all we have to do is explain it correctly to others and they will agree, because we're "right." We want to believe that if we reach out to others, they will respond the way we want them to respond. Shmelvie has taught me otherwise.

When I reach out lovingly to pet him, he doesn't react as I expect he should and I feel shunned. Yet, maybe he's had a bad night outside. Maybe he's starving. Maybe he's trying to cope with owners who don't care what he does. Maybe he feels that the only way to survive at this point is to demand what he wants. I can't know which of these is true, but he has taught me to question my own motives and to look at him as his own being. I have no idea what he is thinking, so why do I expect him to understand my gestures? In my mind, his actions are unpredictable and unreasonable, but maybe he's thinking the same about me! And since we can't sit down and talk about it (though I've tried), all I can do is be present and enjoy the moments of peace and purring, and not feel offended or pushed away.

To take this to the Elul level: what happens to us throughout our lives is often unpredictable. As late as last March, I would never have expected to re-write the world of the High Holidays, to become proficient with the little technology I have, and to feel comfort from seeing the beautiful faces on a Zoom meeting or at a Shabbat service. For that matter, I would never have expected to have a Shmelvie on my porch! If we can get into the spirit of the holidays and out of our own way, we may find ourselves a little more relaxed, a little more content, and better able to tackle the challenges that surround us. Victor Frankl in his work, *Man's Search for Meaning*, said under much more challenging circumstances, "When we are no longer able to change a situation, we are challenged to change ourselves." For me, that is one lesson from our tradition and one lesson from my cat.

PROGRAMS THIS WEEK



Temple Beth El
Shabbat Morning Services

Every Saturday!
9:30am

Via Zoom

Join Rabbi Braun and the Shabbat morning minyan this (and every) Saturday morning for an intimate, virtual service.

Services begin at 9:30am.

[https://us02web.zoom.us/j/85764848423?
pwd=Z3piR3QzNW9ieGpmZmZWczFsVmpUUT09](https://us02web.zoom.us/j/85764848423?pwd=Z3piR3QzNW9ieGpmZmZWczFsVmpUUT09)

Mindfulness and Melodies: A Call for Renewal

A Musical Program with Cantor Nesis

Join Cantor Sheila Nesis in this Live session! Together, guided by kavanot, music, and inspiring liturgy, we will exercise listening to ourselves and to others, and preparing our minds and bodies for renewal. This is the perfect way to prepare yourself for the holidays of Rosh Hashanah and Yom Kippur.

<https://colbycollegejewishlife.regfox.com/mindfulness-and-melodies-a-call-for-renewal?fbclid=IwAR0tyPYEQ6L1VZRL5Zt9kcXFN1u3EeW4VQjc69fk11pDNlcbwllJYELorJo>

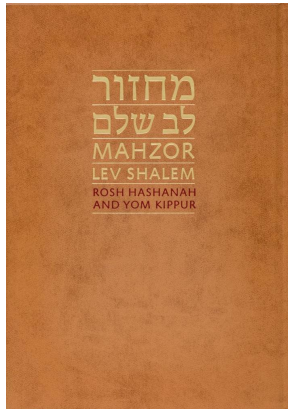
TBE NEWS

Last Call!

Lulav & Etrog Orders

Order yours today!

Each set is \$43.50 and the order will be placed on **September 9**. If you would like to order a set, please email Zoe at office@tbemaine.org and you will be added to the list. Payment for your set will be due upon pick up.



Digital Machzorim

TBE has purchased a small amount of licenses for a digital version of the Lev Shalem machzor that we use for the High Holidays. If you are interested in using one of them, please email Zoe at office@tbemaine.org.

The Butcher(ie) is Coming to Town!

It's time to place your next kosher meat order!

All orders must be placed by **September 6** at <https://www.butcherie.com/>. At check out, select "Pickup/Drop-off" and then select "Portland Maine" in the drop-down menu.

Some things to note:

1. The meat will now be packed on dry ice to keep it fresher. Please exercise care when opening your package.
2. Typically, the Butcherie has specials on Sundays. For the best prices, it might be best to order on Sunday, September 6.

That being said, the ordering system is up and you can purchase your items anytime between now and September 6, and they will be placed on the side for you.

3. There is a \$100 order minimum.

Total delivery cost is covered by the Jewish Community Alliance.

Pick up will be on Tuesday, September 8 at 4pm at the JCA (1342 Congress St, Portland). If you are unable to pick up your order at this time, contact Abbie Yamamoto.



Contact information

- For orders: Butcherie - (617) 731-9888
- Maine Point-of-Contact: Jeffrey Halpern - (207) 200-3550 or jmh12@case.edu
- For Pickup: Abbie Yamamoto - (207) 387-0749 or abbie@onetransliteracy.com

Future deliveries will also be made on December 8 (Channukah) and March 16 (Pesach).



Marc Chagall's *Le Shofar*

Collecting Shofar Sounds from Around the State!

TBE is collaborating with the Center for Small Town Jewish Life to collect sounds of the shofar to be listened to throughout the month of Elul (the month leading up to the High Holidays). Each person contributing will be asked to send a 1-2 minute video with a personal introduction, brief words of inspiration, and the sound of the shofar. If you are interested in participating in this project, please contact Rabbi Bill Siemers at rabbi@cbisrael.org or (207) 852-1903.

Todah Rabah!

Thank you to the Schatzaway family for leading an amazing Adon Olam last Shabbat.

Thank you to Sandra Kornblum for numbering all the machzorim in preparation for High Holiday distribution.

Thank you to Tom Berman for hosting the Zoom workshops last week.

September Simcha List



inspiring Jewish education

Registration for 5781

“Kadima” means forward, and reflects our striving to help today’s families bring the vibrancy and relevance of the Jewish tradition forward into their lives. KBE recognizes and cherishes the diversity of its learners and welcomes all kinds of Jewish families.

Registration is open for Kadima Beth El and Hebrew High for 5781 (2020-2021)!

While there is tremendous uncertainty about the fall, we are committed to providing a full year of Jewish education to our families. The first day of school is Wednesday, September 9, with a Welcome Back Sunday on September 13.

The scholarship and early bird registration deadline has been extended to Friday, August 14, to allow us all time to learn more and adjust accordingly. But the school year is happening, so if you're committed to participating, register now!

We've also deeply discounted the PreK-Kindergarten class to encourage new families to enroll, even in this climate of uncertainty. Don't let your child miss out!

For more information, contact Abby Halpern at education@tbemaine.org.

Register Now

Would you like to borrow a Siddur?

Several congregants have asked if they can borrow a Siddur Lev Shalem to use during Zoom services. If you are interested in having a prayer book at home until we are able to meet again in person, please contact the [office](#) and we can arrange to get one to you.

A complete guide to all current TBE programs and resources, as well as recommended opportunities from around the Jewish community can be found [here](#):



Amazon Smile - Help raise money for TBE when you shop!

What is Amazon Smile, you ask? You shop at Amazon, and Amazon donates .5% of your purchase to TBE, that's it! You can order anything, anytime, but with the added bonus of supporting TBE.

Amazon has assigned TBE a unique link that you can use when doing your shopping, and as long as you use that link, it will automatically trigger Amazon to make that donation to us. We recommend adding this link to your bookmarks.

TBE Amazon Smile

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/98421974937>

[Saturday Morning Shabbat Services](#) - 9:30am, every Saturday
[https://us02web.zoom.us/j/85764848423?
pwd=Z3piR3QzNW9ieGpmZmZWczFsVmpUUT09](https://us02web.zoom.us/j/85764848423?pwd=Z3piR3QzNW9ieGpmZmZWczFsVmpUUT09)

[Mindfulness and Melodies: A Call for Renewal](#) - September 8 at 7:00pm
[https://colbycollegejewishlife.regfox.com/mindfulness-and-melodies-a-call-for-renewal?
fbclid=IwAR0tyPYEQ6L1VZRL5Zt9kcXFN1u3EeW4VOjC69fk11pDNlcbwllJYELorJo](https://colbycollegejewishlife.regfox.com/mindfulness-and-melodies-a-call-for-renewal?fbclid=IwAR0tyPYEQ6L1VZRL5Zt9kcXFN1u3EeW4VOjC69fk11pDNlcbwllJYELorJo)

Selichot, Together - September 12 at 8pm
<https://colbycollegejewishlife.regfox.com/selichot-program>

YAHARZEITS



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, September 5 / 16 Elul
Arthur Gordon
Joseph Shible
Goldie Strassler Sambol

Monday, September 7 / 18 Elul

Abraham Dichter
Ida Finberg
Doris Ginsburg
Rose Taylor

Tuesday, September 8 / 19 Elul

Peter Aranson
Joseph Lempert
Harriette Small

Wednesday, September 9 / 20 Elul

Mortimer Auerbach
Sylvia Lyons Fine
Charles Kaatz

Thursday, September 10 / 21 Elul

Louis Blotner
Marcella Davis
Joseph Greenwald
Bella Shatz
Paul Trusiani

Friday, September 11 / 22 Elul

Lillian Kaatz

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

Unsubscribe_gleckman@mindspring.com

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