



## Adas Yoshuron Synagogue

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### Adult Ed: Torah Stories and Rabbinic Stories

Thursday, March 26, 6:30 - 8:00 p.m.

Join us for an ongoing class focused on the weekly *parsha* (Torah portion) alongside the classical *midrash* (rabbinic stories). Join us online via Zoom.

Zoom is an easy-to-use system that lets you participate from your home computer.

To join by Zoom, browse to <https://bcm.zoom.us/j/302000425> or call: 877-369-0926 and enter: Meeting ID: 302 000 425

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## SHABBAT WORSHIP



## Shabbat Song Circle

**Friday, March 27 6:00 p.m. on zoom**

Join us for another Shabbat Song Circle, but this time online! Let's sing together to welcome Shabbat.

Here is the zoom link: <https://bcm.zoom.us/j/302000425> or call: 877-369-0926 and enter: Meeting ID: 302 000 425.

## Saturday Morning Worship

**March 28, 10:00 a.m. on zoom**

Join Rabbi Solochek for a remote but meaningful Saturday morning Shabbat service. While we stay safely at home, we can still join together for prayer, song, inspiration, and community. Please join us.

<https://bcm.zoom.us/j/302000425> or call: 877-369-0926 and enter: Meeting ID: 302 000 425

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## Morning Prayer and Check-In

**Monday- Friday, 8:00 a.m. and Sunday, 9:30 a.m. on zoom**

Rabbi Solochek will lead a brief morning service to help our community stay connected.

For the foreseeable future we will continue to meet **Monday-Friday at 8-8:20 a.m.**, and **Sunday 9:30-10 a.m. EST**. We invite you to join as often as you want.

To access Zoom, click this link: <https://bcm.zoom.us/j/302000425> or call: 877-369-0926 and enter: Meeting ID: 302 000 425

Followed by a check in. Bring your coffee.



## Do you need anything?

Please contact the office if you are impacted by needing to stay inside, and require help with getting food, or other errands. Our Hineni Committee can help.

Or let us know if you would like a call from Rabbi Solochek.

While the office is closed, Lenora and Gail are checking email and phone messages. We are happy to pass along your requests.

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### How To Use Zoom

You can access Zoom either from a computer or phone. Each synagogue event that uses Zoom will have a specific link and phone number listed in the description.

On a computer, click the link provided for the event. The first time you use Zoom it will ask to download onto your computer; say YES. Click the link again and you will be taken to the meeting. Your webcam and microphone will allow you to see and speak to the other people on the call.

On a phone: dial the toll-free number and enter the Meeting ID when prompted. This will allow you to hear and speak to others on the call.

Need a visual? Here are two 1-minute videos about using Zoom:

<https://www.youtube.com/watch?v=vFhAEoCF7jg&feature=youtu.be>

[https://www.youtube.com/watch?v=4w\\_pRMBEALe&feature=youtu.be](https://www.youtube.com/watch?v=4w_pRMBEALe&feature=youtu.be)



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**Contact our office:**

[info@adasyoshuron.org](mailto:info@adasyoshuron.org)

We hope you like receiving our emails. However, you can always [unsubscribe from this list](#).

Adas Yoshuron Synagogue  
50 Willow Street  
PO Box 1250  
Rockland ME 04841  
207-594-4523

The office will not be open to the public, but we are responding to emails and voicemails.

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