

Adas Yeshuron Synagogue

This Week's Programs



Keshet Equality Act Postcard-Writing Party

Monday, March 8, 5-5:45 p.m.

Join Jews from across Maine to learn about the Equality Act and to write postcards to our representatives in congress. Learn with Jon Cohen, Director of Community Mobilization at Keshet, the leading LGBTQ national Jewish organization, about the law and why it matters to us today.

[Click here to request your free postcards from Keshet.](#)

We are not using the standard synagogue Zoom link.
Click on the button below to join us on Zoom.

Equality Act Postcard Writing Party Zoom Link

k2Together: Interfaith Knitting Group

Wednesday, March 10, 2 p.m.

Relax and schmooze together with a cup of tea, your favorite yarn, and lively conversation. Dont know how to knit or crochet? Well teach you! FMI, email Rabbi Solocheck, rabbi@adasyeshuron.org.

CLICK HERE TO JOIN ON ZOOM

Coping with Covid: Building Hope, Supporting our Children and Ourselves

Wednesday, March 10, 6:30 p.m.

All are invited to this online community forum featuring Greg Marley, LCSW, Director of Suicide Prevention, NAMI Maine. Adas Yoshuron is among 50 partnering organizations supporting this program.

[CLICK HERE TO JOIN ON ZOOM](#)

Thursday Morning Check-In

Thursdays at 8:30 a.m.

Connect with community as Rabbi Solochek leads brief morning reflections and prayers, followed by conversation. This is a good opportunity to say kaddish if you are observing a yahrzeit. Pour yourself a cup of coffee and meet us online!

[CLICK HERE TO JOIN ON ZOOM](#)

Shabbat Services

Saturday, March 13, 10 a.m.

Join us for Shabbat services and Torah study with Rabbi Solochek.

[CLICK HERE TO JOIN ON ZOOM](#)

Tzedek Series: Disability, Inclusion, and Justice

Saturday, March 13, 5 p.m.

Join us for the second program in our Tzedek series on Disability, Inclusion, and Justice in the Jewish community. Our guest speaker is Sara Crimm from

Families CCAN (Creating Communities for Adults with Special Needs), who will teach our community ways to go beyond inclusion and to create opportunities for everyone to feel a sense of belonging. Sara will speak about building a vision of what is possible for adults with disabilities and how our congregation can strengthen itself by supporting everyone.

Learn more about Families CCAN [HERE](#).

Learn more about Sara Crimm [HERE](#).

CLICK HERE TO JOIN ON ZOOM

Community Walk: The Belfast Rail Trail

Sunday, March 14, 11 a.m.

Join us for a walk along the [Belfast Rail Trail](#). Meet at the northern trailhead at the intersection of Oak Hill and Kaler roads in Belfast ([map here](#)). Masks and safe distancing are required. Let's get some fresh air in together on a beautiful riverside walk! For directions, to RSVP, or for more information, contact the office: info@adasyoshuron.org; or call 207-594-4523.

Get Your Passover Supply Gift Bags

Tuesday, March 23 and Wednesday, March 24

The synagogue is providing a box of matzah and some Pesach treats to all members. Gift bags may be picked up at the shul on Tuesday, March 23 or Wednesday, March 24. Please reach out to us if you are unable to pick up your bag and we will make arrangements. Also, let us know if you are having trouble finding Pesach supplies and we will do our best to help. More details about pick-up times in next week's email.

From the Center for Small Town Jewish Life

A Healing Service with Cantor Sheila Nesis

Monday, March 8, 6:30 p.m.

Prayers and music help us renew our sense of hope, strength, and healing as we continue to navigate these unprecedented times.

[Register here to receive the Zoom link.](#)

Jewish Youth Connection: Go Look!

Sunday, March 14, 7-8:30 p.m.

The Jewish Youth Connection is offering teens from across the state an evening focused on searching. We'll learn about *bedikat hametz* the search for leavened items that takes place right before Passover, and then have a scavenger hunt! Come connect with other Maine Jewish teens.

[Register here to receive the Zoom link.](#)

How Can We Help?

Need help with errands? A phone call to say hello?

Would you like to check in with Rabbi Solochek?

Could you use some technical support with Zoom?

Reach out to us! The synagogue office is closed, but we are responding to emails and messages. We'd love to hear from you!

Please contact the office:

info@adasyoshuron.org

207-594-4523



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

www.adasyoshuron.org

info@adasyoshuron.org

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Adas Yoshuron Synagogue · 50 Willow St · PO Box 1250 · Rockland, ME 04841-3033 · USA