

Congregation Etz Chaim

Rabbi Gary Berenson



~ A Reminder ~

**Please join us for Sabbath Services,
including tomorrow evening,
Friday, November 9th, at 7:00 p.m.,
when we will be joined
by speaker Eric Hilton.**



Our speaker tomorrow evening will be Eric Hilton, native Mainer, local business owner, and 12-year U.S. Army combat veteran (1999-2011), who trained as a Special Operations Medic. Eric served two tours in Iraq and received the Bronze Star upon completion of his last combat deployment. Eric also lives each day with Post Traumatic Stress Disorder (PTSD). Eric's PTSD is silent to the outside world and includes a dizzying array of symptoms from feelings of rage, loneliness and low self-worth to brain fog, anxiety and visual snow. To meet Eric now, upon visual inspection and the common handshake, one would not instantly make the connection that he has had to rebuild his understanding of who he is and how he fits into this civilian world or how much energy he invests in nurturing and cultivating personal relationships, the latter being of the utmost importance and the most challenging, as the instinct to isolate is strong when the illness is invisible.

While there is no blanket cure for PTSD, no handbook on "How To Relate To The Suffering Veteran In Your Life," the conversation is key. In talking plainly about his symptoms and what helps him, Eric hopes to not only help other veterans but help the people who love and work with veterans by deepening this conversation.

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*Saturday morning, 9:30 a.m.*  
*Parashat Toldot*

*Torah Reading: Genesis 25:19-28:9*  
*Haftarah: Malachi 1:1-2:7*

*Kiddush will follow the Saturday morning services.*

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Please also join us for Monday Minyan at 5:00 p.m.

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**Etz Chaim is Portland's beautifully restored, 1920's immigrant-era synagogue and is also home to the Maine Jewish Museum.**

**267 Congress Street \* Portland ME 04101**  
**[www.etzchaim-portland.org](http://www.etzchaim-portland.org) \* 207-773-2339**

**~ All are welcome. We hope to see you! ~**

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