

April, 2019 Newsletter



B'nai Portland

Thoughts From Rabbi Laura

Pharaoh vs Moses; the oppressor, taskmaster, and cruel abuser vs the righteous, fighter for justice, and freedom seeker. In our Passover story we see God's influence over Pharaoh's decision to let the Jews be free. Through Moses and his commitment to live a Godly life, we see how Moses repeatedly fights for the freedom of the Hebrews. It is the classic good vs evil story. You know, Luke Skywalker vs Darth Vader, Harry Potter vs Voldemort... but biblical. But here is the real message about these perceived opposite characters fighting for justice - they are actually 1 person and that 1 person is you. The real message about these characters and



stories is about reigning in and controlling our behaviors and actions that imprison us, that bind us to wrong thinking and inappropriate actions. We are enslaved by this, and it suppresses our ability to be our true and authentic selves.

Happy Passover - search for your inner Pharaoh, and when you find it, set it free.

-Rabbi Laura

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Upcoming Shabbat Services

All Services begin at 6:30pm
at Lunt Auditorium in Falmouth

April 7th - Chocolate Seder and
Passover Fundraising Raffle

May 10th - Creative Shabbat Service
Designed & led by the
Tuesday Hebrew Class -
come and show your
support for these hard
working students - it will be
fabulous!



Check out our website at
www.bnaiportland.com

Thanks to Rich Brooks and Flyte
Media for their donation and help
creating our site!

Upcoming Events and Happenings

The Tuesday Hebrew class is leading a creative Friday night service on May 10th. Join us to show your support for these kids who have worked really hard all year.

Chocolate Seder & Raffle Drawing - Sunday, April 7th!

The Chocolate Seder is Filled!

If you haven't already reserved your seats at the Seder, we are sold out.

BUT,

you can still purchase Raffle Tickets for our fabulous **Passover Fundraising Raffle**. The drawing will be held at the conclusion of the Seder and you don't need to be present to win.

Tickets will be on sale until right before we call the winners.

There is still time to purchase raffle tickets and support B'nai Portland!

For raffle tickets contact Rabbi Laura at rabbibnaiportland@gmail.com

Here are just some of the local businesses who have donated items for our Fabulous Raffle:

- Bliss Hair Salon
- Funky Chunky
- Ember Mug
- Soakology
- Cheese Iron
- Benkay
- Cinemagic, Westbrook
- Chilton Furniture
- Mainely Tubs
- House of Lights
- Wilbur's Chocolate
- Evo Rock Gym
- UPS Store Northgate
- Bruno's Restaurant
- Dunkin' Maine
- Snowflower Baking
- Sea Dogs
- Get Air
- Scarborough Family Chiropractic
- Greener Postures
- Hannaford
- Pet Life
- Centerpoint Martial Arts
- Rejuvenations Spa
- Falmouth Footlights
- First Impact NY
- Swiss Chocolates direct from Switzerland

B'nai Portland will be in Israel in April!

We have a great group and a full schedule of history, sightseeing, shopping, hiking, and of course - food! We will climb Masada, float in the Dead Sea, stand in the caves where the Dead Sea Scrolls were found. We will eat our weight in Israeli food at the Shuk in Jerusalem, enjoy Passover Seder on the beach in Tel Aviv, and much more...

Some congregants will celebrate life cycle events while we are there - how meaningful & exciting!

Stay tuned for pictures from our trip in future newsletters.

SHARE IN A PRAYER FOR UNITY WITH THE FALMOUTH FAITH COMMUNITY

The National Day of Prayer takes place annually on the first Thursday in May (May 2, 2019). If you know anything about the history of this event, it has without question grown out of the evangelical Christian movement, however, the Falmouth clergy have decided to support the broader idea of having a dedicated time of prayer for our nation that is open to all people, of all faiths. The appointed theme for this year is "Love One Another." A theme that we feel can – and should – be embraced by all people, as we work together to overcome the divisions within American society.

Rabbi Laura, on behalf of B'nai Portland, will be participating as a faith leader in this event. It is planned for Thursday, May 2nd, at 6:00 pm at Saint Mary's on Foreside Road in Falmouth.

The event is envisioned as a simple prayer service of readings and music selected by each faith leader with a focus on the theme of Loving One Another. It should last about one hour, with a social and refreshment time afterward.

Please plan to join us!

PASSOVER, 2019

The Passover Story in a Nutshell

After many decades of slavery to the Egyptian pharaohs, during which time the Israelites were subjected to backbreaking labor and unbearable horrors, God saw the people's distress and sent Moses to Pharaoh with a message: "Send forth My people, so that they may serve Me." But despite numerous warnings, Pharaoh refused to heed God's command. God then sent upon Egypt ten devastating plagues, afflicting them and destroying everything from their livestock to their crops.

At the stroke of midnight of 15 Nissan in the year 2448 from creation (1313 BCE), God visited the last of the ten plagues on the Egyptians, killing all their firstborn. While doing so, God spared the children of Israel, "passing over" their homes - hence the name of the holiday. Pharaoh's resistance was broken, and he virtually chased his former slaves out of the land. The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise. Six hundred thousand adult males, plus many more women and children, left Egypt on that day and began the trek to Mount Sinai and their birth as God's chosen people.

Links to Helpful & Interesting Passover Sites:

Make your own Haggadah

A Social Justice Haggadah and Readings

PJ Library

Passover for Kids

General Passover information

Video of the Seder Plate & it's Meanings

Buy your Matzah!

This year, Passover will be celebrated from April 19 - April 27.

- As per Biblical command, a Seder is held after nightfall on the first night of Passover (*and* the second night if you live outside of Israel).
- Passover, the anniversary of our nation's miraculous exodus from Egyptian slavery more than 3,000 years ago, is celebrated by eating matzah (unleavened bread) and maror (bitter herbs), among other special foods.
- For the duration of the 8 (or 7 days in Israel) of Passover, chametz (leaven) is strictly avoided.

The highlight of Pesach is the observance of the Seder, a unique ceremony performed on the first two evenings of Passover. The Seder is a feast that includes reading, drinking wine or juice, telling stories, eating special foods, singing, and other Passover traditions. At the Seder, every person should feel as if he or she were going out of Egypt. We begin with the story of our patriarchs, Abraham, Isaac and Jacob, and recount the Jewish people's descent into Egypt, recalling their suffering and persecution. We are with them as God sends the ten plagues to punish Pharaoh and his nation, and follow along as they leave Egypt and cross the Sea of Reeds. We witness the miraculous hand of God as the waters part, allowing the Israelites to pass, then return to inundate the Egyptian legions. As we eat bitter foods of affliction and poverty, the Exodus becomes a reality - as real as the festive meal and celebratory toasts that follow.



"And this day shall become a memorial for you, and you shall observe it as a festival for the Lord, for your generations, as an eternal decree shall you observe it. For seven days you shall eat unleavened bread, but on the first day you shall remove the leaven from your homes ... you shall guard the unleavened bread, because on this very day I will take you out of the land of Egypt; you shall observe this day for your generations as an eternal decree."

- Exodus 12:14-17

KID'S PAGE

Easy and Delicious Charoset

Ingredients:

- 2 organic apples
- ½ cup walnuts, halved
- 1 teaspoon cinnamon
- 2¼-2½ ounces kosher red wine (or pomegranate blueberry juice for a non alcoholic version)

Preparation:

Finely chop the apples and nuts (or put them into a food processor) and add them to a bowl. Add in the cinnamon and wine (or juice) and mix together.



What can I bring to school for lunch during Passover???

Here are some ideas:

- A thermos with Matzah Ball Soup
- Matzah with Charoset & Horseradish
- Matzo with Cream Cheese and Smoked Salmon
- Turkey Burger in Lettuce Wrap
- Tuna on Matzah
- PB&J on Matzah
- Homemade Passover Banana-Chocolate Chip Muffins
- Raw Veggies with Dip
- Berries and Fruit
- Macaroons
- Baked potato and cheese and broccoli

Click [here](#) to get the directions to make Martha Stewart's fun and delicious **Matzah House!**



Decorate your own **Cup for Elijah or Miriam** for the Seder- use your imagination!



Learn Some Hebrew Words:

Word	Meaning	Pronunciation	Hebrew
Pesach	Passover	PAY-sahkh or PEH-sahkh	פסח
Matzah	Unleavened bread	MAHTZ-uh	מצה
Chametz	Leavened things	KHUH-mitz	חמץ
Seder	Home ritual performed on the first two nights of Pesach	SAY-d'r	סדר
Haggadah	The book read during the Seder	huh-GAH-duh	הגדה



Make a special **Afikomen cover!**