

August, 2019 Newsletter



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B'nai Portland



Thoughts From Rabbi Laura

Sum Sum Summertime

August is both a celebration and a sadness.... Yay, another month of summer, and aww, only 4 weeks left.... I hope your summer has been great for you and your kids. We are well underway planning for High Holidays (The HiHo's). Sept 30 is Rosh Hashanah, Oct 8 is Kol Nidre, and Oct 9 is Yom Kippur. Seems like they are far away, but I know they are around the corner.

Please share B'nai Portland and our approach to Judaism with your family and friends. If someone is interested, we are always welcoming and anyone can come join us in Friday night services, HiHo's, and any other gathering.

Enjoy the remaining weeks of summer and I look forward to teaching your children, sharing a nosh at services, and celebrating simchas.

- Rabbi Laura

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August Shabbat Service

Our first Shabbat Service for the fall is August 30th - Stay tuned for more information about where!



Community Events

Saint Mary's Church in Falmouth has invited Rabbi Laura to participate in one of their weekly community dinners called '**Common Ground**'. It is a simple potluck followed by a group dialogue, presentation or experience. It is very informal and open to everyone. Rabbi Laura will present on **September 19th** and talk about her journey and what brought her to B'nai Portland, followed by a Q&A session. Please join us at this event!

Save the Date for Falmouth's Harvest Community Supper on **Thursday, October 24th**. This is a town-wide effort to raise funds for the Falmouth Food Pantry and is their primary fundraiser of the year. The town's faith leaders are visible participants at this event and encourage participation by providing food for the event and by sharing in the meal. We will post the details when they become available.



Tisha B'Av

Tisha B'Av (the 9th of Av) falls on Sunday, August 11, 2019

Tisha B'Av takes place on the ninth day of the Jewish month of Av. It is the darkest day on the Jewish calendar - a day of mourning to commemorate the many tragedies that have befallen the Jewish people, many of which have occurred on this day throughout history. Here are a few:

1. On this day, the sin of the spies occurred. The spies returned from scouting out the Land of Israel with a negative report, which resulted in them wandering in the desert for forty years instead of going straight into the land.
2. On this day the destruction of the First Temple occurred, in 586 BCE, by the Babylonians, led by Nebuchadnezzar. This was followed by the Babylonian Exile.
3. On this day the destruction of the Second Temple occurred, in 70 CE, by the Romans, led by Emperor Titus. This was also followed by exile.
4. On this day, the Bar Kochba revolt was crushed, and the last Jewish stronghold, Beitar was destroyed, which resulted in thousands of Jews being killed.
5. On this day, the Temple Mount was ploughed over and rebuilt as a pagan city by the Romans, led by General
6. The Jews were expelled from England
7. The Jews were banished from Spain
8. Both World Wars began

[Click Here for More](#)



What are some customs and practices for Tisha B'Av?

Many Jewish people in the United States observe various restrictions during Tisha B'Av. These restrictions may include:

- Fasting
- Avoiding washing, bathing, shaving or wearing cosmetics
- Not wearing leather shoes
- Avoiding certain types of work
- Abstaining from sexual activities
- Many traditional mourning practices are observed, such as refraining from smiling and laughing.
- Those who observe Tisha B'Av are allowed to study only certain portions of the Torah and Talmud on Tisha B'Av
- The book of Lamentations is read and mourning prayers are recited in the synagogue
- The ark (cabinet where the Torah is kept) is draped in black

Shabbat Torah Study

Last year, we trialed a study group for Torah and a celebration of Shabbat. It has really caught on and we have had a great time.

Once a month we will gather at someone's home and a volunteer discusses and delivers a Torah commentary for the upcoming portion. (The Rabbi has resources and is available for help). A little Q&A, and then a fabulous meal follows. If you would like to host a Friday Shabbat meal or be included in this gathering, please contact Rabbi Laura for more information. The meals are pot luck, so there is minimal burden on the host.



Conversion Classes

This 2 year course is not only great for perspective Jews by choice, but also as a basic class of practice, Hebrew, holidays, Torah, etc. If you want to know more, or feel you know nothing at all about Judaism, this class could be for you. Contact Rabbi Laura to discuss scheduling.

**Look What's New at
B'nai Portland this Fall!!!**

The 2019 Teen Group

This year's B'nai Portland Teen Group will be a Confirmation Class!

We will be doing community service work and will also add some advanced Jewish learning about our culture. A Confirmation Ceremony will take place at the end of the school year. In this ceremony, the student 'confirms' their commitment to Judaism and to Jewish life.

Please Join Us!



Hebrew Classes

Want to learn to read better? Read well already, but want to learn some basic language?

Contact Rabbi Laura.

KID'S PAGE

Break your Tisha B'Av fast with this delicious kugel recipe!

Milchig Kugel (Milchig means Dairy in Yiddish) Yield: 10 - 14 pieces

Ingredients:

1 pound medium egg noodles	1/2 cup sugar
6 medium eggs	1 cup raisins (optional)
1 1/2 cups milk	1/2 cup brown sugar
1 cup cottage cheese	1/2 cup chopped walnuts or pecans
1 cup sour cream	1 tablespoon cinnamon

Directions:

- Preheat oven to 350 degrees.
- Bring a large pot of lightly salted water to a boil. Cook the noodles until just tender, then drain.
- While noodles are cooking, beat the eggs in a large bowl. Add milk, cheese, sour cream, white sugar, and raisins. Beat together and then add noodles. Mix well. Pour into a buttered 10-by14-inch pan.
- Mix together the brown sugar, nuts, and cinnamon. Sprinkle evenly over the noodles and bake for 1 hour or until center seems to be firm.
- Cool and serve warm or at room temperature.



Make Your Own Origami Slippers for Tisha B'Av

Directions Here:

<https://www.kidscanmake.com/craft/Easy-Origami-Slippers-Folding-Instructions-18.html>

<https://diycrown.weebly.com/tutorials/april-22nd-20188960974>

Let's Learn Some Hebrew!

<u>English</u>	<u>Hebrew</u>	<u>Pronunciation</u>
Holy Temple	בית המקדש	Beit Hamikdash
Mourning	אבילות	Aveilut
Destruction	חורבן	Churban

Simchas & Sorrows

Mazel Tov to Sharon Ash Tancredi & Elliot Katz on their marriage.

Mazel Tov to Jen Levin on her conversion to Judaism.

Mazel Tov to Hester Mishkin on her conversion to Judaism

Mazel Tov to Andy & Hester Mishkin on the renewal of their vows under the chuppah.

Please let B'nai Portland know of any simchas or sorrows so we can share them with the Congregation.



A donation was made by the LEVIN FAMILY & the MISHKIN FAMILY, in recognition of CAROLE & ED FRIEDMAN'S generous offer of their lake home as the location for Jen & Hester's conversion as well as Andy & Hester's vow renewal.

A donation was made by GAYE BLUMENTHAL in honor of the marriage of SHARON ASH TANCREDI & ELLIOT KATZ.

A donation was made by HIROMI & DAN DOLLIVER in honor of the marriage of SHARON ASH TANCREDI & ELLIOT KATZ.

If you would like to honor or remember someone, please consider making a tax deductible donation to B'nai Portland. All monies received are used towards programming and activities.



What is a Chuppah?

The chuppah represents a Jewish home, symbolized by the cloth canopy and the four poles. Just as a chuppah is open on all four sides, so was the tent of Abraham open for hospitality. Thus, the chuppah represents hospitality to one's guests. This "home" initially lacks furniture as a reminder that the basis of a Jewish home is the people within it, not the possessions. In a spiritual sense, the covering of the chuppah represents the presence of God over the covenant of marriage. As the kippah served as a reminder of the Creator above all, (also a symbol of separation from God), so the chuppah was erected to signify that the ceremony and institution of marriage has divine origins.

