

June, 2019 Newsletter



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B'nai Portland

Thoughts From Rabbi Laura

That's a wrap! Well, it will be on June 6th. Yes, our school year went longer this year, that was to make up for the time we were in Israel.

Our trip to Israel this year was absolutely amazing. We learned so much, saw ancient things, felt connected to a people and world from thousands of years ago.

There is a possibility that there will be another trip in 2020. I have a family in Costa Rica who wants to do a Bat Mitzvah in Israel. Are you interested in learning more?



Please let me know ASAP if you want info, or share the name of someone you know who may be. Our trip will be in the spring, exact dates aren't decided.

This has been an amazing year of growth for B'nai Portland. What was once just a Hebrew school for children has manifested into an amazing, loving, supportive, real congregation. We have had many opportunities to come together to pray and celebrate, and many unfortunate times to offer support to someone who needs it. Our devotion to community service is, in my opinion, what a congregation should be. Even though we don't meet in July, remember acts of kindness are a year round thing. You don't need B'nai Portland to donate, volunteer, or reach out to someone.

Sometime this summer, if you had a life cycle event, I will reach out to you about chanting torah or leading the torah blessings at our High Holiday service this fall.

A safe and pleasant summer to all!

- Rabbi Laura

Contents

Shavuot	2
More Shavuot	3
Kids Page	4
Simchas & Sorrows	5
Business Opportunity	5
Fall Fundraiser	5

Upcoming Shabbat Services

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

June 7th - Please bring men's socks and underwear to donate and a nosh to share.

**We will resume Shabbat Services in
August - stay tuned for the date!**



Shavuot, 2019

From sunset on Saturday, June 8th through sundown on Monday, June 10th

The word Shavuot literally means “weeks.” It celebrates the completion of the seven-week Omer counting period between Passover and Shavuot. Shavuot also means “oaths,” for on this day God swore eternal devotion to us, and we in turn pledged everlasting loyalty to God.

Each year, Shavuot is a special time for us to reawaken and strengthen our special relationship with God. We can do so by rededicating ourselves to the observance and study of the Torah - our most precious heritage. Over Three thousand three hundred years ago, the Children of Israel stood at the foot of Mount Sinai and received the Torah from God. Together they proclaimed: “Na'ahseh v'nishma”, (We will do and we will listen). Each year on Shavuot, this historic event is relived as we commit ourselves anew to observing the Torah.

Although Shavuot began as an ancient grain harvest festival, the holiday has been identified since biblical times with the giving of the Torah on Mount Sinai. Along with Passover and Sukkot, Shavuot is one of the three major Jewish pilgrimage festivals. It falls precisely 49 days after the second day of Passover, a period of time known as the Omer, and marks the giving of the Torah to the Jewish people on Mount Sinai.

What are some customs and practices for Shavuot?

- To commemorate the giving of the Torah at Sinai there is a tradition of staying up all night studying Jewish texts in what is called Tikkun Leil Shavuot.
- On Shavuot the Book of Ruth (Exodus 19:1–20:23) is read.
- Traditionally, dairy foods are eaten on Shavuot. Consuming milk products is a reference to the divine promise of a land flowing with milk and honey. Upon receiving the Torah, with all the laws of kashrut, Israel realized that none of the meat in its possession was kosher. So, they ate dairy foods until they could properly prepare kosher meat.
- In order to mark the agricultural history of Shavuot, some decorate their house and synagogues with a floral theme. The greenery is a visual reminder of the baskets of first fruits that were offered at the Temple on Shavuot, and according to the Mishnah, the judgment for trees takes place on Shavuot.
- There is a custom of making beautiful papercuts on Shavuot. Often containing floral motifs, these are used to decorate the synagogue.



WAIT A MINUTE - Haven't we already done this year - it sounds familiar???

It sounds familiar because we celebrated **Simchat Torah**, which is the holiday that celebrates **FINISHING READING** the Torah and starting it anew, but during **Shavuot**, we celebrate the actual **GIVING** of the Torah to the Jewish People.

THE BOOK OF RUTH

Traditionally the biblical Book of Ruth is read in synagogue on Shavuot. The figure most associated with Shavuot wasn't born Jewish.

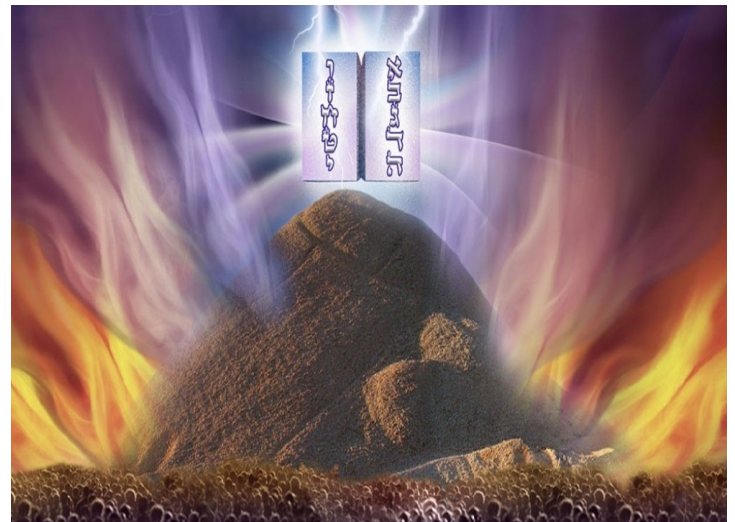
The Book of Ruth tells the story of Ruth, a Moabite woman who returns to Israel with her mother-in-law after the death of her husband. Though Ruth is encouraged to stay with her own people, Ruth refuses, speaking the lines for which she would become known: *"For wherever you go, I will go; wherever you lodge, I will lodge; your people shall be my people, and your God my God."*

Boaz, a man of substance, the Judge and leader of the generation in Bethlehem, was the nephew of Elimelech, Naomi's husband. Boaz eventually married Ruth and she conceived on the last day of his life. Their child was Oved, grandfather of King David, first of the royal family of Israel - the House of David. The Talmud calls Ruth *Ima Shel Malchut*, (mother of royalty), because her descendants included David and Solomon, and the future *Moshiach* who will end all exiles, return Israel to its greatest glory, and lead all the world to the destiny for which it was created.

Ruth's embrace of Judaism took place around the time of Shavuot and her acceptance of the Jewish faith is seen as analogous to the Jewish acceptance of God's Torah. The Book of Ruth is read because the story highlights one woman's choice to join the Jewish people and accept the Torah.

The Ten Commandments

On the morning of 6 Sivan, 50 days after having left Egypt and six days after they camped at the foot of Mount Sinai, the people of Israel awoke to thunder and lightning and a deep, powerful horn blast. As they approached Mount Sinai, they saw it ablaze, a thick cloud at its peak. Trembling in awe and fear, they gathered at the foot of the mountain as Moses ascended alone to the top. Against this incredible backdrop, God spoke the Ten Commandments all together in one moment. He then went on to repeat them to the people one at a time. Moses acted as an intermediary for the Jewish People, communicating with God on the mountain and then conveying God's will to them.



KID'S PAGE

Super Easy Cheese Blintzes Recipe

Make your own **cheese blintzes** with a loaf of bread, a rolling pin, some cream cheese, and this super easy recipe! *Ready in only 30 minutes*

Ingredients

- 1 (1 pound) loaf white bread
- 4 tablespoons white sugar
- 2 teaspoons ground cinnamon
- 2 (8 ounce) packages cream cheese, softened
- 2 tablespoons milk
- 1 teaspoon vanilla extract
- 1/2 cup butter, melted
- 1 pint sour cream

Directions

1. Preheat oven to 350°F. Spray a cookie sheet generously with non-stick cooking spray.
2. Trim crusts from bread and roll the slices flat.
3. In a small bowl combine sugar and cinnamon to make a mixture.
4. In a large mixing bowl, mix softened cream cheese, milk and vanilla until smooth. Spread this mixture onto each slice of flattened bread. Roll each bread slice up. Dip bread/cream cheese rolls in melted butter, roll the blintzes immediately in the sugar-cinnamon mixture. Cut rolls into 1 inch pieces. Arrange the blintzes on the prepared cookie sheet.
5. Bake for 10 minutes. Serve with sour cream or a fruit topping.



More Kids' Shavuot Fun

Recipes

https://www.chabad.org/library/article_cdo/aid/856628/jewish/Shavuot-Recipes.htm

Videos

https://www.chabad.org/kids/article_cdo/aid/378207/jewish/Videos.htm

Activities

<https://pilibriary.org/shavuot>

Family Activities

<https://reformjudaism.org/shavuot-family-activities>

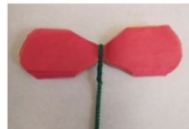


Tissue Paper Flowers for Shavuot

These tissue flowers are a perfect craft for Shavuot to decorate your house for the holiday.

Materials: Tissue paper, Scissors, Green pipe cleaners, Pencil

1. Cut your tissue paper into eighth strips.
2. Take six of the pieces of the tissue paper and fold them up like a paper fan.
3. Fold the tissue paper in half.
4. Use a pencil to draw a rounded edge, and then cut a rounded edge. You can also do a pointed edge, double rounded edge or any other shape you can think of.
5. Cut 2 pieces off the bottom of the folded tissue paper.
6. Open up and attach the pipe cleaner.



7. Spread out the fanned tissue paper and gently pull up the pieces to form a flower.



Let's Learn Some Hebrew!

English

Shavuot

10 Commandments

Book of Ruth

Hebrew

שבועות

עשרת הדברות

מגילת רות

Pronunciation

shavuot

aseret hadibrot

mageelat Ruth



Announcing a Fall Fundraiser and Social!

We are soliciting feedback and volunteers to help organize a fall social event and silent auction for the community. What better way to support the congregation while getting out for a fun evening with old or new friends? Interested in helping out? Or just have suggestions? Please email Pat Martin: Patrick@gilmanpatrick.com.

* Attention Business Owners *

Do you have a product or service that would benefit other members of our congregation? Event photography? Legal services? Baby sitting? Tutoring? This fall, B'nai Portland will introduce a **resource guide** offering you the opportunity to list your business along with a link to your website so that our community will know where to find you. Proceeds will help to offset the congregation's website and printing costs. Interested? Please email: Bnai.portland@gmail.com and put BUSINESS OWNER in the subject line. Please tell us the name and brief description of your business and a contact person. This is open to teens as well. More details to follow in later newsletters.

Simchas & Sorrows

Mazel Tov to Andy and Hester Mishkin on Harriet becoming Bat Mitzvah on June 15th.

Condolences to Sue Cohen and Ella McIntosh on the passing of Todd McIntosh. May his memory be for a blessing.

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



Donation

Adam & Lauren Gardner

In Honor of

In honor of their daughter, Sloan, being one of the leaders of our Friday night Creative Shabbat Service

Sara & John Bumby

In honor of their son, Calvin, becoming Bar Mitzvah.

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.

Shavuot



Check out our website at www.bnaiportland.com

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