



The Bet Ha'am Weekly Email

Words of Torah

Rabbi Saks is away for a three-month sabbatical. While he is away, we will be sharing Words of Torah from various Jewish educational resources.

This week's Words of Torah about the parashah Naso, What Would You Pack?, come from Tim Daniel Bernard, Director of Digital Learning and Engagement via [The Jewish Theological Seminary](#).



1 pair of pants, 1 shirt, 1 pair of shoes and 1 pair of socks

Shampoo and hair gel, toothbrush and toothpaste, face whitening cream

Comb, nail clipper

Bandages

100 U.S. dollars

130 Turkish liras

Smart phone and back-up cell phone

SIM cards for Afghanistan, Iran and Turkey

—contents of Iqbal's backpack on arriving in Lesbos, Greece (emphasis added)

Iqbal, from war-torn Kunduz Province in Afghanistan, is a refugee featured in [this photo essay](#) by the International Rescue Committee. He said that he hoped that his cosmetics and grooming would make it less likely that he would be identified as a refugee and detained.

Two sections of our parashah (Num. 4:21-49, 7:1-9) deal with the instructions to the Levite clans responsible for transporting the Mishkan (Tabernacle). The tales of these contemporary refugees' packs remind us just how remarkable it is that the Israelites carried substantial (and seemingly nonessential) structures through the wilderness.

Continue reading [here](#)

In-Person Worship Resumes!

In-person Shabbat services in our sanctuary have begun! There are a number of safety protocols in place, including,

- Attendance will be limited. Registration is required.
- Everyone must wear a mask at all times when on our property.
- All attendees must be at least 2 weeks post final vaccine.

This is likely to last throughout the summer, with the possible exception of outdoor family services. If you are interested in attending a service in our sanctuary, please indicate all of the dates which you are able to attend when you register. If there are more people interested in attending than spots available we will hold a lottery to determine participants.

If you indicate interest in attending in person you will receive an email indicating which services you will be able to attend. The email will also provide detailed information regarding Covid protocols.

All services will continue to be live-streamed on Zoom. All who register by the Friday deadline (whether or not you have requested to be in person) will receive the link for the live-streamed services.

Questions can be addressed to Sylvia Most at sylviamost@gmail.com.

Registration for Worship and Torah Study

Want to register to participate in worship or Torah study?

It's easy to do! Click on the registration links (listed in the worship schedule box below) for whichever sessions you wish to attend. Please be sure to register by noontime on Friday, which is when registration closes each week. Everyone who registers by the deadline will be sent Zoom links, regardless of whether or not they also indicate upon registration that they would like to attend in-person worship in the sanctuary. Zoom links will be sent by 4:00 PM on Fridays. Easy!

Please note: *We cannot send Zoom links after 4:00 PM on Fridays.*

Read more about our service and our siddur (prayer book) [here](#).

Worship Schedule

Friday, May 21 Shabbat Worship, 7:30 PM

Thank you to Garth Ebner for leading our worship service.

Thank you to board member Catherine Share for lighting our Shabbat candles in memory of her mother, Marjorie Bowers Allen, and for making our announcements.

Register to receive the **Friday Night Shabbat Worship** Zoom link, [here](#).

Saturday, May 22 Torah Study, 9:00 AM

Torah study using *The Mussar Torah Commentary* continues--but you don't need to own a copy. Read more [here](#), under the "Torah Study" heading.

Thank you to Rachel Posner for leading Torah Study this week.

Register to receive the **Torah Study** Zoom link, [here](#).

Saturday, May 22 Shabbat Morning Worship, 10:30 AM

Thank you to Catherine Share for leading our worship service.

Thank you to Robert Morrison for reading Torah and Haftarah on Saturday.

Register to receive the **Shabbat Morning Worship** Zoom link, [here](#).

Wednesday, May 26 Morning Minyan 7:30 AM

Thank you to Daniel Oppenheim for leading Morning Minyan.

Register to receive the **Wednesday Morning Minyan** Zoom link, [here](#).

Notable Upcoming Services

Elena Rosenberg Bat Mitzvah, Saturday, June 12, 10:30 AM

Plant Sale Success!

The Bet Ha'am Garden Committee extends its deep appreciation to all who made our 11th annual outdoor plant sale so successful!



- To pre-sale and sale day volunteers: Beth Simpson, David Caldwell, Lisa Munderback, Susan Paris, Madeline and Sammy Goodman, Sami Singer.
- To Lee Broder, Beth Simpson, Melanie and Bob Feinberg, Ki Leffler, Doreen Athans, and Asherah Cinnamon, as well as the many other anonymous plant donors, for beautiful varieties of flowers and seedlings.
- To our Bet Ha'am staff whose support was essential to this plant sale: Chris Skidgel, Karen Hindall, Eben Rose, and Teri Berenson.

A lovely spring day greeted us as folks chose their just right plant(s) or simply browsed. Despite wearing masks and distancing, our volunteers, committee members and customers, whether first time or 'returning' shoppers, shared enthusiasm for the plant sale and enjoyed great conversations about their plants and gardens.

Thank you for shopping with us and happy gardening!

Submitted by Joanie Caldwell
Plant Sale Chair

Out Of The Office

Karen Hindall is out of the office on vacation until June 1. If you need assistance you can email karen@bethaam.org and her out of office auto-response will direct you to the person who can help!

Service Leaders Needed!!!

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With the Rabbi going on sabbatical, we need service leaders for May, June, July and the first half of August. If you would like to lead or co-lead, there are dates available for Zoom and in-person services, with May being the most urgent. If interested, willing and able, please contact Melissa Montefel at missyjo314@hotmail.com or call/text 207-939-8568. Thank you!!



Religious School on Zoom

Sunday, May 23

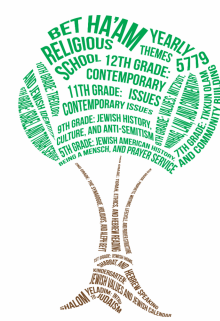
Grades 1-9: Last class on Zoom
10 AM Grade 5 Siddur Ceremony

What's Happening?

On Sunday, our 5th grade class will receive their prayer books in a ceremony that culminates their study of the Shabbat siddur service.

Thank you to all our volunteer teachers from 2020-21! Email Sam at sam@bethaam.org if you're interested in teaching next fall.

If you are interested in enrolling a child or teaching at religious school, email Sam at sam@bethaam.org



Fighting White Supremacy

Tuesday, May 25, 7:00 PM
Fighting White Supremacy in 2021:
From Charlottesville to the Capitol



Presented by the JCA's Community Relations Council

From the Charlottesville violence to the Capitol insurrection to the shootings in Atlanta targeting the Asian American community, hate crimes and domestic extremism are at record levels -- and we're facing a dangerous and dire threat of white supremacy.

Join us via Zoom for a critical conversation with Integrity First for America's Amy Spitalnick on their groundbreaking Charlottesville suit and how we can fight back against the rising tide of violent hate. We will be joined by Maine Secretary of State Shenna Bellows, Portland City Councilor Pious Ali, and Reverend Kenneth Lewis who will participate in this important conversation.

Co-sponsors as of 5.13.21:

Center for Small Town Jewish Life | Congregation Bet Ha'am | Green Memorial A.M.E Zion Church | Hope Gateway Church | Hope Acts | Immigrant Legal Aid Project | Maine Jewish Museum | Maine Council of Churches | Maine Immigrant Rights Coalition | National Council of Jewish Women | Portland Empowered | Temple Beth El Portland | Temple Beth El Augusta | Welcoming the Stranger | Temple Shalom Auburn | Holocaust Human Rights Center of Maine | Greater Portland Immigrant Rights Center | Etz Chaim Synagogue Portland

[Register Now](#)

Critical Finance Meetings

Bet Ha'am Financial Listening Session I
Wednesday, June 2, 7:00 PM

Bet Ha'am Financial Listening Session II
Sunday, June 6, 10:00 AM
Critical: We need your input!



At Bet Ha'am our expenses exceed our income, an untenable situation. We must make some major changes to how we generate income. The Board of Trustees is inviting all synagogue members to one of two listening sessions. This is an opportunity you to tell the board how you think we should address our ongoing budget deficits, what you hope will not change, and to respond to some of the ideas that have already been raised. Everything is on the table. So it is really important that we get input from a large number of congregants before we make changes to our current financial paradigm.

For more information, check out the treasurer's presentation from the May 11, 2021 Annual Meeting [here](#).

If you are unable to attend one of these meetings, feel free to email your thoughts, questions, and concerns to treasurer@bathaam.org or President@bethaam.org.

You must register for these sessions. Register [here](#) for the session on Wednesday, June 2 at 7:00 PM. Register [here](#) for the session on Sunday, June 6, at 10:00 AM.

Recording Available

Dear Friends,

On April 22, we were honored to welcome DeRay Mckesson to speak to the Maine Jewish community about racial justice in Maine, specifically about ending police violence in our state. DeRay Mckesson is a co-founder of [Campaign Zero](#), dedicated to ending police violence, especially against people of color. He shared with us some of the successes and challenges of our state and empowered us to do the work towards racial justice and racial equity. If you missed DeRay's talk, please reach out to Karen (karen@bethaam.org) for a link to the recording. We hope you'll watch and rewatch it and consider what change you can be in the world.



L'Shalom,
Rabbi Saks

Solar Energy Fundraiser

Support Local Maine Solar, Lower Your CMP Bill and Raise Money for Bet Ha'am

Bet Ha'am was recently contacted about a new fundraising initiative involving congregants who may be interested in community solar. PowerMarket is an operator of multiple community solar energy farms on the east coast including one located in Baldwin, Maine that is currently looking for "subscribers." Subscribers are self-designated CMP customers who wish to buy a portion of their electricity from a community solar farm. The electricity is sold at a discount and produced with a lower carbon footprint.



The initiative presented provides that PowerMarket and Darrell Cooper of Energy Audits Ltd. will donate \$150 to Bet Ha'am for each subscriber who signs up using the promo code "Bet Ha'am." There is no upfront cost to sign up, subscribers typically save about 10% on their CMP bill, and they can cancel at any time on 60 days' notice.

You can obtain more information, and if interested become a subscriber through the PowerMarket/Baldwin Community Solar project website at: <https://account.powermarket.io/bethaam.html>.

If you have questions about the donation to Bet Ha'am, please contact Mark Stone at lmstone@lmstone.com

Tikkun Olam

Welcoming The Stranger (WTS) Recruiting Mentors for Asylum Seekers

[Welcoming The Stranger](#) (WTS) is recruiting mentors to match with a growing list of prospective mentees seeking asylum. Please go to the [website](#) for more information and an [application form for mentors](#).



WTS is a grassroots project matching mentors with asylum seekers to help them integrate into the Greater Portland community. Bet Ha'am members have participated in this cross cultural friendship and partnership since its inception in 2016.

Mentors may provide a wide range of support through information, referrals, connections . This support may relate to transportation, housing, employment, education, English, culture, and more. Mentors are not expected to be Social Workers!

Along with knowing they are helping asylum seekers navigate a new community, mentors comment on the mutual benefits of cross cultural sharing and how mentees appreciate regular contact with someone who cares.

If you wish to contact a WTS Steering Committee member/experienced mentor, please go to our [contact page](#) or email info@wtsmaine.com.

Ongoing Programs

Shabbat Candle Lighting

Please consider signing up to be a candle lighter at an upcoming Zoom Friday night service. You may choose to do this in memory of a loved one for whom you're observing yahrzeit, in honor of a celebration in your life, or just because you want to engage in this ritual. You can read more from Rabbi Saks [here](#); learn the candle lighting blessing [here](#) (on track 420); and find the words [here](#).



[Candle Lighting Sign-Up](#)

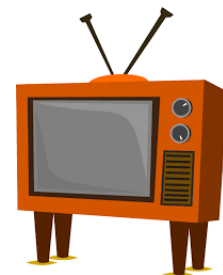
B'Yachad | Together

Come relax and talk virtually with your Bet Ha'am community before Friday Shabbat services! We will meet every Friday except the second Friday of the month when there is a 6:00 PM Family Shabbat service. [Read more here](#). [Register here](#). Please contact congregant [Alan Davis](#) with questions.



TV and Movie Discussion Group

Please join congregants Melissa Montefel and Wendy Hayes, co-facilitators, for a discussion group about Jewish-themed movies and shows. The group meets at 7:00 PM for fun, talk, and insights. Please email [Wendy](#) for the login or with questions or suggestions for future movies.



May 26:

Here We Are

A drama about a father son road trip

June 9:

Shtisel

A Haredi family living in an ultra-Orthodox neighborhood of Jerusalem reckons with love, loss and the doldrums of daily life. We'll be discussing all three seasons of Shtisel available on Netflix so we're giving you plenty of time!

Curbside Library Borrowing

Although the building remains closed, you may borrow a book from our wonderful library using curbside pick up. Read more on our [library page](#).



So Much Going on in Our Community!

We are fortunate to be in a community where there is so much going on Jewishly that we cannot possibly list all of the happenings here. Please check out the websites listed below for all kinds of activities – movement, art, spirituality, books, movies, Jewish education, and more. Bet Ha'am often co-sponsors programs with these community leaders.

The Maine Conference for Jewish Life Sunday, June 13, 2021

Join the Center for Small Town Jewish Life on Zoom for an afternoon of interactive learning and community celebration! Stay tuned for more details and information about how to register.



Though the Center for Small Town Jewish Life is not able to hold the Maine Conference for Jewish Life in person once again this year, they are still very excited for their online mini-conference on Sunday, June 13, 3:00 - 6:00 PM. Like all Center programming, one registration link will enable you to come and go throughout the afternoon. A full schedule will be posted online in the coming weeks and will be emailed out to registrants once finalized.

They're looking forward to announcing a full lineup later this month, but they're happy to announce right now that Tree Spirits of Oakland, Maine, will be offering a cocktail/mocktail lesson at the start of our conference! The first 50 people to register will receive a bottle of their SubLime, a fruit-bitter and brandy-based mixer for FREE!

Later registrants will have the option to buy a bottle with their registration for a discounted price. The Tree Spirits experts will lead a brief demo—you can follow along with or without a beverage!

Stay tuned for updates about speakers and sessions. They look forward to seeing you in June!

[Learn More and Register Here](#)

There are new exhibitions at Maine Jewish Museum starting May 13. Learn more [here](#).



[Jewish
Community
Alliance of
Southern Maine](#)

[Center for Small
Town Jewish
Life](#)

[Southern Maine
Jewish
Cemetery
Association](#)

[Maine Jewish
Museum](#)

[Levey Day
School](#)

[Maine Jewish
Film Festival](#)

Donate to Bet Ha'am

Please consider donating in any amount to Congregation Bet Ha'am--with your help, we can close the budget gap! We are grateful for your support.

[Donate Now](#)

Congregation Bet Ha'am | 81 Westbrook Street, South Portland, ME 04106

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