



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 Parashat Eikev (*Deuteronomy 7:12–11:25*), ***Not by Bread Alone: Strange Food from the Sky***, come from Rabbi Professor Marc Saperstein via reformjudaism.org.



Several years ago, I saw in London an extraordinary play entitled "Not by Bread Alone." The eleven actors, from an Israeli company called Nalaga'at (meaning "please touch"), were all deaf and blind. As the audience entered, they were sitting at a long table on the stage, each one kneading dough that would be baked during the course of the performance. At the end, the audience was invited to come to the stage to taste the bread. But the main purpose was not for us to eat the delicious warm bread, but to communicate on some level, by touch, with the actors who could not hear our applause or see our smiles.

Deuteronomy 8:3, a long and rather complex verse near the beginning of our parashah, Eikev, contains one of the most familiar phrases of the Bible: "Lo al halechem l'vado yich'yeh ha-adam ... "

The phrase is familiar to people the world over from theologians to those with no knowledge of the Bible. The common translation is, "man does not live by bread alone." Yet the meaning and message of these words is considerably more complicated than we might have thought.

Some might react first to the problem of the gender-specific language in the common translation. Clearly the word ha-adam ("the person," m.) in this verse is not intended to exclude women. But is it better to keep the familiar language ("man does not live ...") for reasons of literary style or to modify it to make the gender inclusiveness explicit, as it appears in *The Torah: A Modern Commentary*, rev. ed.1, "A human being does not live on bread alone"?

Continue reading [here](#).

Join Us In Person!

- Registration is no longer required for in-person sanctuary services - just show up!
- Everyone must wear a mask at all times while attending services as we will be singing.
- It is our hope to hold one in-person service at Bet Ha'am every weekend. We can't wait to see you there!
- All services will continue to be live-streamed on Zoom. See below details.

Want to Join Us Via Zoom?

All services will continue to be live-streamed via Zoom. In addition, Torah Study will continue meeting via Zoom, most likely throughout the summer.

Want to join us via Zoom? Just click on the links provided below. **Please note: Zoom links will no longer be emailed on Fridays, but they will always be provided in the Thursday congregational emails.** It's that easy!

Join the **Friday Night Shabbat Worship** service, [here](#).

Join the **Torah Study** session, [here](#).

Join the **Shabbat Morning Worship** service [here](#).

Join the **Wednesday Morning Minyan** [here](#).

Worship Schedule

Friday, July 30 Shabbat Service, 7:30 PM (via Zoom)

Thank you to Melissa Montefel for leading our service via Zoom. Thank you to Marilyn and Alan Davis for lighting the Shabbat candles. Thank you to board member, Catherine Share, for making our announcements.



We welcome Mary Lou Michael as our guest speaker on Friday.

Mary Lou Michael retired in 2016 after a long career as an organization development consultant and coach. In the past two years racial justice work has become the focus of her volunteer work. She is on the Board of Maine Inside Out, on the Steering Committee of Yarmouth Community Alliance for Racial Equity, and a Bet Ha'am representative to the statewide group of congregations working on racial justice.

Mary Lou was a member of Bet Ha'am in the 1980s and again in the 1990s. She rejoined in 2018 following her grandson Conrad's Bar Mitzvah and has been a member ever since.

The title of her Friday Shabbat talk is *The Life-changing Call of a Rosh Hashanah Sermon*.

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

A belated thank you goes out to Sue Erber for leading our worship service last Friday night. Thank you, Sue!

Saturday, July 31 Torah Study, 9:00 AM (via Zoom)

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 Catherine Share for leading Torah Study this week.

Saturday, July 31 Shabbat Morning Worship, 10:30 AM (in the Sanctuary)

Thank you to Sylvia Most and Michael Levine for leading our worship service. Thank you to Catherine Share for reading Torah.

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

Wednesday, August 4
Morning Minyan 7:30 AM

Thank you to Daniel Oppenheim for leading Morning Minyan.

Join the **Wednesday Morning Minyan** [here](#).

Contemplative Worship Service - Always Available on the Bet Ha'am Website!

This contemplative worship service offers an opportunity for you to delve deeper into your own spiritual practice and open the pathways to God that are available to you. By making this available, we hope that you will access it anytime you need to re-center yourself or reopen those pathways to God.



You can watch the service [here](#).
Follow along with the prayer book [here](#).

Service Leaders Needed!!!

Service Leader Needed!

Thank you to all who have volunteered to lead services throughout the summer while the rabbi completes his sabbatical. Most of our services have been covered, but we still have one date left without a service leader. If you would like to lead or co-lead, the following is date available:



Saturday, August 14, 10:30 AM (TBD)

If interested, willing and able, please contact Melissa Montefel at missyjo314@hotmail.com or call/text 207-939-8568. Thank you!!

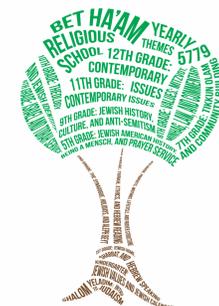
Religious School on Zoom

School registration 2021-22 is open! Click [here](#) to register today!

We expect to hold fully in-person classes. A virtual class is available to students who wish to continue learning on Zoom.

Early bird tuition rates end August 1. Early registration helps staff plan the year.

If you can teach 7th grade (Sunday nights 5:00 -7:30 PM), contact Sam, sam@bethaam.org. It's a fun combination of social activities and acts of Tikkun Olam. No Hebrew knowledge is required.



Teen and Adult Leaders Needed for Project Shofar!

We are looking for teen and adult community members to lead activities, songs, and read stories during Project Shofar on Rosh Hashanah and Yom Kippur. Please email Sam if you're interested and free during part of those morning services!

Teen Leadership Opportunities

The [Union for Reform Judaism](#) (URJ) is offering some fantastic teen leadership opportunities 2021-2022. Interested? Read more about them [here](#).

Garden Work Day

August 22, 9:00 AM

Mark Your Calendar!

Pre-High Holy Days Garden Work Day

The High Holy Days are right around the corner. Part of the beauty and meaning of this season is being able to walk the garden and grounds of Bet Ha'am. So we are calling on all previous and hopefully new garden volunteers to turn out on Sunday morning, August 22 from 9:00 AM - 1:00 PM, to spruce up our flower beds and do some last minute weeding, pruning and mulching. This can be a great time to get together with old friends and at the same time further enrich our environment at Bet Ha'am. There will be more information to come but please mark your calendar.



Welcome Back Ice Cream Social



Register for Religious School

Catch up with old friends; make new ones

Activities and Demos

Check out what's blooming in the garden

Listen to Live Music

Choose Free Books from the Library Cart

Enjoy decorating and eating an ice cream sundae

Discover volunteer opportunities

Meet our board members and new Executive Director, Lynn Mansfield

Here's the SCOOP

You're Invited to a **Welcome Back Ice Cream Social** at Bet Ha'am **Sunday, August 29** **1:00 to 3:00 PM**

2021-22 Financial Commitment Letters



Pledge forms for the upcoming fiscal year have been mailed! Your membership enriches all of us and is essential to maintaining our operations. As you consider your financial commitment for 2021-22, please be as generous as you can.

Please return your forms as soon as possible, as our fiscal year began on July 1. Contact Teri at 879-0028 (teri@bethaam.org) with your pledge information and/or questions.

Congregant Corner

Introducing our new feature, Congregant Corner! Here you will find submissions from congregants that relate to their Jewish journey. Anyone wishing to share a story or resource that other congregants might enjoy reading may submit it for consideration to admin@bethaam.org.

This week's submission to Congregant Corner has been written by congregant Catherine Share.

Ready? Set? Contemplate!

In just about 10 days Jews around the world will be entering the month of Elul. Since at least the early 1700's Jews have been reading Psalm 27 during Elul to mentally help prepare for the High Holy Days. There are now all kinds of courses, meditation guides, and spiritual practices to help us prepare. Two years ago I discovered [*Opening Your Heart with Psalm 27*](#) by Rabbi Debra J. Robbins and have used the book to point me to a meaningful practice for High Holy Day preparation.

I got an email this week from CCAR (Central Conference of American Rabbis) Press announcing this application available through the Apple App Store that utilizes this text in a readily available electronic fashion. It does cost \$4.99, but that is cheaper than the book. I certainly hope a portion of the purchase price goes back to the author of this wonderful text that I think you will find meaningful in your preparation for the Days of Awe.

Calls for Volunteers

Garden Committee Needs Your Help!

Bet Ha'am has a lovely sanctuary garden that needs regular care. The Garden Committee is dedicated to the care and upkeep of our garden so that all Bet Ha'am members can enjoy it's beauty. In the past the committee has been able to do much of that volunteer upkeep in addition to our wonderful part-time gardener Eben Toste. The committee is looking for volunteers who would be willing to become stewards to just a small section of our garden and grounds. It would require a hour or two every two weeks or so depending on the amount of rainfall. If you have been wondering how can I do some volunteering at Bet Ha'am, maybe learn a new skill and enjoy the beautiful Maine summer? Well we have just the niche for you. Please contact me at garden@bethaam.org.



Catherine Share
Chairperson, Garden Committee

Volunteer Photographer Needed

Do you enjoy photography and mingling at events? We're looking for someone to share their love of photography with our congregation. Whether it's capturing candid photos at events or photographing folks for our social media platforms, your time and talents are needed. Is this up your alley? We'd love to talk with you! Please email Lynn at admin@bethaam.org or give her a shout at 879-0028, option 4.



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.

Ongoing at Bet Ha'am

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.



August 4

Otherhood

Feeling forgotten on Mother's Day, three best friends drive from the suburbs to New York City to reconnect with their adult sons. *Available on Netflix.*

Suggestions are needed for August 18 and September 1.

September 29

My Unorthodox Life - 9 Episodes

The personal and professional life of fashion mogul Julia Haart, a former member of an ultra-Orthodox Jewish Community. *Available on Netflix.*

We will not be meeting on September 15 (Kol Nidre).



Returning Soon in the Library!

In-person book borrowing as well as curbside pickup. Days and times to be announced! Questions? Contact Donna Landau, dmlandau@hotmail.com.

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.

Wednesday, August 25, 5:30 PM
Preserving Jam with Sheri Fistal
Live in person at the JCA
1342 Congress St., Portland
\$5.00



Making jam this time of year is a fun and delicious way to take advantage of fresh fruit either grown yourself, given to you by friends or purchased at the farmer's market or the supermarket. It is healthy, fun to make and tastes great.

Advanced registration required by Tuesday, August 24 at noon to attend in person. Finances should not be a barrier to participation. For more information, contact Adam at aseigal@mainejewish.org.

Event will also be livestreamed to Facebook – tune in at <https://www.facebook.com/KJFSMaine>

Register for the program [here](#).

[Jewish
Community](#)

[Center for Small
Town Jewish
Life](#)

[Southern Maine
Jewish](#)

[Alliance of
Southern Maine](#)

[Cemetery
Association](#)

[Maine Jewish
Museum](#)

[Levey Day
School](#)

[Maine Jewish
Film Festival](#)

Donor Gallery

Annual Fund

- To honor Jeremy Moser as this year's Jane L. Snerson Volunteer of the Year by Toby Rosenberg
- In memory of Susan Paris' mother by Sharon Ash Tancredi
- In appreciation of the Caring Committee by Susan Paris
- In memory of my mother, Rita Rosenberg, and my husband, Michael Barriault by Toby Rosenberg

Rabbi's Discretionary Fund

- In memory of Ruth Jordan by Marcella Bobinsky
- In memory of Lisa Silverman by Sharon Ash Tancredi

Close the Budget Gap Fund

In memory of Norman Salzberg by Meryl Troop

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](#)

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