



## The Bet Ha'am Weekly Email

### Words of Torah

Rabbi Saks is just returning from a three-month sabbatical. For one more weekend, we will be sharing Words of Torah from various Jewish educational resources. This week's Words of Torah about Ki Teitzei (*Deuteronomy* 21:10-25:19), [When You Go Out as a Warrior](#) come from [Rabbi Danielle Leshaw](#) via [myjewishlearning.com](http://myjewishlearning.com).



I learned how to be a better parent from watching the early childhood teachers at my kids' daycare. Their language was sharp and unwavering. Their demeanor serious and calculated. They smiled, but mostly their eyes were focused on ensuring safe spaces in all circumstances. They employed second person singular so small children would pay attention. "You need to wash your hands before snack; You need to be gentle." It's one direction after another when you're leading a pack.

They were, in essence, like Moses. And, also like Moses, the primary messages delivered by the teachers fell into two neat categories: Take care of yourself. Treat others well. Or, in the language of our Torah: Be holy so that others may be holy.

Ki Teitzei opens with the words "When you go out to war against your enemies..."

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.

Questions can be addressed to Sylvia Most at [sylviamost@gmail.com](mailto:sylviamost@gmail.com).

### 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. 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, August 20**

**Shabbat Service, 7:30 PM (in-person in the sanctuary)**

Welcome back, Rabbi Saks!!!

Thank you to Donna Landau for making our board announcements this week.

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

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**Saturday, August 21**

**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.

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**Saturday, August 21**

**Shabbat Morning Worship, 10:30 AM (in-person in the sanctuary)**

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

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**Wednesday, August 25**

**Morning Minyan 7:30 AM**

Thank you to Daniel Oppenheim for leading Morning Minyan.

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

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**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](#).

## High Holy Days Service Schedule

At this time, we are planning a hybrid service that will provide both in-person and at-home worship opportunities. Those who wish to join us in person must be fully vaccinated and be willing to attest to vaccination status. If you are not fully vaccinated, we invite you to stream our services online and worship with us from home. Those who wish to worship from home do not need to register; online service links will be emailed to congregants by Wednesday, September 1st.

To register for in-person services, please complete the registration form [HERE](#). High Holy Day service registration will close on **Friday, August 27th**.

### **SELICHOT**

Saturday, August 28 (pre-recorded, register [here](#)), 7:30 PM

### **ROSH HASHANAH**

Erev Rosh Hashanah Service - Monday, September 6, 8:00 PM

Children's Service\* (online) - Tuesday, September 7, 8:30 AM

Torah Study - Tuesday, September 7, 9:00 AM

Worship Service - Tuesday, September 7, 10:00 AM

Tashlich - Tuesday, September 7, 12:30 PM (approximate time after worship service)

### **SHABBAT SHUVAH**

Shabbat Family Service - Friday, September 10, 6:00 PM

Torah Study - Saturday, September 11, 9:00 AM

Shabbat Morning Service - Saturday, September 11, 10:30 AM

**KOL NIDRE** - Wednesday, September 15, 8:00 PM

**YOM KIPPUR** - Thursday, September 16

Children's Service\* (online) - 8:30 AM

Torah Study - 9:00 AM

Worship Service - 10:00 AM

Meditation & Healing Service - 12:45 PM

Afternoon Study - 2:30 PM

Afternoon Service - 3:30 PM

Yizkor Service - 5:00 PM

Neilah - 6:00 PM

### **SUKKOT and SIMCHAT TORAH:**

**Erev Sukkot Service in the Sukkah** - Monday, September 20, 7:30 PM

**Sukkot Morning Service** - Tuesday, September 21, 10:30AM

**Erev Simchat Torah and Consecration** - Monday, September 27, 6:00 PM

**Atzeret-Simchat Torah with Yizkor** - Tuesday, September 28, 10:30 AM

## **Religious School on Zoom**

**School registration 2021-22 is open!**

Click [here](#) to register today!

Regular registration tuition ends August 25. Early registration helps staff plan the year.

If you can teach Grade 5 Hebrew (reading and prayer review, with a focus on the siddur service) please contact Sam, [sam@bethaam.org](mailto:sam@bethaam.org).

### **Teen and Adult Leaders Needed for Project Shofar!**

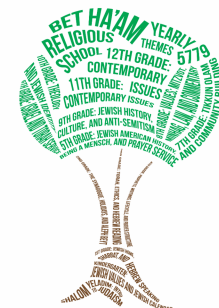
We are looking for teen and adult community members to lead activities, songs, and read stories during Project Shofar on Rosh Hashanah and Yom Kippur. Please email Sam if you're interested and free during part of those morning services!

### **Children's Library**

Please remember to return any books you borrowed from our children's library. We miss them!

### **Teen Leadership Opportunities**

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



# Pre-High Holidays Garden Spruce Up Day

**August 22, 9:00 AM**

**Mark Your Calendar!**

**Pre-High Holy Days Garden Work Day**

Every year before the High Holidays the Garden Committee with the help of additional volunteers does a spruce up day in the sanctuary garden and on the grounds. This year will be a special day because we will be back in the sanctuary for services.



The committee is hosting a spruce up day this Sunday, August 22 from 9:00 AM - 1:00 PM. We are hoping that volunteers will come by and give a hour or two of their time to help with weeding, pruning and mulching.

You may use our tools or you may bring your own. Be sure to bring water and a snack. This will be a great time to get together with old friends and hopefully meet some new folks.

Please join us on the 22nd. Many hands make light work for all!

Catherine Share  
Garden Committee

## Welcome Back Ice Cream Social

Register  
for  
Religious  
School

Yoga  
with  
Ashley  
Flowers

# Here's the SCOOP

You're Invited to a

## Welcome Back

Live Music  
with Spruce  
Rooster

Decorate and eat  
an ice cream  
sundae

Discover  
volunteer  
opportunities

Ice Cream Social  
at Bet Ha'am  
Sunday, August 29

1:00 to 3:00 PM

Catch up  
with  
old friends;  
make  
new ones

Check out  
what's  
blooming in  
the garden

Kids activities

Free books  
from the  
library cart

Meet our  
board  
members  
and new  
executive  
Director

Check out the free books on our library cart at Bet Ha'am's Welcome Back Ice Cream Social August 29, from 1:00 to 3:00 PM

The only thing better than a book?  
A cart full of them!

- Start or add to your personal Jewish library.
- Need a Bet Ha'am library card? Get a digital one instantly.
- Find out how to borrow books remotely or in person.
- Remember: You can't buy happiness, but you can read books and that's kind of the same thing!



Contributions are cheerfully accepted.

Questions? Contact Donna Landau, [dmlandau@hotmail.com](mailto:dmlandau@hotmail.com).

## Staff Changes at Bet Ha'am

We are happy to welcome Dana McCabe to our staff as Facilities Assistant. Dana will be working part-time to keep our building clean, help at Shabbat services, and work on our Zoom tech team. Welcome Dana!



A letter to the congregation from Karen Hindall, Assistant to Rabbi Saks:

Dear Friends,

It is with mixed emotions that I write to let you know I will be leaving my position at Bet Ha'am on Friday, August 20.

I have been with Bet Ha'am for more than 8 years and making the choice to leave has not been an easy one. I have been invited to join the McKinney-Vento and ELL teams, housed at South Portland High School, for a full-time district-wide clerk position. The McKinney-Vento team works to minimize educational disruptions experienced by homeless students, who are guaranteed the right to a free, appropriate, public education through the federal McKinney-Vento Homeless Assistance Act. The ELL team serves almost 300 students from as many as 30 different countries participating in K-12 programming for English Language Learners. For some time now, I have been searching for a way that I can make a difference in the world—participate in *tikkun olam*—in a way that feels authentic to who I am and to the issues I feel passionately about. I am excited and honored that I have been chosen to join this group of administrative and teaching professionals who are dedicated to such important social justice work.

I am proud that the work I have done at Bet Ha'am has had a positive impact on the congregation. I am thankful that I have had the opportunity to challenge myself and grow as my role has changed over the years. Finally, I cannot express how much I will miss working with the office staff and congregants, who have become my friends and family. Thank you for the opportunity to be part of such a wonderful community.

Karen

## 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](mailto:teri@bethaam.org)) with your pledge information and/or questions.

## 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 its 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](mailto:garden@bethaam.org).



Catherine Share  
Chairperson, Garden Committee

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### Volunteer Photographers Needed

Do you enjoy photography and mingling at events? We're looking for people 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](mailto:admin@bethaam.org) or give her a shout at 879-0028, option 4.



## 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](mailto:admin@bethaam.org).**

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

### Reflection on Psalm 27:4

*One thing have I sought from Adonai-how I long for it;  
That I may live in the House of Adonai all the days of my life;  
That I may look upon the sweetness of Adonai,  
And spend time in the Palace:*

Translation by Rabbi Richard N. Levy, from *Songs Ascending: The Book of Psalms, A New Translation* (New York: CCAR Press, 2017)

Several weeks ago I wrote a piece about using Psalm 27 as a tool for reflection during the month of Elul. In today's reflection, Elul 11 5781, Rabbi Debra Robbins talks about the sweetness of Adonai's gaze and how that is different from hers. It made me think about my recent cataract surgery.

With aging the eye's lens can become cloudy so that light is not properly bent to reach the fovea, the central portion of the retina. So images can become blurry, especially around the edges. This is especially troublesome at night and makes driving difficult. When it is raining it becomes treacherous. Also color becomes muted so the world takes on a dull palate and the richness is lost.

In cataract surgery, a painless procedure, the cloudy lens is replaced with an artificial one. For me, over the weeks since the procedure, the world has taken on a new intensity of brilliance and color. The hydrangeas in my backyard, previously a dull blue, became a rich purple hue. Even the natural gas flame on my stove became a lovely blue color that I have not experienced in a long time. The colors of the rainbow flag that hangs at my front door jump out with a new brightness. It is a whole new world!

The surgery has changed the image that comes through my lens but how has that changed my gaze? How do I see the world? Is it still clouded with despair, hopelessness, misery and pain? Although my lens is now an artificial one, has it given me a gift of clarity? How do I look upon the sweetness of Adonai and the world?

I am grateful for the opportunity given to me to change my gaze, to see the beauty of the world in all its richness and the presence of Adonai in everyone.

*Fill your waiting with hope in Adonai;  
Let your heart be strong and of good courage,  
And wait hopefully for Adonai.*

Psalms 27:14

## 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](mailto: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

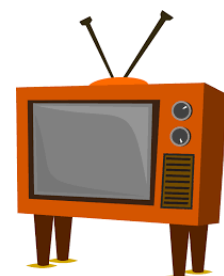
### B'Yachad | Together

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.



### September 1 Defiance

*In this action-packed drama based on an extraordinary true story, four brothers protect more than 1,000 Jewish refugees during World War II. Available on Netflix.*



**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](mailto: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.

[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](#)

## Donor Gallery

### General Fund

- In memory of Christine Zarr by Gail Zarr
- In memory of Michael Shaw by Caroline Shaw
- In memory of Will Spinrad on his Yartzeit by Sam & Hannah Spinrad, Nava & Jack

### Condolences

- Juliana & David Dubovsky on the loss of Juliana's grandmother, Marjorie Segal

## 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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