



The Bet Ha'am Weekly Email

Words of Torah

This week, we read the final full portion in the Torah, *Parashat Ha'azinu*. The vast majority of the portion is Moses' swan song as he prepares for his own death and prepares the Israelites to cross into the Promised Land without him, under Joshua's leadership. Much of this song contains criticisms of the Israelites' behavior as they've wandered the wilderness. Moses warns them to observe the commandments and follow in God's ways. Among the words, though, we find messages of hope for the Israelites, as well. In Deuteronomy 32:39 we read, "See, then, that I, I am the One; there is no god beside Me. I deal death and give life; I wounded and I will heal." While Torah isn't a medical journal by any measure, it nonetheless offers us guidance on how to bring healing into our lives and helps us distinguish between healing and cure. While a cure gets rid of illness, healing can occur in the absence of a cure when it brings about repair and strength of mind and spirit in the wake of suffering.



Maimonides, the renowned 12th century philosopher and physician, included the following recipe for healing in one of his medical treatises:

A Useful Elixir for Confidence

Take the roots of praise and thanks and the stems of joy and security.

Remove from them the seeds of distress and worry.

Take the flowers of knowledge and understanding and the roots of patience and contentment, and beat all with the pestle of meekness.

Cook all in a vessel of humility, and knead with sweet words.

Steep the mixture in the waters of charm and mercy, and give a person suffering from the disease of despair two measures a day, morning and evening, along with three measures of logic and moderation.

Refine out all the impurities of anger and severity.

Mix with the essence of acceptance of the will of God and serve in a utensil of the praise of the Eternal for all.

As Rabbi Harold Kushner teaches, what happens to us is often beyond our control, but how we respond is fully within our grasp and that's where we find healing.

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.
- **Effective September 1st, anyone who wishes to attend services in-person must be fully vaccinated and be willing to attest to vaccination status.**
- 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. 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

Due to increasing concerns regarding the Delta variant of COVID-19, our Executive Committee was tasked with making the difficult decision to drastically reduce attendance at our upcoming High Holy Day services. In an effort to make an equitable decision in a short amount of time, **attendance will be limited to service leaders and those who have already committed to accepting an honor.**

Please note that all of our High Holy Day services will be livestreamed on Zoom. If you are not a service leader or haven't already accepted an honor that requires you to be in the sanctuary, we invite you to worship from home and join us via Zoom using the links below. In-person attendance is not available.

For the links to High Holy Day Services, please click [HERE](#).

Wednesday, September 15 - Kol Nidre
Kol Nidre Worship Service, 8:00 PM

Thursday, September 16 - Yom Kippur
Children's Worship Service, 8:30 AM

Thursday, September 16 - Yom Kippur
Torah Study, 9:00 AM

Thursday, September 16 - Yom Kippur
Morning Worship Service, 10:00 AM

Thursday, September 16 - Yom Kippur
Meditation and Healing Service, 12:45 PM - Pre-Recorded

Thursday, September 16 - Yom Kippur
Afternoon Study, 2:30 PM

Thursday, September 16 - Yom Kippur
Afternoon Worship Service, 3:30 PM

**Thursday, September 16 - Yom Kippur
Yizkor Service, 5:00 PM**

**Thursday, September 16 - Yom Kippur
Neilah, 6:00 PM**

**Friday, September 17
Shabbat Service, 7:30 PM - In-Person or Zoom**

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

**Saturday, September 18
Weekly Torah Study, 9:00 AM - Zoom Only**

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.

**Saturday, September 18
Shabbat Morning Worship, 10:30 AM - In Person and Zoom**

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

**Wednesday, September 22
Morning Minyan 7:30 AM**

Thank you to Daniel Oppenheim for leading Morning Minyan.

**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](#).

Sukkot Events - In Person!



**Sunday, September 19 - 1:00 to 3:00 PM
Community Sukkah Raising**

Come help build our sukkah--no experience necessary! It's a mitzvah and it's fun! We'd love to invite folks to deco

Monday, September 20 - 6:00 PM
Erev Sukkot Worship Service in the Sukkah

Come worship with us on Erev Sukkot in the sukkah. In the event of inclement weather, the service will moved inside the sanctuary. In-person worship is encouraged, but you can also join via Zoom [HERE](#).

Thursday, September 23 - 6:00 to 8:00 PM
Pizza in the Hut! Family Game Night in the Sukkah

Join us for a family game night with pizza in the "hut!" A variety of games will be set up in the sukkah and courtyard; bring your favorite or play one of ours! Pizza will be available by donation and safely served by volunteers. If you would please take a moment to let us know you're coming, it will help us plan for set-up. Register [HERE](#).

Friday, September 24 - 5:30 PM
Tot Shabbat in the Sukkah

Join us for Tot Shabbat in the Sukkah for families of children 5 and under. Masks are required for children ages two and up. This event is for parents and their children only, please; registration is required. Please register [HERE](#).

Other Sukkot events are in the works! Keep watching for more information!

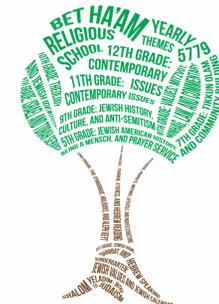
Religious School on Zoom

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

September 19:

9:00 AM-12:00 PM Grades 1-6 Zoom Assembly & Classes
1:00 PM Sukkah Raising at Bet Ha'am (optional in-person meet-up)
5:00 PM Grades 7-9 Classes

Join us on Zoom Thursday at 8:30 AM for Yom Kippur Children's Services.



LAST CHANCE FOR TICKETS! BET HA'AM'S FIRST EXCELLENT ETROG RAFFLE!



Over the next few weeks, the open-air markets in Israel will be brimming with etrogs (citrons) on sale for Sukkot. Not all etrogs will fetch the same price. Depending on size, shape, surface, and the presence of the pitom (flower stem), an etrog might cost from a minimum of 35 shekels up to hundreds, even thousands. Many synagogues around the world sell etrog and lulav sets as autumn fund raisers. Here at Bet Ha'am, we grow our own organic etrog plants. *It has taken nine years for our plants to produce three impressive fruits!* They are large and excellent in form. We will keep one for the Bet Ha'am sukkah.

We will raffle off two of these excellent etrogs on **Friday, September 17th at 11:00 AM** live on Facebook! Each will come with a lulav to complete the ritual sukkah symbols. Two other prizes are offered: a children's book with plush etrog and lulav set and a festive Israeli hostess set that will be perfect for entertaining! With four drawings, each ticket has four chances to win. When you enter to win, Bet Ha'am wins too!

1 ticket \$18.00
3 tickets \$50.00
7 tickets \$100
Rabbi's forearm length (11 tickets) \$150

PURCHASE RAFFLE TICKETS [HERE!](#)

For More Information:

What is an Etrog?

<https://en.wikipedia.org/wiki/Etrog>

What can I do with an etrog after Sukkot?

How do I celebrate Sukkot at home?

How do I build a sukkah? (This year keep it airy and open)

<https://pjlibrary.org/beyond-books/pjblog/june-2021/tips-for-building-your-sukkah>

Ways to celebrate Sukkot without a sukkah

<https://www.myjewishlearning.com/article/celebrating-sukkot-without-a-sukkah/>

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.

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 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 or give her a shout at 879-0028, option 4.



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

Due to low attendance, B'Yachad is on hold. Stay tuned for news on when we might start again.

Many thanks to Alan Davis for leading B'Yachad for us!



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 questions or suggestions for future movies.



September 29th

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.*

October 13th

The Band's Visit - movie

Eight Egyptian musicians arrive by mistake in a small town in Israel's Negev Desert. Their booking set for a different city, and with no transportation out of the town or any hotels to stay at, the band settles at a restaurant owned by Dinaz, who offers them lodging. Overcoming ethnic barriers, the Egyptians find diversion and companionship with the Israelis. *Available on Amazon or Tubi.*

October 27th

Hit and Run - 9 episodes

A man searching for the truth behind his wife's death becomes caught up in a dangerous web of secrets and intrigue stretching from New York to Tel Aviv, Israel. *Available on Netflix.*

November 10th

Worth - movie

In the wake of the Sept. 11th attacks, a lawyer faces an emotional reckoning as he attempts to put a dollar value on the lives lost. Based on real events. *Available on Netflix.*

<https://us02web.zoom.us/j/84000133732?pwd=RvVNS1UvNHpORnFZOTFpMmhoWVpyQT09>
Meeting ID: 840 0013 3732
Passcode: 853665
One tap mobile
+19294362866,,84000133732#,,,,*853665# US (New York)

So Much Going on in Our Community!



**Join us for
The Fall
Shabbaton
with Elana Arian**

Friday, October 29 and Saturday, October 30, 2021

Join us via live stream for Friday-night services, and in person for a Shabbat afternoon concert at Beth El, Augusta. Save the date!
More details to come at jewishlife.colby.edu

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](#)

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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