



## The Bet Ha'am Weekly Email

### Words of Torah

This Shabbat is called Shabbat Chol HaMo-eid Sukkot, the Sabbath during the week of Sukkot. At the conclusion of the week of Sukkot, we'll celebrate Simchat Torah, finishing the reading of the Five Books of Torah and cycling back around to the beginning of Genesis. This Shabbat falls out of the regular cycle of Torah readings and, instead, is assigned a reading from the book of Exodus that recounts the second chance given to the Israelites after the incident of the golden calf and the second set of the Ten Commandments that Moses brings them from God. In these days after the High Holy Days, we are keenly aware of the need for second chances. We know that life is fragile, not unlike the *sukkot*, the temporary dwelling structures, we reside in during this holiday. The *sukkot* we construct symbolize both the fragility of life and God's protection, reminding us not to take our blessings for granted and share our bounty with those who are less fortunate than we are.



### 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.

Questions can be addressed to Sylvia Most at [president@bethaam.org](mailto:president@bethaam.org)

### 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 until further notice.

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

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](#).

*In the event of inclement weather, the service will be held via Zoom with no in-person attendance. Registrants will be notified by email. You can find the Zoom link [HERE](#).*

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## Friday, September 24 Shabbat Service, 7:30 PM - In-Person or Zoom

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

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## Saturday, September 25 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.

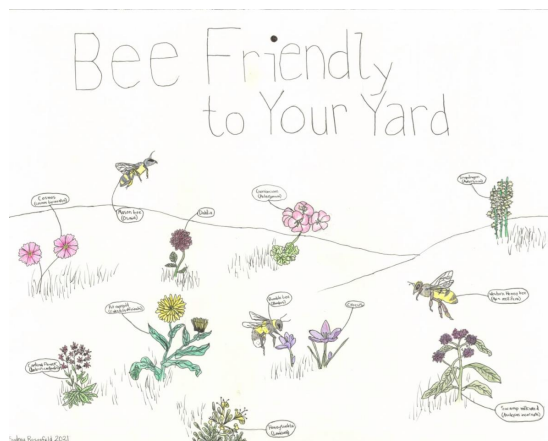
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## Saturday, September 25 Shabbat Morning Worship, 10:30 AM - In Person and Zoom

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



**Please join us for the Bat Mitzvah of Sydney Rosenfeld!** For her Bat Mitzvah project, Sydney chose to make and distribute an educational poster detailing types of flowers you can plant in your yard that are good for bees. She'll be sharing seed packets containing some of the flower varieties on Saturday, so be sure to view her poster and pick up your seeds while you're here for Shabbat! You can view her report explaining the importance of her project [HERE](#).



## Monday, September 27 Erev Simchat Torah & Consecration - 6:00 PM

Please join us for an outdoor Simchat Torah & Consecration service featuring music by the Casco Bay Tumblers! This outdoor event will allow families to safely gather in person. However, in the event of inclement weather, the service will be moved to Zoom. You can access the Zoom link [HERE](#).

**Please note that there will be no Yizkor service on Tuesday, September 28th. If you would like to say the Mourner's Kaddish, Rabbi Saks invites you to join him in the Bet Ha'am Library following the Erev Simchat Torah & Consecration service on Monday, September 27th.**

**Saturday, October 1**

### **Lunch at TIQA Following Shabbat Morning Worship**

In celebration of our beloved Toby Rosenberg's birthday, we'll be having lunch at TIQA located at 327 Commercial Street in Portland after our Morning Shabbat Worship service.

Reservations are required, so please let us know if you'd like to join us. Not in your budget, but you'd really like to celebrate with us? We've got you covered. Please email Sylvia Most at [president@bethaam.org](mailto:president@bethaam.org) with questions.



RSVP 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](#).

## **Sukkot Events - In Person!**

Our sukkah raising on Sunday, September 19th was a great success! It was wonderful to watch our community work together. Many thanks to the Karpman family, the Porell family, Phil & Hana Hirschhorn, Natalie Morganbesser, the Magat family, the Saks & Boettcher family, Sam Spinrad and Dana McCabe for helping build and decorate.

A special thanks to Gretchen Greenberg, Karen Lukas, Shoshana Hoose, and Toby Rosenberg for providing us with beautiful Iris seed pods, dried hydrangea flowers and lovely grasses harvested from our own Bet Ha'am gardens and to Shai Levite for providing the s'chach (natural roof covering material that provides the shade for our sukkah). We hope you enjoy the photos below!







***We invite you to stop by and see our beautiful sukkah in person! Feel free to bring a friend and a lunch--we'd love to have you! Our office is open Tuesday through Friday from 9 to 2. Please ring the bell and let us know you'd like to wave the lulav and etrog while you're visiting. It's a mitzvah!***

To learn how to wave the lulav and etrog, visit My Jewish Learning at <https://www.myjewishlearning.com/article/lulav-and-etrog-the-four-species/>.

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**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](#).

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**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](#). In the event of inclement weather, the service will be moved to Zoom and registrants will be notified by email. You can find the Zoom link [HERE](#).

## Religious School on Zoom

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

**Exciting update!** The board approved in-person classes for religious school. Watch for updates here and from Sam over coming weeks as we transition.

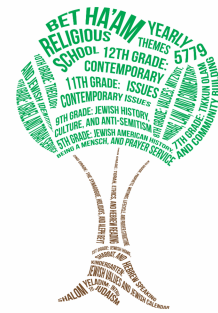
## September 26:

9:00 AM: Grades K-6 Zoom Assembly

9:30 AM through the morning: Sukkah & park classes

5:00 PM: Grades 7-9 Classes

Join us in person on Monday at 6:00 PM for the Erev Simchat Torah Service and Consecration.



## Excellent Etrog Raffle Winners!



Thank you to everyone who purchased raffle tickets for Bet Ha'am's First Excellent Etrog Raffle. Your generosity helped us raise \$1363! A special thanks to Laura Kittle for nurturing our etrogim over the years and to Toby Rosenberg for helping organize the raffle. We hope next year's crop is as bountiful!

Congratulations to our raffle winners!

- Sue Erber - etrog and lulav set
- Sarah Cropley - etrog and lulav set
- Diane Newman - glass hostess set
- Donna Landau - children's book with plus etrog and lulav set

Donna Landau donated her prize to one of our young families here at Bet Ha'am. Her generosity is just one of the traits that make Donna so special to our community.

## 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](mailto: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 moments 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.



## ***Sukkot Morning***

by Catherine Share

As I write this, the sun is rising on the first morning of Sukkot. It is dazzling as it passes through the leaves and lights upon the Hebrew letters on the page. In Rabbi Yael Levy's translation of Psalm 27:1 she writes, "*The Infinite Presence is my light and expanse, who should I fear? The Infinite Presence is the strength of my life, what shall I dread?*" Who do I fear? Who do I dread? The houseless person walking down Commercial Street towards me? The multitude of Haitians at our southern border desperately clinging to the rope that crosses the Rio Grande? The angry man without a mask shouting at the worker at the entrance of Hannaford? Do I fear them or do I dread the feelings that rise inside me?

How many times on Yom Kippur did I say with my fist over my heart, "*Ashamnu, bagadnu, gazalnu, dibarnu dofi...*" And yet, when I am honest with God and myself, I know I am forgiven. I am lifted up, "*high upon a rock; Now I can see through to what is true.*" (Psalm 27:6, translated by Rabbi Yael Levy). What is true? The sukkah provides the space to acknowledge our blessings and gifts but at the same time there is the truth that we as Jews need to see the world for what it is, fragile, broken and desperately in need of repair. Our task is so clear.

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## ***The Joys of Foraging***

by Lynn Mansfield

When COVID kept my family at home, we began to look for ways to spend more time outdoors. As homeschoolers, we've enjoyed foraging for wild edibles and medicinal herbs as part of our school experience. When my children were little, we'd turn our finds into "magical potions"--elderberry syrup being our favorite. It's amazing how many useful plants are growing right in our own backyards! Now that they're teenagers, our finds often become healing salves containing calendula and comfrey, plants grown mindfully in our own garden.

While the garden at Bet Ha'am is winding down and preparing for its winter slumber, there's still much to be enjoyed--especially the late pears. During a recent visit, I noticed some unusual looking fruits growing on one of our trees and mentioned them to our knowledgeable gardener, Eben Toste. Eben explained that the tree was a Kousa Dogwood and lit up when sharing that the fruits are edible. His excitement was infectious, so I set off to find a recipe. The wonderful thing about Kousa Dogwood trees is that you often find them in public parks or growing beside city sidewalks. I've walked by them many times as a child and had no idea that the fruits were edible!

As you can see from the photos below, the fruit looks a bit unwelcoming at first glance with its prickly skin. However, when you break it open, you're greeted by the prettiest persimmon-colored flesh that is as sweet as it looks! Dana McCabe and I decided that the taste reminds us of a melon crossed with a banana crossed with an apple--confusing, I know! This is one of those fruits that is best to taste for yourself. If you do, we'd love to hear what *you* think!





If you're lucky enough to find a Kousa Dogwood nearby and are able to harvest the fruits (hurry, they'll be gone in a matter of days!), here's a fun recipe from Edible Terrain.

Happy foraging!

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### **KOUSA DOGWOOD FROZEN YOGURT**

Recipe Type: Dessert | Author: Edible Terrain

Prep time: 30 minutes | Cook time: 1-2 hours in freezer  
| Yield: 4 servings

- 1 cup Kousa dogwood fruit (about two quart-sized baggies full of fresh fruit)
- 1/2 cup plain, whole milk yogurt (I used Greek yogurt)
- 4 teaspoons powdered sugar
- lemon zest (about 1/2 a lemon)
- fresh mint leaves (about 4-6 leaves), finely chopped



1. Prep the fruit. Remove stems and gently cut in half. Remove seeds and use a small spoon to scoop the fruit out. After, mash the pulp with a fork to check for hidden seeds.

2. Combine fruit mash with remaining ingredients in a medium-sized bowl. The fruit should be fully mashed by now, so a food processor is not required - but feel free to use one if it's easier for you.

3. Cover the bowl and place in freezer for 1-2 hours, checking occasionally for the correct consistency. Note: if the mixture remains too long in the freezer (for example, overnight), it will get pretty solid. It can be defrosted by setting back in the refrigerator or lightly microwaving and remixing.

4. Serve and enjoy!

## **Ongoing Events at Bet Ha'am**

**Shabbat Candle Lighting**

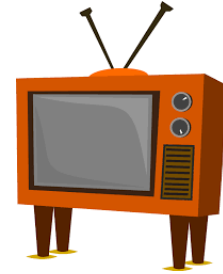
Please consider signing up to be a candle lighter at an upcoming Zoom Friday night service. You may choose to do this in memory of a loved one for whom you're observing yahrzeit, in honor of a celebration in your life, or just because you want to engage in this ritual. You can read more from Rabbi Saks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



## Candle Lighting Sign-Up

### 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?](https://us02web.zoom.us/j/84000133732?pwd=RvVNS1UvNHpORnFZOTFpMmhoWVpyQT09)

[pwd=RvVNS1UvNHpORnFZOTFpMmhoWVpyQT09](https://us02web.zoom.us/j/84000133732?pwd=RvVNS1UvNHpORnFZOTFpMmhoWVpyQT09)

Meeting ID: 840 0013 3732

Passcode: 853665

One tap mobile

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## Donor Gallery, New Members & Milestones

Many thanks to the following donors for their generosity:

### Annual Fund:

- Donation by Kathryn Albert
- Donation in appreciation of Sharon & Perry Newman and their music by the Perry family
- In appreciation of Rachel Stamieszkin as Isaac became Bar Mitzvah by the Perry family
- In honor of Jane Snerson by Catherine Share
- Donation by Ginger Spiro



- In memory of Alexander Hammer by Robert Hammer
- Donation by Julie Krasne
- In memory of Michael Barriault by Toby Rosenberg
- In memory of Jonathan Reitman and Ruth Higgs by Toby Rosenberg

**Discretionary Fund:**

- In appreciation of Rabbi Saks as Aziza became Bat Mitzvah by Robert Morrison & Dana Gold

**Close the Budget Gap:**

- In memory of my mother Frances by Jane Weinstein

**Condolences:**

The congregation and Board of Trustees offer their deepest condolences to Lisa Braiterman & David Neufeld on the loss of Lisa's dearest Aunt, Mimi Gertler.

## 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](http://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**

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

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