



April 14, 2020 - 20 Nisan 5780

We hope your Passover has been peaceful and that you have been able to connect with loved ones remotely, whether near or far. We've heard some great stories of people participating in Seders across time zones and oceans, and while we all hope to be together in person next year, it is heartening to see the ways that we can [bridge distance through technology](#).

In that spirit, the JCA continues to work on [developing spring programs](#), connecting you to great [virtual activities](#), and providing opportunities to [give back](#)! We look forward to trying some new things, and always appreciate your feedback, so please let us know what you are enjoying, and what else you might like to see!

One of the most incredible things about our tradition is the impact of repetition. When we observe a holiday, or read a Torah portion, we do so in the same way each year, but our perception of it changes, because we ourselves have changed. This year, I was for the first time struck by the four children at Passover, and the lesson they bring about inclusivity. Like children, we are each doing the best we can to navigate something that we've not done before, and that we don't fully understand. We bring our personalities, proclivities, strengths, and weaknesses to bear. Whether we respond in ways that are wise, rebellious, simple, or silent, there is no one "right" way for us to approach this time.

And we know that it is not easy – for anyone. If there is any way we can be of comfort to you, or if you are looking for a way to reach out and give back, please let us know through our new forms below. Together, we will navigate the challenges of these days.

L'Shalom,

Molly Curren Rowles
Executive Director

JCA VIDEOS FOR KIDS & FAMILY

One of the things we are missing most during this time of 'Social Distancing' is interacting with all the kids and families at the J. In an effort to stay connected with you in ways that we would normally do in person, the JCA Staff have been creating videos for you and your kids. We hope you will enjoy seeing some familiar faces in the following videos:

[Happy Passover From the JCA!](#)

[Paper Tissue Flower Making with Sara Richardson](#)

VIRTUAL PROGRAMS

Join the JCA and MJFF for virtual
Yom Hashoah
Events



April 20 & 21, 2020

[Yom Hashoah Online Events - Holocaust Remembrance Day](#)

Community Observance, *Starfish* Film Screening & Discussion with the Filmmaker

Presented by the [Maine Jewish Film Festival](#) and the JCA

Join us for a three-part commemoration of Yom Hashoah:

Community Observance with Cantor Sheila Nesis

Monday, April 20 at 5:30 PM

Click on this link to view the livestream: <https://www.facebook.com/sheila.nesis>

(You do not need a Facebook account to view the ceremony - simply close the login popup window, or click on the Facebook page behind it.)

Cantor Sheila Nesis will lead a brief ceremony commemorating Yom Hashoah, Holocaust Remembrance Day. Cantor Nesis will recite the mourner's *Kaddish* and the *El Malei Rachamim* prayer, and she will sing *Eli Eli*, composed by Hungarian poet and partisan Hannah Senesh before her death at the hands of her captors in 1944.

[The Starfish](#) documentary film - Free online streaming for 24 hours

Monday, April 20 at 4:30 PM to Tuesday evening, April 21 at 4:30 PM

MJFF and the JCA will send out the special 24 hour link to the film to our email lists on Monday, April 20 at 4:30 pm. There is no need to sign up ahead of time.

Discussion with *Starfish* Director Tyler Gildin

Tuesday, April 21 at 7:00 PM

Tyler Gildin will discuss the film about his grandfather and take questions. Moderated by MJFF Executive Director Barbara Merson. Please note that you'll need to enter the password "Starfish" after clicking on the Zoom link below in order to access the discussion.

Join Zoom Meeting:

<https://zoom.us/j/155283482?pwd=UklCd1M2cUZlUXo2SWJlZV1Q1ZUdz09>

Meeting ID: 155 283 482 - **Password: Starfish**

To call in: 1-646-558-8656 - Password: 228441



JFNA Global Yom Ha'atzmaut Israel Independence Day Celebration

Wednesday, April 29 at 2:00 PM EST

Click here to view the livestream: <https://www.facebook.com/events/609280006321567>

Join the virtual global celebration for Israel's 72nd Independence Day, hosted by the Jewish Federations of North America (JFNA). You do not need a Facebook account to view the event - simply close the login popup window, or click on the Facebook page behind it.

Stronger Together - North American Shlichim (Israeli Emissaries) Online Program Schedule

The Jewish Agency's Israeli emissaries (shlichim) across North America have prepared a consolidated schedule of online activities that communities around the country can participate in via the Zoom virtual meeting platform.

Topics include - learning Hebrew, social resilience in times of social distancing, arts and crafts, the Ethiopian Jewish community, couples dancing and more. To participate, enter the Zoom web link assigned to that session in your internet browser.



<https://www.jewishagency.org/coronavirus-activities-and-things-to-do/>

ONLINE CLASSES



Hartman iEngage "Together and Apart" Online Class

The Shalom Hartman Institute have offered their iEngage curriculum ***Together and Apart - The Future of Jewish Peoplehood*** available for free to communities around the world.

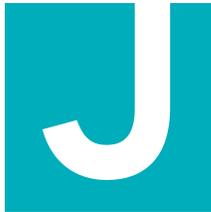
This live, 10-session virtual course will take place on **Tuesdays from 12:00-1:30 pm EDT for 10 sessions, from April 21–June 23**, and will be taught by Rabbi Lauren Berkun - Vice President of the Hartman Institute of North America where she directs Rabbinic Initiatives. Register here: <https://hartman.tfaforms.net/4717490>

NEWS & UPDATES



[Center Day Camp - Weekly Challenge & Staff Shout Outs](#)

This week our activity is a living-room camp out! Build a fort, put up a tent, bring your favorite book, cook some s'mores, and imagine you're sleeping under the stars at Center Day Camp! Send us the pictures of your campsite! Remember to check out our Staff Shout Out video every Wednesday: [Featured this week is camp Counselor Ben Schoenfeld](#) 🌻



[JCA Staff & Hours Update](#)

While JCA staff continue to work remotely, we are still observing the Passover holiday and will be away from our emails tomorrow, Wednesday, April 15th. We'll also be taking off Patriots Day next week, on Monday April 20th, but will still present the Yom Hashoah virtual events starting that evening. Thank you so much and [Happy Passover](#) once again!

YOGA & FITNESS

[Online Yoga Classes with JCA instructor Ashley Flowers](#)

Monday - 5:30 PM Evening Yoga
Tuesday - 11:30 AM Midday Yoga
Wednesday - 9:00 AM Rise & Flow Yoga
Thursday - 10:15 AM Midday Yoga
Friday - 9:00 AM Rise & Flow Yoga

Classes are \$5/session, registration is directly through Ashley's website: <https://ashleyflowersyoga.as.me/schedule.php>

Private sessions are also available. See [Ashley's website](#) for details!



CLUBS & GROUPS



[Online Mah Jongg](#)

Play for free online against your friends! We have a group that normally meets at the J two days a week to play Mah Jongg, and they were missing their games, so we found a way for them to meet up online. The website is <https://myjongg.net>.

Anyone can create an account for free online, and play up to 8 games a day. If you want to play against your friends, make sure you select "Create private table," and then you can email your friends the code to get into your table! You can also play against bots. And as a bonus: there's a section to "chat," so you can say hi while playing. Enjoy!

CARING IN THE AGE OF CORONAVIRUS

Jewish Community Update: COVID 19



We're all feeling the uncertainty and anxiety of this moment and are grateful to belong to a community that cares for one another.

As we move through the days and weeks ahead, the JCA is implementing a system for any member of the community to receive or provide a helping hand.

For community members who are at high-risk, in self-quarantine or just not feeling well, we are here to offer a little extra TLC. Whether you need a delivery of food or supplies, would like to set up a weekly (or daily) check-in call or might enjoy a "virtual friendly visit", we have community volunteers who are able and ready to help.

If you don't need help but are able and willing to volunteer to help someone else, we need you too!

I NEED A HELPING HAND

I CAN GIVE A HELPING HAND

1342 Congress St. Portland, ME 04102 | 207-772-1959
Website: www.mainejewish.org | email: jca@mainejewish.org



Jewish Community Alliance | (207) 772-1959, 1342 Congress Street, Portland, ME 04102

Unsubscribe_gleckman@mindspring.com

[About Constant Contact](#)

Sent by communityupdates@mainejewish.org in collaboration with



Try email marketing for free today!