

YOU BELONG AT THE



May 9, 2019 - 3 Iyar 5779

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In the Jewish tradition, the full spectrum of human experience is acknowledged and appreciated. In the course of just eight days, we mark *Yom Ha'Shoah*, Holocaust Remembrance Day, as well as *Yom HaZikaron*, Israel's Memorial Day – and then move immediately to *Yom Ha'atzmaut*, the celebration of Israel's Independence. The rollercoaster of emotions that naturally accompanies these holidays was heightened this year, as our community celebrated Passover and then was faced immediately with the specter of anti-Semitic violence at the Chabad Center in Poway, California. Here in Maine, the JCA hosted a gathering in Portland in solidarity with Chabad following the attack, and we continue our work to offer community, support, and resources to those impacted.

At the same time, we redouble our commitment to our work that strengthens and celebrates Jewish life. There are so many ways in which the connections we forge make an impact, today and on future generations. This year, Governor Janet Mills hosted a Seder at the Blaine House, which was attended by Senator Angus King and led by Jewish community member Karl Schatz. It is wonderful to see our leaders demonstrate their appreciation for such a significant Jewish experience, and we are thrilled that they used [PJ Library's](#) fantastic new Haggadah. In the weeks to come, we look forward to continuing to explore how the J brings meaning and connection to each of you, and we hope to see you soon!

Molly Curren Rowles  
Executive Director



## SHALOM MAINE - ADULT JEWISH LEARNING



A community partnership for Adult Jewish Learning  
Open to all • Courses held at locations around Southern Maine • Spring/Summer 2019



**ISRAELI & INTERNATIONAL FOLK DANCE**  
With Barbara Merson  
Thursdays: May 23, 30; June 6, 20, 27  
6:30 - 8:00 PM • Temple Beth El



**JEWISH SONGS FOR EVERYONE**  
With Russell Kaback  
Wednesdays: May 29; June 5, 12, 19  
6:00 - 7:00 PM • Congregation Bet Ha'am



**JEWISH VOICES IN RUSSIAN LITERATURE**  
With Alyssa Gillespie  
Sundays: June 16, 30; July 7, 14  
10:00 - 11:30 AM • Beth Israel Congregation



**A TASTE OF MUSSAR (SOUL WORK USING JEWISH TEXTS)**  
With Barbara Merson  
Tuesdays: June 18, 25; July 2, 9  
10:00 - 11:30 AM • Congregation Bet Ha'am



**EINSTEIN & OPPENHEIMER**  
With David Hecht  
Sundays: June 30; July 7, 14  
10:00 - 11:30 AM • Temple Beth El



**CREATE YOUR OWN CERAMIC JUDAICA**  
With Toby Rosenberg  
Wednesdays: July 3, 10, 17, 24, 31; Aug. 7  
10:00 AM - 12:00 PM • JCA



**INTRODUCTION TO HOLOCAUST EDUCATION**  
With David Greenham  
Tuesdays: July 16, 23, 30  
10:00 - 11:30 AM • Congregation Bet Ha'am



**FAMOUS (& FAVORITE) DISPUTES IN THE TALMUD**  
With Zoë Lang  
Sundays: July 21, 28; August 4, 18  
10:00 - 11:30 AM • Temple Beth El

SUGGESTED TUITION • FOR MORE INFO & TO REGISTER: [www.shalomme.com](http://www.shalomme.com) or (207) 772-1959

Register now for new Shalom Maine adult education courses starting this Spring! Full class listings and descriptions available at [WWW.SHALOMME.COM](http://WWW.SHALOMME.COM) or call (207) 772-1959 for more information.

Advanced registration required. Courses are offered with a suggested tuition and are subject to change or cancellation pending minimum enrollment.

- [Israeli & International Folk Dance with Barbara Merson](#) – starts Tuesday, May 23
- [Jewish Songs for Everyone with Russell Kaback](#) – starts Wednesday, May 29
- [Jewish Voices in Russian Literature with Alyssa Gillespie](#) – starts Sunday, June 16
- [A Taste of Mussar with Barbara Merson](#) - starts Tuesday, June 18
- [Einstein & Oppenheimer with David Hecht](#) – starts Sunday, June 30
- [Create Your Own Ceramic Judaica with Toby Rosenberg](#) – starts Wednesday, July 3

## UPCOMING PROGRAMS

### [The Weight of Ink: Book talk with award-winning novelist Rachel Kadish](#)

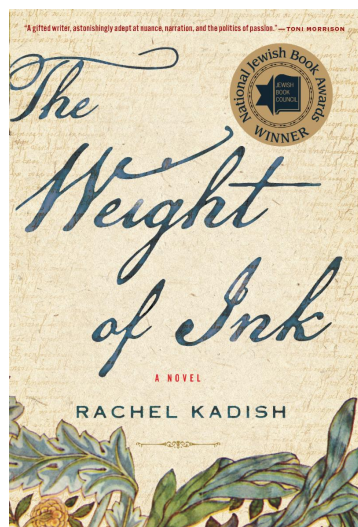
Tuesday, May 21st at 7:00 PM  
JCA, 1342 Congress St.  
Free. Suggested admission of \$10

Best-selling author and winner of a National Jewish Book Award, Kadish will speak about her celebrated work of historical fiction, *The Weight of Ink*. Free. Suggested admission of \$10. Reserve your spot in advance by [clicking here](#).

- An intellectual and emotional jigsaw puzzle of a novel
- Winner of a National Jewish Book Award
- A USA Today Bestseller



[Longfellow Books](#) will be on site conducting a book sale and signing with the author.



### [NextDor Book Club: The Weight of Ink](#)

Sunday, May 19th, 3:30 PM  
Bard Coffee, 185 Middle Street, Portland

NextDor's book club selection for May is *The Weight of Ink* by Rachel Kadish. Set in London of the 1660s and of the early twenty-first century, *The Weight of Ink* is the interwoven tale of two women of remarkable intellect: Ester Velasquez, an emigrant from Amsterdam who is permitted to scribe for a blind rabbi, just before the plague hits the city; and Helen Watt, an ailing historian with a love of Jewish history.

Author Rachel Kadish will be at the JCA on Tuesday, May 21st to speak about her book (see above)!

**\*\* NextDor is for young adults in their 20s and 30s looking to engage with Jewish life in Southern Maine. Open to all, regardless of religion or background.**

## NEWS AND UPDATES



### [Center Day Camp looking for host families](#)

Do you have a guest room? Two wonderful counselors are coming all the way from Israel to Camp this summer, each year we look for families willing to act as their “home away from home” and welcome them into their family for 2-3 weeks. If you are interested in more information or if you know of another family who may be, please contact Dana at 772-1959 or [Dzimmerman@mainejewish.org](mailto:Dzimmerman@mainejewish.org)!



### [Family Promise at Bet Ha'am - Volunteers Needed!](#)

Congregation Bet Ha'am will be hosting [The Greater Portland Family Promise](#) at our synagogue the week of **May 19 - May 26**. Volunteers from Bet Ha'am and Thornton Heights Methodist Church will be supporting the guest families during that week. Please contact [Faith Moritz](#) if you would like to learn more about how you can help out.



### [Play With PJ! continues through June](#)

Celebrate seasons, holidays and friendship with free weekly PJ Library play dates! We welcome 0-3 year-olds and their caregivers to join us for free play in our community hall Fridays at 10:45 AM followed by stories and songs in the library. Families are welcome to bring a lunch or snack and hang out after play time, then join in for Shabbat with the Goldman Family Preschool at 12:15 PM.



### [KJFS and partners hosting cloth diapering class](#)

Join KJFS and partners [The Opportunity Alliance](#) and [Maine Families](#) on **June 6th** as they present a class on the benefits, logistics, and best practices for cloth diapering. Michael Klahr Jewish Family Services Director, Karli Efron, who is also a local mama & cloth diaper enthusiast, has graciously offered to teach this class which is open to the public. Income eligible families can receive a long term loaner diaper kit.

## **GOLDMAN FAMILY PRESCHOOL SUMMER VACATION CAMPS**

The Goldman Family Preschool [vacation camps](#) run all summer (June 24th - August 23rd). Registration is open now! [Click here for more info.](#)

## **AFTERSCHOOL AT THE J**



The [JCA Afterschool program](#) provides a warm, nurturing environment for children grades K-3, where they have the opportunity to expand the learning of their school day, connect with peers, and build supportive, caring relationships with talented early childhood professionals!

## **FITNESS OFFERINGS**

### [Mindful Flow Yoga with Ashley Flowers](#) [E-RYT200 / RYT 500 / YACEP](#)

- Tuesdays, 11:30 AM – 12:30 PM
- Wednesdays, 6:00 – 7:00 PM ([Outdoors in Payson Park!](#))\*
- \*NOTE NEW SUMMER TIME AND LOCATION
- Thursdays, 10:15 – 11:15 AM

JCA - 1342 Congress St. (except Wednesdays)

Bend, balance, stretch and breathe with a mixture of vinyasa, hatha, and yin yoga styles. Enjoy an hour of mindful movement as we flow through yoga postures and breathing



exercises. You should expect to leave this class feeling relaxed and rejuvenated.  
Beginners welcome!

**[Abs & Stretching with Rob Elowitch](#)**

Thursdays, 12:30 PM - 1:30 PM

JCA - 1342 Congress St.

This **all-level** class will begin with 10 minutes of warm-ups, followed by basic stretching from top to bottom to relax and prepare the body for exercise. The remainder of the class will focus on core strength. The abs are central to almost everything in exercise and to overall healthy living. This class will help you achieve fat loss and muscular improvement regardless of your experience level.

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Website: [www.mainejewish.org](http://www.mainejewish.org) | email: [jca@mainejewish.org](mailto:jca@mainejewish.org)



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