



April 9-15, 2021
27 Nisan - 3 Iyar 5781

tbe-mail

SPECIAL THIS WEEK

Learn How to Be a Service Leader

Ever been intrigued by the trope marks indicating how to chant Torah and Haftarah? Want to develop leadership skills within the Jewish community? Hoping to deepen your own spirituality? Well you're in luck!

There are two incredible opportunities that will empower folks to become leaders in the community and we want to encourage Temple Beth El members to take advantage of these offerings!

1. Shlichei Tzibur Training Program

Empowering Worship Service Leaders with Cantor Sheila Nesis

Made possible by the Center for Small Town Jewish Life, the Messerschmidt Memorial Fund at the Jewish Community Alliance of Southern Maine, and the Covenant Foundation

Monthly classes on Tuesday evenings from 7:00-8:30pm
Starting Tuesday, May 25

This yearlong experience is designed to empower individuals to lead worship services, *shiva minyans*, singing circles, etc. within their own communities. Through once-monthly online classes and individual coaching sessions with Cantor Sheila Nesis, participants will build the skills they need to succeed as prayer leaders. Enrollment will be limited, so apply today!

Tuition: \$120 for the yearlong program (\$10/month for class and individual coaching). Cost should not be a barrier to participating in this program. ***If you are a TBE member, please contact Zoe at office@tbemaine.org to learn about scholarship opportunities.***

Application deadline: Friday April 23.

Applicants will be notified of acceptance to the program by Friday, May 7.

Questions? Please contact Liz Snider at essnider@colby.edu.

2. Learn to Chant Torah and Haftarah

The Center for Small Town Jewish Life is pleased to offering training in Torah and Haftarah trope with their Rabbinical Fellow Eliana Willis starting in June 2021. If you are interested, please contact Liz Snider at essnider@colby.edu.



Rabbi Carolyn Braun

Typically, when I prepare our B'nai Mitzvah students to offer a *d'var Torah* (a teaching based on the weekly Torah portion; not a speech!), I begin by showing them all the books of Torah commentary in my office, plus all the

commentaries on [Sefaria](#). I tell them that their *d'var Torah* will be part of the long history of Torah commentary. I also let them know that, although they probably believe that they can't think of anything to teach an "adult," I *always* learn something new from them. And so this week's "I've been thinking..." is a selection from the *d'var Torah* that Anya Heiden will be delivering this Shabbat, when we celebrate her becoming a Bat Mitzvah; to hear her complete drash, join us this weekend!

The parsha is *Shemini*, the 8th day, in which we learn about Aaron's sons' deaths. Nadav and Avihu go to offer a sacrifice, but instead are consumed by holy fire when they use a "strange fire, not commanded by Adonai." The second half of the parsha details which animals are kosher and which animals are prohibited. And the rest, as they say, is commentary.

Anya's Bat Mitzvah will be live-streamed this Friday evening and Saturday morning so that our community can participate in services and celebrate a new member of the minyan. Please join us!

It's The Process!

by Anya Heiden
Parshat Shemini
April 10th 2021

This week's parsha involves a lot of possible lessons in morality...

The main point of this chapter seems to be defining the line between pure and impure, clean and unclean, abominable and acceptable. Many of these guidances form the basis for today's observance of *kashrut*. But what drew me to this section of the parsha isn't the direct rules themselves, it's the concept that having a consistent set of guidelines that lead you to strive for purity can serve as a great reminder through life. Even if your personal set of reminders have nothing to do with food or slaughtering animals..

As I grow and mature, I'm learning that achieving something important is more satisfying when you have goals, or guidelines, and you've worked hard to achieve it. When I am purposeful and deliberate in reaching a goal, it is more motivating and ultimately more fulfilling. This can be applied to prayer, and Jewish law as well as daily activities. In my case it relates to swimming, violin, or school...

Starting in around August, I began regularly volunteering with an organization called Partners for World Health. PWH is a nonprofit organization devoted to ensuring that all people have access to safe, necessary medical equipment. They have sent huge shipping containers to places such as Uganda, Bangladesh, Senegal, Ethiopia, South Sudan, Liberia, and many more. The way they get their supplies is one of the most interesting parts of the organization to me. Hospital supplies such as spare gauze, extra IV appliances, and syringes often go unused and end up being thrown away. In addition to the extreme waste that occurs, many medical supplies have somewhat unnecessary expiration dates that restrict their time of use and regularly must also be thrown out. Instead of just getting rid of these supplies, many hospitals and clinics partner with PWH, who then takes these "expired" products and sends them to places where they aren't otherwise accessible...

It seems like a small task, walking around and putting needles in bins based on size, but spending that much time sorting, cleaning, organizing, especially for the older people that devote hours upon hours to coming in to volunteer, can be exhausting. It is so fulfilling, though, to have a sense that you, and all the people around you are actually making a difference. This plays into the idea of appreciating the process and never letting yourself become completely satisfied with the number of mitzvot you have done.

PWH is constantly expanding and growing. Even once they get a huge shipment of supplies out, there are still so many millions of people that need help. Taking responsibility for that requires a special kind of appreciation towards goals and respecting the necessary process needed to have a real impact.

This connects to Nadav and Avihu's story because part of their mistake could have been rushing the process. Even though they were only eager to become closer to G-d, and they had mostly the right motivations for attempting the offering, they didn't appreciate the level of mindfulness and measures that were necessary for completing a meaningful sacrifice.

Clearly this past year has been a new and strange (some might even say alien) experience for us all. This time last year we were in the process of postponing my bat mitzvah and I am so thankful that it was able to happen, even under these circumstances this year. Although I haven't had that many normal 13 year old experiences yet because of the pandemic, I do think I've grown and matured a lot this past year. I've noticed a great level of resilience throughout my whole generation during this difficult time that I personally think is pretty impressive. Looking outside ourselves, realizing that this is something everyone is going through and it will only make us stronger is something everyone has experienced this year. The process will make us stronger. We can't rush the positive outcome though, we need to move slowly, no matter how hard it is, and wait until everyone is completely ready to go back to normal. This is undoubtedly an achievement in my life, becoming a bat mitzvah, but I need to make sure I don't take for granted the impact that the process has had on me.

This Shabbat:

Friday, April 9

8:00am [Virtual Morning Minyan](#)

7:00pm Candle lighting time

Saturday, April 10

9:30am [Shabbat Morning Services](#)

8:09pm Candle lighting time

Parashat Shmini

פרשת שמני

Leviticus 9:1 - 11:47

Triennial: 10:12 - 11:32

Haftarah: II Samuel 6:1 - 7:17

JTS Torah Online

This Week @ TBE

ANYA HEIDEN'S BAT MITZVAH

Friday 4/9 & Saturday 4/10. Zoom links found below.

Anya Heiden is an eighth grader at King Middle school whose original Bat Mitzvah ceremony was postponed almost a full year ago, due to the pandemic. Despite the restrictions of the past year, she has grown and even thrived, and she approaches her Bat Mitzvah with more perspective and grace than she may have last year. She is an accomplished violinist who also took up guitar this year, and more often than not, we hear her singing some tune or another. Anya has also been part of the Portland Porpoise swim team for many years, and her time in the water and camaraderie with her teammates keeps



her strong. Her Jewish identity is a source of pride to her, and she spends summers at Camp Yavneh, her happiest place to be. For her mitzvah project, Anya volunteered at [Partners in World Health](#), a Portland-based organization that gathers and distributes medical supplies to developing countries. She hopes to continue a connection with this group in the future and has asked for donations in honor of her Bat Mitzvah. Anya is a loving sister to her younger brother, Zev, and a good friend to so many. Her parents are immensely proud of the person she is becoming.



APRIL KABBALAT SHABBAT SERVICES

5:30pm on [Zoom](#) Friday 4/9

Join Rabbi Braun and the TBE community as we celebrate Anya Heiden becoming a Bat Mitzvah! Bring some challah, kiddush, and a nosh for the Oneg following.



SHABBAT MORNING SERVICES

9:30am on [Zoom](#) Saturday 4/10

Join Rabbi Braun and Anya Heiden as they daven the traditional Shabbat morning services. We invite the whole community to tune in as we welcome the newest member of our minyan!

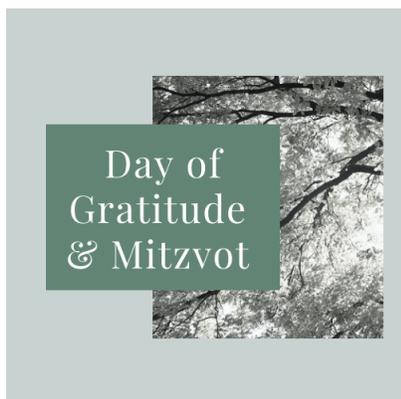


VIRTUAL MORNING MINYAN

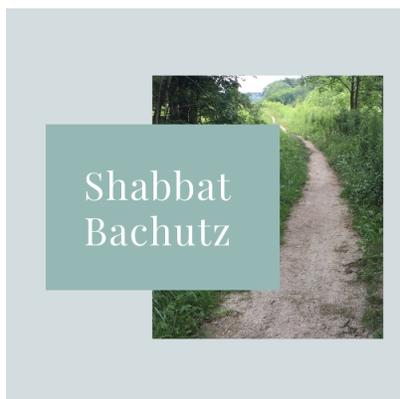
8:00am on [Zoom](#) Sunday 4/11 through Friday 4/16

Join Tom Berman and the minyanaires for the only daily minyan in Maine! The service lasts about 30 minutes and is a great chance to start the day in reflection and community.

Upcoming TBE Programs:



[April 18 from 1:30-3:30pm](#)
Click [here](#) for more information.



[May 1 at 10am](#)



May 14 at 5:30pm

The Giving Corner



Have you considered making a lasting contribution to our community through a planned gift? We would love to talk with you. Contact us by email at giving@tbemaine.org by phone at 207-774-2649 and speak with Kate Shalvoy, ext. 204.

March Donations & Tributes

Special Announcements

Baruch Habah!

Welcome to new member, Norman Blotner!

Mazel Tov!

Mazel tov to Barbara and Peter Shaw on their 50th wedding anniversary!

Todah Rabah!

Thank you to Barbara Dichter, Naomi Freidenreich, and Debbie Kanter for reading Torah, to Ellie Miller for reading Haftarah, to Jonathan Cohen and Tom Berman for leading Hallel, and to Morton Gold for leading Musaf.

All Star Musical Yom Ha'atzmaut Celebration - In honor of Israel Independence Day

Presented by the JCA's Cantor Kurt Messerschmidt Memorial Fund

Sunday, April 11th at 3pm

Free! Advanced registration required by Sunday, April 11th at 12 noon to receive the Zoom link.

Register [here](#).

Join Jewish Rock Radio for a celebration of Israel Independence Day featuring Israeli superstar, David Broza, Josh Nelson, Chava Mirel, Nefesh Mountain, Rabbi Josh Warshawsky, Rick Recht, Shimon Smith, Laurie Akers, Rabbi Lisa Silverstein, teens and college students from Israel and special guest leaders including Dan Shapiro (Former US Ambassador to Israel), Rabbi Eric Fingerhut (President and CEO of JFNA), and more!

COVID-19 Vaccination Location Website

If you are eligible for a vaccination under current state guidance, but are having trouble find a vaccine location, please visit Maine's [Vaccination Sites](#) website to find a vaccination location near you and/or make an appointment.

TBE Kids

Upcoming Opportunities for Kids

Spring Funtensive for Kids!

April 19-23 from 9-10am

Spring is coming to us in Maine, and we can nearly taste the chance to hang out together in person, safely distanced outside. But...not yet. Luckily, for spring vacation the Center for Small Town Jewish Life is here to offer some fun Jewish learning and to connect with each other over Zoom!



Activities include songs, stories, Hebrew games, and crafts, and every day will have a color, a letter, and a sense we'll learn in Hebrew. Generally recommended for kids ages 4-11, but all are welcome! It is recommend that kids have paper, crayons or markers, and a snack with them as

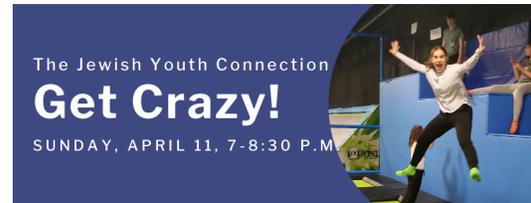
needed. If your kids are old enough, they should keep tape or glue and a pair of scissors nearby, too.

Register [here](#) and you will receive an email each morning with the day's link and information. Questions? Email [Mel Weiss](#).

Upcoming Opportunities for Teens

[The Jewish Youth Connection - Get Crazy!](#) **Sunday, April 11 from 7 - 8:30pm**

The Center for Small Town Jewish Life is hosting another evening of programming for teens across the state! The evening will start with some Jewish learning followed by interactive games. Register [here](#). Questions? Email [Mel Weiss](#).



[CityStage 2021: Transformational Summer Program for High School Students](#)

CityStage is a unique performing arts pre-college summer institute, where rising sophomores, juniors, and seniors explore theater through a Jewish lens, led by experts in the field. As part of this online one college credit* program, participants will train in acting techniques, playwriting, script analysis, and more while creating a meaningful Jewish community. CityStage students will also explore the history of Jewish identity in the performing arts field and on stage while creatively analyzing Jewish texts and rituals.

Program runs June 27 - July 11. **Application due May 1.** Learn more [here](#).

Quick Links

[Zoom Links](#)

[Simcha List](#)

[Community Programs & Events](#)

[KBE School](#)

[Amazon Smile](#)

[Weekly Yahrzeit](#)

How to Reach Us

We are continuing to primarily work from home due to COVID-19. We will be checking our emails regularly and will check the voicemail daily.

By Phone

(207) 774-2649

Because we are working from home, we will often return your call from our personal numbers.

Please note that Zoe's cell phone area code is from out-of-state, so if you have left us a message and are getting a call from a 650 number, it's probably Zoe!

By Email

- Rabbi Braun - rabbi@tbemaine.org
- Kate Shalvoy - director@tbemaine.org
- Zoe Levine Sporer - office@tbemaine.org
- Sherri Quint - controller@tbemaine.org
- Abigail Halpern - education@tbemaine.org

This email was composed using the help of flaticon.com.

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