



May 14 - 20, 2021  
3 - 9 Sivan 5781

## tbe-mail

### **SPECIAL THIS WEEK**

### **Social Kashrut Class: Foundations of an Inclusive and Diverse Community**



Join Lorin **this Sunday (May**

**16) at 10am** for his online class: [Foundations of an Inclusive and Diverse Community](#). This class will be a text study that will explore Biblical, Mishnaic, and Talmudic texts that explore the diversity of Jewish experiences and the values that underpin our new Social Kashrut initiative. This text-study is a standalone class, but could also be paired with the workshop on May 23. You don't want to miss this incredible opportunity!

**Registration is required and due at 3pm on Friday, May 14.**

[Register Here](#)

## From Rabbi Braun



*Rabbi Carolyn Braun*

Tradition tells us that only 50 days (!) after leaving Egypt, the Israelites were given the Torah. I can't imagine it. What must our ancestors have thought, just barely out of slavery's grasp, only to find themselves beneath

Mount Sinai being handed another set of rules, supposedly from a source that was on their side! How could a people possibly have changed their perspective on life after living for hundreds of years under an oppressive regime? How could they possibly have understood God, or maybe Moses, to be anything other than capricious, oppressive, and authoritarian? No wonder they "grumbled" at Moses, complaining about a lack of water and a lack of food. No wonder they did not believe that there would be enough manna in the morning and so they tried to hoard it. No wonder they did not believe that they could rest on Shabbat and that they would still have all that they needed on Sunday. After all their experiences, how could they possibly trust that anyone other than themselves had their own interests in mind? In reality, why should they have trusted Moses or God? Torah teaches again and again that though they grumbled, and fought and often went astray, they still allowed God, Moses, Miriam, Aaron and his sons to lead them; *that* speaks to their faith. From my perspective, Torah is trying to teach us that it is all right to trust God; and that the Torah's often unique approach to life is about a way of life that can be trusted. The Torah's way of life honors the community over the individual, justice over self-centeredness, and thankfulness for life even when it is easier to be

angry or despondent. "It is a tree of life..." The Torah itself is a revolutionary work, challenging many of our 21st century principles about autocracy and equality.

We are almost at the end of counting our days from slavery to freedom; from Pesach to Shavuot, also called *sefirat ha-omer*. Our Tradition pointedly asks us to connect these two events and make this transition part of our Jewish soul. Many of our *mitzvot* - commandments or obligations - are done with our Egypt experience in mind. We are commanded to care for the stranger, to take care of the poor and those who have little status in society, to be fair in business and in our interactions with others. We are not allowed to ignore pleas for help; we must not stand by while injustice is being done. We cannot claim that those who are poor and in need are simply lazy, or taking advantage of the welfare system— *because we were strangers in Egypt*. We must remember what it was like to be poor and powerless. What about our aversion to paying taxes, or at least what we might believe are 'high' taxes? Are these not a way for the more wealthy to provide for those who have less; or a way to fund good education, a cleaner environment, or a productive society? We must remember our past while we live in the present and prepare for the future. Now that we are 'liberated,' now that we are accepted or even privileged members of society, we cannot say, 'I got mine...how did you make out?' Torah may at some times feel oppressive, but is it really?; or is it just part of that rocky journey towards freedom? Funny, many of us who struggle with our Tradition have never been enslaved. We were born free and privileged.... and the journey is still hard.

Shavuot, which will begin on Sunday May 16th at sundown, is the holiday where we celebrate receiving and accepting the very core of our religion. Even though we count the days until Shavuot, even though our mouths water just thinking of the cheesecake or ice cream associated with the holiday, even though it celebrates who we are... it is one holiday that even I am often surprised to see. I suppose it is because we are on the final stretch of our secular year - end of school, graduation, getting the gardens ready, etc. But really, it is a very cool holiday.

There is a tradition of studying/learning Torah on the first night of Shavuot. We call it a *Tikkun Leil Shavuot*. There are opportunities galore for Torah study on the Web. I am excited to learn a little with my colleagues from the Rabbinical Assembly at their [Conservative/Masorti Tikkun Leil Shavout](#). I also love to learn and sing with [Hadar](#). There are many, many online opportunities (some found in our [Community Programs and Events](#) document) and I encourage you to try some! Or, you might have a movie night with vaccinated, bubbled, friends and family where you watch some Torah related (I leave that up to you!) movies, cartoons, etc. and eat cheesecake (those of us who don't eat dairy products get to be even more creative!). In any case, DON'T FORGET SHAVUOT!

Zoom services:

- [Monday, May 17 at 9:30am](#)
- [Tuesday, May 18 at 9:30am with Yizkor](#)

Chag Sameach!!!!

## This Shabbat:

**Friday, May 14**

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

**7:41pm Candle lighting time**

**Saturday, May 15**

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

**8:50pm Havdalah**

## Parashat Bamidbar

פרשת במדבר

Numbers 1:1 - 4:20

Triennial: 2:1 - 3:13

Haftarah: Hosea 2:1-22

**JTS Torah Online**



## SHABBAT MORNING SERVICES

9:30am on [Zoom](#) Saturday 5/15

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Join the Shabbat morning minyan as we daven the traditional Shabbat morning services.



## FOUNDATIONS OF AN INCLUSIVE AND DIVERSE COMMUNITY

10am on Sunday 5/16

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This 75-minute interactive text-study will utilize Biblical, Mishnaic, and Talmudic texts that explore the diversity of Jewish experiences and the values that underpin our new Social Kashrut initiative. We will work in chevruta (pairs/groups) and the focus of this class will be on the textual basis for our new policy. This text-study is a standalone class, but could also be paired with the workshop on May 23!

Register [here](#). The Zoom link will be sent to all registered participants by 3pm on Friday, 5/14.



## SHAVUOT HOLIDAY SERVICES

9:30am on [Zoom](#) Monday 5/17 & Tuesday 5/18

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Join Rabbi Braun and community members as we celebrate the end of the counting of the Omer and the giving of the Torah at Mount Sinai. We will be reading the Story of Ruth and maybe even swap our favorite cheesecake recipes!

*Yizkor will be included in the service on Tuesday, May 18.*



## VIRTUAL MORNING MINYAN

8:00am on [Zoom](#) Sunday 5/16, Wednesday 5/19 thru Friday 5/21

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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.



## Social Kashrut Workshops

May 16 at 10am  
May 23 at 10am



## Kabbalat Shabbat

In-Person!  
Weekly, starting May 21  
5:00pm - Schmooze  
5:30pm - Services

### 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](mailto:giving@tbemaine.org) by phone at 207-774-2649 and speak with Kate Shalvoy, ext. 204.

April Donations & Tributes

## Special Announcements

### Brucha Haba'ah!

Welcome to Deb Criden, TBE's new Events and Operations Manager. Deb will be spearheading event planning and management at TBE, as well as many other things. If you have the chance to meet her (maybe at an in-person Kabbalat Shabbat?), be sure to say hi!

### Todah Rabah!

Thank you to Debbie Kanter, Judy Gatchell, Tom Berman, Loren Troderman (Torah reading and D'var Torah), and Morton Gold for leading Shabbat morning services last weekend. Thank you to Fred Barlow for being a shomer for the in-person KBE classes. Thank you to Ariel Bernstein and Kate Shalvoy for organizing KBE teacher appreciation.

### KJSF Food Box Pickups & Deliveries

Michael Klahr Jewish Family Services is thrilled to announce that, beginning April 27th, they will be offering food box pickups at the JCA, along with deliveries directly to homes of individuals and families in Cumberland & York Counties. The food boxes have been generously provided by Wayside Food Programs and include a variety of non-perishable items. We will be delivering twice weekly, on Tuesday and Thursdays. If you are in need, or if you know of any individuals/families who are homebound and in need of food, please contact us at 207-772-1959 or [kjfs@mainejewish.org](mailto:kjfs@mainejewish.org).

### 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.

### Mystery Check!

Did you send a donation to TBE from your Metlife account? We received a check with no indication of who it's from or what it's for. If you think this might be from you, please email [controller@tbemaine.org](mailto:controller@tbemaine.org).

## Help Spread the Word about KBE!

Help us spread the word about KBE! We're having a move-up day on **Sunday, May 16, 9am-10am**. Current and prospective students will get a little taste of what it might be like to be a student at KBE next year. If you know someone interested in KBE, please pass along their contact info so we can invite them! You are our most important partners in building our Jewish community.



Questions? Email Abby Halpern at [education@tbemaine.org](mailto:education@tbemaine.org).

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## Tot Shabbat on the Lawn

**First Fridays over the summer: June 4, July 2, August 6 from 5pm-6pm**

It's back! Parents and kids ages 6 and under are warmly invited to join us for this fun, interactive family-oriented Kabbalat Shabbat service!

Meet in the playground at 5pm for outdoor play with rumpus equipment.  
5:30-6:00 family service and story time on the front lawn.

RSVP to [education@tbemaine.org](mailto:education@tbemaine.org). *Please note that while the event will be held outside, at this time masks will still be required for attendees 3 and older.*

## 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](mailto:rabbi@tbemaine.org)
- Kate Shalvoy - [director@tbemaine.org](mailto:director@tbemaine.org)
- Zoe Levine Sporer - [office@tbemaine.org](mailto:office@tbemaine.org)

- Sherri Quint - [controller@tbemaine.org](mailto:controller@tbemaine.org)
- Abigail Halpern - [education@tbemaine.org](mailto:education@tbemaine.org)



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