



## Adas Yoshuron Synagogue

---

### Shabbat Family Dinner

**January 24, 6:00 p.m.**

The Hebrew School class invites you to join them for a family dinner.

### Learners' Minyan Shabbat Service

**January 25, 10:00 a.m.**

Join Rabbi Solochek for our Learners Minyan. Each month we explore a different section of the Shabbat morning service. There is time for questions and conversations about the meaning of the prayers; how they resonate with or feel challenging to us. We also learn some melodies and the choreography of the service. Each session includes the Shema, some time for personal reflection/prayer, and a brief Torah teaching. Open to everyone!

This month we will be focusing on the Amidah.



---

## **New! Weekday Minyan**

**Monday, January 27, 8:00 a.m.**

Join us for a weekday morning service. Rabbi Solochek will lead and offer guidance throughout the service.

Followed by coffee and schmoozing.

---

## **Adult Education Classes: Cultivating Habits, Jewishly**

**Thursday, January 23, 6:30-8:00 p.m.  
at the synagogue OR on Zoom.**

Building new habits can feel overwhelming, and its easy to lose motivation when we hit bumps in the road. Come explore Jewish wisdom on cultivating sustainable habits, both spiritually and physically.

Please join us at the synagogue OR on Zoom. (Zoom is an easy-to-use online program that lets you fully participate from your computer.)

To join by Zoom, browse to <https://bcm.zoom.us/j/842358860> or call 669-900-6833 (toll) or 877-369-0926 (toll free) and enter meeting ID **842 358 860#**

---

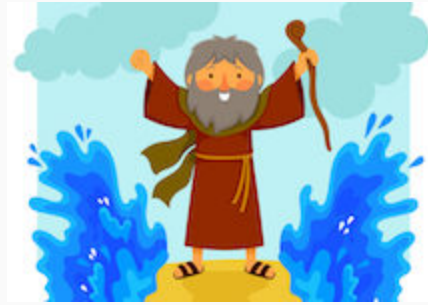
## **Six-Week Family Program**

**Join us on Sunday mornings, starting January 12 at 9:00 a.m. We will meet each Sunday for six weeks. The program, geared towards children 0-6 and their families, will go through Sunday, February 16.**

**You are welcome to join in the fun, even  
if you do not attend all sessions.**

We will do a circle time with Hebrew songs. There will be stories with puppets relating to the weekly *parasha*. Well enjoy a small snack, and

do a simple craft project. Things we will cover include: Tu B'Shevat, the story of Joseph, the story of Moses, and the exodus from Egypt.



---

## **Community Brunch: Sunday, January 26**

### **Bagels and Lox, Coffeecake, and Conversation!**

Please join us for a warm and delicious Adas Yoshuron Community Brunch on Sunday, January 26 from 11:00 a.m.-1:00 p.m. at the synagogue.

Dont miss this chance to brighten up a winter Sunday with a sumptuous meal, community, and family-friendly activities. Spend quality time with the friends you'd like to catch up with over a cup of coffee.

RSVP to the office so we know how many to plan for. If you'd like to bring a dish to share, let us know!

We look forward to seeing you!

*The Membership Committee:  
Liz, Suzan, Lisa, Ben, Hildy, and Rabbi Solochek*

---

## **Books & Bagels**

Books and Bagels will meet **Sunday, January 19 at 10:00 a.m.** to discuss *Tell Me a Riddle, Requa I, and Other Works* by Tillie Olsen.

For more information, contact Judy Stein at [judykstein@gmail.com](mailto:judykstein@gmail.com)

---

## **Weather or Not?**

It is another Maine winter. As a rule, we are pretty tough, and dont let much stop us. But sometimes the weather is just too bad to risk driving in.

Please call the office if you are in doubt if a service, class, or event will be held.  
We will update our outgoing message if anything is canceled.

As always, even if the synagogue is open, please use your best judgement about whether to travel or not. Road conditions will vary depending on where you are coming from.



---

**Contact our office:**

[info@adasyoshuron.org](mailto:info@adasyoshuron.org)

We hope you like receiving our emails. However, you can always [unsubscribe from this list](#).

Adas Yoshuron Synagogue  
50 Willow Street  
PO Box 1250  
Rockland ME 04841  
207-594-4523

Office hours: Monday, Tuesday, Thursday, Friday, 3:30 - 5:00 p.m.

---

This email was sent to [dmj@mindspring.com](mailto:dmj@mindspring.com)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Adas Yoshuron Synagogue · 50 Willow St · PO Box 1250 · Rockland, ME 04841-3033 · USA