



## Adas Yoshuron Synagogue

*Until further notice (unless indicated otherwise), all Shabbat services, classes, and other regular synagogue activities will be held on Zoom to stop the spread of the coronavirus.*



### Shabbat Services

Please join us for Shabbat services led by Rabbi Lily Solochek. Even when we can't be together in person, we can still take part in meaningful prayer, and share the blessings of Shabbat together.

Contact the office if you have questions about using Zoom to participate.

## Shabbat Services in July

**Friday, July 17, 7:00 p.m.** Friday night services

**Friday, July 31, 6:30 p.m.** Statewide Shabbat services (through the Center for Small Town Jewish Life. You will need to register with the Center to participate. [Link here](#))

Join Zoom Meeting: <https://us02web.zoom.us/j/85962789484> or call 929-205-6099 and enter Meeting ID: 859 6278 9484

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## Outdoor Torah Study (in person!)

**Saturday, July 18th, 10-11am**

Please join us for an outdoor Torah study in Belfast! In order to ensure everyone's health and safety, we are limiting this gathering to 20 people. Attendees should bring their own chair (if possible), wear a mask, and maintain 6' of distance with others. We will provide individual servings of bagels & cheese; please feel free to bring your own coffee/tea.

Please RSVP to Rabbi Solochek ([rabbi@adasyoshuron.org](mailto:rabbi@adasyoshuron.org)) before Shabbat if you are interested.

In case of rain, we will postpone. Can't make it this time? Join us in August in Warren for more Torah study.

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## Community Hike

**Sunday, July 19, 11:00 a.m. (weather permitting)**

Join us for a community hike at Clarry Hill, located in Union, Maine. We will start at the Elmer Hart Trailhead. We will be observing social distancing guidelines and keeping 6 between us on the trail, but that won't stop us from having fun! Don't forget bug spray and water. Please wear a face mask.

Email [rabbi@adasyoshuron.org](mailto:rabbi@adasyoshuron.org) with questions.

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## NEW! Happy Hour & Schmooze

**Wednesdays, 5:00 - 6:00 p.m. on Zoom**

Grab a snack and a beverage and join your Adas Yoshuron friends for an afternoon hang out. Feel free to come for 10 minutes or an hour; wed love to see you!

**Join Zoom Meeting:**

<https://us02web.zoom.us/j/82968529941>

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## **Morning Prayer and Check-In**

**Mondays and Thursdays at  
8:00 - 8:20 a.m. on Zoom**

Join us for a morning community call led by Rabbi Lily Solochek. We'll sing a song, say Shema and Kaddish, and have time to schmooze and socialize. Bring your coffee, come in your PJs if you'd like, and say hi to friends.

Join Zoom Meeting: <https://us02web.zoom.us/j/85025836840> or call 929-205-6099 and enter Meeting ID: 850 2583 6840

*Would you like a call from the Rabbi? Need help with errands? Please contact the office.*

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## **Adult Ed: Parsha Study**

**Monday, July 27, 7:00 - 8:00 p.m. on Zoom**

Join Rabbi Solochek for Torah study of the weekly portion. Everyone is welcome!

Join Zoom Meeting

<https://us02web.zoom.us/j/87306285982>

Meeting ID: 873 0628 5982

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## K2together Interfaith Knitting Group

**Wednesdays, July 8 and 22, 1:00 - 2:00 p.m.**

Get to know knitters from faith communities around midcoast Maine while making baby caps and blankets for the local hospital. Bring a cup of coffee, your favorite yarn, and make new friends! Email Rabbi Solochek ([rabbi@adasyoshuron.org](mailto:rabbi@adasyoshuron.org)) with questions.

Join Zoom Meeting: <https://us02web.zoom.us/j/86310989688>  
or call 929-205-6099 and enter Meeting ID: 863 1098 9688

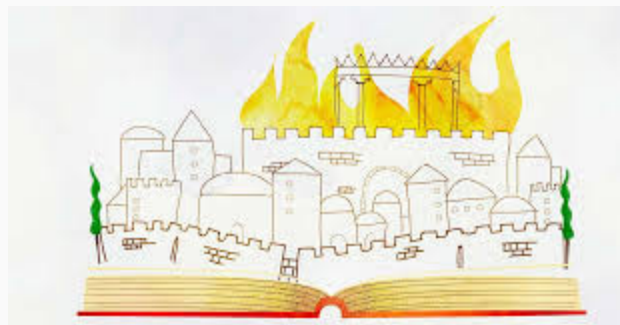
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## Getting in Touch with the Rabbi

Rabbi Solochek would love to connect with you. There's 3 ways we can do that:

- 1) A phone call
- 2) A video call on Zoom
- 3) In person, outdoors, with a mask

Please be in touch with Rabbi Solochek: [rabbi@adasyoshuron.org](mailto:rabbi@adasyoshuron.org) to schedule a meeting.



## Tisha BAv & Grief

**Thursday, July 30, 5:00 p.m. on Zoom**

Tisha B'Av (the 9th of the Hebrew month Av) marks moments of destruction and loss in Jewish history. This year we will explore loss in our own world, and use song, writing, art, and conversation to give voice to that grief and find comfort in community.

Look for future emails from Adas Yoshuron for the Zoom information.



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**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  
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Rockland ME 04841  
207-594-4523

The office will not be open to the public, but we are responding to emails and voicemails.

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