



## Adas Yoshuron Synagogue

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

---

### Community Conversation: Challenges and Resilience During COVID

**Wednesdays, June 3 and 10, 7-8:30 p.m.**

The current pandemic has created uncertainty and anxiety for many of us, yet our community continues to serve as a source of support and grounding. Join us for a conversation about building mindfulness practices and healthy coping strategies to help keep us centered during this challenging time.

Join Zoom Meeting: <https://us02web.zoom.us/j/87306285982>  
or call 929-205-6099 and enter Meeting ID: 873 0628 5982

---



## **Shabbat Worship**

### **Shabbat Services in June**

**Friday, June 5, 6:00 p.m.** Shabbat evening services

**Friday, June 12, 5:00 p.m.** Statewide Shabbat (in conjunction with the Maine Conference for Jewish Life. To register go to <http://www.colby.edu/jewishlife/conference/> )

**Saturday, June 13, 10:00 a.m.** Shabbat morning services

**Friday, June 19, 6:00 p.m.** Shabbat evening services

**Saturday, June 20, 10:00 a.m.** Shabbat morning services

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



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

**Note our new schedule!**

**Mondays, Wednesdays, 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.*

---

# K2together Interfaith Knitting Group

Wednesdays, June 3 and 17, 1:00 - 2:00 p.m.

k2together is an interfaith knitting and crocheting group that brings together members of different religious and faith communities in the Midcoast. We will knit baby caps and lap blankets for the local hospital. Come share a cup of a coffee, your favorite yarn patterns, and make new friends! For now, we will meet on Zoom, and continue in person when its safe to do so. Never knit before? Well teach you! 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



---

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

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

---

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