

Adas Yeshuron Synagogue

This Week's Programs



Most Shabbat services, classes, and other synagogue activities are being held on Zoom to stop the spread of the coronavirus. For any in-person events, face masks are required.

Zoom Link for All Synagogue Programs

To access our online programs, copy and paste this link into your browser:

<https://us02web.zoom.us/j/85962789484>

or click on the blue box below. The same link is used for all our programs.

CLICK HERE TO JOIN US ON ZOOM

Thursday Morning Check-In

Thursdays at 8:30 a.m.

Connect with community as Rabbi Solochek leads brief morning reflections and prayers, followed by conversation. This is a good opportunity to say kaddish if you are observing a yahrzeit. Pour yourself a cup of coffee and meet us online!

CLICK HERE TO JOIN ON ZOOM

Exploring Jewish Texts: The Tomer Devorah

Thursday, March 4, 7 p.m.

Join Rabbi Solochek for this monthly class exploring the *Tomer Devorah*, a text that combines mystical Kabbalah and personal ethics. Texts are provided in English and Hebrew. All are welcome.

CLICK HERE TO JOIN ON ZOOM

Shabbat Services

Friday, March 5, 7 p.m.

Let's end the week together with a beautiful Kabbalat Shabbat service.

CLICK HERE TO JOIN ON ZOOM

Havdalah Bonfire Gatherings

Saturday, March 6, 6:30 p.m., Various Locations

Havdalah, a lovely ritual marking the end of Shabbat, allows us to consider how we might bring some of the sweetness and peace of Shabbat into the week.

Join your local community for a bonfire or campfire and Havdalah this Saturday evening. Havdalah will be hosted in Belfast, Rockland, and Damariscotta.

RSVP to info@adasyoshuron.org to let us know which Havdalah you wish to attend, and we'll provide details and directions. Masks and social distancing are required to ensure community safety.

RSVP FOR HAVDALAH

Social Justice Working Group

Sunday, March 7, 5 p.m.

Our Social Justice group meets monthly. If you're interested in joining or have questions, please contact Rabbi Solochek, rabbi@adsayoshuron.org.

CLICK HERE TO JOIN ON ZOOM

Keshet Equality Act Postcard Writing Party

Monday, March 8, 5 p.m.

Join Jews from across Maine to learn about the Equality Act and to write postcards to our representatives in congress. Learn with Jon Cohen, Director of Community Mobilization at Keshet, the leading LGBTQ national Jewish organization, about the law and why it matters to us today.

[Click here to request your free postcards from Keshet.](#)

CLICK HERE TO JOIN THE POSTCARD SIGNING ON ZOOM

From the Center for Small Town Jewish Life

Seder Craft: Learn to Lead Your Own Seder

Sunday, March 7, 10-11:15 a.m.

Join Rabbi Rachel Isaacs and rabbinical fellow Madeline Cooper to learn tips and tricks for running your own Zoom-based seders. This program is geared toward those who are newer to leading seders, or to leading on Zoom, but all are welcome!

[Register here to receive the Zoom link.](#)

A Healing Service with Cantor Sheila Nesis

Monday, March 8, 6:30 p.m.

Prayers and music help us renew our sense of hope, strength, and healing as we continue to navigate these unprecedented times. This service is for those of us struggling with our physical or spiritual health, those of us struggling with sadness and grief, and those of us who are caregivers seeking inspiration as we pray for the welfare of loved ones.

[Register here to receive the Zoom link.](#)

How Can We Help?

*Need help with errands? A phone call to say hello?
Would you like to check in with Rabbi Solochek?
Could you use some technical support with Zoom?*

Reach out to us! The synagogue office is closed, but we are responding to emails and messages. We'd love to hear from you!

Please contact the office:

info@adasyoshuron.org

207-594-4523



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

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