

CENTER FOR SMALL TOWN JEWISH LIFE

September 2020/Elul 5780

Dear Friends,

It has been a blessing these past weeks to gather virtually for, among other things, statewide Shabbat services, a *Cheshbon ha-Nefesh* program, and a centering movement workshop. The opportunities to explore the second half of the month Elul and its many valences of spiritual meaning continue with the Center in the coming weeks—register and mark your calendars! We're in the home stretch towards Rosh Hashanah, a new year, and we are grateful to be able to embrace it together with our extended Maine Jewish community.

Wishing you a meaningful Elul,
The Center Staff

P.S. Spoiler alert: We'll be announcing plans for the Fall Shabbaton in the coming weeks, too!

Mindfulness and Melodies: A Call for Renewal **Tuesday, September 8, 7 p.m.**



Join Cantor Sheila Nesis in this live session! Together, guided by *kavanot*, music, and inspiring liturgy, we will exercise listening to ourselves and to others, preparing our minds and bodies for renewal. This is a wonderful way to approach Rosh Hashanah and Yom Kippur.

[Register Here](#)

Selichot, Together • Statewide Selichot Services **Saturday, September 12, 8 p.m.**



Here is an opportunity to pray and prepare our hearts for the High Holidays. This service, led by Rabbi Carolyn Braun (Beth El, Portland), Rabbi Sruli Dresdner (Temple Shalom, Auburn), and Rabbi Bill Siemers (Beth Israel, Bangor), will give us an opportunity to pray, sing, and reflect as we move into the last week of Elul. Please register to receive Zoom details.

[Register Here](#)

A Family High Holidays Experience **Friday, September 25, 6-6:30 p.m.**



Led by Cantor Sheila Nesis, we will share in a moment of meaning, music, joy, and connection! This is *not* an adult service; this is *not* a children's service. This experience is for parents, children, adults, grandparents, and all those who wish to find a way to share in an intergenerational moment of connection. Feel free to invite grandparents or other extended family members who do not live close to you!

[Register Here](#)

A Moment of Healing During Shemini Atzeret **with Cantor Sheila Nesis** **Sunday, October 11, 4 p.m.**

Prayers, music, and the warm embrace of friends help us to renew our sense of hope, strength, and healing. This healing journey is for those who are struggling with physical or spiritual health, for those struggling with sadness and grief, and for caregivers who

seek inspiration as they pray for the welfare of loved ones. This is a time to bring healing to our community as we end the High Holidays season together.



[Register Here](#)

[The Center for Small Town Jewish Life](#)



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