



Welcome to
Temple Beth El of Augusta, Maine

embracing a spirit of community, lifelong Jewish learning, commitment to inclusiveness, and active participation in Jewish life in Central Maine

artwork by Lenora Leibowitz

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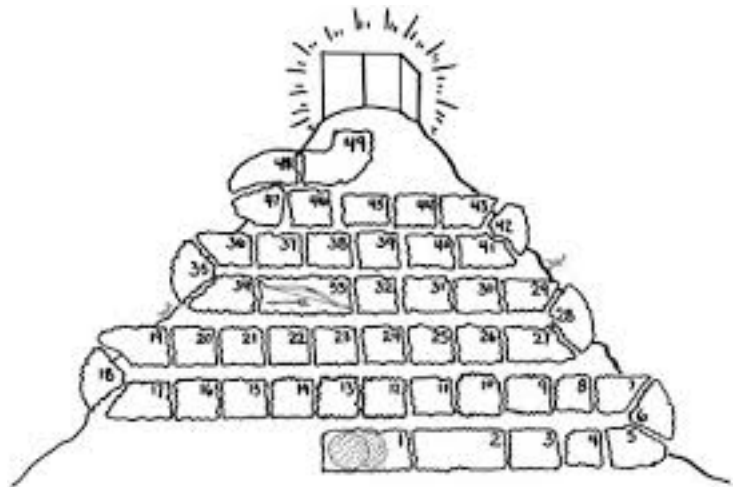
bethela@gwi.net

Nisan 5774/April 2014

From the desk of Rabbi Asch

Passover is the most widely observed Jewish holiday. Most of us attend or host a Passover *seder* and abstain from eating leavening for the duration of Passover. We make matzah ball soup, sing familiar songs, and take time to gather with family and friends. Passover is so popular in part because it tells the story of our journey from slavery to freedom. The *haggadah* tells us that we were slaves to Pharaoh in Egypt and then Adonai our God freed us with a mighty hand and an outstretched arm. The story of that journey is a universal one—Jews and non-Jews alike are moved by the message of liberation.

On the heels of Passover comes one of the least widely known observances, at least in the Reform Jewish world. It is the counting of the *omer*. Starting on the second night of Passover we count each day from one to forty nine. On the fiftieth day, we celebrate the holiday of Shavout (also not widely observed) that marks the receiving of the Torah at Mount Sinai. The linking of Passover, the festival of our liberation, to Shavout, the day when we received the law, carries a deep and powerful message. Liberation was not the end goal of our people; rather, it was an important step towards the ultimate goal of establishing a covenant with God.



Our goal was not — is not — total freedom. Freedom without structure can be disorienting and chaotic. Structures and rules let us know what is expected of us and how we should react and interact. Judaism provides us with such structure—the weekly experience of Shabbat, a day that is different from the other days of the week, the yearly cycle of the holidays and guidelines for everything from what we should and should not eat to how we should treat others. Rather than being burdensome, these rules are actually liberating. Research in psychology and neuroscience support what we know from our own experiences: too much choice makes us unhappy. Counting up to Sinai is a reminder of the importance of rules and structures. The linking of Passover to Shavout tells us that we seek freedom not for its own sake, but so that we might enter into a covenant with God. It is in that covenant where we find our ultimate liberation.

Come One, Come All to the Temple Beth El Community Pot Luck Seder

Join us as we celebrate freedom and the arrival of spring with our annual Passover Seder. Rabbi Asch will lead a seder filled with songs, stories and, of course, food!

Tuesday, April 15th at 5:30 p.m

\$5 donation per person

Pay in advance or at the door

Make your reservations by April 7th.

**Please make your reservations early —
space is limited to 110 people including children.**

If space is available we will accept reservations until April 11th.

We are sorry we are not able to accept any reservations after that date.

No walk-ins will be accepted.



\ This is a potluck, so please bring a dish to share. All food contributions should be dairy or parve (no meat). Please make sure they follow Passover dietary guidelines — no bread products or pasta. Also, at Temple Beth El we do not eat *kitnyot* for Passover. Please avoid dishes with rice, beans, peanuts, tofu, corn or corn syrup, edamame, lentils, or mustard. Please bring a serving utensil with your dish and provide a label listing all ingredients.

Oy! With all those restrictions, what *can* you bring? Plenty! Main dishes with quinoa or vegetables, fruit, fish, special Passover foods made with matzah farfel or matzah meal. If you would like some recipe ideas, you may visit:

<http://www.vegetariantimes.com/article/super-seder>

<http://kosheronabudget.com/25-vegetarian-passover-recipes>

<http://vegetarian.about.com/od/specialoccasionrecipe1/tp/vegpassoverrec.htm>

If you have any questions about what is kosher for Passover or need recipe ideas, please contact Shira Adams: mommagecko@yahoo.com

Please arrive at 5:30 to drop off your dish and get settled.

The seder will start promptly at 5:45.

Sign up online:

<http://www.signupgenius.com/go/10C0D48A5A922A2FF2-passover>

Share Your Kitchen Wisdom in the TBE Cookbook

By Stacy Mondschein Katz

Food, family, memory. The scents, smells, and tastes of holiday and Shabbat dishes often trigger strong recollections of our mothers, grandmothers, and other loved ones, as well as our important traditions.



To honor our history and document our heritage for our children and ourselves, and to celebrate the fabulous cooks and bakers in our community who make our pot luck, seder and Kiddush meals such a success, Temple Beth El is requesting that you choose one or more of your favorite recipes for our soon to be produced TBE Sabbath and Holiday Cookbook. Please indicate appropriate food categories by holiday or Shabbat (such as “Golda’s Famous Passover Popovers” or “Chris Myers Asch’s Award-Winning Chanukah Sweet Potato Latkes”), and whether the recipe falls into the category of vegetarian, vegan, or gluten-free. Meat/fish/poultry recipes are also welcome.

Send your recipes to Stacey Mondschein Katz at Stacey207@gwi.net

To ensure recipes meet rabbinic and kosher standards, Rabbi Asch will review the recipes for the cookbook. Please be a part of this delicious community effort.

Donate to the Augusta Food Bank Through TBE

Temple Beth El has a long history of involvement with the Augusta Food Bank. Along with other religious institutions in Augusta and Manchester, we have a representative on their Board of Directors. Our representative is Nan Salvino.

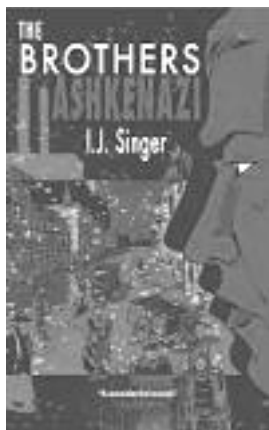
TBE has a major food drive during the High Holidays, but hunger is all year round. There is a white laundry basket in the lobby for collections for the Food Bank. Please consider bringing some non-perishable item with you for the basket anytime you come to the synagogue. We



will get your donations to the Food Bank. At this time, they are in particular need of soups of any kind and canned fruit. Thank you in advance for your thoughtfulness.

Ask not what your synagogue can do for you...

TBE Book Club



The Brothers Ashkenazi
By Israel Joshua Singer

Thursday, April 17th
6:30—8:00pm
Temple Beth El

Called the best Russian novel ever written in Yiddish," this book should spark

a great discussion. Everyone is welcome to join us! Please email Gail Fels at gpfels@aol.com or Nancy Ross at nancyjeanneross@gmail.com to let them know about attendance and for more information.



BACK TO BASICS CLASS

Thursday, April 10th
5—6:30pm
Temple Beth El

This is a series of classes designed for adults who did not have an opportunity to learn as children or who want a "refresher" course in Judaism. New students are welcome!

We will discuss the basics of the Jewish life cycle, holidays, history, prayers, texts and more. If you are interested in becoming an adult *b'nai mitzvah*, considering conversion, or just want to learn more, this class is for you. Bring your dinner (and some food to share) if you'd like.

ROSH CHODESH WOMEN'S GROUP

Come celebrate the new month of Adar-I!

Wednesday, April 2nd
5:00—6:00 pm
Temple Beth El



Newcomers are always welcome! In addition to talking we love to nosh. Snacks to share are welcomed, but definitely not required. ☺ Contact Janika Eckert (207-313-1694 or jeckert@johnnyseeds.com) or Arwen Roth (arwenroth@yahoo.com) for more information.

NOSH 'N SCHMOOZE

Wednesday, April 9th
8:30—10:00am
Bagel Mainea



The Urban Dictionary defines "nosh 'n schmooze" as "a gathering of friends at a favorite local restaurant where everyone eats and shares stories with each other. Usually occurs at a place that serves bagels." That is exactly what we do! Join Rabbi Asch for bagels and conversation at Bagel Mainea. We'll discuss whatever is on your mind, Jewish or not. Come schmooze with us!

Kiddush Lunches

We are now joining together for a meal after Torah study each month. If you come to Torah study, we'd love to have you bring some food to share. Crackers and cheese, dessert or fruit are easy additions to our nosh. You are welcome to get creative as well! We hope you'll stay for a meal after study.

Mark Your Calendars

April Service Schedule

Saturday, April 5th 10:00am Shabbat Service

Services will include singing, a Torah reading and a discussion of the Torah portion, *Metsora*. This week is all about purity and impurity. Learn about a modern take on the ancient rituals to purify.

Friday, April 11th 6:00pm Family Shabbat Service
6:45pm Congregational Potluck
7:30pm Shabbat Service

This is the last Shabbat before Passover, so join us for a “chametz-fest.” The potluck is a great way to clean out your pasta, bread, crackers, and everything else you will not be eating for Passover. Potluck sign-up will be available online through a link provided in the weekly email. The family service will include songs and a Passover teaching from Rabbi Asch. All ages are welcome—this is an especially convenient service for people who work in Augusta but live elsewhere. At the Congregational Service, Rabbi Asch will discuss preparing for Passover.

Saturday, April 12th 10:30am Torah Study and Kiddush Lunch

This is Shabbat Hagadol, the Shabbat before Passover. Rabbi Asch will lead a session focusing on the dietary laws and customs of this holiday. Learn more about what we do and do not eat on Passover and why. We are now joining together for a meal after Torah study each month. If you come to Torah study, we’d love to have you bring some food to share. We hope you will stay for a meal after study.

Tuesday, April 15th 5:30pm Temple Community Seder

Join us as we celebrate Passover as a community. Rabbi Asch will lead the seder with participation from all of you! **Please make your reservations early — by April 7th. Space is limited to 110 people including children.** If space is available we will accept reservations until April 11th. We are sorry we are not able to accept any reservations after that date. Sign up online. See page 2 for more details.

Saturday, April 19th 10:30am Torah Study
12:00pm Matzah Brie Cook-Off

Torah Study first. We will study Ezekiel's vision of the dry bones, the traditional haftarah reading for this Shabbat. Then David Joseph will supervise our matzah brei cookoff. Join us to taste the special matzah brei recipes of the finest chefs at Temple Beth El. Bring your recipe to join in the contest.

Tuesday, April 22nd 8:30am Yizkor Service

From the Hebrew School

Lobsters, Cowgirls, and Baseball Players Revel at Purim Carnival

By Emily Bley

Drum roll . . . There was drama, original music. There was pie throwing, grogger making, face painting, and (temporary) tattoos. There was Hamentaschen making and Mishloach Manot assembling. There were fabulous costumes and amazing balloon animals. There were games of skill and chance and the best ever raffle prizes, including the chocolate creations of Stephanie Ward, mother of Noah Ward-Rubin, our Hamen pie target. There were smiles and faces full of wonder.

Yes, the Temple Beth El Hebrew School Purim Carnival outdid itself once again. Best of all, the B'nai Mitzvah class ran most of the activities, stepping up big time to make a memorable learning and fun filled experience for our younger students and our guests from Waterville. Boy, it was busy and fun and such a great representation of the energy and creativity of all involved in our Hebrew school. Mazel Tov, all!

Mazel Tov

- **To Eliana Brown** on becoming a Bat Mitzvah

Todah Rabbah (Thank You!)

- **Emily Bley and the B'nai Mitzvah class** for organizing the Purim Carnival.
- **Bagel Mainea** for donating to our Purim raffle.
- **Stephanie Ward** for making beautiful chocolate creations for our raffle.
- **Chris Myers Asch** for being our technical guru and writing the content for the new TBE website.
- **Julia Hanauer-Milne, Stacey Mondschein Katz, and Bria Watson** for helping with the new TBE website (to be unveiled this month!)



Hebrew School Calendar

This Month Jay Franzel will be teaching the B'nai Mitzvah class.

Sunday, April 6 9:30am-12:30noon
Hebrew School with pre-K/K class

Sunday, April 13 9:30am-12:30noon
Hebrew school
Special Passover lesson at Circle Time

Sunday, April 20 No Hebrew school

Sunday, April 27 9:30am 12:30noon
Hebrew school
B'nai Mitzvah class trip to the Holocaust and Human Rights Center

Jewish Learning

Passover FAQs with Rabbi Asch

When is Passover?

This year Passover starts on Monday evening, April 14th. It ends on the evening of April 21st (if you observe seven days) or the evening of April 22nd (if you observe eight days). (See more below)

How do I prepare for Passover?

In preparation for Passover, we clean our house of all leavening and forbidden foods. These foods include anything made from the five grains: rye, oats, barley, spelt, or wheat. These foods, when mixed with water, become *chametz*, or leavened. We do not have to clean our house of all dust, but do have to clean areas where we might find forbidden food. If your family is anything like mine, Cheerios are found almost everywhere (even in the car)! In addition to cleaning our houses, we traditionally put food which is not kosher for Passover away in a taped cabinet to make sure we don't accidentally eat it during Passover. You also can get rid of this food is to bring it to our pre-Passover *chametz* potluck dinner on Friday, April 11th. ☺

The night before the seder (Sunday, April 13th) there is a tradition of going around the house with candles or flashlights searching for any remaining *chametz*. We hide 10 bags containing *chametz* throughout the house (doughnut holes are delicious). Going through a darkened house looking for *chametz* is a fun way to get ready for Passover! Before the *chametz* hunt, the following blessing is recited: Blessed are You, Lord, our G-d, King of the universe, who has sanctified us with His commandments and commanded us concerning the removal of *chametz*. *Baruch atah Adonoi Eloheinu melech ha'olom asher kidishanu bi'mitzvotav vetzivanu al bi'ur chametz*. These foods are traditionally burned the morning of the seder (Monday, April 14th).

What is the deal with the two seders and how many days is Passover really?

Originally, there was only one Passover seder and Passover lasted seven days. However, outside of the land of Israel, Jews in Orthodox and Conservative communities (and even some Reform Jews) have two seders and observe eight days of Passover. The tradition of observing an extra day comes from ancient times when the calendar was set by the court in Jerusalem and people living far away would often not know the “real” day that Passover started (because it took a long time to get word of when the new month officially started). Therefore, they added an extra day to the festival (and an extra seder to the beginning of Passover) to make sure they were observing it on the correct day. Today, some families observe seven days of Passover, and some families observe eight days.

What am I supposed to do on Passover?

Have a seder, where you drink four cups of wine (or grape juice) and tell the story of the Exodus from Egypt. You are also supposed to eat *matzah* on the first day of Passover. I am happy to give you tips on how to host a seder and even provide you with a *haggadah* (the booklet which contains the story of Passover).

What am I not supposed to do on Passover?

You are not supposed to eat leavening for the entire week of Passover. For some this means abstaining from the five grains: rye, oats, spelt, barley and wheat. According to long-standing Ashkenazic custom, rice and legumes are forbidden for Passover consumption. Rabbi Asch will talk more about Passover dietary laws at Torah study on April 12th.

How can I celebrate Passover with Temple Beth El?

Come to our community-wide events — our potluck seder on Tuesday, April 15th the matzah brie cook-off and Torah study on Saturday, April 19th, and Yizkor services on the morning of Tuesday, April 22nd.

Temple Beth El

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רְפוּאָה שְׁלֵמָה



April Yahrzeits

Irving Berman
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Martin Evenchik
Sidney Goldstein
Sten Jespersion
Lillian Lerman
Arlene M. Lipman
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Asher Melzer
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for another

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Keep in Touch

April Service Schedule

Saturday, April 5th at 10:00am
Shabbat Service

Friday, April 11th
6:00pm Family Shabbat Service
6:45pm Congregational Potluck
7:30pm Shabbat Service

Saturday, April 12th at 10:30am
Torah Study and Kiddush Lunch

Tuesday, April 15th at 5:30pm
Temple Community Seder

Saturday, April 19th
10:30am Torah Study
12:00pm Matzah Brie Cook-Off

Tuesday, April 22nd at 8:30am
Yizkor Service

Upcoming Events

Saturday, May 10th
Rabbi Asch Installation
Save the date for Rabbi Asch's installation service with Rabbi Debra Kassoff. Lunch will follow the service.

Wednesday, June 4
Maine Conference for Jewish Life
The first annual Maine Conference for Jewish Life starts **Wednesday, June 4th!** This three-day conference will bring together Jews from across the region to celebrate Jewish culture, learning, and history.

Don't forget to grab a green Clynk bag for your returnable bottles! We raised more than \$600 last year with our Clynk program. Thank you to all who participate!



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Temple Beth El embraces a spirit of community, lifelong Jewish learning, sense of inclusiveness, and active participation in Jewish life. The congregation provides opportunities for its members to engage in prayer, study, and Jewish ethical practices.