



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

March Calendar

March 2 (on Zoom)

Bikkur Holim Comm. @7pm

March 4 (Zoom & in person)

Shabbat Service @ 6pm

HIAS Refugee Shabbat

March 5 (Zoom & in person)

Daf Yomi @10am

Torah Study @ 10:30am

March 5 (in person)

Shabbat in the Wild @10:30am

March 6 (on Zoom)

Social Justice Torah Study @

5pm

March 7 (on Zoom)

Soup and Study @ 7pm

March 12 (Zoom & in person)

Daf Yomi @10am

Torah Study @ 10:30am

March 13 (in person)

Statewide Teen Program @

2-4pm

March 16th

Purim @ 6-7:30pm

March 19 (Zoom & in person)

Torah Study @ 10am

Shabbat Services @ 10:55am

Honoring the 100th anniversary
of the first bat mitzvah

March 25 (Zoom & in person)

Shabbat Service @ 6pm

Led by our Hebrew School

March 27

Rosh Chodesh @ 4pm

From the desk of Rabbi Asch...

In recent days many of us have watched television images and heard reports about the Russian invasion of Ukraine. You might not know that Ukraine has a rich and varied Jewish history. It is the seat of Jewish Hasidism and was once home to the largest population of Jews in Europe after Poland. Ukrainian Jews have also suffered from pogroms and the Holocaust.

Today, Ukraine is home to tens of thousands of Jews, including Jews belonging to Progressive (Reform and Conservative) synagogues. These synagogues, like others around the world from



Ecuador to Singapore to Sweden. There are ten progressive synagogues in Ukraine, including those in Kyiv and Odessa. Rabbi Alexander Dukhovny lead Shabbat services from a bomb shelter in Kyiv last Shabbat. Two of his colleagues have fled and crossed into other countries safely. You can hear a little bit from them [here](#).

In times like these it is easy to be overwhelmed or feel hopeless. The World Union for Progressive Judaism has created a special crisis fund to provide aid for Ukrainian Jewish communities which need help with humanitarian relief, evacuation, relocation, and security. You can learn more about the fund and donate [here](#).

Of course, talking about the Jews of Ukraine, does not mean that we only care for them. We are all worried about the entire population, no matter what their religion. However, it helps to make something unfolding across the globe a little more real and personal. To close, I offer an excerpt of a [prayer](#) by Rabbi Dr. Rachel Shabath Beit-Halachmi (See page 2):

April Calendar

April 1 (Zoom & in person)

Shabbat Service @ 6pm
With Alex Matthews and Colby students

April 2 (Zoom & in person)

Daf Yomi @ 10am
Torah Study @ 10:30am

April 3 (TBA)

Social Justice Torah Study
@ 4pm

April 6 (Zoom)

Bikkur Holim Committee @ 7pm

April 11 (Zoom & in person)

Soup and Study @ 6pm

April 16 (TBA)

Passover Seder @ TBA

April 23 (Zoom & in person)

Torah study @ 10am
Passover Service with Yizkor @ 10:30am

April 24

Rosh Chodesh @ 4pm

April 25 (Zoom & in person)

Board Meeting @ 6pm

April 29 (Zoom & in person)

Shabbat Services @ 6pm

April 30 (Zoom & in person)

Daf Yomi @ 10am
Torah study @ 10:30am

*We stand together with our brothers and sisters in the Ukraine,
the birthplace of so many of our ancestors,
a place where the Jewish people has known both light
and darkness.*

*We pray for a quick end to the raging conflict and the
senseless bloodshed.*

*May the Source of All Life protect all of humanity from
violence.*

*May the Source of Peace bring wisdom to their leaders
and bring a sense of tranquility, shalvah, to the people
of the region*

*and peace to all who are endangered.
Amen.*



The Many Faces of Chuck Cohen



Why Hamantaschen?

By Hildie Lipson

For several years now, I have offered homemade *hamantaschen* as an auction item for TBE's annual Wine Tasting and Auction. I like providing a tangible Jewish-centric food item to support our favorite Temple. Why *hamantaschen*? Why not *rugalach*, *mandel brot*, challah, or honey cake for Rosh Hashanah?

A couple of reasons. First, *hamantaschen* are fun and delicious and take some thought and preparation to make. They symbolize Purim, a joyful, celebratory holiday that takes place soon after the Wine Tasting and often in March when we all need some cheering up. Making *hamantaschen* is a process. The dough has to be made ahead of time and refrigerated overnight. Three different fillings are also made ahead of time. And the mechanics of rolling out the dough to its optimal thickness, cutting circles in the dough, and shaping the cookies into a three-corned hat is immensely satisfying. I like everything about these cookies.

Second, I make *hamantaschen* because my mom made *hamantaschen*. Mom made these every year for Purim when we were growing up. Then, when my three siblings and I all had partners and families and lived in four different states, mom began making and sending *shalach manot* packages at Purim, featuring her *hamantashen*, plus a few additional chocolates, candies, dried fruit, tea, or other small items that could be included in the care package. All year long, she would save plastic takeout containers with tight covers, reusable packing material, and "good boxes for shipping" in preparation for packing up and mailing 12-15 boxes to our far-flung family. It was truly a labor of love.



Mom ended this practice several years ago when she moved out of her long-time home in Ann Arbor to a smaller apartment. She is now 92 and I am sure she will make a batch or two of *hamantaschen* for herself and partner Seymour (age 98) and to share with co-residents in her building. She just doesn't do it on an epic scale anymore. I make enough to enjoy some at home and to share with family and friends. And, plenty for the lucky winners of the annual Auction.

Chag Purim sameach! Happy Purim!

Hamantaschen continued on page 4

Hildie's Mom's Famous *Hamentaschen* Recipe

Here is mom's (Marilyn L. Friedman) recipe for Hamantaschen Dough, from an old Jewish cookbook. (I have extrapolated and updated a bit from the original cryptic instructions :)

3 cups flour
1 tsp. Baking powder
 $\frac{1}{8}$ tsp salt
 $\frac{2}{3}$ cup butter
 $\frac{3}{4}$ cup sugar
3 eggs
2 Tbl honey

1. Mix dry ingredients in a medium bowl.
 2. With an electric mixer, cream butter and sugar. Add honey and mix well. Add eggs one at a time, beating well after each one.
 3. Fold in dry ingredients.
 4. Wrap in plastic wrap and chill overnight.
-
5. Remove dough from the fridge and divide it into three parts. Keep two parts covered while working with the third.
 6. Roll out the dough to a thickness of $\frac{1}{4}$ ". Cut into rounds using a wide mouth canning jar or beer glass (or different sizes as you like).
 7. Fill cookies with your choice of filling and turning up corners in thirds (can use a bit of water to seal edges if needed).
 8. Mom brushes the tops with egg wash before baking. I do not.
 9. Bake on parchment covered sheet pan at 325 degrees F for about 16-20 minutes, depending on your oven.



Here is a guide to all things *hamantaschen* from the URJ website: <https://reformjudaism.org/jewish-holidays/purim/hamantaschen-guide>

PURIM IS COMING! PURIM IS COMING!

March 16 @ 6:00pm



We're gonna party like it's 2020, people, with a masked, all-ages, in-person celebration for our entire community. Of course, there'll be a Zoom option if you can't be there in person.

How can you get ready for Purim on Wed, March 16?

1) Get your tickets at \$5/person ahead of time by emailing Ben [b.n.gottlieb@gmail.com] or purchase that evening when you arrive. Extra incentive: Mixologist Jerry Bley creates drinks you can sip through a straw!

2) Order Purim baskets for family and friends [here](#). Delight the people in your life *and* fulfill a mitzvah for \$18 each. Whattabargain!

3) Find your Purim costumes and groggers and arrive on Wed, March 16 at 6 pm for trivia, awards, a screening of last year's Oscar-winning film **AND live announcements from the bimah!**



PURIM 5782/2022

brought to you by The Secret Jewish Space Laser Corps.

We're looking for a few good mensches.

Introducing the Bikkur Cholim Committee



The ad-hoc Bikkur Cholim Committee is available to assist congregants with certain needs. The coordinator(s) contact volunteers who have indicated they are available to provide meals, rides to medical appointments or to do other important business, visits (or during Covid more likely phone calls,) grocery shopping, or picking up medications and possibly some visits depending on the circumstances. People receiving the care may be in the hospital, returning home from the hospital, in bereavement for a loved one or being homebound due to chronic illness, living alone or on hospice care.

As this committee expands it will meet monthly with the Rabbi, who is often the prime referral source. We'll be making decisions on how to do further outreach to our community. Due to TBE being relatively small the needs aren't usually frequent but there have been a few months when several congregants' needs have overlapped. The coordinator has been sending emails to the established volunteer list when a need comes up and people respond, as able. Folks are usually responsive and enjoy doing a mitzvah. There are two (2) user friendly platforms that get used the most: **MealTrain** and **CareCalendar**.

There is definitely excitement in the air that a few other TBE members have stepped up to share in caring for our community. Together, we now have the ability to meet on a regular basis and assist the Rabbi with certain pastoral needs and continue to reach out to our community as needed. There is strong support for this committee from our Rabbi, our President and the Board. Bikkur Cholim Committee Members:

Susan Bakaley Marshall

I took on the role of Coordinator of the Bikkur Cholim Committee about 3 years ago, but I do need to give a huge shout out to both Rabbi Asch and the then President, Chuck Cohen, who were supportive of the "committee" at the time and of course the volunteers! I wasn't looking for more to do but saw a need. In my experience, the act of doing a mitzvah means we are making someone else's life easier. We open to someone else's need with empathy and compassion without judgment and allow them to receive. This is very humbling. Now, I'm excited that more volunteers have joined this committee for planning and offering more outreach.

Chris, my husband, and I have been members of TBE for about 35 years. Our 3 grown children attended Hebrew school and had their Bar and Bat Mitzvahs at our synagogue. I remember the search for Rabbi Susan and the positive changes that ensued. I was on the search committee for Rabbi Asch and have been really pleased with all the growth and vitality of our congregation in programming and the building renovations. The Social/Racial Justice meetings that we have at ***Bikkur Cholim, continued on page 7***

Bikkur Cholim, continued from page 6 TBE are extremely meaningful to me. It matters that we're looking *together* at Jewish values and tikkun olam and our personal accountability, both the privilege that most of us experience and the inequity of our society.

My life outside being a TBE volunteer is very full and blessed. I have a small private art therapy and healing practice, maintain a large garden and put up food for the winter. I enjoy spending time with family and our one granddaughter, doing my own art and taking long walks or snowshoeing with my husband and our dog, Leo.

'In the old days' before digital technology, "We had a phone tree", said Doretta Shapiro in a recent phone conversation. "We'd have a few people to call, and they'd call a few more and everyone helped with getting food for after a funeral and shiva."

Times have really changed for all of us, right? Email communication and Zoom services, virtual Torah study and meetings. But one thing that has remained the same and what I deeply love about our community is how welcoming and caring it has always been and continues to be. There's always someone who steps up to visit someone ill at home or in the hospital, making meals for others, and giving rides. During Covid - before vaccinations - volunteers, especially board members, did mitzvahs of grocery shopping, picking up medications and making those phone calls to be sure everyone was okay. There were also those volunteering to help set up Zoom which most of us knew nothing about before this pandemic.

I see the Bikkur Cholim committee and volunteers continuing to reach out to people who aren't able to come to services and TBE events in person or on zoom for whatever reason. Technology helps communication in many ways, but it can fall short when wanting to connect with a person who lives alone, may be ill or has recently lost a loved one. Our volunteers are here to extend an arm and our open hearts.

Recently, there was a family in need of snow shoveling and they got matched with one of TBE teens looking to do that very thing for his mitzvah project. Seeing more of this would be very satisfying, indeed. I certainly love the connections our community makes and our spirit of giving!

David Faigin

Shalom! My name is David Faigin and our family is fairly new to TBE membership, though we have lived in the region since 2010 when we moved to Maine, and have attended some services and events in the past as well. My wife, Carol Ann, and I are psychologists in private practice and live in Hallowell with Westley (8) and Acer (2). We grew up in Jewish communities in Maryland and Chicago and are so thrilled to be raising our boys in the love and wisdom of TBE.

Connected to a recent reinvigoration and deepening of my spirituality in Judaism, I feel a strong pull to be of service to our congregation and the wider community. I am honored to be invited to

Bikkur Cholim, continued on page 8

Bikkur Cholim, continued from page 7

join the Bikkur Cholim committee and I am excited to join such a wonderful group of people so deeply committed to the care and support of TBE members. As I meet more and more members of our congregation, I am continually inspired by the enduring tradition of loving support, joy in connection, and the incredible welcoming spirit that is shared. I have several hopes for the work of the Bikkur Cholim committee moving forward. For one, I hope that our presence in the congregation helps all members feel a sense of connection. Distance, the pandemic, life challenges and other factors can make it hard for many to feel a sense of connection and support when we most need it. Whether giving or receiving time, food, a loving message, a small bit of help, we find the heart of Tikkun Olam in the 1:1 connections that bond us in community and our Jewishness. I also hope our committee can play a part in learning more about what members need and also what can get in the way of reaching out for help.

Ilana Gilg

I discovered TBE when my oldest son, Alden, decided he wanted to have a Bar Mitzvah and learn more about his Judaism. Both my sons are now part of TBE's Hebrew school. I have so enjoyed being a part of this community and have learned so much about Judaism in the process. We joined TBE in February 2020, so I haven't had the chance to meet as many of you as I'd like. I'm excited to get to know more of you as we return to more in-person events!

We all need a little help sometimes. And sometimes it's hard asking for it. Our family joined TBE at a time when our finances were tight, and I honestly wasn't sure that we could afford it. But Rabbi Asch was so flexible and gracious that we were able to make it work. I am extremely grateful to her and the congregation for that assistance. I honestly doubt that we would be part of this community if it weren't for this initial act of generosity, so I want to give back by helping others however I can. I especially like to help with food, and I love making dinners for others.

I have never experienced a congregation quite like ours at TBE. It is a congregation full of kind-hearted, soulful, and dedicated people that care deeply about justice and tikkun olam. It is also a congregation that doesn't take itself too seriously, isn't afraid to buck tradition every now and then, and definitely likes to have fun. I feel so comfortable here. It is a truly wonderful and caring community!

I hope that this committee helps to create and cement bonds and connections between more members of our congregation. I also hope that you will reach out to us whenever you need help, no matter how big or small. We are part of this committee because we want to help you!

Liz Sizeler

My name is Liz Sizeler and I've been a member of TBE for about twenty years. I live in Montville with my husband Charles. I have 2 grown children, Asher and Rachel that are in graduate school

Bikkur Cholim, continued on page 9

No Shortage of Learning in Hebrew School

By Noah Katz



Although Hebrew school has been online for the last few months, there has been no shortage of learning and fun activities during our zoom sessions. Being able to consistently have Hebrew school has been great, and the teachers and madrichim do a great job every single week.

This is the first year I am teaching a class with my sister, and we have had a great group to work with. We usually spend our time learning about the weekly parsha and discussing it in different ways. Recently, we discussed the story of the burning bush, and the kids made some drawings of what they thought the burning bush looked like.

Sometimes we have a “debate”, sometimes we draw pictures, and sometimes we act out scenes from the Torah. Even though we only have 30 minutes or so with the Hebrew class, we have had a lot of fun through zoom.

Although being on a video call for a few hours is a bit challenging, I feel like each week is more fun for the kids and more engaging than the last. Everyone has gotten more used to being at the Zoom meetings, and the kids are more willing to speak up and engage as time has gone on.

Rabbi Asch has done a phenomenal job coordinating each week, and we couldn’t do it without Rich and Bria’s hard work. Lilah and Ava have also been awesome working with the kids. It’s so great to have a dedicated group of people to keep the Hebrew school up and running during our online phase. We are planning to resume in-person Hebrew school and I am very excited to see everyone again!

Bikkur Cholim, continued from page 8

and college. My kids went to Hebrew School and had their B’nai Mitzvahs at TBE. I joined the TBE board last summer and I’m really enjoying being on it. I work at the Lithgow Public Library in Augusta. Ironically, I have gotten more involved with the temple during the pandemic. I am really enjoying being involved with the temple again. I love the TBE community and our Rabbi.

I did not hesitate to join the Bikkur Cholim committee when I was asked. I think it is a great committee and is doing very important work. I am happy to be able to offer help to congregants when they are in need. We hope that members of the congregation do not hesitate to ask for help when they need it. That is what the committee and our volunteers are here for. We are happy to organize phone calls, visits, meals, rides or anything else someone might need. I hope the congregation gains a greater sense of community from the efforts of the committee and volunteers.

Supporting TBE

Building Fund Donations

Jerry & Emily Bley
Seth Greene

Rabbi Discretionary Fund Donations

Chuck Cohen & Mary Beth Paquette
Richard Dana
Seth Greene
Joey LeBlanc
Sarah Shed

General / Other

Jeff Frankel
Cree Krull
Kala Ladenheim
Eileen & Edward Ringel
Matthew Rolnick

Yahrzeit/Memorials/Honorariums

Chris Myers Asch & Rabbi Erica Asch in memory of Robert P. Myers, Jr.
Laurence Bader in memory of Dorothy Bader
Ellen Bader Kandel in memory of Dorothy Bader
Carol Barlow in memory of Walter Barlow
Emily & Ethan Bessey in memory of Richele Gross
Emily & Ethan Bessey in memory of Ezra Bessey
Emily & Ethan Bessey in memory of Leo Bessey
Li'el Cohen in memory of Arlene Fine
Li'el Cohen in memory of Hyman Cohen
Richard Dana in memory of Jacob Dana
Richard Dana in memory of Selma Dana
Sarah & Mike Drickey in memory of Davis Spalding
Joan & Lowell Freiman in memory of Laura Goldstein
Anya & Allen Goldey in memory of Laura Goldstein
Anya & Allen Goldey in memory of Lillian Freiman
Seth Greene in memory of Todd Greene
Seth Greene in memory of James Carvutto
Seth Greene in memory of Jacob Dana
Seth Greene in memory of Harold Shapiro
Elizabeth Koopmen in memory of Jane Bridgman Koopman
Paul Kuehnert in memory of Ted and Eunice Kuehnert
Joe O'Donnell in memory of Jerry Epstein
Deb Sewall in memory of Louise and Edwin Macy
Steven & Beth Shapiro in memory of James Carvutto
Brenda Shaw in memory of Todd Greene
Gail & Gary Weiss in memory of Max and Natalie Cohen
Sam Young in memory of Bettye Young



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Deb Sewall

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Rabbi

Rabbi Erica Asch
207-242-9792

The TBE office is open
Tuesday, Wednesday and
Friday.

March Yahrtzeits

March 3	Milton Prager
March 3	Samuel L. Gershon
March 3	Hyman Norken
March 6	Sydney Sewall
March 12	Rose Golden
March 13	Susan Knowlton
March 16	Molly Libben
March 16	Elizabeth Sax
March 16	Elenor Sylvia Slosberg
March 20	Naomi Faigin
March 22	Daniel Clifford Gross
March 23	Nick Scott
March 23	Joseph Shapiro
March 25	Dora Brittain
March 27	Cynthia Haderski

Portland Chevra Kadisha Jewish Funeral Home

471 Deering Ave.
Portland, ME 04103
207.774.3733

April Yahrtzeits

April 1	Shirlie Goldman
April 1	Toby Rudginsky
April 2	Charles Bader
April 3	Lewis Brown
April 4	Hyman Sandler
April 4	Jonathan Schiff
April 5	Lillian Lerman
April 11	Irving Berman
April 12	Shirley Siegel
April 12	Shawn Walker
April 14	Leonard Dansky
April 15	Jane Kaminsky Millette
April 17	Morris Weiss
April 18	Lillian Shapiro
April 20	Robert Sandler
April 21	Lena Slosberg Lait
April 22	Maria King
April 28	Tishelle Glant- Scheinman
April 28	John Marshall
April 28	Ann O'Donnell
April 28	Henry S. Price
April 29	Martin Evenchik
April 29	Irving Weiss
April 30	Abraham Slosberg

