



YEARBOOK  
2020-2021 / 5781

# THE JCA BY THE NUMBERS

September 1, 2019 - August 31, 2020



## WELCOME



**Molly Curren Rowles**  
Executive Director

As we prepare for a high holiday season in which we can't gather as usual in person, we find inspiration in the flexibility and ingenuity of those who came before us. They knew well the importance of connecting with people wherever they were: at home, at work, in school, or at the synagogue. They developed the Yearbook to capture attention and serve as a perennial resource. We hope you will find it useful, as a place to return throughout the year to learn more about our community's organizations, holidays, activities and plans. We are deeply grateful to the advertisers and partners that made this Yearbook possible.

We cherish the time we have spent together with you over the past year, both in person and virtually. When the time is right, we look forward to seeing you in person, and until then, we wish you Shana Tova – a good New Year – as we enter 5781 together!

### Executive Committee

- Rachael Alfond, **President**
- Laura Kittle, **Vice President**
- Sherrie Bergman, **Secretary**
- Stuart Piltch, **Treasurer**
- Bette Novick, **Immediate Past President**
- Judy Bertram

- Sarah Allenby
- Mollie Barnathan
- Steve Brinn
- Ilona Davis
- Cathy Kline
- Ben Marcus
- Sophia Ranta

- Tom Rosen
- Barbara Shaw
- Dan Soley
- Carl Szanton
- Marilyn Weinberg

### Honorary Directors

- Richard Aronson
- Albert Glickman z"l\*
- \**zichrono livracha*  
(of blessed memory)



## MISSION

The Jewish Community Alliance (JCA) is a nonprofit organization serving the Jewish community of Southern Maine by providing educational and social programming and fundraising. Our mission is to build Jewish community locally, in Israel and throughout the world. The JCA develops, provides, and supports diverse programs, education and services. We work with an array of organizations and local congregations, and function as the hub of Jewish programming in Southern Maine.

## JCA HOURS OF OPERATION AND CONTACT INFORMATION

1342 Congress St., Portland, ME 04102  
207-772-1959 | [www.mainejewish.org](http://www.mainejewish.org)

Since March 2020, the JCA facility has been open exclusively for our preschool and elementary school programs, which serve small groups of children in dedicated spaces, with many safety protocols in place. However, all other aspects of the J, including Jewish Family Services, Adult Education, Arts and Culture, PJ Library, and more continue to operate remotely or through socially distant activities. Throughout the year, we'll be offering programs, activities, and information to meet your needs and keep you connected.

Please visit us on social media or at [www.mainejewish.org](http://www.mainejewish.org) to stay up to date and sign up for our email list! You can also call us at between 8 AM - 4:30 PM Monday - Friday.

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## JCA STAFF



**Ashley DiPietro**  
Director of  
Development



**Karli Efron**  
Michael Klahr Jewish  
Family Services Director



**Andrea Krasker Gavin**  
PJ Library Program  
Coordinator



**Trevor Geiger**  
Marketing and Social  
Media Director



**Sara Hallie Richardson**  
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Engagement  
Coordinator



**Hannah Lilly**  
Youth Programming  
& Membership  
Coordinator



**Bonnie Ryan**  
Finance Director



**Deena Schoenfeld**  
Programming Director



**Paul Tetzlaff**  
Facilities Director



**Chris Thurston**  
Center Day Camp  
Director

## GOLDMAN FAMILY PRESCHOOL



**Mary Lilly**  
Director



**Janel Goodman**  
Assistant Director

## SOUTHERN MAINE JEWISH ORGANIZATIONS

### Congregations

#### **Beth Israel Congregation (Reform)**

Rabbi: Lisa Vinikoor  
862 Washington Street, Bath, Maine 04530  
207-443-4606 | [www.bethisraelbath.org](http://www.bethisraelbath.org)

Beth Israel Congregation is an inclusive reform synagogue, a center of worship, learning, culture and community that connects Judaism to our lives in today's world. Beth Israel feels alive, vibrant, relevant and evolving, while rooted in the tradition and history that make Judaism strong. It is a place where Judaism is taken seriously and practiced earnestly and where interpretations of Torah, texts and Jewish traditions from a wide variety of backgrounds and perspectives are welcomed and debated. Beth Israel is proud of its long history as the center of Jewish life in the Mid-coast region. We are a nourishing place where people learn, study, question, observe, and connect with God and community.

#### **B'nai Portland (Unaffiliated)**

Rabbi: Laura Boenisch  
74 Lunt Road, Falmouth, ME 04105  
207-613-5888 | [www.bnaiportland.com](http://www.bnaiportland.com)

B'nai Portland ("Children of Portland") was founded by Laura Boenisch as a private Hebrew School in 2009, and following her ordination as a rabbi by the Jewish Spiritual Leaders Institute in 2016, it has become a full-service non-profit congregation. Shabbat and Holy Day worship is typically held at the Lunt Auditorium, located in the Lunt Professional Building, 74 Lunt Road in Falmouth. We have created a warm and inviting classroom for our Hebrew School which is located at 795 Main Street in Westbrook. Many families arrange to hold life cycle events at venues of their choice.

#### **Chabad House (Chabad-Lubavitch)**

Rabbi: Moshe Wilansky  
11 Pomeroy Street, Portland, ME 04102  
207-871-8947 | [www.chabadofmaine.com](http://www.chabadofmaine.com)

Chabad is an Orthodox Hasidic organization. The word "Chabad" is a Hebrew acronym for the three intellectual faculties of chochmah—wisdom, binah—comprehension and da'at—knowledge. The movement's system of Jewish religious philosophy, the deepest dimension of God's Torah, teaches understanding and recognition of the Creator, the role and purpose of creation, and the importance and unique mission of each creature. Chabad of Maine is guided by the idea that there should be a place where everyone can feel at home, within a Jewish context. They offer regular services, holiday programming, summer camp and other programs for children and families.

#### **Congregation Bet Ha'am (Reform)**

Rabbi: Jared H. Saks  
81 Westbrook Street, South Portland, ME 04106  
207-879-0028 | [www.bethaam.org](http://www.bethaam.org)

Congregation Bet Ha'am is the spiritual home for an active and growing community of Reform Jews in South Portland. With more than 360 member households, over 205 Religious School students from pre-school to high school, weekly Shabbat worship and Torah study, and dozens of other opportunities each month for learning about and participating in Jewish life, Bet Ha'am plays a large role in the Jewish community of Southern Maine.

From the beginning, Bet Ha'am's emphasis has been to help its members connect – or re-connect – to Judaism by providing an open, caring and energetic community. We have a large and growing number of Jews by Choice and are recognized for our outreach to gay and lesbian Jews.

#### **Congregation Beth Israel (Orthodox)**

49 East Grand Ave., Old Orchard Beach, ME 04064  
207-974-2973 | [www.cbisrael.me](http://www.cbisrael.me)

Congregation Beth Israel is an Orthodox Synagogue in Old Orchard Beach and is one of the oldest synagogues in Maine. Shabbat services are held year round.

#### **Congregation Etz Chaim (Non-denominational)**

President: Dr. David Strassler  
36 Bacon Street, Biddeford, ME 04005  
207-284-5771 | [www.etzchaimme.org](http://www.etzchaimme.org)

The small synagogue with the unusual address (Bacon Street) is where our community meets for holiday parties, Jewish and interfaith religious services, educational events for all ages and potluck suppers.

Congregation Etz Chaim is a non-denominational synagogue which means we serve all types of Jews from orthodox to deconstructionist. Some call themselves "secular" or say they are "somewhere in between". We offer a wide range of services and welcome everyone.

#### **Congregation Shaarey Tphiloh (Modern Orthodox)**

Rabbi: Aaron Shub  
400 Deering Avenue, Portland, ME 04103  
207-773-0693 | [www.mainesynagogue.org](http://www.mainesynagogue.org)

Congregation Shaarey Tphiloh embraces an Orthodoxy that is modern, open, and inclusive. We are dedicated to the principles of halakha (Jewish law) and Jewish tradition, and we believe that these teachings will lead us on the path of righteousness and toward a spiritual connection to God. We are "modern" Orthodox in the sense that we believe that the modern world should inform our religious experience and enhance our understanding of the laws and traditions of Judaism. We are "open" in the sense that we emphasize that

## SOUTHERN MAINE JEWISH ORGANIZATIONS

### Organizations

#### **Documenting Maine Jewry**

[www.mainejews.org](http://www.mainejews.org)

Documenting Maine Jewry is a community-based history project providing information on Jewish citizens of Maine through a state-of-the-art genealogical and historical resource reflecting the Jewish traditions of memory, remembrance, and inter-generational learning. In undertaking this task, the DMJ is preserving Jewish traditions and strands in our Maine history.

#### **The Jewish Funeral Home - Chevra Kadisha**

471 Deering Avenue, Portland, Maine, 04103  
207-774-3733 | [www.portlandjewishfuneralhome.org](http://www.portlandjewishfuneralhome.org)

The Jewish Funeral Home, owned by The Portland Chevra Kadisha is a non-profit organization that has been serving the surrounding Jewish population for over 100 years. We are a licensed funeral home and proud member of The Funeral Consumers Alliance, operating under the name of The Portland Jewish Funeral Home managed by a dedicated group of Jews and a licensed funeral director. The Jewish Funeral Home arranges funeral services from the Levey Chapel, or from any synagogue or temple.

#### **Maine Jewish Film Festival**

P.O. Box 7465, Portland, ME 04112  
207-523-3422 | [www.mjff.org](http://www.mjff.org)

The Maine Jewish Film Festival's mission is to provide a forum for the presentation of films to enrich, educate and entertain a diverse community about the global Jewish experience. In recent years, waves of immigration and shifting demographics have reshaped many parts of our state. MJFF regards these changes as an opportunity to create programming and events that celebrate and build community within an increasingly diverse population. Through new outreach initiatives and strategic partnerships, they will continue to expand their reach and remain at the vanguard of Maine's cultural community.

#### **Maine Jewish Museum**

267 Congress Street, Portland, ME 04101  
207-773-2339 | [www.mainejewishmuseum.org](http://www.mainejewishmuseum.org)

Maine Jewish Museum, located in a restored 1921 synagogue, celebrates and honors the contributions and diversity of Maine's Jewish immigrants in the context of the American experience. Through exhibits, programming, and dialogue the Museum seeks to build bridges of appreciation and understanding with people of all backgrounds.

our community is responsible for serving the larger community of the Jewish people and the State of Israel, as well as our local community in Portland and the larger American community. Our members believe that they have a responsibility to work to improve the lives of the people in the community around us as well as the lot of all of humanity.

#### **Etz Chaim Synagogue (Unaffiliated)**

Rabbi: Gary Berenson  
267 Congress Street, Portland, ME 04101  
207-773-2339 | [www.etzchaim-portland.org](http://www.etzchaim-portland.org)

Etz Chaim is an inclusive synagogue, committed to the opportunities, challenges, and diversity of the Jewish Community of Portland and all of Southern Maine. The Congregation is committed to maintaining its historic roots in traditional Jewish practice, conducting many of its services in Hebrew as it has for almost a century. The congregation also offers services in the liberal Jewish spirit, substantially in English, as a welcoming and inclusive worship experience for many of our members.

We offer a special welcome to interfaith, multi-cultural, and non-traditional individuals and families who are seeking an experience of Judaism's spiritual ideals and traditions, regardless of religious background. Together we seek to be a "tree of life," by creating a community of worship, learning, and service, grounded in the timeless Jewish vision of a "house of prayer for all people," and responding to the mandate of our Hebrew Prophets to work for justice and peace in our community and the world.

#### **Temple Beth El (Conservative)**

Rabbi: Carolyn Braun  
400 Deering Avenue, Portland, ME 04103  
207-774-2649 | [www.tbemaine.org](http://www.tbemaine.org)

Established in 1947, Temple Beth El has become the major regional center of Conservative Judaism north of Boston. With approximately 300 member families and active religious school, Kadima Beth El, the Temple has stood the test of time.

A pioneer on issues ranging from social action to the equal participation of women, Temple Beth El made its mark under the leadership of Rabbi Harry Sky in the 1960's with its involvement in human and civil rights issues, and in the 1970's when it installed one of the first female congregational presidents in the country. With the hiring of Rabbi Carolyn Braun in 1995, Temple Beth El became the largest Conservative synagogue in the nation to be led by a woman. Today, Temple Beth El remains in the forefront of progressive Judaism.

SOUTHERN MAINE JEWISH ORGANIZATIONS

**Schools and Higher Education**

**Hillel at Bowdoin College**

30 College Street, Brunswick, ME 04011  
<http://students.bowdoin.edu/hillel/>

The Bowdoin Hillel supports students in creating vibrant Jewish religious and cultural life. It serves students in helping to build community, work for justice, explore various aspects of Judaism and engage in spiritual and religious practices.

**Levey Day School**

400 Deering Avenue, Portland, Maine 04103  
 207-774-7676 | [www.levaydayschool.org](http://www.levaydayschool.org)

Levey Day School is an independent elementary school, established in 1952. Northern New England's only Jewish day school. Levey welcomes and embraces families of all faiths and backgrounds. Levey provides a nurturing community and a challenging, personalized curriculum infused with Jewish values and Hebrew language. Students of all backgrounds become lifelong learners committed to tikkun olam (improving our world).

**Southern Maine Hillel**

1342 Congress Street, Portland, ME 04102  
[www.mainejewish.org/programs/southernmainehillel/](http://www.mainejewish.org/programs/southernmainehillel/)

Serving students at USM, UNE, SMCC, and MECA. At each campus, Hillel creates a safe and enriching environment for students who are interested in Jewish life. We offer a Jewish perspective in interfaith dialogues, respond to issues of anti-Semitism, and provide vibrant and dynamic links to the broader Jewish community for students.

**“Community is society with a human face – the place where we know we’re not alone.”**

**- Rabbi Jonathan Sacks**



**Clarion Hotel**

**Discounts on accommodations and in-house catering available for JCA Members!**  
 Call to inquire.

1230 Congress Street, Portland, ME 04102 | 207.774.5611 | [clarionportlandme.com](http://clarionportlandme.com)

Temple **Beth El**

**Together may we be strengthened**

חזק חזק ונתחזק

## JCA FUNDS



Please consider gifts to honor and remember friends and loved ones. Your donation to any of the following funds will benefit the community in meaningful ways. Visit [www.mainejewish.org](http://www.mainejewish.org), email our Development Director at [adipietro@mainejewish.org](mailto:adipietro@mainejewish.org), or call (207) 772-1959.

**The Linda and Joel Abromson Award Fund** - Funds projects that allow adult applicants the opportunity to explore Jewish life in a unique and creative way

**The Aronson Young Leadership Award Fund** - Recognizes a promising young communal leader and funds travel and attendance to the Jewish Federations of North America General Assembly

**Mildred and Ernest Baker Scholarship Fund** - Funds Center Day Camp (CDC) Scholarships

**The Cantor Kurt Messerschmidt Memorial Fund** - Dedicated to celebrating the legacy of an honored clergyman, teacher and friend by offering performances, programs and activities to further the understanding and appreciation of Jewish music, composers and performers, as well as programs in Holocaust education

**Rosalynne and Sumner Bernstein Fund** - Funds for the Gift of Israel Program

**Center Day Camp Scholarship Fund** - Funds Center Day Camp Scholarships

**Chi Chi Levine Community Relations Council Fund** - Funds benefit the JCA Community Relations Council

**Early Childhood Education (ECE) Fund** - Funds Goldman Family Preschool scholarships

**Gene & Madelyn Cohen Endowed Campership Fund** - Funds Center Day Camp Scholarships

**Ezra Finberg Playground Fund** - Funds benefit the ECE Playground

**Stephen Brent Jacobson Scholarship Fund** - Recognizes a graduating senior for all-around leadership and community commitment

**Steven Laskoff Fund** - Funds Center Day Camp Scholarships

**William Levi Arts Fund** - Supports Arts programming at Center Day Camp

**Harold P. Nelson Playground Fund** - Funds benefit the CDC Playground

**Jack Novick Center Day Camp Scholarship Fund** - Funds Center Day Camp Scholarships

**PJ Library Fund** - Funds Jewish-themed activities for families and a monthly mailing of a book or music to children age 6 months to 8 years old

**Robert Willis/Nancy Winslow Helping Hands Endowment Fund** - Funds Michael Klahr Jewish Family Services Endowment

**Rita S. Willis Emergency Relief Fund** - Through Michael Klahr Jewish Family Services Helping Hands, this fund supports underserved members of the community with immediate financial needs

## MEMBERSHIP

The Jewish Community Alliance is dedicated to building and exploring Jewish culture and community while providing programs and services for people of all backgrounds and beliefs. Membership dues provide important unrestricted support for the J's incredible range of activities and events, from our annual Arts & Culture Series to the Michael Klahr Jewish Family Services food pantry and diaper bank.

Your membership is an investment in your community. Join the J today!

### Membership benefits:

- Discounted member pricing on many classes, programs and special events
- Reciprocity at JCC facilities around the country
- Priority registration for Afterschool enrichment classes
- 5% discount on Center Day Camp fees
- Special opportunities for space rental and events such as birthday parties at both our Congress Street facility and at Center Day Camp on Sebago Lake in Windham\*
- Free admission to Sunday Swim dates at the Center Day Camp waterfront on Sebago Lake (dates listed on website)\*
- 10% discount with proof of membership at the following locations:
  - Hunt + Alpine Club
  - Rose Foods
  - Dunstan Tap & Table
  - The Spa at The Francis
- Discounts at The Clarion Hotel on Congress Street

### 2020-2021 Rates

• Family Membership	\$216 per year
• Couple Membership	\$180 per year
• Single-Parent Family Membership	\$120 per year
• Individual Membership	\$96 per year

### Sponsoring Members

These membership levels contribute an additional \$50 to the membership levels listed above to provide support for reduced-fee memberships for individuals and families with financial need.

• Sponsoring Family	\$266 per year
• Sponsoring Couple	\$230 per year
• Sponsoring Single-Parent Family	\$170 per year
• Sponsoring Individual	\$146 per year

Financial need should not be a barrier to participation in JCA programming. For more info please contact [membership@mainejewish.org](mailto:membership@mainejewish.org) or call (207) 772-1959 to discuss discounted membership.

\* Subject to restrictions based on COVID-19



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## ARTS & CULTURE / PROGRAMMING

JCA programs explore the vibrant intersection of diverse cultures and ideas that make up our community, through the lens of Jewish values and shared universal principles. Together with our community partners, we aim to nurture mind, body and spirit through a range of programming for all backgrounds, ages and interests. Our programs include contemporary and classic films, public lectures by leading scholars and thinkers, book talks by renowned authors, adult education classes with skilled educators on traditional texts, art, literature, history and current affairs, documentary exhibits, world-class concerts, cooking and baking workshops, community observances and holiday celebrations, special PJ Library programs for children and families, NextDor - a social group for young adults in their 20s-30s, clubs and discussion groups for seniors, and fitness offerings that are open to all.

Until we are able to welcome you back to our facility in person, most of our programming will be offered online, including new video series and podcasts. Our offerings will continue to evolve in response to surveys and community feedback. Please visit our website at [www.mainejewish.org](http://www.mainejewish.org), subscribe to our e-newsletter, and follow us on social media for the latest information and updates. We hope you'll join us to see what's new at the J!

Contact Information:

Deena Schoenfeld, Programming Director  
[dschoenfeld@mainejewish.org](mailto:dschoenfeld@mainejewish.org) or 207-772-1959



## GOLDMAN FAMILY PRESCHOOL

The Goldman Family Preschool, NAEYC accredited and beginning its 31st year, has a rich history and an outstanding reputation. Through the 'High Scope' curriculum, combined with a Reggio Emilia approach, we offer child-centered, family-oriented programs for children 6 weeks to 5 years old. Educated and trained professionals bring deep commitment and a love of children to our classrooms.

- **Our Philosophy**

Children possess innate curiosity about the universe of people, places, and things around them. We believe that education is a process, initiated through a child's interaction and investigation of their world. Through these interactions, each child is encouraged to wonder, explore, question and discover, using their own unique learning style and interests. Through the High Scope curriculum, Sheva Framework and inspiration from Reggio Emilia, our program engages children in a broad range of experiences, including meaningful Jewish cultural exploration. By nurturing the minds and spirits of children throughout their first school experience, we give them the foundation to be lifelong learners.

- **Our Mission**

To deliver an excellent early childhood educational program that meets the needs of each child and promotes continuous growth in social/emotional, cognitive, physical, and creative areas of development. As a Jewish school we approach our work through Jewish values, lenses, and culture which follow the JCC Association's Sheva Framework.

In addition, we provide a sense of positive identity as children explore how they fit within the broader diversity that our school's families represent.

Contact Information:

Mary Lilly, School Director  
mlilly@mainejewish.org or 207-772-1959



## J ALL DAY

The JCA's Afterschool program is shifting and expanding this year to better meet the needs of families in our community. Led by Center Day Camp Director Chris Thurston and Youth Programming and Membership Coordinator Hannah Lilly, the program will offer care for up to 20 elementary aged students attending public school remotely or through a hybrid program. J All Day is a healthy, education-based program in which students can complete their virtual school day with safe social interaction and built in enrichment programs for a well-rounded experience. Enrichment activities will include physical education, science and nature, creative arts, performing arts, brain games, and more.

Our staff will supervise and support students with their learning experience, making sure everyone is accountable for their assignments, projects, and daily check-ins. Each student will have their own individual learning space, a small classroom setting, as well as access to our community hall, outdoor green space, nature trails, and other space for specific programming.

The JCA will follow rigorous health and safety procedures for all participants including daily screenings, hand washing and facial masks, increased cleaning of the program space, social distancing, and management of belongings. Our health policies will mirror those of the Goldman Family Preschool program.

J All Day will be operating Monday-Friday from 7:30AM to 5:30PM. We have designed this program to meet what we know is a significant need in our community, and we want to make sure each family feels supported during this unique time.

Contact Information:

Chris Thurston, Center Day Camp Director | Hannah Lilly, Youth Programming & Membership Coordinator  
programs@mainejewish.org or 207-772-1959



## CENTER DAY CAMP

Established in 1949, Center Day Camp (CDC) has offered a traditional Maine summer camp experience for campers on the wooded shores of Lake Sebago for 70 years. Just 20 minutes west of Portland, Center Day Camp sits on 27 spectacular acres of woods, fields and shoreline. Generations of campers have spent their days lakeside, forming life-long friendships, learning new skills, and experiencing the magic of camp. CDC is a non-denominational Jewish day camp that welcomes campers ages 5 - 15 of all backgrounds. While this year we transitioned to offering a Family Camp program, we anticipate returning to our day camp model next summer.

### Our Vision

All Center Day Camp campers will build confidence by making new friends, exploring new interests, discovering new abilities and learning new skills.

### Our Philosophy

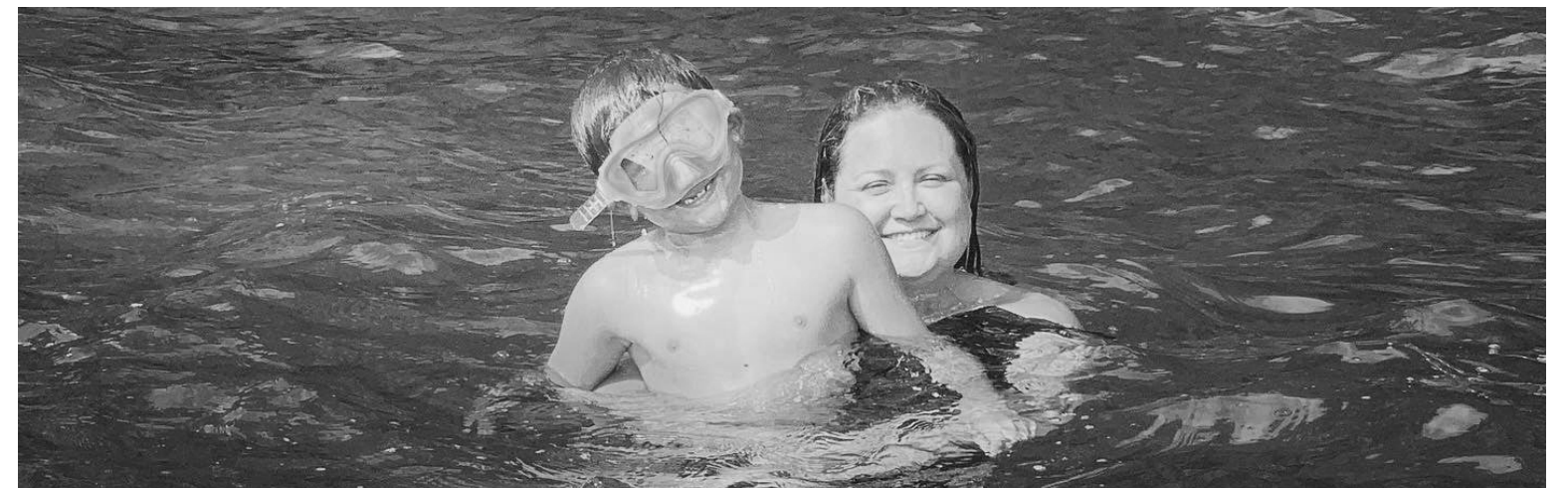
Center Day Camp fosters a strong sense of belonging and connection. All are welcome, and everyone at camp is valued and celebrated. Counselors stress kindness, respect, and character in everything that they do. Our grounding and history as a Jewish camp means that our programs offer a unique focus on universal values like integrity, honesty, responsibility, caring for one another and for the earth. We are a child-centered program that seeks to support children as they build confidence, make new friends, explore new interests, discover their abilities and learn new skills.

### Our Credentials

Center Day Camp is accredited through the American Camp Association. We are members of Maine Summer Camps and JCC Camps. Our staff are trained in safety, including CPR; our waterfront staff is Red Cross certified, and we have a certified Emergency Medical Technician on site during camp hours.

### Contact Information:

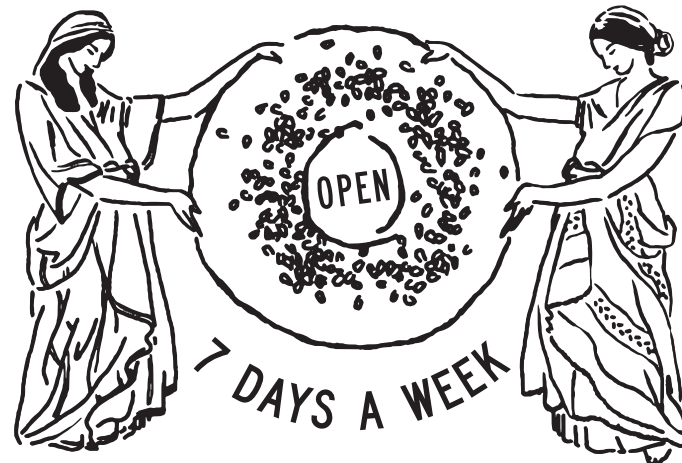
Chris Thurston, Camp Director  
cdc@mainejewish.org or 207-772-1959



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With Stonecoast, you can feel confident when making complex decisions. We simplify life's major events with our personalized planning process, taking time to learn what is most important and what influences your choices. We help with estate planning, business transitions, philanthropic endeavors and more.

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## PJ LIBRARY

**PJ Library®** sends free, age-appropriate, Jewish children's books to families across the world every month. Families with kids ages 0 through 8 years old with Judaism as part of their lives, are welcome to sign up. PJ Library welcomes all Jewish families, whatever your background, knowledge, family make-up, or observance may be.

Something magical happens when parents sit down together to read with their children. PJ Library shares Jewish stories that can help your family talk together about values and traditions that are important to you. Regardless of your level of observance or affiliation, the stories are designed to enrich your entire family's Jewish journey.

A program of the Harold Grinspoon Foundation (HGF), PJ Library® in Southern Maine is a free gift from HGF, PJ Library Alliance partners, the Jewish Community Alliance of Southern Maine (JCA) and families like yours. The JCA launched our partnership with PJ Library in 2013. We also are pleased to present several PJ Library family programs throughout the year.

PJ Our Way is the newest chapter of PJ Library for kids ages 9-12. It is a kid-driven program – kids choose their own book each month, share reviews, watch videos and answer polls. Southern Maine began partnering with PJ Our Way in 2018. Sign up for PJ Our Way now at [pjourway.org](http://pjourway.org) and get in on the fun! PJ Our Way is a program of the Harold Grinspoon Foundation, with generous support from PJ Alliance partners.

Whether you are interested in celebrating holidays, traditions, and Jewish culture, gathering for family volunteer opportunities, learning more about Jewish values or connecting socially with other families and learning more about the local community we welcome you to join us - virtually or in person when possible - for any of our programs. We hope to see you and your family soon!

Contact Information:  
Andrea Krasker Gavin, PJ Library Program Coordinator  
[pjlibrary@mainejewish.org](mailto:pjlibrary@mainejewish.org) or 207-772-1959



## MICHAEL KLAHR JEWISH FAMILY SERVICES

Michael Klahr Jewish Family Services (KJFS) proudly serves the Jewish community and reaches out to those in need throughout Southern Maine. Our programs are designed to meet compelling, immediate needs in ways that demonstrate the commitment to *gemilut chasadim* (acts of loving kindness) in the service of *tikkun olam* (repairing the world). Our programs are open to all those in Southern Maine who need help achieving stability and safety. We serve everyone in need regardless of age, race, religion, language, sexual orientation, gender identity, disability or any other factor. Programs include:

- Distributing food to those experiencing food insecurity. During COVID-19, we have transitioned to a model that involves collaboration with larger pantries to ensure that clients can safely and easily access larger amounts of food with just one trip.
- Distributing diapers to those experiencing diaper need. Since January 2020, KJFS has distributed over 400,000 diapers throughout Southern Maine. As a diaper bank, we are able to access diapers for 40% of the retail cost.
- Our annual winter clothing and gift drive reaches 200 children each year
- We support local seniors through special outreach and engagement based on their needs and concerns.

Contact Information:  
Karli Efron, Michael Klahr Jewish Family Services Director  
[kefron@mainejewish.org](mailto:kefron@mainejewish.org) or 207-772-1959





Congregation Bet Ha'am is a welcoming Reform Jewish community providing vision, voice, and opportunity for connecting to, practicing, and sustaining Judaism.

Bet Ha'am, House of the People, respects and celebrates the divine spark in each individual.

### WORSHIP

We offer traditional, family, and contemplative services led by our rabbi and by members of our community.

### RELIGIOUS SCHOOL

Our religious school connects toddlers through 12th graders with their Jewish heritage using student-centered teaching.

### COMMUNITY

Online or in person, we bring our community together for celebrations, discussions, learning, social action, trips, and more.

[www.bethaam.org](http://www.bethaam.org)

81 Westbrook Street, South Portland 04106



## Quality Home Furnishings Since 1913

*With best wishes for a wonderful new year!*

Three Generations of The Novick Family: Sam, Bette, Andrew, Sabrina, Alex, and Martin Novick



THE SAM L. COHEN HOUSEHOLDS  
OPENING LATE 2020

How do you celebrate 90 years of quality care, innovative programs, and dedicated leadership?

## By breaking new ground.

Since opening as the Jewish Home for Aged in 1929, The Cedars has set the standard for senior care. Today, we are Northern New England's largest comprehensive, non-profit senior living community, offering independent living, assisted living, rehabilitation, skilled care, and community-based programs.

We mark this milestone by constructing a true home for Maine's seniors—The Sam L. Cohen Households—featuring age-friendly design, the Household Model of person-centered care, and a brand-new Memory Care Assisted Living program.



620-640 Ocean Avenue, Portland  
207.221.7100  
[thecedarsportland.org](http://thecedarsportland.org)

JCA Calendar 2020-2021

<p>Sept 7 Labor Day (closed)                  Sept 18 Early Closing                  Sept 19-20 Rosh Hashana                  Sept 28 Yom Kippur (closed)</p>	<p><b>SEPTEMBER</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<p><b>OCTOBER</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>Oct 3 Sukkot                  Oct 10 Shmini Atzeret                  Oct 11 Simchat Torah                  Oct 12 Indigenous People's Day (closed)</p>							
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<p>Nov 11 Veteran's Day (Observed) (closed)                  Nov 25 Early Closing 12:30                  Nov 26 Thanksgiving (closed)                  Nov 27 Thanksgiving break (closed)</p>	<p><b>NOVEMBER</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						<p><b>DECEMBER</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<p>Dec 10-17 Hanukkah Candle Lighting                  Dec 18 Last Day of Hanukkah                  Dec 25 Christmas Day (closed)</p>							
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☐ Secular holiday (office closed)    ■ Jewish holiday (office closed)    ■ Jewish holiday (open)    ▲ Early Closing

Goldman Family Preschool 2020-2021 Calendar

<p>Sept 7 Labor Day (closed)                  Sept 8 First Day of School                  Sept 18 Early Release (12:30pm)                  Sept 19-20 Rosh Hashana                  Sept 28 Yom Kippur (closed)</p>	<p><b>SEPTEMBER</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<p><b>OCTOBER</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>Oct 10 Shemini Atzeret                  Oct 11 Simchat Torah                  Oct 12 Indigenous People's Day (closed)                  Oct 23 Staff Development Mtg (closed)</p>							
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<p>Nov 5 Parent/Teacher Conf (evening)                  Nov 6 Parent/Teacher Conf (closed)                  Nov 11 Veterans Day (closed)                  Nov 25 Thanksgiving Luncheon (early release)                  Nov 26 Thanksgiving Day (closed)                  Nov 27 Thanksgiving Break (closed)</p>	<p><b>NOVEMBER</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						<p><b>DECEMBER</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<p>Dec 11 Hanukkah Party                  Dec 11-18 Hanukkah                  Dec 24-31 Winter Break (closed)</p>							
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<p>July 4 Independence Day                  July 5-9 Summer Break (Closed)                  July 12-16 Summer Break Week 3                  July 18 Tisha B'Av                  July 19-23 Summer Camp Week 4                  July 26-30 Summer Camp Week 5</p>	<p><b>JULY</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p><b>AUGUST</b></p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p>August 2-6 Summer Camp Week 6                  August 9-13 Summer Camp Week 7                  August 16-20 Summer Camp Week 8                  August 23-27 Summer Camp Week 9</p>							
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1 School Closed    ■ Jewish holiday    ■ Vacation Camp    ▲ Half Day Early Release  
 2 School Event    ■ Summer Camp

**DrummondWoodsum**  
is very proud to support the  
Jewish Community Alliance  
of Southern Maine.

*tikkun olam*

**DrummondWoodsum**

ATTORNEYS AT LAW

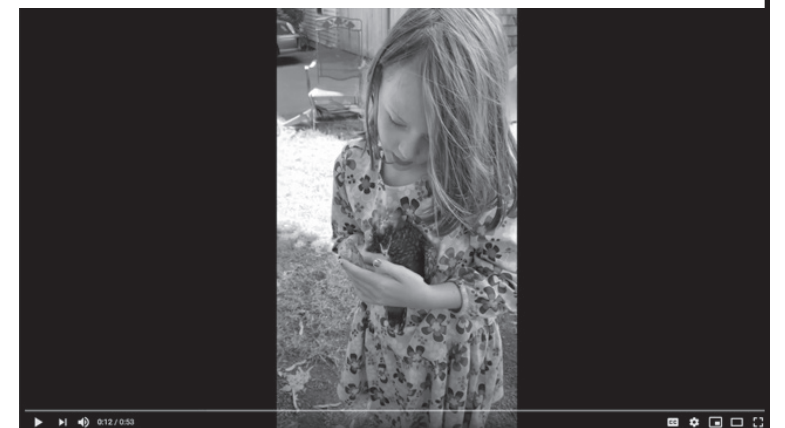
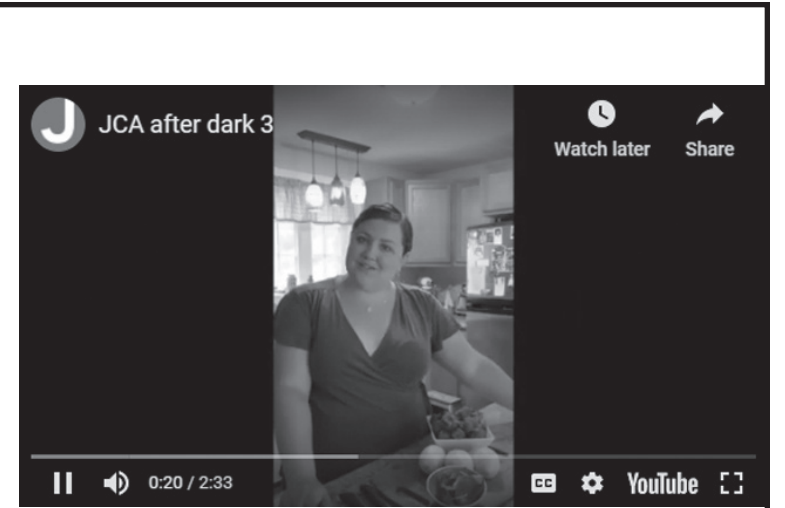
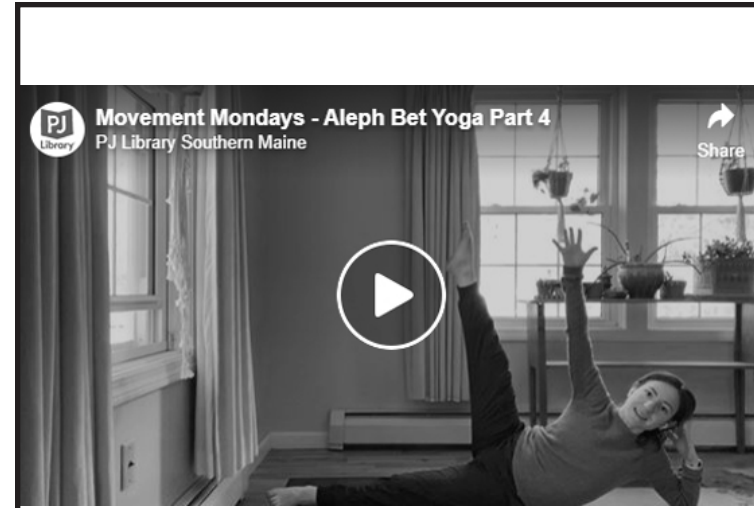
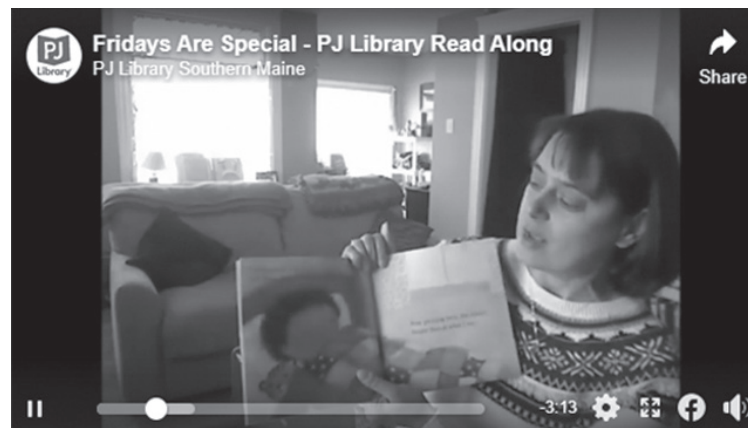
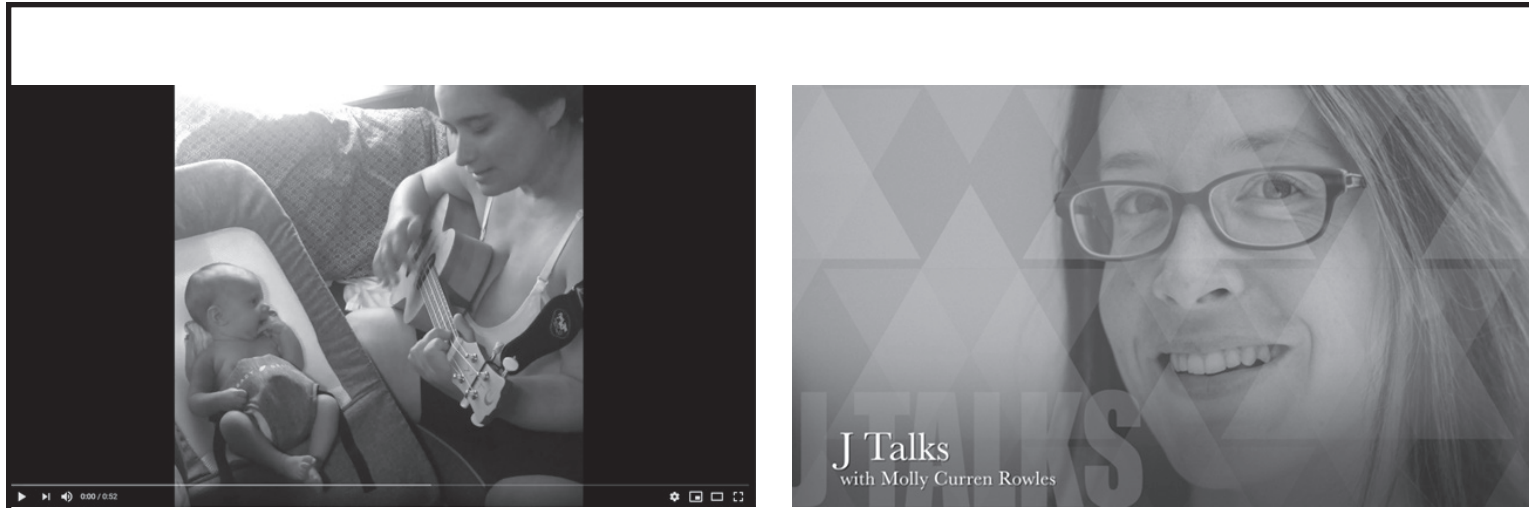
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## JEWISH HOLIDAY GUIDE

Adapted with permission from InterfaithFamily, a Jewish non-profit that supports interfaith couples and families.  
Find more resources at [interfaithfamily.com](http://interfaithfamily.com)

**Shabbat:** Hebrew name means "Sabbath" - the English word actually came from Shabbat! **What's it about?** A day of rest and enjoyment at the end of every week as a parallel to the Biblical story of creation, when God rested on the seventh day. Shabbat traditionally lasts from 18 minutes before sundown on Friday until an hour after sundown on Saturday evening. **Foods:** The rule is yummy. It's traditional to have two loaves of challah, a braided egg bread. **Activities:** Shabbat begins with the lighting of candles. There are special synagogue services and blessings to say at meals. The point of Shabbat is not to work. Some use a set of rabbinic legal definitions for what does and doesn't count as work, and don't drive, carry money, write or use electricity on Shabbat. Others don't use these definitions, but take the day off. Wherever one falls on the spectrum of observance, Shabbat is a great day to hang out with family and friends, eat together, take walks, study Torah, sing songs, read stories, take a nap, and chill out. **Symbols:** Candles, Challah, wine, and flowers. **Greeting:** "Shabbat shalom," which means "peaceful Shabbat."

**Rosh Hashanah:** Hebrew name means "Head of the year"—idiomatically, New Year. **What's It About?** One of two "high holidays" along with Yom Kippur. A solemn holiday beginning the calendar year with repentance from sin and the hope of renewal. **Foods:** Apples and honey, round challah with raisins, honey cake, pomegranates, pumpkins and other round foods, sweet foods and foods that are gold-colored, like carrots. **Activities:** Many people attend synagogue services, during which one special activity is the sounding of the shofar, or ram's horn. At home, a special activity is eating apples dipped in honey to symbolize our hope for a sweet new year. Many send New Year's cards for this holiday throughout the month of Elul, and between Rosh Hashanah and Yom Kippur, many try to repair relationships and make apologies for bad behavior in the previous year. **Symbols:** The shofar, apples and honey, pomegranates, the Book of Life. **Greeting:** "A good and sweet New Year", or "Shanah Tovah."

**Yom Kippur:** Hebrew name means "Day of Atonement." **What's It About?** A fast day of prayer, reflection, and repentance. **Foods:** None. It's a fast day! **Activities:** There are many prohibitions on this day - not eating, not drinking, not washing, not wearing leather, not engaging in physical intimacy. Traditionally, it is a day spent in synagogue at services. **Symbols:** White clothing. **Greeting:** You can say "have an easy fast." Some say "Shanah Tovah", which is Hebrew for "A good New Year." The specific greeting for Yom Kippur is "G'mar hatimah tovah" or "A good completion to your inscription in the Book of Life."

**Sukkot:** Hebrew name means "booths" or tabernacles. The singular is sukkah. **What's it about?** In ancient times when the Temple stood in Jerusalem, this was a pilgrimage holiday to celebrate the harvest. **Foods:** No specific special food, just more big sumptuous meals. **Activities:** Before the holiday, communities and some families build a sukkah or temporary hut in their yard. The sukkah is open to the elements, and an important activity is eating in the sukkah. There is also a ritual involving blessing and waving the etrog—a citron—and the lulav—a palm branch bound with myrtle and willow. **Symbols:** The sukkah, the lulav and the etrog. **Greeting:** "Hag Sameah" or "Happy holiday."

**Shmini Atzeret/Simchat Torah:** Hebrew name means the eighth day, or extra day following Sukkot/Hebrew name means "Rejoicing in the Torah." **What's it about?** Celebrated on the same day in Israel and by US Reform groups, and as two days in Conservative and Orthodox communities. We celebrate finishing the reading of the Torah for the year and starting it again. **Foods:** More big sumptuous meals. **Activities:** This is a synagogue holiday with a long service, and in the middle of it, people get up, process through their building with the Torah scrolls and dance with them. It is a chance to honor people by calling them up to make blessings on the Torah, because there is a reading from the end of the scroll—the death of Moses—and another from the beginning—the creation of the world. In some congregations, the assembled people unroll the Torah scroll and stand in the middle of the parchment before they start the cycle again. **Symbols:** The Torah scroll, flags that children carry, dancing people. **Greeting:** "Hag sameah" or "Happy holiday!"

**Hanukkah:** Hebrew name means "Dedication." **What's it about?** Hanukkah is an 8-day minor holiday that commemorates the Jewish recapture and rededication of the Temple in Jerusalem in 164 BCE. **Foods:** Fried foods, especially potato pancakes (latkes), and jelly doughnuts (sufganiyot). **Activities:** The main observance is lighting the candles in a ceremonial lamp called a hanukkiyah or Hanukkah menorah. Playing with a top called a dreidel is another fun tradition. **Symbols:** Menorah, candles, dreidel, gelt. **Greeting:** "Happy Hanukkah!"

**Tu B'shvat:** Hebrew name means "15th day of the Hebrew month of Shvat." **What's it about?** When the Temple in Jerusalem was still standing, first fruits of the trees were offerings made on Shavuot. The trees had to be at least four years old, so you could call Tu B'shvat the official birthday of trees. It's a great day to think about trees and recommit to stewardship of the environment. **Foods:** Fruit, nuts and other things that grow on or in trees. **Activities:** Many have reclaimed the mystical practice of the Tu B'shvat Seder, or ritual meal, as an opportunity to explore environmentalist themes in Judaism. Another practice is to plant trees. This is a minor holiday in that there is no traditional obligation not to work. **Symbols:** Trees and tree fruit. **Greeting:** "Chag Sameah" which means "Happy holiday".

**Purim:** Hebrew name means "Lots". Refers to The Book of Esther 3:7, in which the villain Haman draws lots to set the date for the Jews' destruction. **What's it about?** Celebration of a narrow escape from genocide described in the Book of Esther. **Foods:** Triangular pastries called hamantashen (Haman's pockets), named for the bad guy in the Book of Esther. Some eat other foods with things hidden inside, like dumplings. **Activities:** We read the Book of Esther, wear costumes, eat hamantashen, and use noisemakers called groggers. It's also traditional to give money to charity, send anonymous packages of goodies to your friends (called mishloach manot or shaloch mones) and to drink alcohol. A minor holiday, with no traditional obligation not to work. **Symbols:** Masks, costumes. **Greeting:** "Purim Sameah," which means "happy Purim."

**Pesach:** Hebrew name means "Passover", reference to Exodus 12:23 when the Angel of Death passed over the Israelites. **What's it about?** Passover celebrates God liberating the Israelites from Egyptian bondage. The holiday lasts eight days, though some communities may celebrate only a week. **Foods:** Traditionally, bread and leavened food are not eaten on Passover. Matzah, an unleavened bread, is substituted. Many food traditions spring from this, include matzah balls, gefilte fish and sponge cake. Other popular foods are cookies and cakes made out of nuts, like macarons. **Activities:** A ritual holiday meal called a seder where the story of the Exodus from Egypt is retold. This is a major holiday, for which work would not be done at the beginning and end of the holiday, but people would work in the middle. **Symbols:** Matzah, lambs (because of the historical Passover sacrifice), eggs, horseradish root, salt water. **Greeting:** "Happy Pesach" or "Happy Passover."

**Yom HaShoah:** Hebrew name means Holocaust Remembrance Day. **What's it about?** Europeans commemorate the Holocaust on the anniversary of the liberation of Auschwitz, Jan. 27, 1945, but the Israeli government wanted a date that would honor Jewish resistance to the Nazi genocide of World War II. After some debate, the Jewish community as a whole agreed on the 27 of the Hebrew month Nisan, since it was during the period of the Warsaw Ghetto Uprising, an act of Jewish heroism and resistance, but still falls after Passover. **Activities:** In many Jewish communities, there are commemorative events. Some light special yahrzeit (annual memorial) candles.

**Yom Ha'Atzmaut:** Hebrew name means "Independence Day." **What's it about?** The modern State of Israel formally declared independence from Great Britain on May 14, 1948. Observance of this holiday is tied to the Hebrew date, Iyar 5. **Foods:** This is a good time to get falafel and other Israeli foods. **Activities:** In many Jewish communities, it's the custom to have a fair or other celebration. Some religious Jews add celebratory liturgy to weekday prayers. **Symbols:** Israeli flags, music, foods.

**Shavuot:** Hebrew name means "Weeks" because it was traditional to count the weeks between Passover and Shavuot. **What's it about?** Shavuot celebrates the giving of the Torah at Mt. Sinai. It was a pilgrimage holiday when the Temple was standing in Jerusalem, when farmers brought the first fruits of their four-year-old trees. It's a one day holiday in the land of Israel and in the Reform tradition; Orthodox and Conservative Jews in the Diaspora keep it for two days. **Foods:** Dairy foods are traditional on Shavuot, like blintzes and cheesecake. **Activities:** One of the traditional texts for Shavuot is the Book of Ruth. Reform Judaism therefore chose Shavuot as the holiday on which to hold Confirmation ceremonies, when teenagers reaffirm their Jewish beliefs. Some Jews follow the mystical custom of an all-night study session, called a Tikkun Leil Shavuot, on the eve of Shavuot. **Symbols:** Tablets, blintzes. **Greeting:** "Hag Sameah" or "Happy holiday"

**Tisha B'Av:** Hebrew name means "Ninth day of the Hebrew month of Av". **What's it about?** This fast day commemorates the Roman destruction of the Second Temple in Jerusalem in 70 CE. In the medieval period, Jews began attaching other calamities to the day, including the expulsion from Spain in 1492. **Foods:** A fast day with no food or water. **Activities:** Though this is a major fast day with no food, water or washing, it is a minor holiday in the sense that there is no requirement to abstain from work. The main activity is the chanting of the Book of Lamentations by candlelight in the synagogue, during which it's traditional to sit on the floor.



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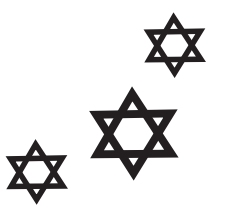
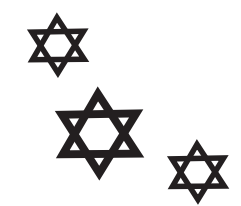


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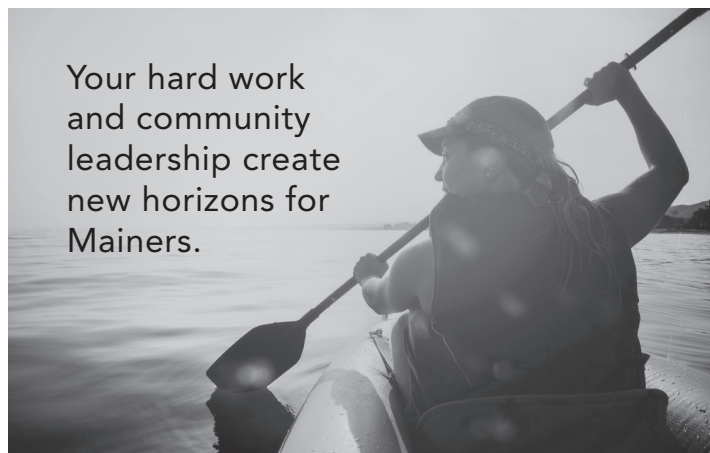


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