



Hashofar

Adas Yoshuron Synagogue

50 Willow Street • PO Box 1250 • Rockland, ME 04841 • 207-594-4523 • info@adasyoshuron.org • www.adasyoshuron.org

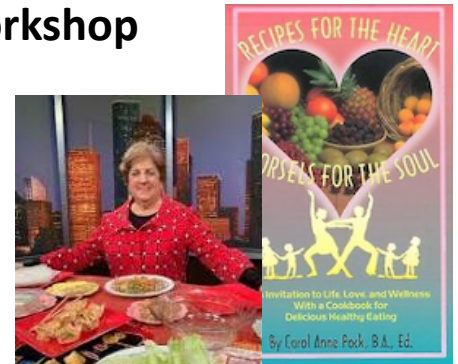
Unaffiliated • All-Inclusive

Rock Around the Lox — Cookbook Author Workshop

Carol Anne Pock, author of *Recipes for the Heart*, *Morsels for the Soul*, a cookbook of delicious, healthy-eating recipes, will conduct a workshop at the synagogue at **4:00 p.m. on Wednesday, July 23** called “Rock Around the Lox.” We will learn a new appetizer that moves us beyond the usual.

Carol conducts cooking workshops and demonstrations from Texas to Maine. Her presentations are based on heart-healthy eating.

RSVP by July 17 to info@adasyoshuron.org. More information will be coming soon.



Shabbat on the Beach

Friday, July 11, 5:00 p.m.

Join us for a potluck picnic and Kabbalat Shabbat on the beach at Birch Point State Park (Owls Head). Families are encouraged to come join in the summer fun as we welcome Shabbat together at the beach. Bring a dish to share!



Security Awareness and Deescalation Trainings

Thursday, July 10, 5:30 p.m.

Two 50-minute trainings will be led by Mark Atlee, Regional Security Advisor for Boston’s CJP (Combined Jewish Philanthropies) Communal Security Initiative (CSI), and Jeremy Yamin, Boston CJP’s VP of Security and Operations. The first training will be “Deescalation,” and the second will be “Be Aware.” Light refreshments will be served. **RSVP to info@adasyoshuron.org by Tuesday, July 8 if you plan to attend.**

The trainings are open to the entire community. Those active on committees, service greeters, Board members, staff, and volunteers involved with programming or the Hebrew School are encouraged to attend. This promises to be a very significant presentation, especially in light of the times we are living in.

Shabbat Services in July

Saturday, July 5, 9:30 a.m.

Join us for Shabbat Shacharit (Morning Services) with Torah and Haftarah readings followed by potluck lunch

Friday, July 11, 5:00 p.m.

Shabbat on the Beach (see above)

Saturday, July 19, 9:30 a.m.

Join us for Shabbat Shacharit (Morning Services) with Torah and Haftarah readings. Kiddush sponsored by Gloria Stein.

Friday, July 25, 7:00 p.m.

Kabbalat Shabbat and Rosh Chodesh led by Meyer Drapkin

Bet Midrash

Wednesday, July 2, 9, and 16, 9:30 a.m.

In this session of Jewish learning, we will explore *Parashat Hashavuah*, the weekly Torah reading, both in chevruta (partners) and as a group. No experience necessary. All are welcome. Please contact rabbi@adasyoshuron.org for more information.

Jewish Meditation Group

Tuesday, July 1, 8, 15, 22, and 29, 5:00 p.m.

Please come at 4:45 if you want some instruction. For more information contact rabbi@adasyoshuron.org.

Friday (Summer) Study Group

Friday, July 11 and 18, 10:30 a.m.

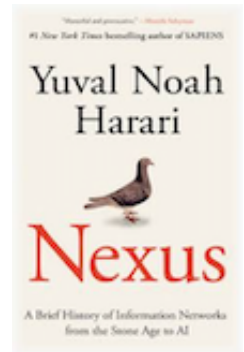
If you'd like to dive into a Jewish-themed text but don't have the time or patience for a multi-week exploration of one book, the Friday Study group may be the answer. Each gathering will explore one chapter (provided in advance) from a book selected by a group member. If you want to participate and would like the excerpt, contact Rabbi Lorin at rabbi@adasyoshuron.org.

Books & Bagels

Books & Bagels will break with tradition and will meet once this summer, on **Sunday, July 27, at 10:00 a.m.**, to discuss Yuval Noah Harari's new book, *Nexus: A Brief History of Information Networks from the Stone Age to AI*. In this book, Harari makes the case that information networks have shaped us and our world throughout history. He explores the role AI may play in the future.

For more information about this discussion contact Judy Stein.

If you want to read ahead for September, our first fall book will be *Time of our Singing* by Richard Powers.



Morning Minyan

Wednesday, July 2, 9, 16, 23, and 30, 8:00 a.m.

Join us for a traditional Shacharit (morning) service, mostly in Hebrew. Great opportunity to hear the traditional nusach (chanted melodies) and be with the community in prayer. In person and now also on Zoom.

Save the Date: Planned Events for August 2025:

Friday, August 8

Dinner Celebrating Seasonal Residents and Welcoming New Members

Sunday, August 10

Family Summer Camp Day at Steven Koltai and Ivan Zizek's home. Bring your out of town guests to this special celebration of grandchildren!

Sunday, August 24

End of Summer Family Fun Day. Join the Hebrew School at Camp River Run (Stuart and Jane's home in Warren).

Saturday, August 30

Lakeside Shabbat at Richard Aroneau's home.



From the Rabbi



שִׁים שְׁלוֹם וּבְרָכָה חַן
וְחֶסֶד וְרַחֲמִים עָלֵינוּ

“Grant peace, goodness, and blessing, favor, kindness and compassion upon us all”

Dear Chevre (Friends),

I write as a fragile ceasefire holds between Israel and Iran. Our prayers go out to all in harm's way.

At our Annual Meeting I spoke of four focus areas for the coming year. *Kesher* (relationship), *mishpacha* (family), *shutafut* (partnership) and *chinuch* (education). This month, let's focus on building new, and deepening existing, relationships.

Kesher, connection, is the sturdy bridge that brings us together from our various backgrounds and experiences. *Kesher* is steeped in the love we feel for our tradition, renewed and made meaningful in the current moment, and makes a claim on us to pass this on as our heritage to our children. Our rabbis teach us that the world depends on three things: *Torah*, *avodah*, and *gemilut chasidim*. We can think of these as learning about and engaging with our texts, traditions and rituals, coming together in communal prayer, and performing acts of kindness in our community. At our Annual Meeting we acknowledged how wonderful it is that so many people actively participate in creating these pillars of our successful community.

We make connections by not only showing up for the many programs, services and events but even more so when we work together in creating them. At the Annual Meeting, I introduced you to the following sign-up sheets for involvement in these activities:

[Shabbat Happens](#). Shabbat services alternate between Friday night and Saturday morning throughout the year. We all enjoy the schmoozing and noshing time afterwards. [Please sign up here](#) to help sponsor one Shabbat this year.

[Holidays](#). The Chanukah and Purim parties, Passover seder, Yom Hashoah service, etc. need small groups of folks to help make them happen. [Sign up here](#) to help organize our core celebrations and observances.

Adas Yoshuron has been gathering in times of both peace and adversity since our first High Holiday services in 1879. We have come together through world wars, the Shoah, the birth of Israel, social and climate change. Now we enter uncharted territory once again. Each generation was uncertain about what was coming next, and relied on each other for support in order to live and pass on our Jewish heritage to our children.

Kesher is about showing up. It is putting some money in the tzedakah box, hosting a Shabbat dinner, joining a committee or holiday planning group, rallying friends to learn and take action about the most pressing issues in our community, and building unity across our differences. We make connections when we share our truths. We build relationships when we can trust that we can be vulnerable with each other. We build confidence and strength when we deepen our relationships.

May this be a summer of renewal, rest, activism, and advocacy. May we refresh our hopes by joining together in the holy work of being a community.

L'Shalom,
Rabbi Lorin

President's Message

I'm delighted, honored, and a little overwhelmed to be moving into the position of President at Adas Yoshuron this month. The long line of presidents who have served this congregation include many people I have come to know as a part of today's vibrant Jewish community of midcoast Maine. Each one of them has impressed me with their dedication, integrity, and wisdom. Thank you David Statman for leading the Board through these last three years of profound growth, set on the background of world events that have challenged us in many ways. I've come to feel that direct local action — through community building and creating opportunities for people to listen and take care of each other — is the most impactful thing I can do. We face a bewildering set of global challenges as Jews, Americans, and humans. Coming together in joy and sorrow, and finding opportunities for awe through Jewish ritual and its profound measurement of the cycle of the year and of our lives, keeps me grounded in my sense of community and history. I look forward to being together with you this summer in the beautiful place we are lucky to call home and to coming together once again, as the summer draws to a close, for the High Holidays.

L'Shalom,
Rosa Ergas, President, Adas Yoshuron

Donations

Thank you for your recent donation.

In loving memory

David and Melissa Statman for the yahrzeits of Albert Leike, Clara Scherer, and Regina Statman

Bertha Taplitsky in memory of Ernest Dondis and David Pollack

Robert and Phyllis Hemler for the yahrzeit of Philip Kreutzer

Alan and Debra Friedman for the yahrzeit of Melvin Nadler

Jane Funk and Stuart Finkelstein for the yahrzeit of Judy Finkelstein

Steva and John Parkman for the yahrzeits of William McCarthy and George Gould

Rabbi's Discretionary Fund

Dustin Lewis and Debra Lowtwait for sponsorship of the mikvah

Alison Briggs

In honor of Judy Stein's birthday

Wendy Rapaport

Sue Michlovitz and Paul Velleman

Carol Eisenberg

Susan Schor

For the work of the synagogue

Anonymous

Linda Garson Smith and David Smith

Debra and Alan Friedman

Ron and Toshie Tesler

Barbara Fishman

Wendy Rapaport for Books & Bagels

Arinne Edelman

Elisse Walter and Ron Stern

Steven Koltai

Ed and Carol Miller

Carol Eisenberg in honor of Shelley Kushner

Robert Rosenberg and Hillary Waterman

Julie Rose

In honor of David and Melissa Statman

Laurence Coe and David Long

Ed and Carol Miller

Thank You! Todah Rabah!

To: **Linda Garson Smith** for organizing the June Community Dinner

To: **Melissa and David Statman** for providing lunch on June 7

To: **Laurence Coe** for assisting with mailing the Annual Meeting packets

To: **Emily Vigneron** for making delicious cheesecakes for our Shavuot study session and celebration

Membership Renewals

Thank you to the following people for renewing their annual membership with Adas Yoshuron. If you are interested in joining, please contact the office.

Ed and Carol Miller

Jonathan Beitler

Lisa Boggs

Debra and Alan Friedman

Steva and John Parkman

Ron and Toshie Tesler

Daphne Stern

Lawrence Lasser

Steven Seidman

Jeff Dubin

Barbara Fishman

Susan Deutsch and Carlisle Towery

Elisse Walter and Ron Stern

Terry Sokoloff

Gail Wartell and Jamie MacMillan

Steven Koltai

Fred Adair and Catherine Steiner Adair

Robert Rosenberg and Hillary Waterman

Susan Schor

Lisa Breheny

Alison Briggs

Mitch Kihn

David and Melissa Statman

Julie Rose

Reminder: Membership Dues are Due Soon

Here's a friendly reminder: payments for membership are due by July 30, 2025.

Questions? Contact the office at info@adasyoshuron.org or call 594-4523.



Community Dinner (formerly known as the Soup Kitchen)

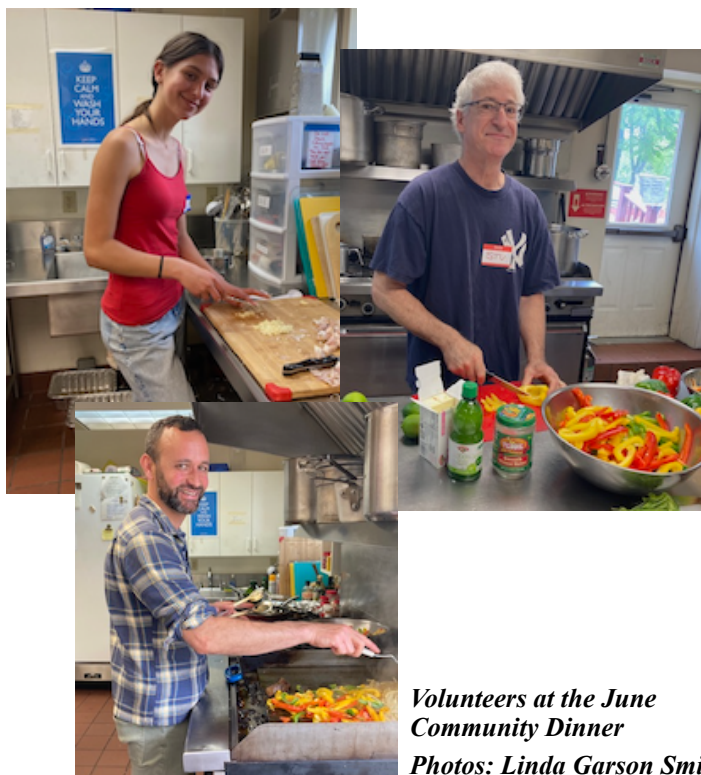
As I mentioned at the congregational meeting, we're changing the name of our "operation" from Soup Kitchen to Community Dinner. Thank you, Stu Kantor, for suggesting the renaming.

The Adas Yoshuron meal for June 1 consisted of steak fajitas with grilled onions and peppers, cilantro lime rice, and fresh fruit salad. We had a multi-generational group of volunteers. Thank you to Susan Wind for picking up and dropping off Atlantic Baking Company breads and sandwiches. Thanks to Emily Vigneron for her yummy strawberry cheesecake desserts and to Shelley Kushner for her tasty and beautifully wrapped cupcakes. Thanks to the cooking, serving, and cleaning crew: Maury Hepner, Cat Lyon, Stu Kantor, Jules Upton (grillmaster), Leona Lozanova, and Jamie MacMillan. We served a record non-holiday number of meals: 48 meals. Most were takeout meals with nine dine-in guests.

Our next Community Dinner will be on July 6. I need more volunteers to cook, serve, clean, and bake.

Future dates are August 3, September 7, October 5, November 2, and perhaps December 7. I'd love to have someone step up to coordinate the September 7 Community Dinner so I could celebrate my sister-in-law's 80th birthday. Please contact me if you'd like to participate in making delicious food for our neighbors while working together with members of the congregation!

~Linda Garson Smith



*Volunteers at the June Community Dinner
Photos: Linda Garson Smith*

Hebrew School

In the month of June, the Adas Yoshuron Hebrew School wrapped up the year with a study of King Solomon and his many proverbs. We learned to sing *It is a Tree of Life* and created our own Tree of Life mural, using our hand prints as leaves. We ended the school year with a pizza and ice cream party at the park! Special thanks to the Edelstein family for bringing pizza and Aaron and Arthur Rosen for bringing ice cream. Have a wonderful summer; I'm looking forward to seeing everyone very soon!

~Morah Elizabeth Beggarly



Photo: Elizabeth Beggarly

Mazel Tov

Mazel Tov to **Susan Deutsch** and **Carlisle Towery** on the graduation of their granddaughter, Sharin Joy Clark Deutsch, from Bates College on May 5. From Hastings on Hudson, New York, Sharin received a Bachelor of Arts in Environmental Studies.

Mazel tov to **Elana Allen** on her graduation from Camden Hills Regional High School in June. Elana will be attending American University's School of International Service in the fall, where she will be studying international studies with a focus on economics. Elana is the daughter of Ruth Kermish Allen of Camden and David Allen, and sister of Izzy Allen.

Please send your graduation updates to hashofar@adasyoshuron.org to share your simcha with our community.

Yahrzeits July 2025; 5 Tamuz - 6 Av 5785

Philip Crockett	5 Tamuz	July 1	Mervin Tatar	20 Tamuz	July 16
Irving Linkin	6 Tamuz	July 2	Milton Kinast	21 Tamuz	July 17
Anne Povich	6 Tamuz	July 2	Norma Shapiro Reichline	21 Tamuz	July 17
Joseph Sherwood	7 Tamuz	July 3	Benjamin Bela Rosenberg	22 Tamuz	July 18
Barbara Boice-Martucci-Griffin	8 Tamuz	July 4	Judi Nusbaum Heintz	22 Tamuz	July 18
Ira Wind	8 Tamuz	July 4	Joyce Olson Leike	22 Tamuz	July 18
Lillian Siegel Isaacson	9 Tamuz	July 5	E. Allen Gordon	23 Tamuz	July 19
Irene Tulchin Castle	9 Tamuz	July 5	John Bernard Wholey	23 Tamuz	July 19
Dorothy Patt Perlgut	10 Tamuz	July 6	Herbert Freed	23 Tamuz	July 19
Yvette Mandel	11 Tamuz	July 7	David Koenig	23 Tamuz	July 19
David Kramer	12 Tamuz	July 8	Ronald Teichner	25 Tamuz	July 21
Gail Rapaport	12 Tamuz	July 8	David Goldsmith	26 Tamuz	July 22
Abraham Small	12 Tamuz	July 8	Marcia Oransky	26 Tamuz	July 22
Ida Dondis	14 Tamuz	July 10	Sam Shwartz	27 Tamuz	July 23
Leatrice Gordon Miller	14 Tamuz	July 10	David Itkin	28 Tamuz	July 24
Rebecca Scarborough	14 Tamuz	July 10	Richard Salas	1 Av	July 26
Marion Skrivanich	14 Tamuz	July 10	Selma Bruckner	2 Av	July 27
Joseph Dondis	16 Tamuz	July 12	Harold Rothman	2 Av	July 27
Nettie Pollock Schnabel	16 Tamuz	July 12	Rose Greenberg	3 Av	July 28
Miriam Storch	16 Tamuz	July 12	Elaine Lombardi	4 Av	July 29
Sylvia Derbyshire	17 Tamuz	July 13	Sharon Timmer	5 Av	July 30
Arthur Friedman	17 Tamuz	July 13	David Levine	6 Av	July 31
Naomi Lasky	17 Tamuz	July 13	Minnie Wildfeuer	6 Av	July 31
Robert Meggison	17 Tamuz	July 13	We also mourn the loss of the following people who died within this past year. <i>Zichronam l'vracha</i> Brenda Choate (August 17, 2024; 13 Av) Stephen Howard Kaye (September 2, 2024; 29 Av) Elaine Snider (September 19, 2024; 17 Elul) Judith Grossman (December 10, 2024) Gerald Kaplan (December 16, 2024; 16 Kislev)		
Edward Small	18 Tamuz	July 14			
Harry Carr	19 Tamuz	July 15			
Henry Malkin	19 Tamuz	July 15			
Florence Sultzer	19 Tamuz	July 15			
Susan Farrell	20 Tamuz	July 16			
Hedwig Klee	20 Tamuz	July 16			

Unveiling for Yvette Mandel

Thursday, July 17, 10:00 a.m.

Please help us make a minyan as we support the Mandel family at the Owls Head Cemetery for this brief ritual around the first anniversary (yahrtzeit) of Yvette's death.

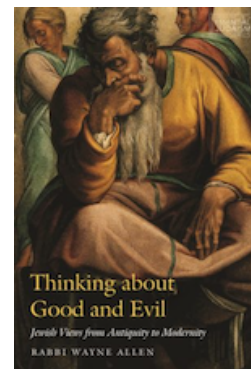
Now in the Library

Why am I here? What happens after my life ceases? Why do good people suffer and bad people prosper? Where is God in all of this? Tough questions at 3:00 p.m. Unsettling (or worse) at 3:00 a.m.

In *Thinking about Good and Evil: Jewish Views from Antiquity to Modernity*, Rabbi Wayne Allen deftly spans thousands of years of Jewish writing and wrestling to provide laypeople with dozens of answers and responses. From the *Tanakh* to the *Talmud*, from medieval philosophers to mystical sources to modern thinkers, Allen mines the best minds, noting that they “fixate on two quintessential Jewish values: justice and goodness... So crucial are these values in Judaism that even God is expected to act in accordance with them.”

<https://jps.org/books/thinking-about-good-and-evil/>

~Stu Kantor



Annual Meeting

Adas Yoshuron members came together on Sunday, June 22 for a very successful Annual Meeting. We were updated on the work of the synagogue and our finances, agreed to our next budget and bylaws changes, and took time to consider our future. Congratulations to the incoming Board of Directors.

A highlight was recognizing Judy Stein for her remarkable commitments and accomplishments, and in honor of an upcoming notable birthday.



Photos: Gail Wartell

Adas Yoshuron Goes Green

With some ceremony and a lot of muscle, our old oil-fired boiler was removed. We will be installing heat pumps. Current renovations also include completion of our required sprinkler system.



Photo: Minda McVetty

Pride Shabbat



Adas Yoshuron celebrated Pride Shabbat on June 27. Mirika made beautiful rainbow challah.

Photo: Nancy Scovern

Adas Yoshuron Synagogue

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Board of Directors

President: Rosa Ergas

Vice President: Emma Wendt

Secretary: Steve Mintz

Treasurer: Mitch Kihn

Members at Large

Lisa Breheny

Susan Deutsch

Ruth Kermish-Allen

Sara Skrivanich

Gloria Stein

David Theriault

Ken Wexler

Rabbi

Lorin Troderman

Administrative Assistant

Minda McVetty

Hashofar Editor

Gail Wartell

Hebrew School Teacher

Elizabeth Beggarly

Office Hours

Monday and Wednesday, 1:00 to 4:30 p.m.; Tuesday, 10:30 a.m. to 3:30 p.m.; Thursday, 10:30 a.m. to 2:30 p.m. Please call or email if you plan to stop by.

Contact us! To reach the Board or President:

boardofdirectors@adasyoshuron.org

president@adasyoshuron.org

for the Rabbi: rabbi@adasyoshuron.org

for the Office: info@adasyoshuron.org

for Hashofar: hashofar@adasyoshuron.org

for Hebrew School: hebrewschool@adasyoshuron.org

Refu'ah Shleimah



We send our prayers for a complete healing to

Jimmy Brickel

Christina Camacho

Robert Cohen

Laura Edelbaum

Des Fitzgerald

Beth Kettell

Jack Kettell

Adam Kopel

Patricia Lombardi

Janet and David Martucci

Susan Most

John Parkman

James Rapaport

Caroline Rosen

Ron Schneider

Ron Tesler

Gail Wartell

Mitch Yeckes

If you are aware of someone in the Adas Yoshuron community who is in need of healing prayers, please contact the office.

Around the State

Casco Bay Tumblers

Saturday, July 5, 2025, 7:00 p.m.

Cadenza, 5 Depot Street, Freeport, ME

Maine's longest-running klezmer band is celebrating the release of their first CD in over 20 years. [Click here](#) for more info and tickets.

Maine Jewish Museum

267 Congress Street, Portland, ME

July workshops include making challah and pickles, self-defense, and getting in shape. There are also new art exhibits. For more information, [click here](#).

We are grateful for your contributions. • They are vital to the life of the shul.

Adas Yoshuron Donation Coupon
P.O. Box 1250, Rockland, Maine 04841

Enclosed is my gift of \$_____. My contribution is in recognition of the following:

Name of Honoree/Occasion _____

Name of Contributor _____

Address _____

Email Address _____ Phone Number _____

July 2025 • Tamuz/Av 5785

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Meditation Group 5 p.m.	2 Morning Minyan 8 a.m. Bet Midrash 9:30 a.m.	3	4	5 Shabbat Services 9:30 a.m.
6 Community Dinner (formerly the Soup Kitchen)	7	8 Meditation Group 5 p.m.	9 Morning Minyan 8 a.m. Bet Midrash 9:30 a.m.	10 Security Training 5:30 p.m.	11 Study Group 10:30 a.m. Shabbat on the Beach 5 p.m.	12
13	14	15 Meditation Group 5 p.m.	16 Morning Minyan 8 a.m. Bet Midrash 9:30 a.m.	17	18 Study Group 10:30 a.m.	19 Shabbat Services 9:30 a.m.
20	21	22 Meditation Group 5 p.m.	23 Morning Minyan 8 a.m. Cookbook Author Workshop 4 p.m.	24	25 Shabbat Services 7 p.m.	26
27 Books & Bagels 10 a.m.	28	29 Meditation Group 5 p.m.	30 Morning Minyan 8 a.m.	31		

Stay updated! Like us on [Facebook](#).



To read our COVID policy, go to <https://www.adasyoshuron.org/covid-policy>

Zoom links are included in the weekly email. Contact the office to join the Adas Yoshuron email list.



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First Class Mail



*We welcome your letters, comments, and
announcements for inclusion in the newsletter.*

*Please send your news to
hashofar@adasyoshuron.org.*