



6800 35th Ave NE  
Seattle, WA 98115  
206.524.0075

# Ruach



Congregation Beth Shalom • Voted in JT News—Best Congregation for 2010!

September 2011 • Elul 5771-Tishrei 5772

Volume 44, Issue 1

## MESSAGE FROM RABBI BORODIN

### Taking A Lesson in Doing Teshuva-Repentance

Every year I wrestle with how challenging it is to do Teshuva (repentance). Every year, I am approached by people wanting to do teshuva and desiring advice and help in the process. And every year, I am inspired by a few individuals who are able to do teshuva. Knowing that the process is exceptionally hard for me, I have tried to learn from those comfortable truly engaged in teshuva – what wisdom do they have about this difficult work. What inspired them? I have found that most of them share one thing in common. It is not having heard a great lecture on teshuva or read a fabulous book, rather they have participated in a twelve step program of one kind or another (be it Alcoholics Anonymous (AA), Gamblers Anonymous or Al Anon for family members or another 12 step program). As part of participating in a twelve step program, participants are encouraged and held responsible to “work the steps”. The steps include the fourth step of “making a searching and fearless moral inventory of ourselves” and the eighth step of “making a list of all persons we had harmed, and became willing to make amends to them all” and the ninth step of “making amends to such people wherever possible, except when to do so would injure them or others”. Do these steps sound familiar? They could easily be from the Jewish laws on teshuva.

There is something about the twelve step program and its structure that supports its members in working the steps

and holds them accountable to doing the steps. One of the tools the twelve step program uses is for participants to have a sponsor – someone to check in with regularly and a place to seek advice. Jewish tradition also sees the importance of having a guide, suggesting people should acquire for themselves both a teacher (a rav) and a study partner (a hevruta). Do we avail ourselves of this support? What keeps us from being successful in the process of teshuva? Who can be our teachers about teshuva? (On this subject, I recommend a new book by Louis Newman called Teshuvah).

Every year, I think about how I can help prepare the synagogue and members for the High Holidays. One of the places programmatically and liturgically that we introduce the themes of the High Holidays is the night of Selichot, which this year (and most years) falls on the Saturday night before Rosh Hashanah, September 24th. This year, I am hoping we can engage in the challenge of how we can engage in the process of teshuva. As part of this exploration, I am delighted that we are partnering with the Alternatives to Addiction program at Jewish Family Services for our Selichot program where we will have an opportunity to learn tools from the recovery world to help us better understand the teshuva process and gain tools for actualizing this sacred and extremely difficult work of teshuvah. (See the back cover of this Ruach for more information.)

*(Continued on page 2)*

### The Old Mahzorim

As we prepare to use the new Mahzor Lev Shalem, we invite you to take home the old Harlow Mahzor you donated many years ago. These books will be available for you to sort through, if interested. After Monday, September 26th at 5pm, we will then offer all remaining books to be taken home on a first come, first served basis. Remaining older mahzorim will then be donated to a community in need of a mahzor.

There are a limited number of new copies of the Mahzor Lev Shalem available for people to purchase for personal home use. The cost is \$36 per book and these copies will be available on a first come, first served basis.

Please contact the front office to arrange for a purchase.

See inside this Ruach for the High Holiday Packet!!

#### INSIDE THIS ISSUE:

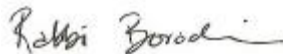
Updates	R 1-7
Youth Updates	R 8
<b>HIGH HOLIDAY PACKET</b>	<b>HH 1-6</b>
Adult Education	R 9-12
Anniversaries and Birthdays	R14
Events in Member's Lives	R15-16
Contributions	R17
Service Schedule and Calendar	R18-20
Tzedakah Form	R21

# Rabbi Borodin's message continued

(Continued from page 1)

I hope the coming year is one filled with much health, happiness, repair and rejuvenation in your life and the lives of your loved ones. May this be a year where we are able to repair the relationships in our lives and truly make amends.

Shanah Tova U'Metukah




## FROM THE SOCIAL ACTION COMMITTEE, CONTACT: GAIL COSKEY/NICOLE GUIDRY

**SAC MEETING:** Everyone interested in social action at Beth Shalom is encouraged to come to the first Social Action Committee meeting of the year with our new Co-Chairs, Gail Coskey and Nicole Guidry, to be held at CBS on Thursday, September 15, at 7:00 pm in Room 2 downstairs.

- donate empty grocery bags and leave them near the bin in the lobby
- donate grocery store gift cards (available through the CBS office) during this month-long Drive.

**JFS FOOD DRIVE:** We invite all of Beth Shalom to join us in participating in the upcoming community-wide Jewish Family Services Food Drive. It will take place between Rosh Hashanah (Thursday, Sept 29th) and mid-Succot (Friday, Oct 21). During that time congregants are encouraged to:

Also on Sunday, October 9, from 10:00 am until noon JFS is coordinating the Food Drive's food sorting at the Acme Warehouse. Please contact Jane Deer-Hileman, Director of JFS Volunteer Services, at [volunteer@jfsseattle.org](mailto:volunteer@jfsseattle.org) to register and obtain directions to the warehouse.

- bring non-perishable food items to the labeled bin in the CBS lobby

2011 Food Drive coordinators:  
Liz Labadie, [elabadie@starbucks.com](mailto:elabadie@starbucks.com);  
Kathy Andeway, [kandeway@jfsseattle.org](mailto:kandeway@jfsseattle.org)

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### CBS 2011-2012 Board of Directors

<b>President</b> Jill Cohen	<b>Vice-President</b> Harry Goldman	<b>Religious School Committee Chair</b> Tamara Griffin	Steven Katz Patti Kieval Rachel Kleit
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### Deadlines:

Articles / Announcements are due in synagogue office by the 10th of each month for the following month's newsletter.

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Custodians/Handymen

**Rimma Lobas**  
Custodial Attendant

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Synagogue office address: 6800 - 35th Ave NE • Seattle, WA 98115 • website: [www.bethshalomseattle.org](http://www.bethshalomseattle.org)

## President's Message

I am thrilled to announce that with the generous support of many CBS members, we have raised enough money to purchase 1,000 copies of the new Conservative High Holiday prayer book, Mahzor Lev Shalem ("a complete and full heart"). We expect Mahzor Lev Shalem to carry us through the next 25 years.

We believe Mahzor Lev Shalem will offer spiritual insight and meaning for our whole congregation and transform our High Holiday experience. With its poetry, philosophy, historical background, spiritual commentary and meditations in a new, inspiring translation, Mahzor Lev Shalem will engage everyone, not just those comfortable in Hebrew. The new mahzor includes transliterations for those parts of the service which we sing, and is sensitive to gender issues, spirituality and our changing world. If you have seen a sample copy at Shabbat services over the past months, you'll recall that Mahzor Lev Shalem is eye-appealing and easy to read.

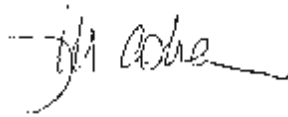
Our current mahzorim will be available to anyone who would like to have a copy for their home use. We will donate the remaining older mahzorim to another community in need of a mahzor. Rabbi Borodin has planned a beautiful short ceremony acknowledging the transition from the old prayer books to the new ones, to take place during Rosh Hashanah morning services.

In addition we ordered a limited number of books that will be available for purchase for home use at the same price of \$36. These are available on a first come, first served basis. Please contact the front office if interested.

We look forward to spending future High Holidays with Mahzor Lev Shalem to take our High Holiday services to a new level of spirituality and meaning for everyone.

"This mahzor invites us to take a deeper look at the texts and to better appreciate prayers so they bring deeper relevance and meaning." ~ CBS member Debora Rivkin

"I appreciate having poets and thoughts that allow me to maintain a prayerful mood while meandering from the traditional text." ~ CBS member Arlene Cherwin



### The Shabbas Chefs Cook-at-Home Cookbook!

A committee to produce our very own cookbook has started to form.

Would you like to be involved with this project? If so, contact Judith Benjamin at [judithbenj@comcast.net](mailto:judithbenj@comcast.net)

## HOMELESS TO RENTER (H2R) "A TASTE OF ELEGANCE" A SUCCESS

The August 14th, H2R gala "A Taste of Elegance" raised nearly \$15,000! H2R has now supported over 500 people in moving out of homelessness. Todah Rabbah to Beth Shalom members who attended/donated to the H2R Gala: Rabbi Borodin, Bob & Lisa Low, Pam & Bob Center, Stan Sorscher & Judith Arms, Carolyn Cohen & Scott Cline, Rabbi Dan Bridge & Simcha Shtull, Carol Starin, Susan Monas, Robert Isgur, Beth Huppin & David Bennett, Polly & Robert Amkraut, Margot Kravette, Debby Kerdeman & Dave Tarshes, and Judith & Mark Benjamin.

We also thank the six chefs who generously provided all of the ingredients, and made all of the dishes served: Chef Dylan Giordan, Serefina & Cicchetti; Chef Zach King, Purple Café & Wine Bar; Chef William Leaman, Bakery Nouveau; Phyllis Rosen, Catering by Phyllis; Karen Binder, Madison Park Café; and Henry Gordon, Balabuste Catering. In addition Frank Michiels, partner in Eight Bells Winery provided a superb wine tasting.

## HOSTS NEEDED DURING SUKKOT, CONTACT: CAROL BENEDICK

Sukkot Progressive Lunch in the 'Hood  
Thursday, 10/13 from 12:30-3:00pm

Instead of serving Kiddush lunch at shul, we're going to tour and eat a different course at progressive sukkot in the Beth Shalom neighborhood.

Contact Cherie Hershman at 206.617.4066 or [che30\\_1999@yahoo.com](mailto:che30_1999@yahoo.com) if you're able to host part of the lunch.

We want to spread the joy of Sukkot all over town!  
Saturday, 10/15 from 7:30pm

Do you have a Sukkah and space to share with others? We are looking for dessert and Havdallah hosts for Saturday night, October 15, 7:30pm. Eastside, West Seattle, and everywhere else.

If you are interested in hosting, please contact Carol Benedick at [carolbenedick@bethshalomseattle.org](mailto:carolbenedick@bethshalomseattle.org). Thanks for sharing your Sukkah!

## Updates

### HIGH HOLIDAY GABBAIM (USHERS), CONTACT: DAN BERNHARD

Attending the Shabbat service provides us with an opportunity to wish each other well. There are times on Shabbat when we see people across the room who we would like to greet personally, but it does happen that the moment eludes us, and we are confined to a smile, a wave, or simply the transmission of a thought for good health and contentment. As a practical matter, we just can't get to everyone, and any attempt to do so would likely result in exactly the opposite of the desired effect, creating a frenzied, chaotic environment filled with anxiety and falsity.

The much slower and grander pace of the High Holy Days makes it possible for us to greet our fellow congregants with greater intentionality. Offering each and every one of our fellow congregants a l'shana tova wish, and receiving the same in turn is a joyous ritual that the High Holy Day ushers are especially well positioned to practice. This act of mutual recognition helps to cultivate an aura

of dignity and respect and lends a deepened sense of cohesion to the holiday observance. As ushers, we are also charged with helping to facilitate the flow of traffic through the sanctuary, entering from the front, and exiting from back, and respecting those moments in the service when we must wait to join the service or take our leave. Orderly passage through the sanctuary also bolsters those qualities of composure and piety to which we aspire during the Yamim Noraim. The High Holiday ushers thank you in advance for your patience and participation in this simple aspect of the service, one that can yield such good will.

May each of you enjoy the remainder of your summer with family and friends, always in the best of health.  
Sincerely,

Dan Bernhard



### **The Jewish Way of Death and Dying: A Practical Discussion**

**Shabbat, September 17, 2011**

**1:15 pm**

**Beit Midrash**

**Members David Tarshes, Edith Horn and Debrah Jeffs-Grad will discuss how we as Jews address dying and death, with a focus on the practicalities. Topics will include:**

- **What to do when healing and health are no longer an option. Can you pray? Pray for what?**
- **Immediately after a death: Who do you call? What do you do during the time before the funeral? How do you prepare for Shiva?**
- **What is happening to your loved one's body before the funeral? What preparations are being made? How does the Hevra Kadisha work?**
- **Choosing and buying a cemetery plot.**

## Updates

### HIGH HOLIDAY PREP CLASSES - FREE

#### Introduction to the New Conservative Machzor with Rabbi Borodin

Learn more about the new machzor (High Holiday prayer-book) which Beth Shalom will use for the first time during this year's High Holiday services.

*Tuesday, September 20, 8:00-9:00pm*

#### A Good and Sweet Year with Shirah Bell

On Rosh Hashanah we wish each other *Shanah tovah umetukah* (a good and sweet new year). What does "sweet" add beyond the notion of "good"? Many of us focus on correcting our faults and improving ourselves. Could it be that our "sin" is really about our failure to focus on the good and sweet? Come join in exploring the Mussar techniques for a good and sweet new year.

*Wednesday, September 21, 7:00-8:00pm*

#### A Look at Yom Kippur with Yiscah Smith

Yom Kippur - a sacred moment in time for reconnection, restoration, and redemption - a deeper insight into this unique and holy spiritual encounter, following a most potent 120 day stretch of time in Jewish history.

*Wednesday, September 21, 8:15-9:15pm*

#### The Fear Factor on Yom Kippur with Jeremy Alk

It is the toughest, but essential reality experience of the Day, and it's the beginning of wisdom (Psalm 111:10), so why are we so "dumb" on that day? Can we get smart?

*Wednesday, September 21, 7:00-8:00pm*

#### Niggunim and Nuschaot with Rachel Jacobson

Learn melodies that we use during High Holiday services.

*Wednesday, September 21, 8:15-9:15pm*

Pre-register so we'll know how many to prepare for.



### A Continuing Tradition At BEIT SHALOM CEMETERY ~ Prayer Service ~ Sunday, October 2nd, 11 am

Traditionally, Jews visit their loved ones' graves on the Sunday after Shabbat Shuvah. Beth Shalom members will be meeting at our cemetery to start this tradition on Sunday, October 2, 2011. Join us at 11:00 am for a brief prayer service.

If you don't have loved ones in our cemetery, consider visiting the grave of someone whose family no longer lives here or who may get no visitors. Our cemetery is a peaceful, lovely place to visit on a late summer morning.

**Directions to the cemetery, which is located in Brier, just north of the King-Snohomish county line, can be found at the CBS website under "Community" or in the cemetery packet available in the office.**

**To receive a cemetery brochure, contact (206) 524-0075 or  
[tzachilitov@bethshalomseattle.org](mailto:tzachilitov@bethshalomseattle.org)**

### SAVE THE DATE FOR TEACHING: CONTACT, CAROL BENEDICK

My father-in-law, Ze'ev Orzech, recently published a book, *From Aleph to Ze'ev – Excursions into Jewish Culture, History, Rituals, and Beliefs*. The book is composed of short articles which Ze'ev wrote over a period of twenty years for Kol Ha'am, the monthly newsletter of Beit Am, Corvallis, Oregon's Jewish Community. The article below relates to Jewish burial practices, which is particularly relevant during the High Holidays as Jews visit the cemeteries where loved ones are buried.

I hope you enjoy the article. Ze'ev will be joining us in Seattle for a couple of book readings this fall. We're planning a Jewish Book Reading and Book Fair at CBS on November 12th. Ze'ev will also be teaching at the Torahthon at Herzl Ner Tamid on November 16th.

Copies of Ze'ev's book are available at <http://www.beitam.org/publications>.

All profits from the sale of the book benefit Beit Am.

--Carol Benedick

#### Heaps of Stones: Why We Put Stones on Graves By Ze'ev Orzech

In the wake of the movie "Schindler's List," several people have asked me about the significance of placing small stones on tombstones when visiting a cemetery. I expected this to be one of the easier questions to answer. To my surprise, I found no mention of the custom in the usually very complete, sixteen-volume Encyclopedia Judaica. I put the question out on the Internet and received a dozen or so responses. Finally, I used every opportunity I had on my recent trip to Israel, where the custom is well known and universally observed, to find out its origin and meaning.

I asked several people of different backgrounds if this was part of their tradition. I discovered that this *minhag* (custom) is practiced wherever Jews live. At Rosh Hanikra (the northernmost point on the Israeli coastline), a sari-clad elderly lady, a recent immigrant from India, answered my question about placing stones on tombs affirmatively. Several Yemeni Jews, as well as Jews from Morocco and from Iraq responded similarly. Because it is the custom also in *Ashkenazi* communities, it seems that placing stones on graves goes back to biblical times, certainly before the dispersion of the Jewish people into the various Diasporas.

I also found out that neither Christians nor Muslims (at least not in Israel) place stones on graves. Both communities use flowers or palm fronds, which are expressly prohibited by some Rabbis as *minhag hagoyim* (a non-Jewish custom).

The reasons advanced by my many respondents can be divided along religious lines. The completely secular

suggested that the custom was a carryover from early days when the dead were laid in shallow graves and covered with heaps of stones (as Bedouins do to this day in the Sinai desert). With time, animals would scatter the stones and passers-by would add a stone or two in an attempt to keep the grave covered.

The religious respondents all included the "soul of the departed" in their answer: "To honor the soul," "to show the soul that it has not been forgotten," "when the soul comes up and looks around, it sees the stones, is reassured and returns to peaceful rest." Although there is a central belief in Judaism that death is the passage from this life to life everlasting, in our folklore, the soul in some undefined way remains tied to the place of burial. People go to the graveside not only for sentimental reasons, but to ask the soul to intercede with God on their behalf. The many supplicants who pray at Rachel's tomb, the tomb that Jacob built for his beloved wife, Rachel outside of Bethlehem, are a prime example of this practice.

Rachel's Tomb provides also the first instance in the Bible of the use of a *matzevah* (tombstone, see Gen. 35:20). Although earlier burials are mentioned, *matzevot* (plural) are not. Their use could have been discretionary. This, however, is not the case any longer: even if the deceased specified in his will that no tombstone be erected, it is a (religious) duty for the survivors to disregard the will and provide one.

Anthropologists see the small stones we place on graves as an extension of the slabs (or monuments) we use to cover the graves. Professor Issahar Ben-Ami from Rehovot, who specializes in Jewish Folklore, explained it to me as follows:

The use of stones to cover graves is a very ancient custom and can be found in many cultures. It represents the ambivalent feelings of the living toward their departed. On the one hand, families want to keep in contact with members who died; on the other, there is the fear that the souls of the dead might return and cause harm to the living.

In his classic study, *Jewish Magic and Superstition, A Study in Folk Religion*, Joshua Trachtenberg devotes a whole chapter to "The War with the Spirits." He cites numerous references in the Talmud and medieval rabbinic writings that speak of the power of the dead. The souls of the deceased are thought to be aware of everything that goes on here on earth, and are not beyond coming back and interfering in the affairs of the living. This is why we don't speak ill of the dead, and this is why in some communities it is customary, at the time

(Continued on page 7)

# Updates

## SAVE THE DATE FOR TEACHING, CONTINUED

(Continued from page 6)

of a funeral, to confess any wrongdoing against the departed and to ask their forgiveness. The Jewish folk-belief in the *dybbuk* (the restless soul of a departed who enters the body and takes possession of a living person) belongs to this genre.

Originally, then, tombstones were both memorials and powerful barriers to keep the restless soul down. The custom has long since changed its meaning and now represents a sign of respect and love which keeps the memory of the departed alive.

Another explanation occurred to me during my reading for this column: Four times a year, as part of the *Yizkor* (memorial) service, we offer individual prayers in memory of a departed close relative. In these prayers we find the following sentence: "May his/her soul be bound

up in the bond of life," where "bond of life" refers to eternal life. (The first letters of the words in this sentence, *הַבְּנֵי חַיִּים* are often engraved on Jewish tombstones.) The word used for soul in this prayer, *nefesh*, has a second meaning which entered the language during the Talmudic period, namely, tombstone. Moreover, the word used for bond, *tzeror*, also stands for small stones. The sentence can, therefore, be read: "May his tombstone be bound up (or heaped up) with small stones for life." What more explicit instruction to place small stones on tombstones could one want!

This month, on September 17, please join us for a Shabbat discussion of Jewish Dying and Burial Practices. The discussion will take place following Kiddush lunch, around 1:15pm in the Beit Midrash. For more information see page R4.

### The Beth Shalom Early Childhood Center is currently enrolling

Visit our website at <http://bethshalomseattle.org/ECC.php>.

To schedule a tour please contact Leah Lemchen, Early Childhood Director, at 206.985.2517 or e-mail at [leah@bethshalomseattle.org](mailto:leah@bethshalomseattle.org).

The Beth Shalom Early Childhood Center is committed to providing excellent quality childcare and preschool for all young children in a safe, nurturing, Jewish environment. The ECC welcomes all children and their families, including those involved in Jewish life to varying degrees as well as non-Jewish families. We respect and value diversity, individuality and family culture.



We provide year round care with full-time and part-time options. We are closed on National and Jewish holidays, and for one week in December.



**Congregation Beth Shalom**  
*A welcoming, inclusive community*



### For New & Prospective Members

#### Tuesday, September 20 • 7:30pm

We invite you to an Open House to learn more about Congregation Beth Shalom. Following the Open House, please stay for a class taught by Rabbi Borodin on the New Machzor, *High Holiday prayerbook*.

#### Wednesday, September 28 • 6:00pm

Join us before Erev Rosh Hashanah services for an opportunity to schmooze and nosh with Rabbi Borodin and other members of the Beth Shalom community.

Join us for Erev Rosh Hashanah services at no charge.

### Congregation Beth Shalom

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



# Youth Updates

## FROM THE DIRECTOR OF EDUCATION: IRIT ELIAV

Saying thank you...

For the last four and half years, I have been blessed with an amazing gift. I have had the chance to work with one of the most extraordinary young women I have ever known. I first met Ann Kelly as a USYer, when she was just 16 years old. I was already impressed with her maturity, organization, and strong leadership. When she was hired as our Chaverim advisor, it was wonderful to see her natural rapport with kids and the love she brought to them. But I never imagined the essential role she would play in strengthening the Department of Education at Beth Shalom. When she took over as my assistant, I was instantly amazed at how efficient and responsible she was. Over the years, she has been there, behind the scenes, making everything work. From teachers to students to parents, everyone knows they can turn to her with any question and she will have the right answer.

Her strength in this role made it possible for me to focus on big picture changes. It is why our Religious School has been able to grow and receive recognition as the Best Supplemental School by the readers of the JTNews. It is why our Family Education programs - from Pajama Havdallah to Family Camp - have blossomed and been so successful. It is why our youth groups continue to be among the strongest in the Pacific Northwest.

Beyond CBS, Ann has thrived as well. She graduated college and went on to get a Masters in Teaching degree,

## YOUTH ACTIVITIES, CONTACT: IRIT ELIAV

We are excited for a brand new year full of exciting activities in the youth department! Our full calendar for the year will be out for the High Holidays, but we hope you will join us for the Fall Kick-off events.

**9/9-11 – USY Board Weekend** – USY board members, please join us for a fun-filled weekend of leadership development, calendar planning, and lots of learning and eating, including Shabbat dinner at Rabbi Borodin's house! This annual retreat at Irit's house is often cited as one of the USYers favorite events of the year! Cost: \$45.

**9/25 – 1:00-4:00 pm – Youth Department Kick-off Picnic** – Join us at Magnuson Park (Shelter #2) for some ice breakers, games, and lots of delicious food! This is for

where she excelled in the program. She has been offered an exceptional full-time job this fall, working on behalf of students with special needs in the public school system. So, unfortunately, she will be leaving her role as Assistant to the Director of Education at Beth Shalom. We will miss her organization, her strength, and her tremendous love for all of our children. And I just wanted to say thank you – for everything you have done on behalf of our kids. We wouldn't be who we are today without you. Luckily, we aren't saying good-bye. Ann will be staying on as one of our USY advisors, serving as a tremendous role model for our teens and helping our USY chapter become stronger than ever before (along with her co-advisor David Weingarten).

We are also incredibly fortunate to have another extraordinary person stepping in to fill her incredibly large shoes. We are excited to welcome Shoshana Kaplan into this new role. Shoshana has already been working as a teacher in our Prozdor program, a children's staff member at Family camp, and will be serving as our Chaverim advisor. She moved to the Seattle area in July 2010 from New York, where she grew up attending Jewish day schools. Shoshana received her Master's degree in Social Work from the University at Buffalo and a B.S. in Human Development from Binghamton University in New York. She enjoys working with children, Jewish education, and volunteering in her community. Please join me in welcoming her to Beth Shalom.

all of our youth groups Matanot, Chaverim, Kadima, and USY. Cost: \$5. Hope to see you there.

### Youth Group Ages:

**Matanot: 2nd & 3rd Graders**

**Chaverim: 4th & 5th Graders**

**Kadima: 6th - 8th Graders**

**USY: 9th - 12th Graders**

For more information about our Youth Department, please contact Irit Eliav, Director of Education, at (206) 524-0075 x2503 or [Iriteliav@bethshalomseattle.org](mailto:Iriteliav@bethshalomseattle.org).

### Religious School is starting!

1st Day of Sunday School, September 11th from 9:15am-12:30pm

1st Day of Hebrew School (Tuesdays), September 13 from 4:15-6:30pm

1st Day of Prozdor (Thursdays), September 8 from 4:15-6:30pm

# Congregation Beth Shalom

## High Holidays 5772



*Selichot marks the start of High Holiday preparations*

Join us for a Selichot Program at Congregation Beth Shalom

### WORKING THE STEPS—*TESHUVAH AND THE HIGH HOLIDAYS*

**Saturday Night**  
**September 24th, 2011**

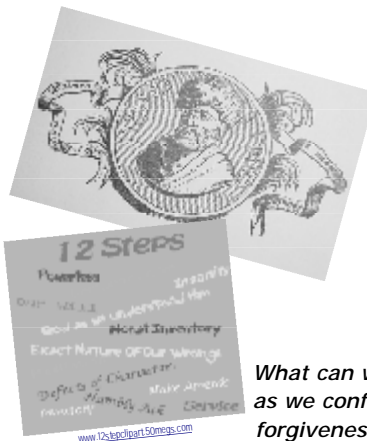
**9:15PM Havdalah**

**9:30PM Conversation with**  
**Diane Burnett,**  
Alternatives to Addiction Director  
at Jewish Family Service

**11:00PM Dessert**

**11:15PM Selichot Services**

*-no charge-*



*Teshuvah* is the process of asking for forgiveness from those whom we have wronged, and the days between Rosh Hashanah and Yom Kippur are set aside specifically for this purpose. According to Rabbi David Ebstein, "Teshuvah is a process ... of self-renewal and self-creation that comes about as a result of reflection and a powerful resolution to effect real change in one's life." Many aspects of the 12-steps for recovering from alcoholism / addiction seem to mirror Maimonides' Laws of Teshuvah.

*What can we learn from each other as we confront our faults and seek forgiveness?*



## Announcements and Information

### GENTLE YOGA & TORAH STUDY DURING THE BREAK ON YOM KIPPUR

During the break on Yom Kippur Jeremy Alk will lead a study session in the Beit Midrash based on the day's Haftarah portion. Laura Strauss will lead a gentle yoga and stretching session in the social hall. There is no need to bring anything for the yoga class. It is being designed as a centering and stretching practice for people who are fasting and dressed for the holidays.

### HIGH HOLIDAY HONORS

Thanks to Sheryl Kipnis, Debrah Jeffs-Grad, Aharon tenBroek, Ellie Weiss, and Judith Benjamin for their work with the High Holiday honors. The High Holidays Honors Committee used the following criteria for assigning honors: all new Board Members and Committee Chairs (but not returning Chairs or Board Members), anyone recommended for an honor by one of the Committee Chairs, new members, anyone who lost an immediate family member or anyone who had a major illness or surgery in the past year. As always, if there is an occasion you would like to mark with an honor (on Shabbat, Yom Tov, or High Holidays), please be in touch with Sandy Sloane at 206-524-0075, in our office.

### PREPARE CBS FOR THE HIGH HOLIDAYS

Sunday, September 25, 9am-2pm? (we'll finish earlier if we have more volunteers.) We need your help setting up chairs, moving books and all the other associated chores to help prepare our community for the High Holidays. Everyone is welcome and encouraged to come by, even if just for an hour. There is much to do and things to move, and it's always much more fun with YOU!

Contents	
Service Schedule	2
Ticket information, Announcements	3
Family, Youth & Child Programs	4
Ticket Order form and Yizkor Book Entry	5
Childcare Registration & Lulav/Etrog Order Form	6

**Rosh Hashanah September 28-30, 2011**

Erev Rosh Hashanah	Wednesday	Location	Leader/Shatz
Candlelighting	6:37 PM		
Erev Rosh Hashanah	6:30 - 7:15 PM	Sanctuary	Mara Benjamin

Day 1 Rosh Hashanah	Thursday	Location	Leader/Shatz
Main Service	8:30 AM - 1:15 PM	Sanctuary	Stephen King & Mara Benjamin
Young Family Services (0-4yrs)	9:45 AM - 10:45 AM	Beit Midrash	Miryam Kabakov
Family Service (K-4th grade)	11:00 AM - 12:15 PM	Unitarian Church	Rachel Jacobson
Children and Youth Programming	11:00 AM - 1:10 PM	Education Wing & Annex	Irit Eliav & Educators
Tashlikh	5:15pm (leave CBS at 4:30pm)	Ravenna Park	Rabbi Borodin
Minchah/Ma'ariv	7:00 - 7:45 PM	Sanctuary	Daniel Markowitz
Candlelighting	after 7:38 PM		

Day 2 Rosh Hashanah	Friday	Location	Leader/Shatz
Main Service	8:30 AM - 1:15 PM	Sanctuary	Rachel Jacobson & Mara Benjamin
Young Family Services (0-4yrs)	9:45 AM - 10:45 AM	Beit Midrash	Miryam Kabakov
Family Service (K-4th grade)	11:00 AM - 12:15 PM	Unitarian Church	Rabbi Stuart Light
Children and Youth Programming	11:00 AM - 1:10 PM	Education Wing & Annex	Irit Eliav & Educators
Minchah/Kabbalat Shabbat/Ma'ariv	6:00 - 7:00 PM	Beit Midrash	

**Yom Kippur October 7-8, 2011**

Kol Nidrei	Friday	Location	Leader/Shatz
Synagogue Doors Open	5:00 PM		
Erev Yom Kippur Minchah	5:40 PM	Sanctuary	Mara Benjamin
Kol Nidrei/Ma'ariv & Appeal	6:10 - 8:45 PM	Sanctuary	Mara Benjamin
Family Service (K-4th grade)	7:00 - 8:30 PM	Beit Midrash	Amy Hilzman-Paquette
Children and Youth Programming	6:45 - 8:45 PM	Education Wing & Annex	Irit Eliav & Educators

Yom Kippur	Saturday	Location	Leader/Shatz
Main Service	9:00 AM - 3:00 PM	Sanctuary	Rachel Jacobson & Mara Benjamin
Young Family Services (0-4yrs)	9:45 AM - 10:45 AM	Beit Midrash	Miryam Kabakov
Family Service (K-4th grade)	11:00 AM - 12:15 PM	Unitarian Church	Rachel Jacobson
Children and Youth Programming	11:00 AM - 1:10 PM	Education Wing & Annex	Irit Eliav & Educators
Rabbi's Sermon/Yizkor	after 11:30 PM	Sanctuary	Rabbi Borodin / Jill Cohen
Break & Yoga & Learning	2:45 - 3:45 PM	Social Hall & Beit Midrash	Laura Strauss & Jeremy Alk
Minchah	3:45 - 5:15 PM	Sanctuary	Daniel Markowitz
Darshan Yonah	5:15 - 6:00 PM	Sanctuary	Lane Gerber
Neilah	6:00 - 7:20 PM	Sanctuary	Mara Benjamin
Final Shofar	7:20 PM	Sanctuary	All
Havdalah/Ma'ariv	7:20 - 7:30 PM	Sanctuary	Ron Schneeweiss
Holiday Ends	7:20 PM		
Break Fast Meal	7:30 PM	Social Hall	

# Ticket Information and Announcements

## MEMBERS

All members receive high holiday tickets by mail. These tickets must be shown at the door for all services on Rosh Hashanah & Yom Kippur. Children and young adults up to age 22 do not need separate tickets.

### Extra tickets

Those over the age of 22, and visiting family and friends, are requested to purchase tickets to attend services.

## MEMBERS OF OTHER SYNAGOGUES

Out of town visitors who present a letter of good standing from their Conservative home synagogue will receive tickets at no charge. Please mail or bring the letter to the office to receive your tickets by September 23, 2011.

## NON-MEMBERS

(or members to be, we hope!)

Tickets are available on a first come first serve basis at the office. If you decide to join Beth Shalom within three months of the holidays, your ticket purchase price will be applied to your first year's dues. Last year we sold out, so call early.

## COST

Each additional ticket for the season is a requested \$200.00 donation per ticket (\$180 early-bird price until September 9th), which must be paid ahead of time. This donation helps to cover the costs of high holiday programming, staffing, advertising, and supplies. To purchase tickets, please stop by the office or send your check and order to us at: CBS 6800 35th Ave NE, Seattle, WA 98115.

Requests for reduced rates are handled by the front office. Please speak with Marjie at 206-524-0075.

## OUR HAZZANIM

At the time of this printing, our team of Hazzanim are Mara Benjamin, Rachel Jacobson, Stephen King, Daniel Markowitz, and Ron Schneeweiss. Others may be added.

## A CALL FOR USHERS & GREETERS

We need ushers and greeters for all services. Please, consider this opportunity to contribute your time to Beth Shalom. If interested in becoming either, please contact us at:

[ushers@bethshalomseattle.org](mailto:ushers@bethshalomseattle.org), or  
[greeters@bethshalomseattle.org](mailto:greeters@bethshalomseattle.org).

## CALLING ALL SHOFAR BLOWERS

Are you interested in blowing the shofar during the High Holidays? Please attend the Shofar Blowers meeting in Rabbi Borodin's office on Sunday, September 18 at 10:00 am. Please also be in touch with Sam Perlin to be a part of our Rosh Hashanah rotation. Sam can be reached at [director@campshechter.org](mailto:director@campshechter.org) or 206-523-7847 (home), or 206-356-3035 (cell).

## FINAL SHOFAR BLAST

We invite all to join in blowing the final blast from the shofar at the end of Neilah. Please bring your shofar to the front of the Sanctuary with your name prior to Kol Nidrei.

## EXTRA OFFICE HOURS

The shul will be open on Sunday, October 9 from 9:30am – Noon for people to pick up their pre-ordered Lulavim & Etrogim. Come to the outside kitchen door on the northwest side of the building.

## TASHLIKH

Join us for a joyful communal celebration of Tashlikh at Ravenna Park on Thursday, September 29. We'll meet at shul at 4:30pm and walk to the park together.

When we arrive at the park, we'll gather for 5 minutes at 5:15pm at the ballfield on the corner of NE 55th St. and 25th Ave. NE, then we'll stroll towards a good spot at the creek.

## PARKING

Parking in the Beth Shalom lot during High Holy days is reserved for the elderly, expectant mothers and those requiring easier access.

Remember that 35th Ave NE has parking restrictions from 7:00am–9:00 am (southbound) and from 4:00pm-6:00pm (northbound) Monday-Friday.

Please note that Congregation Eitz-Or will be holding services at the Unitarian Church, so on-street parking may be scarce.

If you are able, please consider walking or carpooling. Also, consider parking several blocks from Beth Shalom to make parking easier for everyone.

## HIGH HOLIDAY PRACTICES IN THE SYNAGOGUE

The ten-day period beginning with Rosh Hashanah and ending with Yom Kippur is known as the Ten Days of Repentance.

Yom Kippur is known as Shabbat Shabbatot, the Sabbath of Sabbaths, and is the holiest day of the year. Even when Yom Kippur does not fall on Shabbat all of the restrictions of Shabbat apply and the leniencies of Yom Tov (ability to cook, use fire, or carry) do not apply. Additionally we are prohibited from eating, drinking, engaging in sexual relations, bathing (except for minimal washing of the hands after relieving oneself), anointing oneself (using creams, lotions, perfumes) and wearing leather shoes. It is customary to wear white. Some wear a kittel (plain white linen robe) during services. The Tallit is worn at all Yom Kippur services until the end of Neilah. The fast is to last 25 hours and can be ended after nightfall.

## ERUV TAVSHILIN

On Rosh Hashanah falling on a weekday, cooking is permitted, but only to prepare food for that particular day. On Shabbat it is forbidden to cook. Therefore, preparing food for a Shabbat that follows a Yom Tov presents a difficulty. To allow cooking for Shabbat without violating the laws of Yom Tov, Jewish law sanctions a method of combining the cooking for Yom Tov and Shabbat. This procedure allows for cooking for Shabbat on

Continued on HH 4

## Family, Youth and Child Programs

In response to feedback from congregants, we have greatly expanded our programs for families, youth and children. All programs take place at Beth Shalom or neighboring buildings. We have taken much care in crafting quality programs for all age groups and to that end, greatly appreciate your help in ushering your children into an age appropriate option. We recognize that families may have children in different age groups and deciding what program to attend may be a challenge. Family Services may be a good option for children who wish to stay with their parents. Should you have any questions as to which program is best for your family or child, please feel to call Irit Eliav, Director of Education at 206-524-0075. If you would like to volunteer to help with any of these programs, we'd be thrilled to have your help. Call and let us know.

### Rosh Hashanah Day 1, Day 2 and Yom Kippur Day

<i>Morning Programs</i>	Time	Age
Babysitting*	9:00 AM - 1:15 PM	1 - 5
Young Family Service	9:45 - 10:45 AM	0 - 4
Family Service	11:00 AM - 12:15 PM	K - 4th grade
Children and Youth Programming	11:00 AM - 1:10 PM	K - 12th grade

### Erev Yom Kippur (*Programs begin at conclusion of Kol Nidrei Prayer*)

Program	Time	Age
Babysitting*	6:00 - 9:00PM	1 - 5
Family Service	7:00 - 8:30PM	K - 4th grade
Children & Youth Programming	6:45 - 8:45PM	K - 12th grade

\* BABYSITTING      Registration on page 5-6

Childcare is available for children aged 1-5 for \$15 per child per day at CBS. Pre-registration is required. Parents are responsible for all diaper changes. Members may volunteer 1-hour per day per child to receive free childcare that day (you must still pre-register your child)! For more information on babysitting, call Marjie at 206-524-0075.

### FAMILY SERVICES FOR HIGH HOLIDAYS

We are delighted to continue the new family services on Rosh Hashanah (both days) and Yom Kippur for families with young children (0-4 yrs.) and school-age children (grades K-4th). These services will include interactive stories, a mini-service, and singing for our younger children and their adults. The Young Family Services (0-4yrs) take place in the Beit Midrash and the Family Services (grades K-4th) are held in the Unitarian Church next door. (Children must attend with a guardian: parents, grandparents, or other adult). For more information, please contact Irit Eliav, Director of Education at [Iriteliav@bethshalomseattle.org](mailto:Iriteliav@bethshalomseattle.org).

Eruv Tavshilin continued from HH 3

Yom Tov by beginning the cooking *before* the beginning of Yom Tov and in anticipation of Shabbat.

- Before Yom Tov begins, take two prepared foods (customarily a baked good and a protein)
- Recite the berakhah - *Barukh attah adonay, eloheynu melekh ha'olam, asher kiddeshanu bemitsvotav vetsivanu al mitsvat eruv.*
- Recite a declaration, *in a language that you understand*, that cooking for Shabbat was begun before, and will be completed on, Yom Tov. *By means of the mixture (eruv), we are permitted to bake, cook, warm, kindle lights, and make all the necessary preparations for Shabbat during the Yom Tov, and we and all who live in this location.*
- Set aside the two foods for eating on Shabbat day. The cooking for Shabbat may now be completed on Yom Tov.

## Yizkor Book Entries & Ticket Order Form

*(Childcare Registration and Lulav & Etrog Order Form on reverse side)*

COMPLETE AND MAIL THIS ORDER FORM BY THE DEADLINE OF SEPTEMBER 23RD  
THANK YOU. ANY QUESTIONS? CALL 206-524-0075

### YIZKOR FORM

PLEASE INCLUDE THESE NAMES IN THE YIZKOR MEMORIAL BOOK	
Please print clearly. Suggested donation \$18 per entry.	
Name	Relationship
Name	Relationship
Name	Relationship
Name	Relationship
<b>TOTAL</b>	
\$	

### TICKETS AND CHILDCARE PAYMENT FORM

Childcare Registration is on  
the back of this form-page 6

QUANTITY	DESCRIPTION	PRICE	TOTAL
	Extra or non-member tickets, details p 3	@ \$200.00 each/ \$180 early-bird price—ends 9/09	
	Childcare, RH, Day 1, details p 4	@ \$15.00 each	
	Childcare, Day 2, details p 4	@ \$15.00 each	
	Childcare, KN, details p 4	@ \$15.00 each	
	Childcare, YK AM, details p 4	@ \$15.00 each	
<b>TOTAL</b>			\$

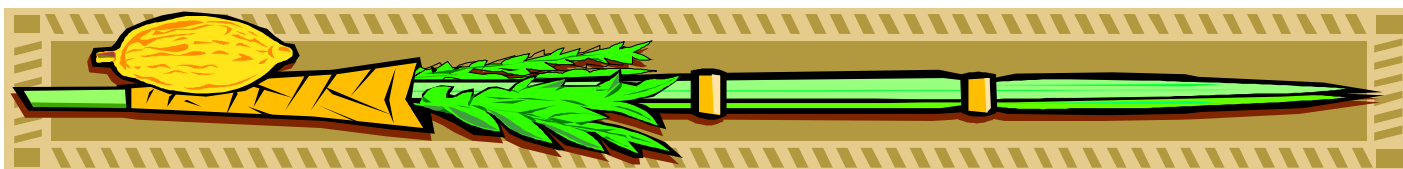
Name(s):	
Address:	
City, State, Zip:	
Phone:	

<b>Method of Payment:</b>	
_____ Check Enclosed	There is a 3% fee on all Credit cards
_____ Visa/MC (fill in info below)	
cc verification # _____ (3 digit on back)	
_____ - _____ - _____ - _____ exp ____/____	

**CHILDCARE REGISTRATION, AGES 1-5. Absolutely no children will be admitted without pre-registration. No exceptions. \$15 per child. FREE day of childcare for each day you volunteer 1 hour/child. Check the box below on your pre-registration form to sign up for your shift. The deadline for this form is September 23, 2011.**

NAME		AGE	(CIRCLE THE APPROPRIATE DAYS)			
First	Last					
1			RH1	RH2	KN	YK
2			RH1	RH2	KN	YK
3			RH1	RH2	KN	YK

I would like to volunteer for 1 or more 1-hour shifts.



**Order your LULAVIM AND ETROGIM**



NAME:
ADDRESS:
CITY, STATE, ZIP:
PHONE:

**LULAV AND ETROG ORDER FORM**  
 Order Form: Payment is required at time of order.  
 Order deadline is noon on September 23, 2011

**METHOD OF PAYMENT**

Check enclosed: \_\_\_\_\_ Visa/MC: \_\_\_\_\_  
 \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Verification Code \_\_\_\_\_ exp. date \_\_\_\_/\_\_\_\_\_  
 There is a 3% charge on all Credit cards.

QUANTITY	DESCRIPTION	PRICE PER SET	TOTAL
	Lulav and Etrog Standard Set	\$40.00	
	Schach*	\$20	

\*There is a limited amount of schach available this season; first come, first served.

## Adult Education

### ADULT EDUCATION 2011- 2012

Register for Beth Shalom Classes by 9/15 for 5% discount

#### **Pirkei Avot - שיעור פרקי אבות -with the commentary of Me'am Lo'ez taught by Yiscah Smith**

*Avoth (Pirkei Avot – The Ethics of the Fathers)* is the one Talmudic tract that explores the very roots of Judaism. It has long been regarded as a rare treasure of our Torah tradition. Pirkei Avot, as contrasted with the Talmud's discussions around Jewish law, centers our attention directly on the Jew's efforts to improve one's relationship with G-d and fellow human being. Of all the many commentaries written on Avoth, perhaps the clearest is that published in 1747 by Rabbi Yitzchak Magriso of Constantinople, as part of the famed Me'am Lo'ez series. His commentary was written in Ladino and was translated into English in 1978 by David N. Barocas, a Sephardic scholar from Rodesto, Turkey and then edited into a contemporary idiom by Rabbi Aryeh Kaplan. Rabbi Magriso ferrets out the root meaning of the text, and presents it in clear, unambiguous language. Stories, parables and ethical discussions round out his commentary to produce a clear and highly inspirational teaching.

*Time: All classes held on Tuesday nights, 8:15—9:15PM*

*Dates: Full course classes begin Oct. 18 (23 sessions)*

*Cost: \$200/Member, \$250/Non-member*

Sign up for the whole year  
or for segments of the class.

**Take the full series of Pirkei Avot and add a year-long Tuesday Hebrew class at a \$100 discount!**

#### **Section I**

*Dates: Oct. 18– Nov. 22 (6 weeks)*

*Cost: \$60/Members; \$90/Non-members*

#### **Section II**

*Dates: Nov. 29-Dec. 13 (3 weeks)*

*Cost: \$30/Members; \$45/Non-members*

Dates of winter and spring sections  
to be announced.

### New Sunday Classes start 9/18

#### **Home Rituals for the Holidays**

**Instructors: Rabbi Borodin & Shoshi Bilavsky**

Do you want the holidays to feel special – but you're not sure how? Confused about what the different home rituals are for all the holidays? Join Rabbi Borodin & SJCS Head of School, Shoshi Bilavsky, at this free monthly class on Sunday mornings. Starting September 18, 10:30-11:30am.



#### **Hebrew Reading Class— Back to Basics**

**Instructor: Talya McCurdy**

Would you like to be able to follow along during services? If you know the alef-bet and would like to improve your reading skills, this is the class for you.

*Time: Sunday mornings, 11:30am-12:30pm*

*Dates: September 18-December 4 ( 10 classes)*

*9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4*

*Cost: \$100/Member, \$150/Non-member*

#### **Living Judaism—The Basics**

**Instructor: Jason Kintzer**

This course serves as both an introduction to Judaism for Jews looking to deepen their knowledge, non-Jewish partners of Jews, and as the required course for conversion students. It lays the foundation for participants to build a strong personal Jewish identity.

We will study the essential spiritual, religious, ethical, legal, historical, and cultural elements that inspire a commitment to Jewish life and involvement.

Participants will be encouraged to explore various forms of Jewish identity through practice.

Participants will take one of our Hebrew courses during the first hour of the course as part of this year of study.

**\*Tuition includes the cost of one of our Hebrew courses as well as the Living Judaism course.**

Pre-requisites: Interview with Rabbi Borodin and completion of the Living Judaism application.

*Time: Tuesday Nights, 7-9:30pm (includes Hebrew)*

*Dates: Class begins Oct. 18 (23 sessions + additional get-togethers)*

*Cost: Singles - \$450/Member\*, \$550/Non-member\*;  
Partners - \$600/Members\*, \$700/Non-members\**

**Find out more about Living Judaism at our  
Special Intro Class Tuesday, October 4 at 8:00pm**

### High Holiday Preparation 9/20-21

#### **Introduction to the New Conservative Machzor with Rabbi Borodin**

Learn more about the new machzor (High Holiday prayerbook) which Beth Shalom will use for the first time during this year's High Holiday services.

*Tuesday, September 20, 8:00-9:00pm*

#### **A Good and Sweet Year with Shirah Bell**

On Rosh Hashanah we wish each other *Shanah tovah umetukah* (a good and sweet new year). What does "sweet" add beyond the notion of "good"? Many of us focus on correcting our faults and improving ourselves. Could it be that our "sin" is really about our failure to focus on the good and sweet? Come join in exploring the Mussar techniques for a good and sweet new year.

*Wednesday, September 21, 7:00-8:00pm*

#### **A Look at Yom Kippur with Yiscah Smith**

Yom Kippur - a sacred moment in time for reconnection, restoration, and redemption - a deeper insight into this unique and holy spiritual encounter, following a most potent 120 day stretch of time in Jewish history.

*Wednesday, September 21, 8:15-9:15pm*

#### **The Fear Factor on Yom Kippur with Jeremy Alk**

It is the toughest, but essential reality experience of the Day, and it's the beginning of wisdom (Psalm 111:10), so why are we so "dumb" on that day? Can we get smart?

*Wednesday, September 21, 7:00-8:00pm*

#### **Niggunim and Nuschaot with Rachel Jacobson**

Learn melodies that we use during High Holiday services.

*Wednesday, September 21, 8:15-9:15pm*

Pre-register so we'll know how many to prepare for.

# Adult Education

## Hebrew Language



### Hebrew (Alef Bet) Level I with Talya McCurdy

We will spend the first semester learning the Alef Bet using the book, [Aleph Isn't Tough](#). Second semester, the class will choose how to continue, either with becoming familiar with some basic vocabulary of the *Siddur* - the basic prayer book, or starting a more systematic approach to Biblical and *Siddur* grammar.

*Time: Tuesday nights, 7:00-8:00pm*

*Dates: Class begins Oct. 18 (23 sessions)*

*Cost: \$200/Member, \$250/Non-member*



### Hebrew (Biblical) Level II with Jeremy Alk

The focus of this class is on learning the building blocks of basic biblical Hebrew. Students will build vocabulary, study grammar, and improve their reading fluency. *The class moves with the pace of students.* There is no weekly/monthly/yearly goal. There are weekly homework assignments. (No exams though.)

Text: [The First Hebrew Primer](#) (EKS) for adults.

Academic pre-requisites: Basic Hebrew literacy – ability to decode Hebrew words; discipline to spend one hour per week studying.

*Time: Tuesday nights, 7:00-8:00pm*

*Dates: Class begins Oct. 18 (23 sessions)*

*Cost: \$200/Member, \$250/Non-member*



### Siddur Hebrew—the Amidah with Yiscah Smith

For students with basic Hebrew grammar/vocabulary knowledge, this class will focus on understanding Siddur Hebrew. We will look at both literal and theological ways to understand and translate the t'fillot. Basic grammar rules and vocabulary will be reviewed and expanded throughout the year. The use of words in modern Hebrew as well as the echoes from Biblical Hebrew will be explored. Learn Hebrew, discuss theology and understand what you're saying when davening in Hebrew.

*Time: Tuesday nights, 7:00-8:00pm*

*Dates: Class begins Oct. 18 (23 sessions)*

*Cost: \$200/Member, \$250/Non-member*

### Beginning Israeli Dancing

#### with Rhona Feldman

Beginning Israeli Dancing for Adults takes place Wednesday nights thanks to the continued generous support of CBS member, Rhona Feldman. Rhona will lead introductory level dances for the first 45 minutes of each class and then more advanced dances for the second half of the class. Older teens and all experience levels and are welcome. Mark your calendars for every Wednesday.

*Come on and GIVE IT A TRY!*

*Time: Wednesdays 7 – 8:30PM*

*Date: Every week except - 9/28, 10/5, 10/12*

*Cost: 5-Session Punch Card—*

*\$30/Members; \$40/Non-members*



### Gaining Confidence in Biblical Hebrew

**Instructor: Jeremy Alk**

This class will take an in-depth look at the structure of grammar and the origin of Hebrew words. We'll revisit verb patterns and their conjugations. We'll also examine the writing, pronunciation and grammatical sentence structure of Biblical Hebrew. Students will learn the intent behind each verb form as well as how dageshes, shevas, and other punctuation marks change the meaning in derived nouns, adjectives, adverbs and other words. Students will learn to use reference guides such as lexicons and dictionaries.

Text: [The First Hebrew Primer](#) (EKS) for adults, other books tbd.

Academic pre-requisites: Basic Hebrew literacy – ability to decode Hebrew words; discipline to spend one hour per week studying.

*Time: Wednesday nights, 7:00-8:00pm*

*Dates: Dec. 7, 14, Jan. 4, 11, 18, 25, Feb. 1, 8, 15, 29 (10 sessions)*

*Cost: \$100/Member, \$150/Non-member*

*Follow-up ten week class is in the works for March-May.*

See also Talya McCurdy's Sunday  
*Hebrew Reading Class*  
at bottom right of previous page

## In the works for 5772

- ◆ Jewish Book Fair and Authors' Readings, Saturday evening, November 12
- ◆ Class on History of Israel
- ◆ Class on Medical Directives

### Stitch and Schmooze



Join other Knitters and Crocheters on the first Sunday of the month (*usually*) for a fun 2-hours of conversation and relaxation. Any level of knitting, crocheting, or other handwork is invited. Kids are welcome.

Contact Carol Benedick at (206) 524-0075/  
[carolbenedick@bethshalomseattle.org](mailto:carolbenedick@bethshalomseattle.org) for the address of this month's Stitch and Schmooze. Please let her know if you would like to host the next one.

*Time: 11:00am-1:00pm*

*Upcoming Dates: 9/4, 10/2*

# Adult Education

## Shabbat Learning

*There is no charge for Shabbat Learning.*

### Israel Discussion Group

*1st Shabbat of the month, 1:15—2:15pm*

We're taking a break for High Holidays and restarting on November 5th.

### Middot & Mitzvot

**with Shirah Bell & Joel Goldstein**

*Usually the 4th Shabbat of the month, 1:15-2:15pm*

We'll use Alan Morinis' book *Everyday Holiness* and excerpts from the Talmud to explore a middah and its relationship to specific mitzvot. Shirah Bell will bring her knowledge and experience with Mussar; Joel Goldstein will bring his knowledge and love of Talmud and Torah and Halachah.

The Vilna Gaon taught that without eliminating one's poor *middot* (*character traits*) first, Torah will reinforce those flaws rather than help refine the soul. The Torah is a tool for us to become the holy people Hashem created us to be, but the tool has to be used appropriately or else is woefully limited. Character refinement requires conscious effort in and of itself. That is what Mussar, a body of teachings and practical exercises, help us do. Keeping particular mitzvot can help us refine our middot. On the other hand, improving our middot can help us keep specific mitzvot. During the summer, we've had lively discussions after Kiddush about the interrelationships of middot, mitzvot, and halachah. We've explored which mitzvot are particularly meaningful to us, which ones are problematic, how working on character traits help us do what we really want to do – keep mitzvot – and how difficulties we have with some of the mitzvot point us to the middot that are on our soul curriculum. For example – the mitzvah of praying with kavanah is often difficult. We get impatient, our mind wanders, or we suddenly realize we have something urgent to say to our neighbor. Instead of berating ourselves or blaming the siddur or the weather, we can ask ourselves “which middot might be off balance?” Patience immediately comes to mind, but humility, trust, and order might also be related. We can then study and practice these middot in other venues as well as in prayer and see the progress we can make. Please come join Shirah Bell and Joel Goldstein in October to work on the *middah* of humility.

*Upcoming dates: October 29, November 26*

### Learner's Minyan with Ron Schneeweiss

*2nd Saturday of the month, 10:30-11:15am*

*Start date: November 12. Topics will be announced soon.*

## Torah and Prayerbook

### Beth Shalom *Beit Midrash*

Come join fellow scholars in increasing your Talmudic knowledge. CBS member, Joel Goldstein, will be teaching from the Bava Kamma, the 8th chapter regarding people injuring other people. Each class will begin with an introduction from the instructor, followed by guided partner, or hevrutah, study. All levels are welcome.

*Dates: 2nd & 4th Thursdays of the month, 7:30-9pm.*

*Cost: \$5/class, or 6 classes for \$25. Buy your punchcard through the office or on our website.*

### Sunday Torah Study

The Northwest's feistiest Torah study group wrestles with the text of the upcoming parashah every week in a member-led medley of laughter, challenge, and insight. High-energy participation is strongly encouraged; no prior study is necessary.

*Time: Weekly on Sunday, 10:15-11:15am*

*Cost: No Charge*

### Modern Hebrew Literature with Joel Altus and Lisa Orlick



This course will look at the themes and aesthetics of modern Hebrew and Israeli literature. With aspirations of creating an inspiring involvement with the subjects before us; we hope to provide historical and political context, insight in to the evolution of literary style and expressions, and above all the characteristic ways poets and writers working principally in Israel have addressed the human condition as reflected in their unique circumstances. It is a course that in a short period will be less led than guided, hopefully eliciting everyone's engagement, involvement and excitement for the varied topics and vivid personalities we will certainly encounter.

**Class restarts November 9.**

*Time: 7:00-8:30pm*

*Dates: 2nd Wednesday of the month. NO CHARGE.*

### Women's Rosh Chodesh Chavurah



No meeting in September due to the holidays. We'll meet again in October.

# Adult Education

## Adult Education Registration

<b>Name:</b>	
<b>Address, City, State, Zip:</b>	
<b>Phone, Email:</b>	(     )     ,

### PLEASE INDICATE YOUR COURSE SELECTIONS

- |   |   |
|---|---|
| <p>Living Judaism– The Basics, call the office for application</p> <p>Pirkei Avot - Series, \$200/member, \$250/non-member</p> <p>Pirkei Avot Sect. I, \$60/member, \$90/non-member</p> <p>Pirkei Avot, Sect. II, \$30/member, \$45/non-member</p> <p>Pirkei Avot/Hebrew Package, take \$100 off of Hebrew classes - the three Tuesday classes below</p> <p>Hebrew Level I, \$200/member, \$250/non-member</p> <p>Hebrew Level II, \$200/member, \$250/non-member</p> <p>Siddur Hebrew, \$200/member, \$250/non-member</p> <p>Biblical Hebrew (Wed), \$100/member, \$150/non-member</p> <p>Hebrew Reading (Sundays), \$100/member, \$150/non-member</p> | <p>Home Rituals for the Holidays, no charge</p> <p>Intro to the Machzor, no charge</p> <p>A Good &amp; Sweet Year, no charge</p> <p>A Look at Yom Kippur, no charge</p> <p>Yom Kippur—Fear Factor</p> <p>Niggunim and Nuschaot, no charge</p> <p>Learner’s Minyan, no charge</p> <p>Sunday Torah Study, no charge</p> <p>Stitch &amp; Schmooze, no charge</p> <p>Israeli Dancing, Punch Card - \$30/member, \$40/non-member</p> <p>Beit Midrash/Talmud Study, \$5/class, Punchcard \$25/6 classes</p> |
|---|---|

Member     Non-member    *A 3% fee is applied to all credit card payments*

Enclosed is my payment via \_\_\_\_\_ Check \_\_\_\_\_ Visa/MC

Verification Code \_\_\_\_\_

Card # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ exp. \_\_\_\_\_

Signature of Cardholder \_\_\_\_\_ date \_\_\_\_\_

**Total Tuition:** \_\_\_\_\_  
**3% CC fee (if applicable)** \_\_\_\_\_  
**Less 5% until 9/15/11** (     )  
**Total Included:** \_\_\_\_\_  
*Scholarships are available for members. Let us know!*

**Refund Policy:**

Beth Shalom will refund tuition in the event a course is canceled. Students who withdraw from a course and request a refund within two weeks of the course’s start date are eligible for a pro-rated refund. Tuition will not be refunded for course withdrawal after two weeks from a course’s start date.

**For Office Use Only**  
**Date Rec’d:** \_\_\_\_\_  
**Original to CB**



### COMBINE YOUR PASSION FOR SOCIAL JUSTICE WITH YOUR JEWISH ROOTS

Now that summer is finally underway in Seattle, can the High Holidays be far behind? If you are considering ways to become more involved in the Jewish community during the coming year, please read on.

Now is the time to join the Anti-Defamation League’s prestigious Glass Leadership Institute (GLI). GLI will provide you with an amazing opportunity to connect your passion for social justice with your Jewish roots.

GLI participants (adults aged 25-45) gather once a month, September through June, for engaging and informative meetings to learn how the ADL addresses important issues affecting civil rights, Church/State separation, Supreme Court cases, extremist group activity, anti-Semitism, as well as meaningful anti-bias education programming the ADL brings to schools.

GLI applications are now being accepted. Space in this program is limited. Contact the ADL with questions or to request an application form. Email [seattle@adl.org](mailto:seattle@adl.org) or call (206) 448-5349 x4. Make your connection today.

# Early Childhood Center in their Garden



## ANNIVERSARIES and BIRTHDAYS Mazel Tov to All

<b>ANNIVERSARIES</b>		Ari Sachter Newman	9/4	Thomas Heller	9/17
David & Rachel Kleit	9/1	Tenaya Scheinman	9/4	Rhonda Levitt	9/17
Tzachi & Lara Litov	9/1	Andrew Cohen	9/5	Joshua Newman	9/17
Debi Vans Evers & Mike Bottenfield	9/1	Jill Erlitz	9/5	Craig Saran	9/17
Andrew Cohen & James Packman	9/2	Henry Liebman	9/5	Ariel Zucker	9/17
David Gross & Kelly Sweet	9/3	Elsbeth Nathanson	9/5	Suzanne Cole	9/18
David & Emily Marks	9/3	Sonia Portnoy-Leemon	9/5	Jacob Rodan	9/18
Joe Orzech & Carol Benedick	9/3	Juliana Sherer	9/5	Marjie Cogan	9/19
Stan Sorscher & Judith Arms	9/3	Meli Solomon	9/5	Carol Gown	9/19
David Frum & Liz Labadie	9/4	Ronit Katz	9/6	Edward Stern	9/20
Merrill & Frances Ringold	9/4	Kelly Love	9/6	Elana Stiefel	9/20
Norman Schiff & Martha Somerman	9/4	Jonathan Amkraut	9/7	Nava Hymowitz	9/21
Lisa Geiger & Chuck Shifren	9/5	Kevin Britt	9/9	James Levy	9/21
Mitchel & Julie Klein	9/5	Suzanne Dadoun	9/9	Rhiannon Lombard	9/21
Mark Igra & Nancy Simon	9/6	Lyle Margulies	9/9	Alison Sands	9/21
Asher & Sharon Kipersztok	9/6	Lisa Fein	9/10	Elana Zaiman	9/21
Paul Schwartz & Debra Revere	9/7	Solomon Graf	9/10	Howard Cockerham	9/22
Michael & Shoshi Bilavsky	9/8	Rachel Groman	9/10	Vladimir Koltman	9/22
Robert & Kathleen Spitzer	9/12	Yuliy Koltman	9/10	Izyaslav Moldaver	9/22
Paul & Tamar Azous	9/14	Yanina Zhallina	9/10	Isabella Silver	9/22
Will Berkovitz & Lelach Rave	9/17	Leslie Ambrose	9/11	Michael Brauerman	9/23
Lyle & Julie Margulies	9/21	Shoshana Bilavsky	9/11	David Grossman	9/23
Galit & Sol Ezekiel	9/24	Ronald DeChene	9/11	Janet Levy Pauli	9/23
Perry & Michelle Weinberg	9/26	Keith Judelman	9/11	Aaron Alter	9/24
		Norman Schiff	9/11	Shirah Bell	9/24
		Bob Cordes	9/12	Yonah Light	9/24
		Liora Minkin	9/12	Sabina Altus	9/25
		Gabriel Altus	9/13	Michael Aylesworth	9/25
		David Friedman	9/13	Eliana Richmond	9/25
		Phillip Gorbman	9/13	Daphne Minkoff	9/26
<b>BIRTHDAYS</b>		Alexander Sanchez-Stern	9/13	Ilan Nurick	9/26
Cynthia Gayle	9/1	Mitchell Hymowitz	9/14	Sarah Sorscher	9/26
Hannah Miller	9/1	Yana Shusterman	9/14	Rebecca Klein	9/27
Molly Krulewicz	9/2	Abe Braverman	9/15	Pamela Pernick	9/27
Arlene Berg	9/3	Kayla Braverman	9/15	Jacob Phelps	9/27
Elizabeth Braverman	9/3	Vicki Brown	9/15	Roz Bornstein	9/28
Nancy Coomer	9/3	Cindy Hirsch	9/15	Ben Goffe	9/28
Yaakov Medrash	9/3	Daniel Cowan	9/16	Aviv Litov	9/28
Leah Rothstein	9/3	Anna Katz-Springer	9/16	Chauncey Bell	9/29
Marla Gundle	9/4	Isabella Chapman	9/17	Liat Perlin	9/29
Samuel Haas Isaac	9/4	Elizabeth Heller	9/17	Allen Safer	9/30
Eliana Madwed	9/4				
Dmitry Polyakovsky	9/4				

### Buy Scrip/Gift Cards For CBS

If you would like to purchase scrip for QFC/Fred Meyer, PCC, and now: **Safeway, Albertsons, Home Depot, Starbucks, and ARCO** or if you have any questions about the scrip program, please contact Kevin Coskey at (206) 365-2275 or [scrip@bethshalomseattle.org](mailto:scrip@bethshalomseattle.org), and the CBS Offices at 206-524-0075.

### Entertainment Books are Back!

The same price of \$25 and this year there's an app for your phones, a key tag that works like the card plus bonus cards and on-line coupons. Contact the CBS Offices to get one today.

# EVENTS IN MEMBERS LIVES

## MEMBERS IN SHLOSHIM OR YUD BET HODESH

### MEMBERS IN SHLOSHIM OR YUD BET HODESH

- י Carolyn Bernhard, for her mother, Beverly Grashin, z"l (24 Tammuz)
- י George & Barbara Grashin, for their sister-in-law, Beverly Grashin (24Tammuz)
- י Jeff Gillman, for his mother, Vicki Gillman, z"l (13 Tammuz)
- י Jon Zimmerman, for his father, Neal Zimmerman, z"l (13 Sivan)
- י Miryam Kabakov, for her mother, Ceil Kabakow, z"l (10 Sivan)
- י Leah Lemchen, for her mother, Samantha Ripley, z"l (4 Sivan)
- י Jeff Miller, for his father, Phillip Miller, z"l (23 Iyar)
- י Judy Rosenfeld, for her father, Benjamin Rosenfeld, z"l (20 Nisan)
- י Steve Marx, for his father, Arthur Julius Marx, z"l (10 Nisan)
- י Rhona Feldman, for her mother, Min Feldman, z"l (24 Adar II)
- י Elizabeth Braverman, for her mother, Jane Braverman, z"l (22 Adar II)
- י Murray Raskind, for his father, Benjamin Raskind, z"l (17 Adar II)
- י Gloria Goldstein, for her husband, Norton Goldstein, z"l (22 Shevat)
- י Nancy Cooper, for her father, Gerald Cooper, z"l (22 Shevat)
- י Jonathan Solovy, for his father, Jerold Solovy, z"l (14 Shevat)
- י Lori Safer, for her father, Barney Cohn, z"l (23 Tevet)
- י Jettie Person, for her father, Walt Person, z"l (8 Tevet)
- י Rochelle Roseman, for her mother, Sara Groonis, z"l (17 Kislev)
- י Charles Shifren, for his father, Seymour Shifren, z"l
- י Merrie Schriro, for her father, George Schriro, z"l (10 Kislev)
- י Dina Tanners, for her mother, Jeanette Nelson, z"l (29 Cheshvan)
- י Arielle, Ethan and Jaron Bernstein, for their father, Rob Bernstein, z"l (27 Cheshvan)
- י Hilary Bernstein, for her husband, Rob Bernstein, z"l (27 Cheshvan)
- י David Marks, for his mother, Edith Rabinowitz Marks, z"l (23 Cheshvan)
- י Michael Newman, for his mother, Carol Spero Newman, z"l (15 Cheshvan)
- י Bella Korshin, Svetlana Burke, Emma Shusterman and Marina Kiselev, for their mother, Sofia Byk, z"l (13 Cheshvan)
- י Mark Stiefel, for his father, Ernest Stiefel, z"l (11 Cheshvan)
- י Doris Stiefel, for her husband, Ernest Stiefel, z"l (11 Cheshvan)
- י Mark Fefer, for his father, Alexander Fefer, z"l (25 Tishrei)
- י CBS Congregation, for our friend, Norman Rosenzweig, z"l (23 Tishrei)

- י Judy Borodin, for her mother, Blanche Fersh, z"l (18 Tishrei)
- י Michael de Haan, for his mother, Cecilia de Haan, z"l (21 Elul)
- י Robert Amkraut, for his father, Sidney Amkraut, z"l (19 Elul)
- י Judy Rosenfeld, for her son, Ariel Rosenfeld, z"l (6 Elul)
- י Kim Isaac, for her husband, Josh Isaac, z"l (22 Av)

## REFUAH SHLEMAH

### CBS MEMBERS

- י Maher Erad ben Sarah v'Avraham (Don Aylesworth)
- י Shoshana bat Meriam (Shoshi Bilavsky)
- י Yehudit Chana bat Lavigal v'Benjamin (Judy Rosenfeld)
- י Naomi bat Rivka (Isabella Chapman)
- י Baruch Leib Chaim ben Meir (Brent Brown)
- י Yenta Sarah bat Minche Rukhl (Jane Becker)
- י Yakov ben Fayga (Yakov Koltman)
- י Benyamin Lev ben Aviiva Ora v'Shmu'el Moshe (Julian Silver)
- י David Henached shel Goldja (Elric Wolfsbruder McCurdy)
- י Yachna Maryam ha'Cohen bat Masha Leah
- י Chisda ben Yonah (Tony Moore)
- י Chizkiyahu Yitzchok Yehoshuah ben Rachel v'Eliezer
- י Yitzchak ben Miriam v'Benjamin (Ira Kalet)
- י Yaffa Tova bat Reuven (Jane Fein)
- י Batsheva bat Sofia
- י Ita bat Taube (Inna Lacker)
- י Aviella Bara bat Nechama Raisel v'Shlomo Vared (Susan Aylesworth)
- י Malka bat Leah v'Rav Avram (Mildred Rosenbaum)

### RELATIVES of Members

- י Chayah bat Chana (Helen Kieval), mother-in-law of Patti Kieval
- י Yisrael Chanach ben Hannah, father of Ellen Spear
- י Dorothy Saran, mother of Craig Saran
- י Shoshana bat Irene (Susan Markowitz), cousin of Patti Kieval
- י Devorah bat Esther (Doreen Marx), step-mother of Jay Krulewicz
- י Nitzanya Tovah bat Shayna Liba v'Shaul, relative of members
- י Zelda bat Golda (Wendy Hayes), step-mother of Tamira Hartman
- י Bentzion ben Yakov, father of Elizabeth Braverman
- י Galina Nagel, aunt of Mark Nagel
- י Michle Zelda bat Devora, cousin of Robin Moss
- י Ezra Zimmerman, nephew of Henry Zimmerman

- י Moshe ben Sarah, father of Nadine Cadesky
- י Shimon Yitzchak ben Miriam, father of Robert Rothstein
- י Avraham ben Chaya Fayge, father of Rachel Kleit

### FRIENDS of Members

- י Yehuda Dov Ha'Cohen ben Malkah, (Ernest Cohen), friend of Sharon Greenberg
- י Larry Zolton, friend of Patti Kieval
- י Rabbi Joshua Stampfer, friend of Congregation Beth Shalom and Camp Solomon Schechter
- י Tova Talya bat Yetta Davida v'Herschel Hayyim, friend of Paul Schwartz
- י Rachel bat Gavriela v'Yehuda (Andrea Stern), friend of Patti Kieval
- י Sharon Walton, friend of Robin Moss
- י Edel ben Hannah (Earl Oller), friend of Carolyn Cohen
- י Benjamin Burgan, friend of Carolyn Cohen
- י Gavriella Chaya bat Sara (Congresswmn Gabrielle Giffords)
- י Gilad Shalit, the kidnapped Israeli soldier in Gaza

### MILESTONES

- Y Mazel Tov to Elana Stiefel and Alex Kier, on their Aufruf and upcoming Chuppah
- Y Mazel Tov to Shoshi Bilavsky, for being selected among candidates from across North America to participate in Project SuLaM, an elite training program for heads of Jewish Schools
- Y Mazel Tov to Judith Benjamin, on getting the Gold Solomon Schechter Award from the USCJ, for your work with Shabbas Chefs
- Y Mazel Tov to Rhona Feldman, on becoming a United States citizen
- Y Mazel Tov to Bat-Noy Ari-Gur & Matt Anderson, on the birth and baby-naming of their daughter, Zelly Zipporah Ari-Gur

### TODDAH RABAH

- Y Doris Stiefel, for Hosting Kiddush in honor of Elana Stiefel and Alex Kier's Aufruf and upcoming Chuppah
- Y Joanna Gerber, for her help in our office
- Y Stan Zeitz and Steve McDonald for doing a tremendous amount of work for us in the garden and at the Rabbi's house
- Y Shoshanna Barnett, for being our Guest Darshan
- Y Shabbas Chef, Shoshanna Barnett, and her helpers, Joel Goldstein, Rachel Jacobson, for creating Kiddush
- Y To Carolyn Cohen and Robert Isgur, for being terrific Social Action Committee Co-Chairs and to Gail Coskey and Neelz Gharavi, for being the new Co-Chairs of the Social Action Committee
- Y Rachel Jacobson, for teaching the Festival Davening class

(Continued on page 22)

## EVENTS IN MEMBERS LIVES

(Continued from page 21)

- Y To Shabbas Chef, Ameer Sherer, and her helpers, Michael Sherer, Juliana Sherer, Beth Huppin and Elizabeth Braverman
- Y To Shabbas Chef, Rabbi Stuart Light, and his helpers, Ana, Efi, & Yonah Light and Kevin Coskey
- Y Jason Kintzer, Maya Kintzer, Yoel Kintzer, Avraham Kintzer, Jane Becker, Beth Huppin,

- Michelle Yanow, Jordan and Suzanna Shapiro, Marilyn Meyer, Robert Isgur, Joan Lite Miller, Carol Slosberg and Jason Schneier, for helping Susan Monas to glean the vegetables from the Community Garden and Pam Center for dropping off the donations to the JFS food bank
- Y To Shabbas Chef, Hannah Cohen-Cline, and her helpers, Scott Cline, Joel Goldstein, Rachel Jacobson, and David, Maxine &

- Miriam Alloway
- Y Stan Zeitz, for his continuing efforts to make sure our landscaping is beautiful

**A SPECIAL THANKS TO ALL OF OUR VOLUNTEERS WHO GENEROUSLY DEVOTE THEIR TIME TO THE SHUL CONSISTENTLY!!**

### Beth Shalom's Judaica On-line Shop

The CBS homepage at [Judaicabeautiful.com](http://Judaicabeautiful.com), directly benefits Congregation Beth Shalom. A percentage of all proceeds will come back to us and is yet another way to support the community at no additional cost to you. Just shop!

A few ways this site can be useful would be to consider getting your simchah gifts here for B'nai Mitzvah, weddings and other lifecycle events. There is an online registry to take advantage of as well as many other exciting benefits.

The direct link to the website: <http://bethshalomseattle.judaicabeautiful.com/store/> or you can go to our website at [www.bethshalomseattle.com](http://www.bethshalomseattle.com).



## A Double Mitzvah! Support Israel and Our Synagogue

For every tree you plant, all purchases from the JNF store and any donation you make to Jewish National Fund, JNF will donate 20% back to our synagogue and another 5% to United Synagogue to support congregational Israel programs.

Honor a friend or a loved one. Plant a tree in Israel.  
Memorials · Births · Birthdays · Anniversaries  
B'nai Mitzvah · Weddings · Retirements · New Homes

Go to our synagogue website and click the **JNF/United Synagogue** button. Credit to our synagogue will not be given if you go directly to the Jewish National Fund website and bypass our web link. You can also place your order by calling **1-800-542-TREE** and mentioning **United Synagogue**.



A partnership of JNF and The United Synagogue of Conservative Judaism



The United Synagogue  
of Conservative Judaism



Jewish  
National Fund

# CONTRIBUTIONS

## Campership fund

Yitzak & Nechama O'Quin  
In memory of Daniel O'Quin, z"l  
In memory of Herbert O'Quin, z"l

## Double Chai Plus Chavurah

Anonymous  
In honor of Tzachi Litov, Marjie Cogan, Ron DeChene, Robert Hovden and Beth Huppinn  
Andrew Cohen & James Packman  
Suzanne Cole  
Ellis & Vera Kantor  
Michael Krasik & Nancy Geiger  
Margot Kravette  
Marilyn Meyer  
Joel & Marcy Migdal  
Tony Moore  
Philip Nurick & Liora Minkin  
Corey Salka & Lisa Orlick-Salka  
Carol & Mark Slosberg

## General Fund

Dan Bridge & Simcha Shtull  
Elaine & Herbert Selipsky  
In memory of father, Morris Selipsky, z"l  
In memory of mother, Nina Selipsky, z"l  
Paul Schwartz & Debra Revere  
In memory of Milton Lang, z"l  
Ed & Kay Sider  
In memory of father, Joseph Sider, z"l  
Merle Weiss  
In memory of Sonya Pien's grandmother, Fay Weiss, z"l  
Michael Jolson & Shoshanna Barnett  
Bob & Cindy Strauss  
For Jeff Gillman in memory of Vicki Gillman, z"l  
Jacquie Bayley  
In memory of step-father, David Panaar, z"l

Susan Monas & Sam Wineburg  
For Jeff Gilman, in memory of Vicki Gillman, z"l  
For Carolyn Bernhard and George & Barbara Grashin, in memory of Beverly Grashin, z"l  
In honor of Nicole Guidry & Ben Haber, on the birth of their daughter  
For Gerry Huppinn, in memory of brother, Sandy Kuznitz, z"l  
Deborah Kerdeman & Dave Tarshes  
For Carolyn Bernhard, in memory of Beverly Grashin, z"l

## Israel Travel Fund

Sylvia Stern  
In memory of mother, Bessie Sidell, z"l

## Kiddush Fund

Michelle Brot & Doug Ramsey  
For the Phelps family, Matthew, Rebecca, Hannah and Jacob, in memory of their dog, Malka Phelps

## Kitchen Fund

Judy Soferman & Marc Rosenshein  
In memory of Beverly Rosenshein, z"l

## Landscape Fund

Betsy & Jason Schneier  
In memory of father, Monroe Schneier, z"l  
In appreciation of Rabbi Spicehandler  
In appreciation of Cindy Strauss  
In Honor of the birthdays of Ariel & Amanda Schneier & Mildred Rosenbaum

## Mitzvah Corps

Inna Lacker  
In memory of grandmother, Helen Buchman, z"l  
In memory of mother-in-law, Keile Lacker, z"l

## New House Fund

Carol & Allen Gown

## Rabbi's Discretionary Fund

Matthew Brown & Sheri Rothstein Brown  
In honor of the aufruf of Rachel Brown & Laura Case  
Shannon Lewis Blackley  
Ron & Lois Ralph  
In memory of Reva Ralph, z"l  
Judah Ari-Gur  
Gabriella Schlesinger  
In honor of the marriage of Elana Stiefel & Alex Kier  
Robert Levin & Deirdre Glynn Levin  
Marilyn Bierman  
In memory of husband, Edwin L. Bierman, z"l

## Social Action Fund

Robert & Pamela Center  
In memory of parents, Hilde & Martin Center, z"l  
Lane & Joanna Gerber  
In memory of father, Philip Gerber, z"l  
Deborah Kerdeman & Dave Tarshes  
For Jeff Gillman, in memory of Vicki Gillman, z"l  
Rochelle Goffe  
In memory of Michael Toner, z"l

## A WELCOME TO NEW BETH SHALOM MEMBERS

Please take a moment to welcome the following new members to the Beth Shalom Community:

- ◆ Debra & Doug Glazer: with their sons, Jacob and Daniel

# SERVICE SCHEDULE FOR SEPTEMBER 2011 - ELUL 5771 ~ TISHREI 5772

Members of the Beth Shalom community lead worship services at CBS. If you have synagogue skills and wish to participate, call the CBS Office, 206-524-0075.

## CBS DAILY MINYANS

Please support the minyan by attending on a regular or even irregular basis one or more days a week. The minyan does not meet on Festival days. The minyan (Monday – Friday) starts at 7:00AM on all American holidays except Thanksgiving, December 25<sup>th</sup>, New Year's Day, Memorial Day, Independence Day and Labor Day when it will meet at 9:00AM.

- ✓ Monday through Friday mornings: 7:00-7:45am (Beit Hamidrash).
- ✓ Sunday mornings: 9:30-10:15am, (Beit Hamidrash)
- ✓ Monday Evening Minyan: 7:30-8:00pm, (Beit Hamidrash)
- ✓ Thursday Evening Minyan: 7:30-8:00pm, (Beit Hamidrash or Sanctuary)

For Torah Readings on Mondays and Thursdays, add ten to fifteen minutes to services.

## YESHAR KOACH TO OUR SERVICE LEADERS SINCE THE LAST RUACH

**Ashrei Club:** Juliana Sherer and Maya Kintzer

**Daveners:** Nance Adler, Andrew Cohen, Michael Madwed, Rabbi Meirovich, Carol Benedick, Jill Cohen, Shoshana Barnett, Linda-Jo Greenberg, Shira Orzech and Ron Schneeweiss

**Leyners:** Danielle Yancey, Juliana Sherer, Sam Sherer, Michaela Yancey, Sandra Layman, Natan Lubow, Marci Greenberg, Teddy Rothman, Shoshanna Barnett, Bryna Shane, Sheryl Kipnis, Sam Weinberg, Joel Migdal, Judah Ari-Gur, Pnina Ari-Gur, Michael Madwed and Rabbi Stuart Light

**Haftora & Megilah:** Joel Migdal, Freya Brier, Mark Fefer, Malika Krasik-Geiger, Allen Gown and Judah Ari-Gur

**Gabbai Rishon & Shenni:** Nance Adler, Debby Kerdeman, Sharon Greenberg, Shoshanna Barnett, Joel Migdal, Marilyn Meyer, Jason Kintzer, Brenda Kurland and Ron Schneeweiss

**Gabbaim:** Lynn Gottlieb, Shelly Crocker, Amy Stephson, Jordan Gussin, Margot Kravette, Dave Tarshes, Rochelle Roseman, Lyle Margulies, Karen Binder and Jacquie Bayley

**Greeters:** Judith Mentzer, Mark Benjamin, Rik Katz, Jordan Gussin, Paige Chapel, Robert Isgur, David Bennett, Dahveed Frum, Trudy Antolin, Rhian Lombard, Jordan Gussin, David Barrett, Allen Gown, Bob Center, Michael Madwed and Robert Isgur

**Minyan Leaders:** Ellen Goldblatt, Lori Safer, Linda-Jo Greenberg, Sam Perlin, Ron Schneeweiss, Joel Migdal, Robert Hovden, Hannah Cohen-Cline, Paul Schwartz and Nance Adler

**Kiddush Sponsors:** Doris Stiefel and Judah & Pnina Ari-Gur

## Kabbalat Shabbat Time Change

Beginning Friday, September 3rd, the time for Kabbalat Shabbat will change to 6:00-7:00pm for the months of September and October.

**CANDLIGHTING AND THE WEEKLY KABBALAT SHABBAT MINYAN  
(Friday Evening Services): Beit Hamidrash**

The regular Kabbalat Shabbat services last approximately one hour. The service is spirited with the beautiful melodies of Kabbalat Shabbat including L'cha Dodi and Yedid Nefesh. After services, participants return home for Shabbat dinner. Shabbat hospitality will be available. Children are welcomed and treasured. If you wish to help lead services, to offer home hospitality after services, or simply to participate on a regular basis, please contact Paul Schwartz at [kabbalatshabbat@bethshalomseattle.org](mailto:kabbalatshabbat@bethshalomseattle.org).

Date	Kabbalat Shabbat	Candlelighting	Havdallah
September 2-3	6:00-7:00 PM	7:31 PM	8:29 PM
September 9-10	6:00-7:00 PM	7:17 PM	8:15 PM
September 16-17	6:00-7:00 PM	7:03 PM	8:01 PM
September 23-24	6:00-7:00 PM	6:48 PM	7:46 PM
September 30-Oct 1	6:00-7:00 PM	6:34 PM	7:32 PM

**SHABBAT MORNING SERVICES: Main Sanctuary at 9:30am - 12:00pm**

Shabbat Morning Dates & Portion	Concurrent Services	B'nai Mitzvah, Sermon Topics and Special Occasions
September 3: Shoftim Deuteronomy 16:18-21:9 Haftarah: Isaiah 51:12-52:12	10:00-12:00pm Babysitting Co-op 10:30am FDI, Kids Kehilla 10:00am Youth Minyan 11:00-11:30am Tot Shabbat	Bar Mitzvah of Ari Levin
September 10: Ki Tetze Deuteronomy 21:10-25:19 Haftarah: Isaiah 54:1-10	10:00-12:00pm Babysitting Co-op 10:30am FDI, Kids Kehilla	
September 17: Ki Tavo Deuteronomy 26:1-29:8 Haftarah: Isaiah 60:1-22	10:00-12:00pm Babysitting Co-op 10:30am FDI, Kids Kehilla	
September 24: Selihot Deuteronomy 29:9-31:30 Haftarah: Isaiah 61:10-63:9	10:00-12:00pm Babysitting Co-op 10:30am FDI, Kids Kehilla	

# 5771-5772 September 2011

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AUGUST</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>5 elul</p> <p>9:30am—Minyan</p> <p>10:15-11:15am—Torah Study</p> <p>11am-1pm—Stitch and Schmooze</p>	<p>6 elul</p> <p>7:00am—Minyan</p>	<p>7 elul</p> <p>7:00am—Minyan</p> <p>7:00pm—Israeli Dancing Class</p>	<p>8 elul</p> <p>7:00am—Minyan</p> <p>4:15-6:30pm—Prozdor</p> <p>7:30pm—Evening Minyan</p> <p>7:30-9pm—Talmud Class</p>	<p>9 elul</p> <p>7:00am—Minyan</p> <p>6:00pm—Kabbalat Shabbat Service</p>	<p>10 elul</p> <p>9:30am—Shabbat Services</p> <p>10:00am—Baby sitting Co-op</p> <p>10:30am—FDI &amp; Junior Cong.</p> <p>11-11:30am—Tot Shabbat</p> <p><b>Shofarim</b></p>
<p>4</p> <p>9:30am—Minyan</p> <p>10:15-11:15am—Torah Study</p> <p>11am-1pm—Stitch and Schmooze</p>	<p>5 elul</p> <p>9:00am—Minyan</p> <p>7:30pm—Minyan</p>	<p>6 elul</p> <p>7:00am—Minyan</p>	<p>7 elul</p> <p>7:00am—Minyan</p> <p>7:00pm—Israeli Dancing Class</p>	<p>8 elul</p> <p>7:00am—Minyan</p> <p>4:15-6:30pm—Prozdor</p> <p>7:30pm—Evening Minyan</p> <p>7:30-9pm—Talmud Class</p>	<p>9 elul</p> <p>7:00am—Minyan</p> <p>6:00pm—Kabbalat Shabbat Service</p>	<p>10 elul</p> <p>9:30am—Shabbat Services</p> <p>10:00am—Baby sitting Co-op</p> <p>10:30am—FDI &amp; Junior Cong.</p> <p>USY BOARD WEEKEND</p> <p><b>Ki Teitze</b></p>
<p>11</p> <p>9:15am—Sunday School</p> <p>9:30am—Minyan</p> <p>10:15am—Torah Study</p> <p>USY BOARD WEEKEND</p>	<p>12 elul</p> <p>7:00am—Minyan</p> <p>7:30pm—Minyan</p>	<p>13 elul</p> <p>7:00am—Minyan</p> <p>4:15-6pm—Hebrew School</p>	<p>14 elul</p> <p>7:00am—Minyan</p> <p>7:00pm—Israeli Dancing Class</p>	<p>15 elul</p> <p>7:00am—Minyan</p> <p>4:30-6:30pm—Prozdor</p> <p>7:00pm—Social Action Mtg</p> <p>7:30pm—Evening Minyan</p>	<p>16 elul</p> <p>7:00am—Minyan</p> <p>6:00pm—Kabbalat Shabbat Service</p>	<p>17 elul</p> <p>9:30am—Shabbat Services</p> <p>10:00am—Baby sitting Co-op</p> <p>10:30am—FDI &amp; Junior Cong.</p> <p>1:15pm—Death &amp; Dying Disc.</p> <p><b>Ki Tava</b></p>
<p>18</p> <p>9:15am—Sunday School</p> <p>9:30am—Minyan</p> <p>10am—Shofar Blowers Mtg.</p> <p>10:15am—Torah Study</p> <p>10:30am—Home Rituals</p> <p>11:30am—Hebrew Basics</p> <p>USY BOARD WEEKEND</p>	<p>19 elul</p> <p>7:00am—Minyan</p> <p>7:30pm—Minyan</p>	<p>20 elul</p> <p>7:00am—Minyan</p> <p>4:15-6pm—Hebrew School</p> <p>7:30-8pm—Open House</p> <p>8:00pm—HH Prep Classes</p>	<p>21 elul</p> <p>7:00am—Minyan</p> <p>7:00pm—Israeli Dancing Class</p> <p>7:00pm—HH Prep Classes</p>	<p>22 elul</p> <p>7:00am—Minyan</p> <p>4:30-6:30pm—Prozdor</p> <p>7:30pm—Evening Minyan</p> <p>7:30-9pm—Talmud Class</p>	<p>23 elul</p> <p>7:00am—Minyan</p> <p>6:00pm—Kabbalat Shabbat Service</p> <p>Deadline for ordering HH tickets, Vizkor book, Lulav &amp; Etrog</p>	<p>24 elul</p> <p>9:30am—Shabbat Services</p> <p>10:00am—Baby sitting Co-op</p> <p>10:30am—FDI &amp; Junior Cong.</p> <p>9:15pm-12am—Selichot Program</p> <p><b>Nitzavim-Vayeitech</b></p> <p><b>SELICHOT</b></p>
<p>25</p> <p>9:15am—Sunday School</p> <p>9:30am—Minyan</p> <p>10:15-11:15am—Torah Study</p> <p>11:30am—Hebrew Basics</p> <p>1:00pm—USY Kick-off Picnic</p>	<p>26 elul</p> <p>7:00am—Minyan</p> <p>7:30pm—Minyan</p>	<p>27 elul</p> <p>7:00am—Minyan</p> <p>4:15-6pm—Hebrew School</p>	<p>28 elul</p> <p>6:30-7pm—Open House</p> <p>6:30-7:15pm—Erev Rosh Hashanah Services</p>	<p>29 elul</p> <p>8:30am-1:15pm—Main Service</p> <p>4:30pm—Leave for Ravenna Pk</p> <p>5:15-6:15pm—Tashlich</p> <p>7:00-7:45pm—Mishah/ Ma'ariv</p>	<p>30 elul</p> <p>8:30am-1:15pm—Main Service</p> <p>6-7pm—Minchah/Kabbalat Shabbat/Ma'ariv</p>	<p>18 elul</p> <p>9:30am—Shabbat Services</p> <p>10:00am—Baby sitting Co-op</p> <p>10:30am—FDI &amp; Junior Cong.</p> <p>1:15pm—Death &amp; Dying Disc.</p> <p><b>Ki Tava</b></p>
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<p>25</p> <p>9:15am—Sunday School</p> <p>9:30am—Minyan</p> <p>10:15-11:15am—Torah Study</p> <p>11:30am—Hebrew Basics</p> <p>1:00pm—USY Kick-off Picnic</p>	<p>26 elul</p> <p>7:00am—Minyan</p> <p>7:30pm—Minyan</p>	<p>27 elul</p> <p>7:00am—Minyan</p> <p>4:15-6pm—Hebrew School</p>	<p>28 elul</p> <p>6:30-7pm—Open House</p> <p>6:30-7:15pm—Erev Rosh Hashanah Services</p>	<p>29 elul</p> <p>8:30am-1:15pm—Main Service</p> <p>4:30pm—Leave for Ravenna Pk</p> <p>5:15-6:15pm—Tashlich</p> <p>7:00-7:45pm—Mishah/ Ma'ariv</p>	<p>30 elul</p> <p>8:30am-1:15pm—Main Service</p> <p>6-7pm—Minchah/Kabbalat Shabbat/Ma'ariv</p>	<p>18 elul</p> <p>9:30am—Shabbat Services</p> <p>10:00am—Baby sitting Co-op</p> <p>10:30am—FDI &amp; Junior Cong.</p> <p>1:15pm—Death &amp; Dying Disc.</p> <p><b>Ki Tava</b></p>
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OCTOBER						
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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## Congregation Beth Shalom Mail in Tzedakah Form

You may also call us at 206-524-0075 and make your donation via credit card.

### 1. DONOR INFORMATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Acknowledgement cards are mailed to the honoree or the family of those memorialized, and are also listed in our monthly newsletter, the *Ruach*.

*To minimize the use of synagogue resources please send my acknowledgement via e-mail to:*

\_\_\_\_\_

### 2. GIFT INFORMATION

My gift is (choose one)     In honor     In memory     In honor of an Aliyah

of \_\_\_\_\_

*I would like a gift acknowledgement sent to (other than myself):*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

PLEASE USE MY DONATION TO SUPPORT :

**General Operating Fund**

All donations to the General Fund help maintain a balanced budget.

**A Special Fund:**

- |   |   |
|---|---|
| <input type="checkbox"/> Adult Education Fund         | <input type="checkbox"/> Campership                 |
| <input type="checkbox"/> Cemetery Fund                | <input type="checkbox"/> Endowment Fund             |
| <input type="checkbox"/> Israel Travel Fund for Youth | <input type="checkbox"/> Joey Wes Library Fund      |
| <input type="checkbox"/> Kiddush Club                 | <input type="checkbox"/> Kitchen Fund               |
| <input type="checkbox"/> Landscape Fund               | <input type="checkbox"/> Library Fund               |
| <input type="checkbox"/> Mitzvah Corps Fund           | <input type="checkbox"/> Prayer Book Fund           |
| <input type="checkbox"/> Religious School Fund        | <input type="checkbox"/> Rabbi's Discretionary Fund |
| <input type="checkbox"/> Social Action Fund           | <input type="checkbox"/> Torah Fund                 |
| <input type="checkbox"/> Young Adult/3rd Friday Fund  | <input type="checkbox"/> Youth Fund                 |

### 3. PAYMENT INFORMATION (Note: there is an additional 3% charge on all credit cards)

Enclosed is my gift of \$ \_\_\_\_\_ via (choose one)  Check     Visa     Mastercard

Card # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_    Exp. \_\_\_\_\_

Card Verification # \_\_\_\_\_

Signature of Cardholder \_\_\_\_\_    Date \_\_\_\_\_

Thank you for your support of Congregation Beth Shalom!

Please return form to:  
**Congregation Beth Shalom**  
 6800 35th Ave NE  
 Seattle, WA 98115  
 Fax: 206-525-5095

Congregation  
Beth Shalom

6800 35th Ave NE  
Seattle, WA 98115

tel 206.524.0075

fax 206.525.5095

email: [info@bethshalomseattle.org](mailto:info@bethshalomseattle.org)

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



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*Voted Best Congregation in Town!*

*Selichot marks the start of High Holiday preparations*

Join us for a Selichot Program at  
Congregation Beth Shalom

**WORKING THE STEPS**  
**TESHUVAH AND THE HIGH HOLIDAYS**

**Saturday Night**  
**September 24th, 2011**

**9:15PM Havdalah**

**9:30PM Conversation with**  
**Diane Burnett,**  
Alternatives to Addiction Director  
at Jewish Family Service

**11:00PM Dessert**

**11:15PM Selichot Services**

**-no charge-**



*Teshuvah* is the process of asking for forgiveness from those whom we have wronged, and the days between Rosh Hashanah and Yom Kippur are set aside specifically for this purpose. According to Rabbi David Ebstein, "Teshuvah is a process ... of self-renewal and self-creation that comes about as a result of reflection and a powerful resolution to effect real change in one's life." Many aspects of the 12-steps for recovering from alcoholism/addiction seem to mirror Maimonides' Laws of Teshuvah.

*What can we learn from each other as we confront our faults and seek forgiveness?*



JEWISH FAMILY SERVICE

