



6800 35th Ave NE  
Seattle, WA 98115  
206.524.0075

Welcome to Beth Shalom! Great to have you with us.  
Please join us during Kiddush after services. B'ruchim Habaim (Welcome!)

# Shavuon

## A Beth Shalom Weekly

"A law is something which must have a moral basis, so that there is an inner compelling force for every citizen to obey." ~ Chaim Weizmann



**3-9 Elul 5770**

**August 13-19, 2010**

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**Congregation Beth Shalom • Voted in JT News  
Best Congregation for 2009!**

**Kabbalat Shabbat Service in the Sanctuary**

Candlelighting for August 13th is at 8:08pm  
Kabbalat Shabbat Services at 6:15pm

**Shabbat Morning Services in the Sanctuary at 9:30 am**

**Shof'tim**

Deuteronomy 19:14-21:9

Haftarah: Isaiah 51:12-52:12

**Bat Mitzvah of Eliana Madwed**

Kiddush is Hosted by Karin & Michael Madwed

Shabbat Babysitting at 10:15am in Room 4/5

FDI (Future Daveners of Israel) - kids ages 3-6 from 10:45am in Room 1  
Kid's Kehilla - kids ages 7-11 from 10:45am in Room 2

Kiddush Co-op from 1:00-2:00pm in the open space downstairs

Transliterations of services are available; speak to an usher to get a copy.

Hearing Devices: Beth Shalom has hearing devices for all services.

Should you require one, please speak to an usher.

**Weekday Minyanim in the Beit Midrash**  
Monday - Friday: 7:00AM • Monday Evening: 7:30-8:00 PM  
Sunday Morning: 9:30-10:15 AM  
**Torah study group every Sunday; Minyan @ 9:30 am;**  
Torah study immediately following Minyan in the Beit Midrash

To honor the sanctity of Shabbat and High Holidays, we do not permit smoking, photography, writing, use of beepers, cell phones or other wireless equipment.  
When congregants are standing in prayer please do not disturb their concentration by moving around the shul.

In consideration of other members, please minimize the use of scented body products. Thank you.

# ANNOUNCEMENTS

## ERUV Website

Click on this link to check on the Eruv update each week <http://twitter.com/cstleruv>.

## Join our Facebook group!

Get the latest news, join in discussions, keep in touch. From [www.facebook.com](http://www.facebook.com), just search on *Congregation Beth Shalom* and click "join."

## Guest Darshanim

Eliana Madwed becomes Bat Mitzvah on August 14  
August 21 - our guest speaker is Malika Krasik-Geiger  
August 28 - our guest speaker is David Tarshes  
David Solovy becomes Bar Mitzvah on September 4

## Beth Shalom's Judaica Gift Shop

We are very excited to announce the launch of our new online Judaica shop. This venture, in partnership with [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!

## CBS Gift Card / Scrip Program

The month of Elul is nearly upon us, and that means Rosh Hashanah is just around the corner. As you plan ahead for holiday meals, remember that Beth Shalom has plenty of gift cards you can use when you shop for groceries. Cards to use at QFC/Fred Meyer, PCC, Safeway and Albertsons are all available for purchase from Marjie Cogan or Kevin Coskey. Using these cards when you shop helps Beth Shalom financially and costs you nothing extra. If you have questions about buying gift cards from Beth Shalom, please call Marjie Cogan in the shul office, or contact Kevin Coskey at [scrip@bethshalomseattle.org](mailto:scrip@bethshalomseattle.org) or at 206-365-2275.

## Used car needed

A congregant is in need of a car in running order. Current car is "dying". Able to pay up to \$1200. Contact Kris Klippel 206-524-0075 if able to help.

## MILESTONES

- Y Mazel Tov to Eliana Madwed and her family on becoming Bat Mitzvah
- Y Mazel Tov to Joel Freedman & Rebecca Cory, on becoming engaged
- Y Mazel Tov to Marvin & Michele Stern, on their 25th Anniversary

## TODDAH RABAH

- Y Karin & Michael Madwed for Hosting this week's Kiddush
- Y Edith Horn, Karen McGonigle, Joanna Gerber, Nancy Coomer and Katharine Landahl, for helping with our huge High Holiday mailing
- Y Sheryl Kipnis for repairing Chumashim
- Y Steve Katz for spackling the synagogue
- Y All the High Holiday Coordinators who are hard at work helping prepare us for September 8th

## HIGH HOLIDAY YIZKOR BOOK

Each year on Yom Kippur, we distribute our annual Yizkor Book, inscribed with names of our loved ones no longer among the living. Because the holidays come so early this year, we encourage anyone interested in including their loved ones in this tradition to do so at their earliest convenience. Forms are available online, in the August Ruach, or at the Front Office. The deadline is September 10th.

A suggested contribution for inclusion of a loved one's name is \$36 (double chai). For your convenience, you may inform us by e-mail at [yizkorbook@bethshalomseattle.org](mailto:yizkorbook@bethshalomseattle.org) including your listings and the amount you would like billed to your account. Otherwise feel free to contact the Front Office.

## Call for Poetry and Prayer Submissions

For the fourth year in a row, we look forward to producing our own original book of personal piyutim, prayers, poems and reflections written for the High Holidays. We would love to include your writings or black & white art. Please send or deliver all submissions to Kris at [krisklippel@bethshalomseattle.org](mailto:krisklippel@bethshalomseattle.org) by August 16th. This book of prayers and poems has been an important source of inspiration during the holidays. For more information, please speak with Pat Hurshell at (206)722-9237 or Rabbi Borodin.

## The Keshet Project: Connecting Beth Shalom

The goal of this project is to connect Beth Shalom members in new and interesting ways. We plan to create a variety of opportunities for members to meet other members with similar interests. You will notice a question on the back of your pink High Holiday ticket: please answer it and drop your ticket into one of the Keshet Project boxes at shul on Yom Kippur! Your feedback will help us move forward and make The Keshet Project a success. If you have any questions, please contact Neelz Gharavi at [mdragonsinger@yahoo.com](mailto:mdragonsinger@yahoo.com) (206-334-7408) or Rhona Feldman at [rhonaf@comcast.com](mailto:rhonaf@comcast.com) or 206-355-7369 for more information.

## A New Tradition ~ Prayer Service ~ Sunday, 9/12 from 11 am at the Beit Shalom Cemetery

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, September 12th. 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.

## UPCOMING PROGRAMS AND EVENTS

### Shabbat In The Park

Join Beth Shalom families in View Ridge Park (NE 70th St and 43rd Ave NE) on nice weather Shabbat afternoons from 5 to 8 pm, from June 19th through Labor Day Weekend. Bring snacks and/or picnic dinner. Come for as little or as much of the time that works for your family.

### Women's Elul Retreat

Tomorrow, 8/15 from 9:15am-1:30pm in the Annex next door

All adult women are warmly invited to an Elul retreat on Sunday, from 9:15 am to 1:30 pm sponsored by the CBS Rosh Chodesh Chavurah. We'll start with coffee and then Rabbi Jill Borodin will begin our spiritual preparation for the High Holidays by exploring Hannah's story of longing and deeply felt prayer. Next we will write personal reflections on our own longings and prayers, followed by eating brunch together, and then discuss how our longings and Rosh Hashanah intentions can be addressed year round by a women's spirituality group. RSVPs are essential. This is a free event. Please call or email the CBS office. For questions, contact Shirah Bell at 206-525-5715.

### Empty Nesters Potluck

Sunday, 8/22 from 6:30pm will be hosted by

Peter & Bev Blum, 7012 34th NE, Seattle

RSVP to 206 523 7247 or e-mail

to [Peterbev.blum@gmail.com](mailto:Peterbev.blum@gmail.com)

Topic: TBD. All are welcome

Please bring food as per the alphabet or as you wish:

A—F Main dish

G—K Appetizer and/or bread

J—P Salad

R—Z Dessert / fruit drinks

### Tot Shabbat

Upcoming dates - 9/4, 10/2

1st Shabbat monthly 11:00—11:30am in Room 2  
A community-led, interactive celebration for children ages 0-3 and their parents. Join us monthly for songs, stories, and snack. All are welcome. For more information email: [iriteliav@bethshalomseattle.org](mailto:iriteliav@bethshalomseattle.org).

### Meditation through Breath and Movement: A Shabbat Morning Practice

Every 2<sup>nd</sup> Saturday of the month from 9-10am / starts September 11 in the annex

Instructor Sarah Lindsley will use breath and movement to relax our bodies and to come into a more conscious awareness of the present. By beginning the daytime portion of Shabbat with this practice, we hope to foster a sense of physical, emotional and spiritual well being that we can take with us into the rest of the day and week. We will draw primarily on a yoga-based movement vocabulary. This practice is designed for people of all body types—not just the already fit and flexible! For your physical safety and out of respect for the cohesion of the group, we ask that you arrive on time; we will begin promptly at 9 am. No charge. RSVP requested.

### Stitch & Schmooze

Sunday, 9/12 from 10:15am-12:15pm

The next Stitch and Schmooze is Sunday, Sept. 12, 10:15am-12:15pm at Carol Benedick's house.

We are now meeting the 2<sup>nd</sup> Sunday of the month

### YOM KIPPUR PREP CLASSES ARE FREE!

Pre-register to receive info on study materials.

### Getting Through The Year: Ometz Lev:

A Courageous Heart with Shirah Bell

Tuesday, 9/14 from 7:00-8:00 pm

We usually start out in the high holidays with high commitment to right our ways, to take on challenges in our lives. But what happens during the year? We often falter. In this class we'll study Ometz Lev (spiritual courage), as contrasted to the physical bravery we usually think of when we define "courage."

Advance preparation advisable – email

[SB@livingwealth.com](mailto:SB@livingwealth.com) for items in the AI Chet Prayer on which to focus.

### The Book of Jonah with Mark Solomon

Tuesday, 9/14 from 7:00-8:30pm

This class is an introduction to the Book of Jonah for learners at all levels. We'll look at the structure of the story and, through Rabbinic and modern sources, try to answer some fundamental questions: Why is Jonah a reluctant prophet? Why is he angry when Nineveh repents? What's the Book of Jonah "about?" No knowledge of Hebrew is required for this class.

### Resurrection in Judaism with Jeremy Alk

Tuesday, 9/14 from 8:15-9:15pm

Covering Jewish sources and ideas.

### Want to Share Your Sukkah this Year?

Volunteers are needed for this year's progressive Sukkot lunch, which will take place after services on the first day of Sukkot, Thursday, Sept. 23rd. If you will have a sukkah near Beth Shalom this year and you would like to host part of the lunch, please contact Cherie Hershman at 206.617.4066 or [che30\\_1999@yahoo.com](mailto:che30_1999@yahoo.com).

# HAMAKOM YINACHEM ETCEM: "May God Comfort You"

## MEMBERS IN SHLOSHIM OR YUD BET HODESH

- י Kim Isaac, for her husband, Josh Isaac, z"l (22 Av)
- י Marc Isaac, for his brother, Josh Isaac, z"l (22 Av)
- י Barry Shane, for his wife, Joyce Shane, z"l (20 Tammuz)
- י CBS Congregation, for our friend, Chaya Amiad, z"l (12 Tammuz)
- י Jesse Kleinman, for his mother, Goldie Darvin Kleinman, z"l (5 Tammuz)
- י Esther Altshul Helfgott, for her husband, Abe Schweid, z"l (3 Tammuz)
- י Judith Mentzer, for her father, Charles Mentzer, z"l (25 Sivan)
- י Ilene Ruvinsky, for her mother, Rebecca Ruvinsky, z"l (24 Iyar)
- י Andrew Cohen, for his father, Lewis Richard Cohen, z"l (7 Iyar)
- י Stacy Globerman, for his mother, Helene Chaiya Schultz Globerman, z"l (28 Nissan)
- י John Bernhard, for his brother, Paul Bernhard, z"l (27 Nissan)
- י Bob Cordes, for his father, Ron Cordes, z"l
- י Selig Leyser, for his mother, Gertrude Leyser, z"l (14 Nissan)
- י Allen Safer, for his father, Robert Safer, z"l (22 Adar)
- י Carol Starin, for her father, Lawrence Oseran, z"l (17 Adar)
- י David Grossman, for his mother, Verle Grossman, z"l (15 Shevat)
- י Carol Gown, for her mother, Sylvia Safron, z"l (14 Shevat)
- י Michael Krasik, for his father, Bernard Krasik, z"l (3 Shevat)
- י Craig Saran, for his father, Marshall Saran, z"l (29 Tevet)
- י Alan Baumgarten, for his father, David Baumgarten, z"l (16 Tevet)
- י Margot Kravette, for her mother, Corinne Solomon, z"l (11 Kislev)
- י Richard Brodsky, for his mother, Mollie Brodsky, z"l (5 Kislev)
- י Michael Gabbay, for his father, Joseph Ezra Gabbay, z"l (21 Tishrei)
- י Allen Howard, for his father, Allen Howard, z"l (20 Tishrei)
- י Murray and Shirley Guterson, for their son-in-law, Benyomin Gudelsky, z"l (11 Tishrei)

## MEMBERS OBSERVING YAHZEITS

- י David Barrett, for his father, David Barrett, z"l
- י David Rapp, for his mother, Margaret Holloway Rapp, z"l
- י Edith Horn, for her father, Max Horn, z"l
- י Louis Janson, for his mother, Florette Weiss-Janson, z"l
- י Laurie Pritchard, for her grandfather, Charles Gold, z"l
- י Merrill Ringold, for his father, Solie Ringold, z"l
- י Polly Amkraut, for her mother, Laura Mackoff, z"l
- י Robert Low, for his mother, Florence Low, z"l
- י Joshua Niehaus, for his father, David Niehaus, z"l
- י Mildred Rosenbaum, for her brother, Malcolm Hardin, z"l
- י Alan Baumgarten, for his uncle, Oscar Baumgarten, z"l
- י Esther Altshul Helfgott, for her father, Isadore Helfgott, z"l
- י Karen Binder, for her father, Solomon Slutzky, z"l
- י Charles Cowen, for his father, Alfred Cowen, z"l
- י David Gross, for his father, Sam Gross, z"l
- י Kim Goldov, for his father, Carl Goldschmidt, z"l
- י Sandie Zieve, for her grandmother, Ida Minson, z"l

## REFUAH SHLEMAH

If your loved one's name is not listed, you may announce them during the prayer for the sick, after the reading of the Torah.

### CBS Members

- י Yehudit bat Ruchale v' Mendel Yosef (Judith Benjamin)
- י Miriam bat Sarah v'Avraham (Maria Erlitz)
- י Tuviah Moshe ben Leba (Martin Safer)
- י Nora bat Sarah v'Avraham (Tink Williams)
- י Aliza Naomi bat Rifka (Aliza Vasquez)
- י Yenta Sarah bat Minche Rukhl (Jane Becker)
- י Yakov ben Fayga (Yakov Koltman)
- י Elana Rut bat Sara Kayla v'Moshe (Elana Stiefel)
- י Benyamin Lev ben Aviiva Ora v'Shmu'el Moshe (Julian Silver)
- י David Henached shell 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 Naftola Hart ben Eva (Norton Goldstein)
- י Yaffa Tova bat Reuven (Jane Fein)
- י Shoshana bat Tzilah v'Moshe (Susan Wolf)
- י Shepsill Reuven ben Gilla (Bob Kupor)
- 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)
- י Nachum ben Schmu'el (Norman Rosenzweig)

### RELATIVES of Members

- י Sofia bat Mara (Sofia Byk), mother of Bella Korshin, Emma Shusterman, Marina Kiselev, & Svetlana Burke (re-listed 8/6)
- י Chayah bat Chana (Helen Kieval), mother-in-law of Patti Kieval (re-listed 8/6)
- י Miriam bat Nechama v'Yehuda, sister of Ilene Stein (re-listed 8/6)
- י Julie McKibben, sister-in-law of Corey Salka (re-listed 8/6)
- י Shmu'el ben Zahava v'Yehyel Mayer, father of Tzachi Litov (re-listed 8/6)
- י Yisrael Chanech ben Hannah, father of Ellen Spear (re-listed 8/6)
- י Dorothy Saran, mother of Craig Saran (re-listed 8/6)
- י Mel Baer, cousin of Steve Greene (listed 7/26)
- י Chris Morton, friend of Kayla Weiner (listed 8/9)

## Refuah Shlemah

The Refuah Shlemah list is for the seriously ill and names need to be re-submitted monthly.

Each entry is dated. The listing expires one month from the listing date. To renew names on the list call Marjie at 206-524-0075.

Thank you for understanding our policy to make room for names in the future.

### FRIENDS of Members

- י Yehuda Dov Ha'Cohen ben Malkah, (Ernest Cohen), friend of Sharon Greenberg (re-listed 8/6)
- י Larry Zolton, a friend of Patti Kieval (re-listed 8/6)
- י Rabbi Joshua Stampfer, friend of Congregation Beth Shalom and Camp Solomon Schechter (re-listed 8/2)
- י Ilana Liat bat Chana (Lani Horn, former CBS member), friend of Elizabeth Davis (re-listed 8/2)
- י Shulamit bat Tamar (Ellen Raim), friend of Elizabeth Davis (re-listed 8/2)
- י Laurie Savran, friend of Kayla Weiner (re-listed 8/3)
- י Perets Meir ben Yaakov (Paul Nochenson), friend of Louis Friedkin (listed 7/23)
- י Aly Scalzo, friend of Lisa Orlick (listed 7/23)
- י Debbie Bussell, friend of Lisa Orlick (listed 7/23)
- י Anita Feld, friend of the Orlick Salka Family (listed 8/5)
- י Gilad Shalit, the kidnapped Israeli soldier in Gaza