



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

"If an adult denies responsibility for his own actions,  
it is another step towards personality disintegration."  
~ Bruno Bettelheim



13-20 Kislev 5772

December 9-16, 2011

### Board Members & Staff

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**Congregation Beth Shalom • Voted in JT News  
Best Congregation for 2010! 2nd years in a row!**

### Kabbalat Shabbat Service in the Beit Midrash

Candlelighting for December 9th is at 3:59pm

Kabbalat Shabbat Services at 5:00-6:00pm

This week we'll be led by Ruth Etzioni; it is *Song Lover's Shabbat*:  
*Come for an evening of harmonizing and table banging - for all ages*

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

#### Yayishlach

Genesis 34:1-35:15

Haftarah: Obadiah 1:1-21

Bar Mitzvah of Coby Antolin

Kiddush is Hosted by Trudy & Robert Antolin

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

Learner's Minyan with Ron Schneeweiss from 10:30-11:15am in the Beit Midrash

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

### **7th ANNUAL DOUBLE CHAI BRUNCH**

**Sunday, December 11, 2011**

**15 Kislev 5772**

**10:30am -11:00am Schmooze**

**11:00am-12:00pm Brunch and Program**

This FREE event is for all CBS Members and Friends. No minimum and no maximum gift required.

- ï Special Musical Performance by our 6th Grade B'nai Mitzvah Class
- ï Video starring Kevin & Gail Coskey, Pat Hurshell and Jason Kintzer

"Tzedakah is not about giving; Tzedakah is about being."

~ Rabbi Bradley Shavit Artson

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 PM

Thursday Evening: 7:30 PM • Sunday Morning: 9:30-10:15 AM

Torah study group every Sunday;

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

Follow this link to check on the Eruv update each week <http://twitter.com/cstleruv>. If you want to take a look at the Eruv map use this link (it's a long one) : <http://maps.google.com/maps/ms?msid=216346072790836754082.00046432d032bebf971e&mua=0>

## 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."

## Entertainment Books are Back AND Chinook Book is Back too!

Entertainment Books—same price as last year-\$25. This year there is an app for your phone and a key fob that can be used just like the card that comes with the book. Come to the office to get one.

Chinook Books are still \$20 or \$25 to add the phone app, or \$10 for just the phone app.

## CBS Gift Card / Scrip Program

Attention scrip enthusiasts: Gift cards will be available for sale before and after the Double Chai Brunch on the morning of Sunday, December 11. Thanks for your support of this important Beth Shalom program.

There are cards for QFC, PCC, ARCO, Albertsons, Starbucks and Safeway. Come to the shul office and purchase yours. If you have any questions about the Beth Shalom gift cards, please contact Marjie Cogan in the office or Kevin Coskey at [scrip@bethshalomseattle.org](mailto:scrip@bethshalomseattle.org).

## One on One Hebrew Learning this Winter

Volunteer adult Hebrew teacher, who taught several students last year, will spend the winter in Seattle again this year from Dec. 15-March 13. Anyone interested in availing herself/himself of this offer of instruction in modern, classical or liturgical Hebrew please contact Rita Shtull at [jshtull@aol.com](mailto:jshtull@aol.com).

## Bar Mitzvah Box of Blankets

You may notice a box in our lobby with a blanket inside. Coby Antolin is collecting new or gently used blankets for the homeless for his Bar Mitzvah project. The box will be waiting for blankets through his Bar Mitzvah today.

## Host Shabbat Dinner!

We're looking for dinner hosts for Hospitality Shabbat on January 7. The idea is that people will come to Kabbalat Shabbat services from 5-6pm and then join one of a half dozen hosts for a potluck dinner at 6:30pm.

We're asking guests to RSVP to hosts in advance. All family types are welcome to host, i.e. singles, couple, families with big kids, families with little kids. If you would like to host, please contact Susan Monas at [susanmonas@msn.com](mailto:susanmonas@msn.com).



Living Judaism Students enjoying pre-Hanukkah.

## Hanukkah Candles

Last year there was a run on Hanukkah candles. We won't let that happen again. We have boxes of Rokeach "Chanuka" candles - 44 in each little box for \$3 each.

## New Reflective Parenting Class at Beth Shalom Wednesday nights, 1/18-3/7 from 6:30-8:30pm

This innovative 8 week workshop is for parents of children between the ages of 1 ½ to 5 years of age. The aim of the program is to help parents develop skills to build stronger relationships with their children. Parents gain confidence by expanding their understanding of the meaning of their children's behavior, as well as their own emotional responses. The group meets weekly for 8 weeks. Each session is two hours long. The fee is \$250 for one parent and \$300 for two parents.

To see our calendar:

<http://www.communityofmindfulparents.com/reflective-parenting/?month=jan&yr=2012>

If you know which group you would like to attend, please fill out our registration form.

<http://www.mindfulparentscommunity.com/registration-rpp/>

If have questions regarding which group to join, or have general questions about the program, you can send an email to

[reflectiveparenting@communityofmindfulparents.com](mailto:reflectiveparenting@communityofmindfulparents.com).

## MILESTONES

Y Mazel Tov to Coby Antolin and his family on becoming Bar Mitzvah

## TODDAH RABAH

Y Trudy & Robert Antolin, for Hosting this week's Kiddush  
Y Daniel Markowitz, for installing new wireless keyboards in some of our offices  
Y Joanna Gerber, for helping out in our office  
Y Nancy Zeitz, for volunteering in the ECC  
Y Don Aylesworth, for making many new door wedges for the office  
Y To all the hard-working people that helped clean-up the yard at Beth Shalom: the tireless Sunday workers - Rob Snyder, David McDonald, Steve Katz, Nancy Zeitz and Kevin Britt with the stars, Stan Zeitz and Don Aylesworth and then later in the week - Liz Labadie, Cindy Hirsch, Kevin Coskey, David McDonald, Edna Oberman and Brian Rapalee

## UPCOMING PROGRAMS AND EVENTS

Nesiya's summer journey through Israel for High School students

This Tuesday, 12/13 from 7:00-9:00 pm at the home of Carol Benedick and Joe Orzech, 7527 43rd Ave NE, Seattle

The presentation will feature the participation of Washington State Nesiya alumni - Shira Orzech, '09 - and parents, and will be led by Nesiya staff member, Joy Maimon.

Prospective participants, parents, alumni and other friends of Nesiya are all welcome to attend.

Please email [info@nesiya.org](mailto:info@nesiya.org) to RSVP by Tuesday, December 6.

A link to this invitation and more information is at <http://hosted.verticalresponse.com/370927/9e27065141/1750503311/7ddc3ebf42/>.

Middot and Mitzvot with Shirah Bell and Joel Goldstein

Shabbat, 12/17 from 1:15pm in the Beit Midrash  
*Usually the 4th Saturday of the month*

Patience (Savlanut)

Not a day goes by when we don't face some sort of frustrating delay or obstacle, and too often our response is to strain against how things are. Impatience seldom makes things happen faster or better and usually only causes us grief, although there are circumstances where we should not be patient.

Come and discuss how we can learn patience from practicing these mitzvot, and how developing patience in other arenas can help us with these mitzvot.

Women's Rosh Chodesh Chavurah

Sunday, 1/24 from 7-9 pm, location TBA

Rebbetzin Rivy Kletenik will be the presenter at the Rosh Chodesh Chavurah gathering for the month of Shevat. The theme will be "Water, Water Everywhere: The Miriam Chronicles" focusing on the Song at the Sea as the Israelite escaped Egypt & Miriam.

Send email [cbienn@yahoo.com](mailto:cbienn@yahoo.com) to RSVP and find out the address for this month's Rosh Chodesh chavurah.

Beth Shalom *Beit Midrash*

Talmud study with Joel Goldstein continues through the summer on the 2nd and 4th Thursdays of the month from 7:30-9:00pm. Each class begins with an introduction from the instructor followed by guided partner, or hevrutah, study. All levels welcome. \$5/class or 6 classes for \$25. Buy your punchcard through the office or on our website.

Do you want to join Israeli Dancing but are worried that you don't know the steps?

Israeli Dancing will now begin at 6:45pm on Wednesdays. The first half hour we'll learn and review the steps that are the basic building blocks for many dances. This is a great time for beginners to join the class. No experience necessary. Please wear shoes that slide easily. Tennis shoes are NOT recommended. A 5 class punchcard is \$30 for members, \$40 for non-members.

Miracle of Light *Hanukkah Party*  
Tuesday, 12/20 from 6:00 –8:30pm

- ◇ Music by the Klez Katz
- ◇ Hanukkah Dinner with Homemade Latkes
- ◇ Candle Lighting
- ◇ Dreidl Games
- ◇ Facepainting

Cost: Members - \$10/adult,  
Non-members - \$12/adult  
Kids 4-10 yrs—\$5, Free for kids 3 and under.  
Pre-register by December 15.  
(for financial assistance, please contact  
Executive Director, Tzachi Litov)

Are you able to help decorate, take registrations at the door, set-up, or clean-up?  
Please call Carol at 206-524-0075 ext 2504.

The prices for this event are being subsidized by the generosity and volunteerism of the Beth Shalom community.

New Thursday Maariv Minyan - 7:30pm - Sanctuary

Have you been wanting to come for an evening minyan but been unable to make it on Mondays? We're trying out a new minyan on Thursday evenings at 7:30pm in the Sanctuary. Please join us.

Tot Shabbat

Upcoming dates - 1/7, 2/4

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).

Join us for Kabbalat Shabbat at Beth Shalom  
*There's something for everyone every week*

December 9 — Song Lover's Shabbat— Come for an evening of harmonizing and table banging. All ages.

December 16 – Parallel Kid's Program— While the adults attend regular Kabbalat Shabbat services, children (2-7 years) will be invited to their own program to hear stories, learn songs, and other activities.

December 23 — Study Shabbat

A question is posed in advance and a few people bring insights on the question.

*Kabbalat Shabbat Services are 5:00-6:00pm from November 11-January 27*

*Ongoing Schedule:*

1st Shabbat of the month—Hospitality Shabbat

2nd Shabbat of the month—Song Lover's Shabbat

3rd Shabbat of the month—Parallel Kids' Program

4th Shabbat of the month—Study Shabbat



# HAMAKOM YINACHEM ETCHEM: "May God Comfort You"

י Jeff Miller, for his mother, Ruth Miller, z"l, who passed away Friday, December 2 (7 Kislev)

## MEMBERS IN SHLOSHIM OR YUD BET HODESH

- י Rick Kustina and Frank Kustina, for their mother, Helen Kustina, z"l (26 Heshvan)
- י Michelle Weinberg, for her father, Milton Lubow, z"l (9 Heshvan)
- י Ellen Spear, for her father, Howard Arbetter, z"l (19 Tishrei)
- י Sharona Gordon, for her father, Robert Gordon, z"l
- י Joe Orzech, for his father, Ze'ev Orzech, z"l (15 Elul)
- י Rita Edelson, for her son, David Harris Edelson, z"l (8 Elul)
- י Carolyn Bernhard, for her mother, Beverly Grashin, z"l (24 Tammuz)
- 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)

## MEMBERS OBSERVING YAHRZEITS

- י Harold Bobroff, for his father, Arthur Bobroff, z"l
- י Joani Diskin Saran, for her father, Morton Goldberg, z"l

## MEMBERS OBSERVING YAHRZEITS - CONTINUED

- י Jay Klarnet, for his father, Harold Klarnet, z"l
- י Eileen Klein, for her mother, Bunny Schlafler, z"l
- י Michele Stern, for her grandfather, Nathan Berger, z"l
- י Rochelle Roseman, for her father, Alan Groonis, z"l, and for her mother, Sara Groonis, z"l
- י Charles Shifren, for his father, Seymour Shifren, z"l
- י Izyaslav Modaver, for his father, Moisha Moldaver, z"l
- י Lucy Taskar, for her grandfather, Moisha Moldaver, z"l
- י Lara Litov, for her grandmother, Marjorie Jasper, z"l
- י Lee Cronbach, for his father, Robert Cronbach, z"l
- י Rochelle Goffe, for her mother, Mary Jane Kleinberg, z"l
- י Rhonda Levitt, for her father, Bernard Levitt, z"l
- י Robin Moss, for her father, Morton Moss, z"l
- י Rose Yu, for her father, John Yu, z"l
- י Ronnie Katz, for her grandfather, Abraham Lipschitz, z"l
- י Susan Aylesworth, for her uncle, William Page, z"l
- י Gail Ewall, for her father, Merton Ewall, z"l
- י Louis Friedkin, for his mother, Sheila Rose Friedkin, z"l
- י Don Aylesworth, for his aunt, Evie Blevins, z"l
- י Lori Safer, for her mother, Elaine Cohn, z"l
- י Stewart Shusterman, for his sister, Margaret Shusterman, z"l
- י Norm Chapman, for his grandfather, Joseph Chapman, z"l
- י Amy Fulton, for her great grandfather, Joseph Chapman, z"l
- י Danielle Yancey, for her grandfather, Mark Nacamuli, z"l
- י Mindy Cohen, for her father, Theodore Cohen, z"l
- י Michael Newman, for his brother, David Newman, z"l
- י Shirley Guterson, for her sister, Deborah Shain, 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 Shlomo Yitzhak ben Dov (Cyrus Rubin)
- י Rolande bat Vivie (Rolande Chesebro)
- י Yeshayahu ben Avraham (Lee Cronbach)
- י Akiva ben Shmuel
- י Tzipura bat David (Tenaya Scheinman)
- י Benyamin Lev ben Aviiva Ora v' Shmuel Moshe (Julian Silver)
- י Devorah Hannah bat Sara v' Sholomo (Doris Stiefel)
- י Yonah Dov ben Shlomo ha'Levi (Jerry Becker)
- י Freydl Miryl bat Pesha v' Sima
- י Avigdor ben David (Avi Erlich)
- י Masha bat Shaindel
- 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 Yakov ben Fayga (Yakov Koltman)
- 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 Dorothy Saran, mother of Craig Saran (re-listed 12/1)
- י Shoshana bat Irene (Susan Markowitz), cousin of Patti Kieval (re-listed 12/1)
- י Ezra Zimmerman, nephew of Henry Zimmerman (re-listed 11/14)

## 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.

### RELATIVES of Members continued

- י Moshe ben Sarah, father of Nadine Cadesky-Zimmerman (re-listed 11/29)
- י Shimon Yitzchak ben Miriam, father of Robert Rothstein (re-listed 11/29)
- י Ira Weiner, cousin of Kayla Weiner (listed 11/7)
- י Shmuel ben Zahava v' Yehiel Maier, father of Tzachi Litov (listed 11/16)
- י Zach Reznikoff, nephew of Julie & Mitch Klein (listed 11/22)

### FRIENDS of Members

- י Yehuda Dov Ha'Cohen ben Malkah, (Ernest Cohen), friend of Sharon Greenberg (re-listed 12/1)
- י Larry Zolton, friend of Patti Kieval (re-listed 12/1)
- י Rabbi Joshua Stampfer, friend of Congregation Beth Shalom and Camp Solomon Schechter (re-listed 11/14)
- י Tova Talya bat Yetta Davida v' Herschel Hayyim, friend of Paul Schwartz (re-listed 11/16)
- י Rachel bat Gavriela v' Yehuda (Andrea Stern), friend of Patti Kieval (re-listed 11/22)
- י Esther bat Sarah (Estelle Wild), friend of Robert Hovden (listed 11/10)
- י Michael Gallagher, friend of Kayla Weiner (listed 11/14)
- י Benjamin Hecht, friend of the Litov Family (listed 11/14)
- י Claudia Jauregui, friend of Linda Portnoy (listed 11/29)
- י Yosef ben Zlata, (friend of the Slosberg family (listed 12/6)
- י Pesach Chaim ben Sara, friend of Carolyn Cohen & Scott Cline (listed 12/8)
- י Congresswoman, Gabrielle Giffords