



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

"The proper performance of a commandment is a soul-stirring experience which raises the Jew to unprecedented spiritual heights in his urge to seek out and communicate with God." ~ Abraham Chill



21-27 Shevat 5770

February 5-11, 2010

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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.

Kabbalat Shabbat Service in the Beit Midrash

Candlelighting for February 5th is at 4:58pm

Kabbalat Shabbat Services at 5:30pm

Shabbat Morning Services in the Sanctuary at 9:30 am

Yitro

Exodus 19:1-20:23

Haftarah: Isaiah 6:1-7:6; 9:5-6

Guest Darshan: Robert Isgur and Judith Arms

Shabbat Kiddush is Sponsored by our Kiddush Club and prepared by our Shabbas Chef, Susan Monas

Shabbat Babysitting at 10:00am in Room 4/5

Contemplative Minyan: Deepening the Experience of Prayer

1st Shabbat of the month, from 9:45am in the CBS Annex next door

We ask that people arrive by 9:45 so we can begin together at 10:00 am.

We will end by approximately 12:00 and then join others in the social hall for lunch.

For more info, contact: Cynthia Gayle

contemplative@bethshalomseattle.org or 206-283-9301.

Tot Shabbat from 11-11:30am in Room 4/5

Religious School Shabbaton from 10:30am in the open space downstairs

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

Rabbi's Tisch from 1:15-2:15 in the Beit Midrash

Greening at CBS

In our continuing efforts to reduce/reuse/recycle you'll notice some changes in the social hall starting this Shabbat. Our yard waste containers are all now RED and marked. This will be consistent throughout the building as you may also notice small red yard waste containers downstairs as well. The RED yard waste container will also be available 7 days a week in the social hall, in the event you're looking for a place for that banana peel or paper cup.

In addition, we're now reducing the size of our trash can as the only real trash we'll have in the shul is things you may have brought from home – candy wrappers, diapers, Hershey's Kisses foil, etc. This will only be successful with your help! Please let us know how it's going and please help by reminding each other to be sure to direct your waste appropriately.

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

Board President of Shararei Tefilah posts the eruv status on his Twitter page at: <http://twitter.com/cstleruv>.

Join our Facebook group!

Get the latest news, join in discussions, keep in touch. From www.facebook.com, just search on *Congregation Beth Shalom* and click "join."

Lost and Found

The downstairs lost and found bin is overflowing! We will be bringing leftover items to Goodwill next month. **Between now and February 10**, please take some time to look through the big blue bin downstairs for anything that is yours as well as the basket by the front desk. Any items not claimed by the 10th will be donated to Goodwill.

A message from the Rabbi

Beth Shalom has come to the point where we are running out of siddurim on Shabbat on a regular basis (a great problem to have!) and are trying to bring in as many of our siddurim that have been borrowed from the shul over the last few years. If you have a CBS siddur at home, and the book is unmarked, please return it to the front office. If the book is marked up, please consider making a donation to the Prayerbook Fund to cover the cost of a replacement, which is \$28. We also have Siddur Sim Shalom for sale for \$28.95 at the front office if you are interested in a personal copy. Thank you.

MILESTONES

- Y Mazel Tov to Irene Basloe Saraf & Tal Saraf, on the birth of their son
- Y Mazel Tov to Rainer Waldman Adkins, on being voted as the Best Ketubah Artist by readers of the

TODDAH RABAH

- Y Michele Yanow, for leading the Shabbat Shirah Adon Olam choir sing-a-long on Saturday
- Y Rabbi Zari Weiss, for her talk on the Jewish Climate Challenge. If you missed this, you can find more information about her talk at www.thejewishclimatechallenge.org
- Y Robert Isgur & Judith Arms, for being our Guest Darshanim
- Y Shabbas Chef, Susan Monas, for her work on our Kiddush
- Y Michael Krasik and Stan Zeitz, for their work around the building
- Y Susan Aylesworth, for repairing Chumashim
- Y Joanna Gerber, for her work in the office
- Y Tali Wang, for all her volunteer work for the ECC
- Y Tamara Griffin, for all her volunteer work for the Religious School

Childcare for Purim Day

Children 3 years– 5th grade may join Religious School during the megillah reading at no charge. Also available: free babysitting for 1-3 year olds from 9:30-11am. You must pre-register for babysitting.

Adult Ed Classes – Sign up Today!

Seasons of Mussar II is canceled due to lack of students.

The next **Stitch and Schmooze** is February 7 at Carol Benedick's house, 10:15am -12:15pm.

PRICE REDUCTION!!

Exploring Through Art and Text with Rabbi Borodin and Wiebke Light

- Purim, Sunday, February 7, 7-9pm

Unveil some of the nuances in the story of Purim through two different medium: the written word and the visual. We will engage in text study of part of Megilat Esther and then creatively express the text through an accessible art method. The goal is not to create a work of beautiful art, but rather to express yourself in a new medium. No previous text study or art experience and skill necessary. RSVP by 2/2/10.

- Pesach, Sunday, March 7, 2010, 7-9pm

The haggadah is one of the most studied and represented texts of our tradition. Each year, new haggadot are published with new commentaries and visual representations of the story. Join this century old tradition of deepening the meaning of the seder with an art and text exploration of one of the sections of the haggadah. RSVP by 3/2/10.

One Class

\$12 plus \$4 supply fee - Members

\$18 plus \$4 supply fee - Non-Members

Both Classes

\$20 plus \$8 supply fee - Members

\$32 plus \$8 supply fee - Non-Members

RSVP for the above classes to

carolbenedick@bethshalomseattle.org or fill out the registration form in the lobby or on the web.

EREV PURIM CELEBRATION

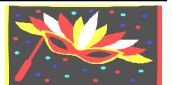
Saturday, 2/27

- 6:30 pm - Music and Singing with the Klez Katz
- 6:45-7:15 pm - Havdalah and Costume Parade
- 7:15-7:45 pm - Not Ready for High Holidays Players Purim Play
- 7:45-9:00 pm - Maariv, Megillah Reading, and Kids Carnival
- 9:00-11:00 pm - Masquerade Disco Ball for All — *Dress in Your Favorite Decade*

PURIM CELEBRATION

Sunday, 2/28

- 9:30-11:00 am-Morning Minyan and Megillah Reading
- 11:00 am-12:30 pm - Brunch with Entertainment and Shtick for Adults and Kids
- \$10/adult member, \$15/non-member, \$5/child 4-12 yrs old, no charge for 3 and under*
- RSVP for brunch by Feb. 22, 2010*
- Kids can attend a MAD SCIENCE program while adults hear the famous Hamantaschen vs. Latke debate.



UPCOMING PROGRAMS AND EVENTS

Pajama Havdalah

This Saturday, 2/6 from 6:30-8:30 pm in the Social Hall

Families with young children are invited to join us for a special Havdalah celebration.

Everyone is welcome so put on your pajamas and join us under the stars!

Pacific Science Center Portable Planetarium • Special Jewish Story Time • Fun Bedtime Craft Activity • Bed Time Snacks!

Please RSVP to ECCDirector@bethshalomseattle.org or Iriteliav@bethshalomseattle.org.

Job Seekers Workshop led by Employment and Training Specialist, Marvin Stern

This Thursday, 2/11, 7-9:30pm

What obstacles have you faced in finding employment? How can you increase your chances of overcoming these obstacles?

In normal times 80% of jobs are found through networking, not through on-line applications. In this especially difficult job climate where many available jobs are not even advertised how can you increase your odds of getting an interview? And what options do you have to upgrade your job skills to make you more competitive without losing the advantage of years of experience? RSVP to Carol Benedick.

Caregivers Support Group for People with Ailing Family Members

Sunday, 2/7 from 10:30-11:30am in the CBS Annex, next door, 6830 35th NE

Facilitated by Sharon H. Greenberg, Ph.D.

Release your Frustrations • Share Information and Resources • Talk About Emotional Difficulties with Others in Similar Situations.

Please let us know you're coming. Call Carol at 206-524-0075.

Poker Night Cancelled for this Sunday 2/7

Due to some scheduling conflicts, **Poker Night at the Ringolds** has been cancelled and rescheduled for March 21.

Contemplative Havdalah & Evening of Learning Saturday, 2/13 from 7pm at the CBS Annex next door

In the new contemplative *minyán* at Congregation Beth Shalom, we are creating a contemplative Shabbat service. We might understand the contemplative life as trying to live with a more conscious awareness of God in everything we do--as the Psalmist said so beautifully: "*Shiviti Hashem l'negdi tamid.*" "I place the Eternal One before me always". Our hope is to bring that intention to our tefillah.

In order to give people a chance to learn more about the contemplative dimension of Judaism, we invite you to a contemplative havdalah and study/discussion on Saturday evening. First we will have a contemplative havdalah celebration. Then we will learn what constitutes a contemplative approach to Judaism in general and to prayer in particular. Together, we will share ideas—*l'sheym Shamayim*—for the purpose of helping us all grow in our awareness of God's presence in our lives.

Rosh Chodesh Chavurah

Sunday, 2/21 from 7-7:30pm Social, 7:30-9:00pm Presentation at the home of Michele Yanow

The new month – Rosh Chodesh – is a time for female spiritual renewal, for re-creating, re-newing, re-vitalizing our lives. At Beth Shalom we meet monthly Sunday evening, on or near the new moon. Our meetings are open to all adult women of the congregation. Email Shirah SB@livingwealth.com to be put on the distribution list for upcoming meetings or to offer to lead an evening.

Both Vashti and Esther showed great courage when their lives were at stake: Vashti by saying "No" and Esther by saying "Yes". We will look at women who have demonstrated courage at times other than life threatening situations and will explore how courage shows up in many different ways. You're invited to think about women you admire for their courage. The discussion will be led by Kayla Weiner, a congregant and psychotherapist in private practice. Kayla helps people discover their inner strengths. She personally identifies as a Jewish feminist political activist.



Bake Hamantaschen!

Join Beth Skirm & Rebecca Schwartz and Living Judaism students on baking dates:
Wednesday, February 24 from 6:30-9:30pm
Thursday, February 25 from 6:30-9:30pm
or help prepare the dough on
Tuesday, February 23, 1:00-4:00pm

Masquerade Ball & Purim Brunch
Volunteers needed for set-up and clean-up.

Volunteer Opportunities for PURIM

Can you volunteer? Please email:
carolbenedick@bethshalomseattle.org

Want to do an Extra Mitzvah on Purim?

Beth Shalom is looking teetotalers or for a corps of designated drivers for Erev Purim, Saturday night, February 27.

We're also looking for one or two people who would be willing to call taxis for members in need.

Please contact Carol Benedick at 206-524-0075 or carolbenedick@bethshalomseattle.org to volunteer.

HAMAKOM YINACHEM ETCHEM: "May God Comfort You"

Y David Grossman, for his mother, Verle Grossman, z"l, who passed away Saturday morning, January 30 (15 Shevat), in San Francisco
The funeral and shiva took place in California.
We will keep you informed of any local minyan or shloshim gathering.

MEMBERS IN SHLOSHIM OR YUD BET HODESH

- י Carol Gown, for her mother, Sylvia Safron, z"l (14 Shevat)
- י Rik Katz, for his grandmother, Marcelle Ingelrelst, z"l (6 Shevat)
- י Talya McCurdy, for her grandfather, Howard McCurdy, z"l (4 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)
- י Carol Brown, for her father, Birney Covell, z"l (25 Av)
- י Shirah Bell, for her mother, Betty Kaplan, z"l (18 Tamuz)
- י Jacquie Bayley, for her step-father, David Panar, z"l (17 Tamuz)
- י Susan Spielberg, for her mother, Rose Spielberg, z"l (11 Tamuz)
- י Freya Brier, for her mother, Helen Brier, z"l (6 Tamuz)
- י Robert Spitzer, for his mother, Charlotte Spitzer, z"l (4 Tamuz)
- י Sarah Shalinsky, for her father, Irving Kaplan, z"l (22 Sivan)
- י Joanna Gerber, for her father, John Netzky, z"l (20 Sivan)
- י Carol Reynolds, for her father, Merle Griff, z"l (19 Sivan)
- י Marta Kosaly, for her husband, George Kosaly, z"l (16 Sivan)
- י Barry Shane, for his mother, Edith Shane, z"l (6 Sivan)

- י David Miller, for his father, Joseph Miller, z"l (30 Nisan)

MEMBERS OBSERVING YAHZEITS

- י David Brumer, for his father, Ruby Brumer, z"l
- י Marjie Cogan, for her mother, Zadel Myerson Cogan, z"l
- י Pat Hurshell-Reinert, for her sister, Sheila Demetre, z"l
- י Keith Elkon, for his father, Samuel Elkon, z"l
- י Susan Aylesworth, for her grandmother, Helen Hall, z"l
- י Stephen King, for his father, Walter King, z"l
- י Mark Nagel, for his mother, Inna Nagel, z"l
- י Lisa Orlick-Salka & Corey Salka, for their son, Eitan Orlick-Salka, z"l
- י Steve Perlmutter, for his father, Seymour Perlmutter, z"l
- י Gail Zucker, for her father, Okkie Rabinowitz, z"l
- י Jack Richlen, for his wife, Pearl Richlen, z"l
- י Francine Cohen, for her mother, Pearl Richlen, z"l
- י Allen Safer, for his mother, Tobie Safer, z"l
- י Carol Slosberg, for her brother, Robert Shiekman, z"l
- י David Springer, for his father, Josef Springer, z"l
- י Gwen Diamond, for her mother, Ruth Stormwind, z"l
- י Robert Jacobs, for his grandmother, Fae Tapper, z"l
- י Ken Weinberg, for his father, Samuel Weinberg, z"l
- י Martin Schnitzer, for his sister, Roberta Wodlinger, z"l
- י Karen Gorrin, for her friend, Gerda Lawrence, z"l, and for her aunt, Beverly Weiner, 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 Nora bat Sarah v'Avraham (Tink Williams)
- י Chaya Rifka bat Sarah Leah (Olivia Zieve)
- י Aliza Naomi bat Rifka (Aliza Vasquez)
- י Rifka bat Chana (Rita Goldenberg)
- י Yenta Sarah bat Minche Rukhl (Jane Becker)
- י Rafael ben Rivka v'Asher (Ernie Stiefel)
- 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 Yehoshua Chaim ben Miriam (Josh Isaac)
- 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 Chaya Rifka bat Sarah v'Avraham (Chaya Amiad)
- 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 Shmu'el (Norman Rosenzweig)
- י Shaina Sarah bat Peshe Devorah

RELATIVES of Members

- י Sofia bat Mara (Sofia Byk), mother of Bella Korshin, Emma Shusterman, Marina Kiselev, & Svetlana Burke (re-listed 2/4)
- י Reuven Shmu'el ben Etel (Robert Safer), father of Allen Safer (re-listed 2/4)
- י Diane Bierman, daughter-in-law of Marilyn Bierman (re-listed 2/4)
- י Chayah bat Chana (Helen Kieval), mother-in-law of Patti Kieval (re-listed 2/4)
- י Miriam bat Nechama v'Yehuda, sister of Ilene Stein (re-listed 2/4)
- י Julie McKibben, sister-in-law of Corey Salka (re-listed 2/4)

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 Shmu'el ben Zahava v'Yehyel Mayer, father of Tzachi Litov (listed 2/1)
- י Yisrael Chanech ben Hannah, father of Ellen Spear (re-listed 2/1)
- י Dorothy Saran, mother of Craig Saran (re-listed 2/4)
- י Ron Cordes, father of Bob Cordes (listed 1/7)
- י Esther Levitan, cousin of Corey Salka (listed 1/13)
- י Barry Pitt, cousin of Marilyn Meyer (listed 1/26)
- י Joanna Reid, cousin of Jennifer Cohen (listed 1/27)
- י Roberta Shiekman, aunt of Carol Slosberg (listed 1/29)
- י Wigo Mueller, father of Weibke Light (listed 1/29)

FRIENDS of Members

- י Yehuda Dov Ha'Cohen ben Malkah, (Ernest Cohen), friend of Sharon Greenberg (re-listed 2/1)
- י Larry Zolton, a friend of Patti Kieval (re-listed 2/1)
- י Ilana Liat bat Chana (Lani Horn), friend of Elizabeth Davis and former member (listed 2/1)
- י Shulamith bat Tamar (Ellen Raim), friend of Elizabeth Davis (listed 2/1)
- י Mundi bat Margaret v'Edward, friend of Tzachi Litov (listed 1/21)
- י Eve Grossman, friend of Dina Tanners (listed 1/29)
- י Alice Hershey, friend of Dina Tanners (listed 1/29)
- י Gilad Shalit, the kidnapped Israeli soldier in Gaza