



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 worst bondage is exile from peace of mind." ~ the Belzer Rabbi



9-15 Shevat 5771

January 14-20, 2011

**Board Members & Staff**

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**Jaen Gomez-Cervantes**  
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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.

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

The CBS Offices will be closed this Monday, January 17, in honor of MLK, Jr Day.

**Kabbalat Shabbat Service in the Beit Midrash**

Candlelighting for January 14th is at 4:25pm

Kabbalat Shabbat Services at 5:00pm

Beginning February 11 - Kabbalat Shabbat time will change to 5:30pm

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

**New Member Shabbat**

**Shabbat Shira**

**Tu B'shvat**

**Be'shalach**

Exodus 13:17-15:26

Haftarah: Judges 4:4-5:31

Kiddush is Sponsored by our Kiddush Club and prepared by Shabbas Chef, Rabbi Stuart Light and his helpers,

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

**Shabbat Shirah - Song Extravaganza following Kiddush**  
Join Ruth Etzioni for a rousing sing a long of new and old songs from Israel.

**Mi Shebeirach by Debbie Friedman**

**Mi-she-bei-rach a-vo-tei-nu, m'kor ha-bra-cha l'i-mo-tei-nu**

May the source of strength who blessed the ones before us, help us find the courage to make our lives a blessing; and let us say, Amen.

**Mi-she-bei-rach i-mo-tei-nu, m'kor ha-bra-cha l'a-vo-tei-nu**

Bless those in need of healing with refuah shlemah; the renewal of body, the renewal of spirit.

And let us say, Amen.

**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;

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>.

## \*NOTICE\*

Please look in the mail mid-January for your Charitable Contributions Summary for the 2010 tax year. Thank you.

## Register Now for Housing Advocacy Day Tuesday, 2/14

The Social Action Committee is spearheading CBS participation in lobbying in Olympia for low income housing. The event is being organized by the Washington Low Income Housing Alliance. This will repeat our congregation's participation last year, which was sizeable. You can register at <http://bit.ly/HHAD2011Registration>, and copy Edna Oberman at [rachmones@comcast.net](mailto:rachmones@comcast.net) or (206) 306-8765. A small fee is requested to help support the event. Because of the tight state budget, this is an important opportunity to discuss spending priorities with state legislators. Carpools will be organized for CBS participants.

## CBS Gift Card / Scrip Program

Good news for observers of the Beth Shalom Scrip Program: The number of purchases of gift cards by CBS members and non-members alike has now exceeded 1,000. Kol hakavod! If you have any questions or comments about the program, please feel free to contact Marjie in the shul office, or Kevin Coskey at (206) 365-2275 or at [scrip@bethshalomseattle.org](mailto:scrip@bethshalomseattle.org). AND if you can't make it to CBS to buy scrip during office hours? Come on Tuesday & Wednesday night! Our friendly door greeters, Talya and Elric, can sell you scrip between 6:30-7pm and from 8-8:15pm. Scrip available for: QFC, Safeway, Albertsons, Home Depot, ARCO and Starbucks

## 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."

## ECC Has Room For One More

The Beth Shalom Early Childhood Center will have an opening for a child between the ages of three and five beginning this March. The ECC offers a creative and nurturing approach to educating young children. For more information please contact Leah Lemchen, Early Childhood Director at [leah@bethshalomseattle.org](mailto:leah@bethshalomseattle.org) to set up a tour.

**News in Israel: Radical way to boost organ donation**  
Israel launches first of its kind law which has raised resistance from ultra-Orthodox community: If you sign donor card, you and your family move up in line for transplant if one is needed. Check out the Israel Affairs page on our website to link to two different articles.

## Beth Shalom's Judaica On-Line Shop

Remember our online Judaica shop? The CBS homepage at [Judaicabeautiful.com](http://Judaicabeautiful.com), directly benefits 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!

There is an online registry to take advantage of as well as many other exciting benefits.

**The JT News "Best of" Survey is up! Tell your friends to vote for us! We want it again!**  
*You can make a shameless plug... just send out a little message for everyone to vote for you and us!*  
Best of Survey results will be published January 28, 2011  
**See the survey: <http://conta.cc/e1W6BO>**

Check out some of the Categories:

Best place for a wedding - Bar or Bat Mitzvah -  
Photographer - Florist - Hotel for a Simcha - Caterer -  
Wedding Cake baker  
Best Jewish agency - Youth organization - Jewish camp -  
place to volunteer - local food bank - best congregation -  
adult ed program - local Jewish hero  
Check out the survey for MORE categories!!!

## Religious School Wish List Item

The Religious School is in need of a new DVD/VCR player. Do you have an extra one lying around? If so, please contact Irit Eliav, Director of Education, at [Iriteliav@bethshalomseattle.org](mailto:Iriteliav@bethshalomseattle.org).

## TODDAH RABAH

**Y** To our Shabbas Chef, Rabbi Stuart Light and his helpers, Judith Benjamin, Susan Monas, for creating this week's Kiddush  
**Y** Joanna Gerber, for her help in our office

## *Fill Your Spiritual Toolbox...*

**Rabbi Shawn Fields-Meyer -  
Edwin L. Bierman Scholar in Residence  
February 4-6, 2011**

***Holy Arrogance...! The Spiritual Art of Brutal Honesty***  
Friday, 2/4, 5:00pm - Kabbalat Shabbat Service;  
6:15pm - Dinner; 8:00-9:00pm - A Program for Adults  
\$12.50/member. \$25/non-member. Children 3 years & under free. Childcare available by pre-registration. Dinner pre-payment and childcare registration required by Monday, January 31. RSVP to 206-524-0075 or email Marjie or register online on our website. Dinner is Catered by Madison Park Catering

***D'var Torah during services and  
Your Spiritual Toolbox-Bringing Jewish Prayer to Life***  
Shabbat, 2/5 from 1:15-2:15pm  
Childcare available.

***Texting, Technology and Torah: Spirituality and the Digital Age***  
Saturday, 2/5 from 7:30-9:30pm  
Havdallah and Dessert  
Supervised movie available for children in grades K-5 by pre-registration

***Six Ways to the Seventh Day: Bridging the Ideal and the Real - Making Shabbat Happen***  
Sunday, 2/6 from 10:30am-noon

## UPCOMING PROGRAMS AND EVENTS

**Empty Nesters Potluck - Time change**  
This Saturday, 1/15 at **6:00 pm** at the home of Harold and Leslie Goldfarb, 3521 NE 98th St, Seattle

Please RSVP to the Goldfarbs at 206 985 1014 or [lesliemorse@comcast.net](mailto:lesliemorse@comcast.net)

Theme: Jewish humor, eg - What's so funny about being Jewish? How has humor helped us through bad times and good? And Bring a good Jewish joke or story to share. Everyone is welcome.

If you last name begins with one of the following letters, please use it as a guideline for bring food for the pareve/dairy pot luck.

A-F Dessert, fruit, or drinks

F-J Main Dish

K-P Salad or Vegetable

R-Z Appetizer, or interesting bread

### Israel Discussion Group

**Shabbat, 1/22 from 1:15pm in the Beit Midrash**  
Israel Discussion Group Chair, David Brumer will be the speaker at the next meeting. The title of his talk is *Critical Challenges and Daunting Dilemmas on the Israeli Political Landscape*. In his talk, David will endeavor to paint a picture of the concentric circles of existential angst facing ordinary Israelis. Topics will include BDS (boycott, divestment and sanctions), Iran, the Palestinian conflict and prospects for peace. David is co-chair of the Seattle Jewish Film Festival. He has been published in The Jerusalem Post, Congress Monthly, The Seattle P.I. and The Seattle Times. In 2005, he received Congressional recognition for his work with The Israel Project. His blog, <http://brumspeakblogspot.com>, focuses on commentary about Israel and the Middle East.

**Pajama Havdallah: Under the Stars**  
Saturday, 1/22 from 6:30—8:30pm  
Join us for a fun filled night!

You will:

Learn about the stars in the Portable Planetarium from the Pacific Science Center ◊ Do Havdallah in your pajamas ◊ Sing Jewish songs ◊ Create wonderful art projects ◊ Experience Jewish story time ◊ Enjoy delicious desserts ◊ And much more!

This is a FREE event, but we do ask that you please RSVP to Irit Eliav at [Iriteliav@bethshalomseattle.org](mailto:Iriteliav@bethshalomseattle.org).

**Save The Date! Come to Hear Rabbi Wernick, CEO of the USCJ**

**Monday, 1/31 from 8:00 pm in the Sanctuary (after Monday night minyan) RSVP to the office.**  
This is our opportunity to meet Rabbi Steven Wernick, Executive Vice President and CEO of United Synagogue of Conservative Judaism, on his first trip to the Pacific Northwest.

As Rabbi Wernick said upon being hired in 2009: "People are starving for something that's serious and meaningful, intellectually stimulating, and challenging. We have to recognize that hunger, and we have to explore different ways of delivering what people are craving.

You can read more about Rabbi Wernick at [http://www.uscj.org/Meet\\_Rabbi\\_Steven\\_We8092.html](http://www.uscj.org/Meet_Rabbi_Steven_We8092.html).

## ADULT EDUCATION NEWS

### Learn more about Kashrut this January

Join us for a free class on Wednesdays: 8:15-9:15pm.  
1/19 -Complexities of Kashrut with Marci Greenberg  
1/26 -Practical Aspects of Kashrut w/ Linda-Jo Greenberg  
No charge.

### Would you like to improve your Hebrew?

Rita Shtull, a Hebrew teacher who volunteered at CBS two years ago, is back in Seattle for the winter. She is willing to help adult Hebrew students at no charge. Please contact Carol at 206-524-0075 ext 2504 or [carolbenedick@bethshalomseattle.org](mailto:carolbenedick@bethshalomseattle.org) for more info.

### The European Ashkenazi Jews of Kampala, Uganda with Janice Masur

*Thursday, January 20, 2011, 7- 8:30pm*

For centuries, Jews have travelled to and traded on the Africa continent. The earliest mention of Jewish traders is found in the fifth century BCE. Later, European Jews came to escape the pogroms, especially after the Kishinev pogrom of 1903 and then, of course, the Holocaust and the rest is history. Janice Masur does not want this history - her story about the Ashkenazi Jewish community - to be forgotten. No charge.

### Feeding the Jewish Soul and the Jewish Body: How and why cooking and eating Jewish foods elevate the Jewish spirit with Jeremy Alk

During the first hour of this course, we will discuss the values inherent in Jewish food prep and eating. During the second hour, well regarded Jewish chefs and cooks will look beyond the primary Jewish soul foods.  
Time: Wednesdays, 7-8pm and 8pm-9:15pm  
Dates: Feb. 2, 9, 16, 23, Mar. 2, 9  
Cost: 1st hour only: \$50/member, \$75/non-member, 2nd hour only: 90/member, \$135/non-member  
Both hours: \$130/member, \$195/non-member  
(All classes include supply fee)

### Bob Dylan, Kinky Friedman and Other Jewish Rockers: What their lyrics and their lives say about Jewish consciousness and identity in America with Jeremy Alk

Time: Tuesdays, 8:15-9:15pm  
Dates: Feb. 1, 8, 15, 22, Mar. 1, 8  
Cost: \$60/member, \$90/non-member

# HAMAKOM YINACHEM ETCHEM: "May God Comfort You"

## MEMBERS IN SHLOSHIM OR YUD BET HODESH

- י Lori Safer, for her father, Barney Cohn, z"l (23 Tevet)
- י Benjamin Levie, for his brother, James Levie, z"l (15 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 Heshvan)
- 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 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)
- 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)

## MEMBERS IN SHLOSHIM OR YUD BET HODESH CONTINUED

- 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 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)

## MEMBERS OBSERVING YAHZEITS

- י Deborah Arnold, for her grandfather, Leonard Arnold, z"l
- י Linda Portnoy, for her aunt, Ruth Janis, z"l
- י Sharon Perlin, for her grandfather, Samuel Rosenblum, z"l
- י Jeremy Aik, for his mother, Mildred Aik, z"l
- י Steven Alter, for his mother, Barbara Alter, z"l
- י Joel Altus, for his mother, Sabina Altus, z"l
- י Joan Lite Miller, for her brother-in-law, Joseph Lansing, z"l
- י Alan Baumgarten, for his grandfather, Nachum Baumgarten, z"l
- י Elyce Brauerman, for her father, Richard Kirschenbaum, z"l
- י Yaakov Medrash, for his father, Yitzhak Medrash, z"l
- י Cindy Hirsch, for her great grandmother, Mary Jonas, z"l
- י David Tarshes, for his uncle, Abe Harris, z"l
- י Rhona Feldman, for her aunt, Patti Reider, z"l
- י Carol Gown, for her mother, Sylvia Gown, z"l
- י Gail Zucker, for her brother, Mark Rabinowitz, z"l
- י David Grossman, for his mother, Verle Grossman, z"l
- י Rita Goldenberg, for her father, Jacob Lever, z"l
- י Steve Perlmutter, for his mother, Doris Perlmutter, z"l
- י Nancy Fisher-Allison, for her father, Lloyd Fisher, z"l
- י Ken Weinberg, for his mother, Lillian Weinberg, z"l
- י Sarah Lindsley, for her adopted father, Donald Basile, z"l
- י Fern Rogow, for her grandmother, Etta Rogow, 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 Mordecai Ber ben Benyomim (Murray Guterson)
- י Devorah Hannah bat Sarah v'Shlomo (Doris Stiefel)
- י Israel Zvi ben Yehudit v'Shmu'el (Howard Klein)
- 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 Naftola Hart ben Eva (Norton Goldstein)
- י Yaffa Tova bat Reuven (Jane Fein)
- י Batsheva bat Sofia
- י Ita bat Taube (Inna Lacker)
- י Aviella Bara bat Nechama Raisei 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 (re-listed 1/6)
- י Yisrael Chanach ben Hannah, father of Ellen Spear (re-listed 1/6)
- י Dorothy Saran, mother of Craig Saran (re-listed 1/6)
- י Shoshana bat Irene (Susan Markowitz), cousin of Patti Kieval (re-listed 1/6)

## 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 Aryeh Lev (Leo Shalinsky), father of Howard Shalinsky (re-listed 1/6)
- י Devorah bat Esther (Doreen Marx), step-mother of Jay Kruelewitsh (re-listed 1/6)

### FRIENDS of Members

- י Yehuda Dov Ha'Cohen ben Malkah, (Ernest Cohen), friend of Sharon Greenberg (re-listed 1/6)
- י Larry Zolton, a friend of Patti Kieval (re-listed 1/6)
- י Rabbi Joshua Stampfer, friend of Congregation Beth Shalom and Camp Solomon Schechter (re-listed 1/4)
- י Ilana Liat bat Chana (Lani Horn, former CBS member), friend of Elizabeth Davis (re-listed 1/4)
- י Edith bat Shimon (Edith Ginsberg), friend of Carrie Horwitch & Michael de Haan (listed 12/14)
- י Marcus Walker, a friend of Rebecca Polyakovsky (listed 12/15)
- י Diane Davis, friend of Linda Portnoy (listed 12/22)
- י Gavriella bat Gloria (Congresswoman Gabrielle Giffords)
- י Gilad Shalit, the kidnapped Israeli soldier in Gaza