



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

"I am convinced that no demon can harm a house properly provided with a mezuzah."
~ Meir of Rothenburg



19-25 Av 5770

July 30-August 5, 2010

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

Kabbalat Shabbat Service in the Sanctuary

Candlelighting for July 30th is at 8:29pm
Kabbalat Shabbat Services at 6:15pm

Shabbat Morning Services in the Sanctuary at 9:30 am

Ekev

Deuteronomy 10:12-11:25

Haftarah: Isaiah 49:14-51:3

Guest Darshan: Irit Eliav

Kiddush is Sponsored by the Kiddush Club and prepared by our Shabbas Chefs,
Iris Brumer, Emily Barton & Claire Lieberman

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, just search on *Congregation Beth Shalom* and click "join."

Guest Darshanim

Next week - 8/7, our guest speaker is Lisa Orlick
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, 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's, weddings and other lifecycle events. There is an online registry to take advantage of as well as many other exciting benefits. Watch for specials and sales and enjoy.

CBS Gift Card / Scrip Program

For more information on how to purchase cards or get involved contact Kevin Coskey at scrip@bethshalomseattle.org or inquire at the front office.

MILESTONES

Y Mazel Tov to Allan & Judy Borodin, on the birth of their grandson, Sam Michael Borodin Chandler and to Rabbi Borodin, on her new nephew

TODDAH RABAH

Y Extra Special thank you to Shabbas Chefs, Elizabeth Davis and Ameer Sherer, with their helpers, Danielle Yancey, Julie Margulies and Carol Benedick, for their fabulous Kiddush last week
Y This week's Shabbas Chefs, Iris Brumer, Emily Barton and Claire Lieberman, for their fabulous Kiddush
Y Hero of the Week—Norm Schiff, for getting us a huge load of garden chips
Y Steven Katz, for spackling all over the shul
Y Joani Diskin Saran & Craig Saran, for donating a tallit from Israel to us
Y Yasher koach to Sheryl Kipnis for organizing and coordinating the CBS Blood Drive on July 25th! We registered 25 donors including 6 first time donors. On average, 80% of new donors end up becoming lifelong donors. And we collected 22 units of blood that will go help 66 patients in our community!

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. The time-honored donation of tzedakah which is linked to these listings is the Jewish way of hallowing memory by supporting worthwhile efforts of the synagogue.

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.

Also note that all people whose names appear on a yearzeit plaque will be listed in a separate section in the book. This list is updated regularly and new minted plaques will be included.

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 including your listings and the amount you would like billed to your account. Otherwise feel free to contact the Front Office.

Jewels of Elul

Sign up now to receive the Jewels of Elul. There is a great Jewish tradition to dedicate the 29 days in the month of Elul to study and prepare for the coming high holy days. The time is supposed to challenge us to use each day as an opportunity for growth and discovery. The Jewels of Elul are a collection of short stories, anecdotes and introspections from some fascinating people. To receive the Jewels of Elul, visit www.JewelsofElul.com.

Coatroom Cleanup - LAST CHANCE!

Please check the coat room in the month of July. Anything left will be donated to GoodWill on August 2nd.

From the Rabbi - Two new Distribution Lists

Want to stay current on Israel and interesting voices commenting on Israel? Want to stay current on interesting articles about the Jewish world and American Jews? We are creating two new distribution lists, one on Israel and one on contemporary Jewish Issues. For both of these lists, Rabbi Borodin will forward select articles.

If you would like to be added to the list, please e-mail or call Marjie at 206-524-0075.

Video Recording

It has come to our attention that we have instances where video recording on special occasions would benefit the Beth Shalom community. If you have an interest and experience with video recording and would like to volunteer to record events at Beth Shalom, please contact Kris Klippel, the rabbi's assistant at 206-

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.

Tot Shabbat

Upcoming dates - 8/7

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. No experience necessary. All are welcome. For more information email: iriteliav@bethshalomseattle.org

Women's Elul Retreat

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

All adult women (post bat mitzvah) are warmly invited to an Elul retreat on Sunday, August 15 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.

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 by August 10th. 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.

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."

Using Cheshbon Hanefesh and the Al Chet (missing the mark) prayer, which we say many times during Yom Kippur, we'll identify opportunities to develop a courageous heart which can support us during the year. Then, each of us will pick one or more middot (soul traits such as humility, trust, compassion, and responsibility) that appear to be significant opportunities for transforming ourselves and begin this year's work of revealing our holiness. **Advance preparation advisable** – email

SB@livingwealth.com for items in the Al 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.

HAMAKOM YINACHEM ETCEM: "May God Comfort You"

MEMBERS IN SHLOSHIM OR YUD BET HODESH

- 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 Lyle Margulies, for his aunt, Lois Sussman, z"l (12 Tammuz)
- י Jesse Kleinman, for his mother, Goldie Darvin Kleinman, z"l (5 Tammuz)
- י Amy Stolov and Nancy Goldov, for their uncle, Stanley E. Stolov, z"l (4 Tammuz)
- י Esther Altshul Helfgott, for her husband, Abe Schweid, z"l (3 Tammuz)
- י Judith Mentzer, for her uncle, James Mentzer, 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)

MEMBERS IN SHLOSHIM OR YUD BET HODESH CONTINUED

- 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 Jeff Miller, for his friend, Rudi Stern, z"l
- י Marc Rosenshein, for his mother, Beverly Rosenshein, z"l
- י Ronnie Katz, for her mother, Ann Katz, z"l
- י David Grossman, for his aunt, Mara Grossman, z"l
- י Ellie Weiss, for her great aunt, Millie Machiz, z"l
- י Amy Stolov and Nancy Goldov, for their grandfather, Misha Noodelman, z"l
- י Kayla Weiner, for her aunt, Mollie Pecarsky, z"l
- י Marilyn Meyer, for her grandmother, Millie Abramovitz, z"l
- י Inna Lacker, for her mother, Tatiyana Posner, z"l
- י Janet Levy Pauli, for her grandmother, Lee Kalsman, z"l
- י Linda-Jo Greenberg, for her grandmother, Cora Schutzer, z"l
- י Carol Brown, for her father, Birney Covell, z"l
- י Guenter Mannhalt, for his sister, Evelyne Gittel Mannhalt Adler, z"l
- י Steve Adler, for his mother, Evelyne Gittel Mannhalt Adler, z"l
- י Keith Ketover, for his aunt, Roberta Ketover-Nargentino, z"l
- י Elizabeth Davis, for her grandfather, Marvin Davis, 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 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'Shmuel Moshe (Julian Silver)
- י David Henached shell Goldja (Eric 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 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 7/6)
- י Chayah bat Chana (Helen Kieval), mother-in-law of Patti Kieval (re-listed 7/6)
- י Miriam bat Nechama v'Yehuda, sister of Ilene Stein (re-listed 7/6)
- י Julie McKibben, sister-in-law of Corey Salka (re-listed 7/6)
- י Shmuel ben Zahava v'Yehyel Mayer, father of Tzachi Litov (re-listed 7/6)
- י Yisrael Chanech ben Hannah, father of Ellen Spear (re-listed 7/6)
- י Dorothy Saran, mother of Craig Saran (re-listed 7/6)
- י Batya Elisheva bat Sarah, mother of Robert Zaher (listed 6/8)
- י Shoshana bat Irene (Susan Markowitz), cousin of Patti Kieval (listed 6/8)

Refuah Shleimah

The Refuah Shleimah 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 Sura Yehudi bat Feiga (Sydelle Zinn), relative of Brenda Kurland (listed 6/9)
- י Suzann Klein, cousin of Rochelle Roseman (listed 6/9)
- י Michael Robson, father of Debi Vans Evers (listed 6/29)
- י Pat Kraniotis, cousin of Dina Tanners (listed 7/12)
- י Lydia Kraniotis, cousin of Dina Tanners (listed 7/12)
- י Mel Baer, cousin of Steve Greene (listed 7/26)

FRIENDS of Members

- י Yehuda Dov Ha'Cohen ben Malkah, (Ernest Cohen), friend of Sharon Greenberg (re-listed 7/6)
- י Larry Zolton, a friend of Patti Kieval (re-listed 7/6)
- י Rabbi Joshua Stampfer, friend of Congregation Beth Shalom and Camp Solomon Schechter (re-listed 6/10)
- י Ilana Liat bat Chana (Lani Horn, former CBS member), friend of Elizabeth Davis (re-listed 6/10)
- י Shulamit bat Tamar (Ellen Raim), friend of Elizabeth Davis (re-listed 6/10)
- י Haley Summers, family friend of Tamira Hartman (re-listed 6/19)
- י Laurie Savran, friend of Kayla Weiner (listed 6/24)
- י Chava Rafaela bat Shandel (Eve Grossman), friend of Dina Tanners (listed 6/25)
- י Avraham Ben Leah (Albert Behar), friend of Marilyn Meyer (listed 6/28)
- י Leah Shoshana Bat Marilyn (Lea Hanan), friend of Marilyn Meyer (listed 6/28)
- 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 Gilad Shalit, the kidnapped Israeli soldier in Gaza