



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 first and most important principle of Jewish tradition is a negative one. "No graven images" keeps Jewishness from getting tied up with any fixed bodily idea. Everything in Judaism must remain fluid..." ~ Abraham Golomb

24 Elul-1 Tishrei 5770

September 3-9, 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.

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

Kabbalat Shabbat Service in the Sanctuary

Candlelighting for September 3rd is at 7:29pm
Kabbalat Shabbat Services at 6:00pm

Shabbat Morning Services in the Sanctuary at 9:30 am

Va'Yeilekh

Deuteronomy 31:7-30

Haftarah: Isaiah 61:10-63:9

Bar Mitzvah of David Solovy

Aufruf of Maya Newman & Ben Mahdavi

Kiddush is Hosted by Jonathan Solovy & Stacey Fisher

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

Tot Shabbat from 11:00-11:15am 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

Selichot

CHOOSE LIFE - B'CHARTA B'CHAIM: HOLY DAY CONVERSATIONS

A night of learning, reflection and prayer as we prepare for the Days of Awe.

Program Details:

Havdalah: 9:15pm

Program Facilitated by Mary Potter: 9:30pm

Dessert: 10:45pm

Selichot Services: 11:15pm

Choose Life is a DVD recording of conversations with Conservative Rabbis, including Rabbi Aaron Alexander, Rabbi Bradley Artson, Rabbi Ed Feinstein, Rabbi Cheryl Peretz, Rabbi David Wolpe, and Reb Mimi Feigelson. Mary Potter, writer, theologian, Jewish educator and CBS member, will facilitate a discussion on the rabbinic conversations. The DVD was produced by the Zeigler School of Rabbinic Studies.

Following this program, join us for dessert and Selichot services.

Our offices will be closed Monday September 6th in observance of Labor Day.

Monday morning minyan will be at 9:00am

The office will be closed on Wednesday, September 8th at Noon until Monday morning, September 13th at 9am.

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."

Ushers Needed for the High Holidays!

If you are interested in volunteering for one or more times to serve as an Usher, please contact Dan Bernhard at [ushers AT bethshalomseattle.org](mailto:ushers@bethshalomseattle.org). To view the schedule for this year, go to our website and click on the Volunteer page for information.

CBS Gift Card / Scrip Program

The month of Elul is now upon us, and that means Rosh Hashanah is just around the corner. 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 or at 206-365-2275.

The Beth Shalom Social Action Committee is teaming up with the Youth Department for the **JFS Community Food Drive—September 9th - 17th**
Handy shopping bags printed with suggested donation items will be distributed after Rosh Hashanah services on September 9th.

Please drop off your donations in the designated bin in the lobby no later than Friday, the 17th.

All items collected from our congregation will be delivered to the Jewish Family Services Food Bank the morning of September 19th.

5 Great Ways to Help The Food Drive

- Y Drop off bundled, empty paper grocery bags in the lobby
- Y Drop off non-perishable items in the bin in the lobby
- Y Purchase a gift card through the office to donate to the Food Bank
- Y Help us transport items to the Food Bank on the 19th
- Y Help JFS sort donated items at their warehouse on the 19th

To purchase a gift card, please contact the office or Kevin Coskey at scrip@bethshalomseattle.org, - checks should be made payable to CBS.

Thank you for sharing what you have with those less fortunate.

MILESTONES

- Y Mazel Tov to David Solovy and his family on his becoming Bar Mitzvah
- Y Mazel Tov to Maya Newman & Ben Mahdavi, on their Aufruf

TODDAH RABAH

- Y Jonathan Solovy & Stacey Fisher, for Hosting this week's Kiddush
- Y To our CBS member elves for cleaning and washing the front entrance canopy for the holidays
- Y Judith Mentzer, Kathryn Bern and Jill Cohen, for polishing all the silver for the High Holidays
- Y Joanna Gerber, for helping in our office

Volunteers Needed for High Holiday Prep!

This Sunday, September 5 - 9am to 2pm? (depending on the # of volunteers)

The High Holy Days are amongst the busiest times of the year and a time when we prepare our "home" for the season. There are opportunities for chair set up, books to move, and all the other associated chores to help prepare our community for the High Holy Days.

Everyone is welcome and encouraged to come by, even if just for an hour. There is much to do and things to move, and it's always much more fun with YOU!

Light refreshments will be served - just come on by.

HIGH HOLIDAY YIZKOR BOOK

Each year on Yom Kippur, we distribute our annual Yizkor Book, inscribed with names of our loved ones no longer living. Because the holidays come so early this year, we encourage anyone interested in including their loved ones in this tradition to do so as early as possible. Forms are available online, in the 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 including your listings and the amount you would like billed to your account.

Otherwise feel free to contact the Front Office.

The Keshet Project: Connecting Beth Shalom

The goal of this project -*keshet*- meaning "connection" - is to help more CBS members connect to each other in new and meaningful ways. We've asked you a question on the back of your pink High Holiday ticket and drop your ticket into one of the Keshet Project boxes at shul on Yom Kippur. We will contact everyone who responds and use their candid feedback to help members improve their connections with others. There will be a variety of opportunities, including new and existing programs at Beth Shalom, for members to meet other members with similar interests. Of course, we will respect the confidentiality of every response. If you have any questions, please contact Neelz Gharavi at mdragonsinger@yahoo.com or 206-334-7408 or Rhona Feldman at rhonaf@comcast.com or 206-355-7369 for more information.

The Books are Back!

Both Entertainment Books and Chinook Books are back in the office.

Entertainment Books are \$25 this year.

Chinook Books are still the low price of \$20.

Come to the office to buy one.

Are you a dessert maven?

We're forming teams to bake and freeze desserts at the shul which Shabbas Chefs can then use with their Shabbas meals. If you have any interest in leading such a team or volunteering on one, please call Judith Benjamin at 206-525- 7791. Thank you! From Mark Berman and Judith Benjamin, Shabbas Chefs co-chairs.

The Red Bag in the Lobby - First Place School

You will notice a bright red bag in our lobby. It is there for Sophie Davis Rittenberg's mitzvah project. She is collecting school supplies to go to First Place School - the school for homeless children.

UPCOMING PROGRAMS AND EVENTS

Meditation through Breath and Movement: A Shabbat Morning Practice
Every 2nd 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.

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. CBS members will be meeting at our cemetery to start this tradition. Join us at 11am 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. To receive a cemetery packet, contact (206) 524-0075 or tzachilitov@bethshalomseattle.org.

Join Beth Shalom Members at the Homeless To Renter (H2R) Simchat Sukkot Event
Sunday, 9/26 from 7-8:30pm at Beth Am
The Homeless to Renter (H2R) program has supported move-in costs for nearly 130 families and nearly 300 children struggling with homelessness. Beth Shalom is an affiliate member of H2R and our members have contributed greatly to its success. You can support H2R in two ways:
First, please join fellow Beth Shalom members at the Simchat Sukkot event for the H2R program, on

Sunday, September 26th, at Temple Beth Am. The evening will feature a talk by Doreen Cato, executive director of First Place. Light refreshments, wine and beverages will be served. The requested minimum donation for the evening is \$18. Please RSVP to Beth Am at 206-525-0915 no later than September 22nd.

Second, you may donate directly to the H2R fund by sending a check to Beth Shalom, simply note "H2R fund" on your check. All funds are administered through the Jewish Family Service.

Young Adult Rosh Hashanah Dinner
Thursday, 9/9 from 7:45pm at Beth Shalom
Congregation Beth Shalom Young Adult Kehillah is pleased to invite you to a dinner for young adults (20s and 30s) on the second night of Rosh Hashanah.

We will meet at 7:45 pm for Mincha and Ma'ariv services and then enjoy a delicious catered dinner afterwards. The cost for the meal is \$15 for CBS members and \$18 for non-members. Please RSVP to Marjie Cogan at Marjiecogan@bethshalomseattle.org or on our website. We hope to see you there!

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 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.

HAMAKOM YINACHEM ETCHEM: "May God Comfort You"

Y Robert Amkraut, for his father, Sidney Amkraut, z"l, who passed away Sunday, August 29 (19 Elul)
The funeral took place in California.

Y Michael de Haan, for his mother, Cecilia de Haan, z"l, who passed away, Tuesday, August 31 (21 Elul) in Australia.
The funeral took place in Australia. There will be a shiva minyan on Monday, September 6th from 7:30pm at the home of
Michael de Haan & Carrie Horwitch, 2304 Hughes Ave SW in West Seattle. (206) 938-1419
(The Monday evening minyan will still be held from 7:30pm in the Beit Midrash at Beth Shalom)

MEMBERS IN SHLOSHIM OR YUD BET HODESH

- י Ilene Stein, for her sister, Marsha Weiss, z"l (15 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 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)

MEMBERS IN SHLOSHIM OR YUD BET HODESH CONTINUED

- 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 Tony Moore, for his grandmother, Aline Sinai, z"l
- י Jack Richlen, for his father, Benjamin Richlen, z"l
- י Francine Cohen, for her grandfather, Benjamin Richlen, z"l
- י Judy Rosenfeld, for her mother, Avigal Rosenfeld, z"l
- י Joel Erlitz and Marc Erlitz, for their grandfather, Henry Erlitz, z"l
- י Debra Mowat, for her father, Burton Grodin, z"l
- י Stephen Brown, for his father, Alan Brown, z"l
- י Cezanne Garcia, for her aunt, Maxine Damner, z"l
- י Harvey Niebulski, for his grandmother, Chaya Baumohl, z"l
- י Sheri Kittay, for her nephew, Andrew Fingeroot, z"l
- י Ginny Cassidy-Brinn, for her father, Joseph Cassidy, z"l
- י Rob Jacobs, for his aunt, Naomi Tapper, z"l
- י Jodi Gradinger-Wes, for her uncle, Herbert Dorfman, z"l
- י Lynn Gottlieb, for her uncle, Morton Goldwater, z"l
- י Rita Edelson, for her husband, Robert Edelson, z"l
- י Gail Katz and Henry Liebman, for their son, Nathaniel Liebman, z"l
- י Grant Norwitz, for his father, Ronnie Norwitz, z"l
- י Ira Kalet, for his mother, Miriam Kalet, z"l
- י Susan Huntley, for her father, Irving Schechter, z"l
- י Elizabeth Gilbert, for her aunt, Hazel MacDonald, z"l and for her great aunt, Nina Rose, 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 D'vorah bat Hilda v'Benjamin (Debora Teitelbaum Rifkin)
- י Dina Leah bat Shendyl Rochel v'Sinai ha'Cohen (Dina Tanners)
- 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 Benjamin Lev ben Aviiva Ora v'Shmu'el Moshe (Julian Silver)
- י David Henched 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 Batsheva bat Sofia
- י Ita bat Taube (Inna Lacker)
- י Aviella Bara bat Nechama Raisal v'Shlomo Vared (Susan Aylesworth)
- י Malka bat Leah v'Rav Avram (Mildred Rosenbaum)
- י Nachum ben Shmu'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 Shmu'el ben Zahava v'Yehyel Mayer, father of Tzachi Litov (re-listed 8/6)
- י Yisrael Chanach ben Hannah, father of Ellen Spear (re-listed 8/6)

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

- י Dorothy Saran, mother of Craig Saran (re-listed 8/6)
- י Chris Morton, friend of Kayla Weiner (listed 8/9)
- י Maurie Kraus, uncle of Jay Krulewitch (listed 8/25)
- י Devorah bat Esther, step-mother of Jay Krulewitch (listed 8/25)
- י Yidel Stein, father of Ilene Stein (listed 8/25)

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 9/2)
- י Ilana Liat bat Chana (Lani Horn, former CBS member), friend of Elizabeth Davis (re-listed 9/2)
- י Shulamit bat Tamar (Ellen Raim), friend of Elizabeth Davis (re-listed 9/2)
- י Laurie Savran, friend of Kayla Weiner (re-listed 9/3)
- י Anita Feld, friend of the Orlick Salka Family (listed 8/5)
- י Kathy Stone, friend of Corey Salka (listed 8/24)
- י Gilad Shalit, the kidnapped Israeli soldier in Gaza