



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 story of the plagues is drawn with unfading colors, and its typical and didactic significance cannot be overrated. It depicts the impotence of man's strongest determination when it essays to contend with God..." ~ Samuel R. Driver

29 Tevet-6 Shevat 5770

January 15-21, 2010

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### Kabbalat Shabbat Service in the Sanctuary

Candlelighting for January 15th is at 4:26pm  
Kabbalat Shabbat Services at 5:00pm  
3rd Friday Kabbalat Shabbat Service & Dinner at 7:30pm

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

**Rosh Chodesh**  
**Va'era**  
Exodus 8:16-9:35  
Maftir: Numbers 28:9-15  
Haftarah: Isaiah 66:1-24, 23  
**Bar Mitzvah of Daniel Salka**  
Shabbat Kiddush is Hosted by Corey Salka & Lisa Orlick-Salka

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

Learner's Minyan with Ron Schneeweiss from 10:30-11:15am in the Beit Midrash  
(Topic: Torah Service - How to do an Aliyah/Hagbah/Gelilah)  
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 moving to Room 2

Kiddush Co-op from 1:00-2:00pm in the open space downstairs

**Global Poverty Discussion Group**  
from 1:15-2:15 in the Beit Midrash

**The CBS Offices will be closed on Monday, January 18, for the MLK Jr. Day.**

**The morning minyan will take place at 7am.**

**The Justin Coskey Dinner will take place at 5pm.**

In light of the flu season that is upon us we ask you to respect people's desires not to shake hands in order to minimize the spread of germs.  
Thanks for your understanding and consideration.

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

The website has a weekly posting for the status of the eruv: [www.seattleeruv.com](http://www.seattleeruv.com)

## Seasons of Mussar II with Shirah Bell

Mussar, a centuries old practice of spiritual self-examination, will provide guidance in identifying your spiritual curriculum, through Jewish text study, group discussion and personal reflection. The emphasis for this class will be on developing new habits and practices for becoming our finest selves, as well as building spiritual community in our shul. The course is open to students have taken Seasons of Mussar I as well as new students.

Usually every other Wednesday, 7-9pm.

**Starts February 10.**

Cost: \$189/member, \$229/non-member.

## 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."

## Looking for a Volunteer to Help Schlep

We are looking for someone to help load and deliver the extra food and sundries that have been left for JFS. Is anyone available? Call the office at 206-524-0075 to let us know.

## Interested in Joining or Forming a Chavurah???

Build community and strengthen member relationships around Jewish ritual, holidays, study, life cycle events. E-mail Howard Shalinsky at [Hospitality@bethshalomseattle.org](mailto:Hospitality@bethshalomseattle.org).

## Looking for Vacuum Cleaners

Sand Point Community Housing is in desperate need of the donation of working vacuum cleaners. The residents in this transitional housing for formerly homeless share cleaning duties for the public areas, and previously donated vacuums are wearing out. Please contact Judith Arms, [jm.arms@comcast.net](mailto:jm.arms@comcast.net) if you have a vacuum to donate

## Look in Your Mail

Your donation information for your 2009 taxes is in the mail. Be on the lookout.

## MILESTONES

**Y** Mazel Tov to Daniel Salka and his family on becoming Bar Mitzvah

## TODDAH RABAH

**Y** Corey Salka & Lisa Orlick-Salka, for Hosting this week's Kiddush  
**Y** Ron Schneeweiss, for leading the Learner's Minyan  
**Y** Susan Aylesworth for repairing Chumashim  
**Y** Talya McCurdy for preparing bar/bat mitzvah certificates

**Justin Coskey's Mitzvah Dinner**  
**Monday, 1/18 from 5:00-7:00pm at**  
**Congregation Beth Shalom**  
RSVP to [justinmitzvah@gmail.com](mailto:justinmitzvah@gmail.com)

*"Every 1 in 6 people lives in hunger. For my Bar Mitzvah project, I want to feed the hungry. You can help me fulfill this mitzvah by coming to this "pay-what-you-want" dinner. All the proceeds will go to Mazon. Please help me in achieving this mitzvah. Thank you very much."*

## Adult Ed Classes – Sign up Today!

### Eros and the Jewish People

**Sundays, starting 2/3 from 7-8pm**

Instructor Jeremy Alk explores the writings of love and sex in our tradition, spanning the generations from Genesis to Ruth Westheimer, from the Song of Songs to Philip Roth, and from Maimonides to Shmuley Boteach. Our far-reaching class will give you an incredibly diverse picture of Jewish thought on this most basic of human experiences. Cost for this 6 week course is \$60/member, \$90/non-member.

### Exploring Through Art and Text: Purim with Rabbi Borodin and Wiebke Light

**Sunday, 2/7 from 7-9 pm**

You will have a chance to unveil some of these nuances in the story of Purim through two different medium: the written word and the visual. For the first hour, we will engage in text study of part of Megilat Esther. For the second hour, we will explore the story through art. By means of an accessible art method, we will creatively express the text. 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.

Cost is \$25/member, \$35/non-member. RSVP by 2/2/10.

**Modern Hebrew Literature**, led by Joel Altus and Lisa Orlick, will meet the first Wednesday of every month from 7-8:30pm. The next class takes place at Beth Shalom on February 3rd.

**Adult Beginning Israeli Folk Dancing** has started a new format. Instructor, Rhona Feldman, will lead introductory level dances for the first 45 minutes of each class and then more advanced dances for the second half of the class. No matter what your skill level, please join us every Wednesday evening from 7-8:30pm. Cost is \$30/member for a 5 session punch card, \$40/non-member.

RSVP for the above classes to

[carolbenedick@bethshalomseattle.org](mailto:carolbenedick@bethshalomseattle.org) or fill out the registration form in the lobby or on the web.

**Don't let the cost of our classes keep you away. Financial aid is available for members, just ask.**

## UPCOMING PROGRAMS AND EVENTS

### Rosh Chodesh Sh'vat - January 17

7:00 – 7:30 refreshments, 7:30-9:00 program at the home of Polly Amkraut, 7550 41st Av NE  
Singing is a natural way of expressing our emotions and communicating the essence of who we are. Many times we let our thoughts and fears intercede and stop the flow of communication between our spiritual selves and our song.

Carolyn Bienn Friedkin, musician and voice teacher, will facilitate the group in exercises designed to connect our bodies, voices and spirit. Carolyn asks you to bring a mat/towel/blanket on which to lie and wear loose clothing for the gathering.

### CBS Blood Drive

Sunday, 1/24 from 11am-4pm

Beth Shalom and the Puget Sound Blood Center are holding a Blood drive. We are looking for volunteers to hand out refreshments for hour-long shifts in the Blood Mobile. Please contact Robert Isgur at [sacchairs@bethshalomseattle.org](mailto:sacchairs@bethshalomseattle.org) if you can volunteer. Go to [http://www.psb.org/programs/drives\\_schedule.asp](http://www.psb.org/programs/drives_schedule.asp) to make an appointment to donate blood.

### New Member Shabbat & Shabbat Shirah 1/30 at Services and Kiddush

Members of the Seattle Jewish Chorale together with CBS children will add a special musical interlude to our regular Shabbat services.

And after services...

**Greening for Tu B'Shvat – Learn about the Jewish Climate Challenge with Rabbi Zari Weiss Saturday, 1/30 following Kiddush at 1:15pm**

The Jewish Climate Challenge is inspired by the Jewish teachings which recognize that it is a mitzvah (a sacred obligation) to care for the earth and its creatures. The concepts of *bal tashchit* (do not destroy), *ahavat habriot* (love of all creatures), and *tikkun olam* (repair of the world), among others, require that we do all that we can to minimize negative impact that human beings have on the environment.

Accept the challenge and learn about meaningful and effective ways to make a difference.

More information is available at [www.thejewishclimatechallenge.org](http://www.thejewishclimatechallenge.org).

### New Parents' Havdallah

Saturday evening, 1/30 from 6:30-8:00pm  
Join us for Havdallah and Dessert at Rabbi Borodin's house

*For families with children 0-15 months and expectant parents. Older siblings welcome.*

RSVP by January 25th to Kris at (206) 524-0075 or [krisklippel@bethshalomseattle.org](mailto:krisklippel@bethshalomseattle.org)

If you would like to be included on a new parents' roster, please let us know, even if you're unable to come to the January 30 Havdallah.

### Contemplative Minyan: Deepening the Experience of Prayer

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

The Shabbat contemplative minyan service is scheduled for February 6, March 6, April 3, May 1 and June 5. 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. Minyan held at annex next door to main building: 6830 35th Ave NE.

For more info, contact: Cynthia Gayle [contemplative@bethshalomseattle.org](mailto:contemplative@bethshalomseattle.org) or 206-283-9301.

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

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.

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

In the new contemplative *minyan* 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, February 13, 2010, 7:00 p.m. in the annex house next to CBS. 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.

### 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.

# HAMAKOM YINACHEM ETCHEM: "May God Comfort You"

## MEMBERS IN SHLOSHIM OR YUD BET HODESH

- 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)
- י Steve Perlmutter, for his mother, Doris Perlmutter, z"l (15 Shevat)
- י Steven Alter, for his mother, Barbara Alter, z"l (11 Shevat)

## MEMBERS OBSERVING YAHEZITS

- י Cindy Hirsch, for her grandmother, Frieda Hirsch z"l
- י Maureen Leyser, for her mother, Lottie Newmann, z"l
- י Barry Shane, for his father, Phillip Shane, z"l
- י Lynn Katz, for her mother, Tauba Fainsilber, z"l
- י Kellan Eisenhardt, for her father, Norman Grant, z"l
- י Janet Levy Pauli, for her grandfather, Nathan Levy, z"l
- י Elizabeth Davis, for her grandmother, Rose Miller Cohen, z"l
- י Alice Kaderlan, for her father, Solomon Youngerman, z"l
- י Danielle Meir, for her grandfather, Nicholas Chascione, z"l
- י Laurie Becker, for her grandfather, David Jacobson, z"l
- י Julie Klein, for her grandmother, Myrtle McCliment, z"l
- י Meli Solomon, for her uncle, Harold Solomon, z"l
- י David Springer, for his mother, Rose Springer, z"l
- י Sheryl Stiefel, for her grandfather, Samuel Zimmerman, z"l
- י Abraham Schweid, for his father, Henry Schweid, z"l
- י Sharon Greenberg, for her mother, Rose Greenberg, z"l
- י Joel Migdal, for his uncle, Lester Marshak, z"l
- י Grace Rubin, for her father, Jacob Schechter, z"l
- י Betsy Rubin, for her grandfather, Jacob Schechter, z"l
- י Perry Weinberg, for his grandfather, Emmanuel Weinberg, z"l, and for his father, Robert Weinberg, 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 Rachel bat Shoshanah v'Avraham (Rachel Kleit)
- י Benyamin Lev ben Aviiva Ora v'Shmuel 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 Chizkiyah 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 Raisal v'Shlomo Vared (Susan Aylesworth)
- י Malka bat Leah v'Rav Avram (Mildred Rosenbaum)
- י Nachum ben Schmuel (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 1/4)
- י Reuven Shmuel ben Etel (Robert Safer), father of Allen Safer (re-listed 1/4)
- י Diane Bierman, daughter-in-law of Marilyn Bierman (re-listed 1/4)
- י Chayah bat Chana (Helen Kieval), mother-in-law of Patti Kieval (re-listed 1/4)
- י Miriam bat Nechama v'Yehuda, sister of Ilene Stein (re-listed 1/4)

## 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 Julie McKibben, sister-in-law of Corey Salka (re-listed 1/4)
- י Sima bat Gittel, mother of Carol Gown (re-listed 1/4)
- י Shmuel ben Zahava v'Yehyel Mayer, father of Tzachi Litov (listed 12/5)
- י Yisrael Chanach ben Hannah, father of Ellen Spear (listed 12/8)
- י Dorothy and Marshall Saran, parents of Craig Saran (listed 1/4)
- י Ron Cordes, father of Bob Cordes (listed 1/7)
- י Esther Levitan, cousin of Corey Salka (listed 1/13)

### FRIENDS of Members

- י Yehuda Dov Ha'Cohen ben Malkah, (Ernest Cohen), friend of Sharon Greenberg (re-listed 1/4)
- י Leah Yosefa bat Avracha (Lauren Simonds), the executive director of NCJW and friend of Elizabeth Davis (re-listed 1/4)
- י Larry Zolton, a friend of Patti Kieval (re-listed 1/4)
- י Ilana Liat bat Chana (Lani Horn), friend of Elizabeth Davis and former member (listed 1/4)
- י Jeff Berkman, friend of Brad Spear (listed 12/8)
- י Ya'akov Akiva ben Esther Haya (Jerry Barrish), former member and friend of Beth Huppin (listed 12/21)
- י Alice Hershey, friend of Dina Tanners (12/21)
- י Professor Mary K. Bryson, friend of Camins Bretts (listed 12/31)
- י Shulamith bat Tamar (Ellen Raim), friend of Elizabeth Davis (listed 1/13)
- י Shimon ben Jennie v'David, father of Nadine Strauss, friend of Tzachi Litov (listed 1/14)
- י Gilad Shalit, the kidnapped Israeli soldier in Gaza