



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



"Since the Exodus freedom has spoken with a Hebrew accent." ~ Heinrich Heine

7-13 Shevat 5770

January 22-28, 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 Sanctuary

Candlelighting for January 22nd is at 4:36pm

Kabbalat Shabbat Services at 5:00pm

Shabbat Morning Services in the Sanctuary at 9:30 am

Bo

Exodus 12:29-13:16

Haftarah: Jeremiah 46:13-28

Bat Mitzvah of Hannah Bobroff

Shabbat Kiddush is Hosted by Yonah Karp & Harold Bobroff

Shabbat Babysitting at 10:00am 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 moving to Room 2

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

Middah of the Month with Shirah Bell

from 1:15-2:15 in the Beit Midrash

Sunday

CBS Blood Drive from 11am-4pm

in the bus outside of the library across the street from CBS

See page 3 for more information

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.

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

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."

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.

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.

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.

MILESTONES

- Y Mazel Tov to Hannah Bobroff and her family on becoming Bat Mitzvah
- Y Mazel Tov to Justin Coskey, for his Mitzvah Meal last Monday night. They raised over \$1800 for Mazon: A Jewish Response to Hunger. The money will go to support Mazon's general work to feed the hungry and to a special fund Mazon created to help victims of the earthquake in Haiti.

TODDAH RABAH

- Y Yonah Karp & Harold Bobroff, for Hosting this week's Kiddush
- Y Stan Zeitz and Michael Sherer, for changing out lamps and ballasts
- Y Joanna Gerber, for her help in our office
- Y Talya McCurdy, for preparing bar/bat mitzvah certificates

Adult Ed Classes – Sign up Today!

Eros and the Jewish People – starts February 3 Eclectic instructor Jeremy Aik, MAJE, 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.

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

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.

Beth Shalom Beit Midrash. Study the Mishnah with Rabbi Stuart Light the first Thursday of the month, 8-9:30pm. The next class is February 4. Cost is \$5/class or 6 classes for \$25.

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

RSVP for the above classes to 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

CBS Blood Drive

This 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 if you can volunteer. Go to http://www.psbcc.org/programs/drives_schedule.asp to make an appointment to donate blood.

EVENTS NEXT SHABBAT

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

Be sure to join us on Shabbat Shirah, Saturday, January 30. The Adon Olam choir will add a special Tu B'Shvat musical interlude to the service. 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.

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

Empty Nester Potluck

Saturday, 1/30 from 6:30pm at the home of Dina Tanners and Howard Cockerham, 827 NE 127th St.

The theme will have something to do with Tu B'Shvat, which occurs on that Shabbat.

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 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.

HAMAKOM YINACHEM ETCHEM: "May God Comfort You"

Y Rik Katz, for his grandmother, Marcelle Ingelrelst, z"l, who passed on Thursday, January 21 (6 Shevat)

Y Michael Krasik, for his father, Bernard Krasik, z"l, who passed away on Monday, January 18 (3 Shevat)
There will be a shiva minyan on Saturday night, January 23 from 6pm in our Beit Midrash

Y Craig Saran, for his father, Marshall Saran, z"l, who passed away on Thursday, January 14 (29 Tevet)
There will be a shiva minyan on Monday, January 25 from 7:30pm at the home of
Craig Saran & Joani Diskin Saran, 9029 49th Ave NE, Seattle, 206-522-6262

Y Talya McCurdy, for her grandfather, Howard McCurdy, z"l - shiva minyan TBA

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)

MEMBERS OBSERVING YAHZEITS

- י Michael De Haan, for his sister, Marilyn De Haan, z"l
- י Doris Stiefel, for her uncle, Otto Dreyer, z"l
- י Isaac Morgensztern, for his sister, Ann Mary Schmell, z"l
- י Debra Revere, for her grandmother, Sarah Jaffe, z"l
- י Andrea Kurtzman, for her mother, Clara Kurtzman, z"l
- י Linda Portnoy, for her aunt, Ruth Janis, z"l
- י Jeremy Alk, for his mother, Mildred Alk, 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 David Tarsches, for his uncle, Abe Harris, z"l
- י Cindy Hirsch, for her great grandmother, Mary Jonas, z"l
- י Elyce Brauwerman, for her father, Richard Kirschenbaum, z"l
- י Yaakov Medrash, for his father, Yizhak Medrash, z"l
- י Rhona Feldman, for her aunt, Patti Reider, z"l
- י Gail Zucker, for her brother, Mark Rabinowitz, 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'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 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 Shmuel (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)

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 Miriam bat Nechama v'Yehuda, sister of Ilene Stein (re-listed 1/4)
- 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 Saran, mother 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 Ya'akov Akiva ben Esther Haya (Jerry Barrish), former member and friend of Beth Huppim (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 Mundi bat Margaret v'Edward, friend of Tzachi Litov (listed 1/21)
- י Gilad Shalit, the kidnapped Israeli soldier in Gaza