



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 heart, especially the Jewish heart, is a fiddle: you pull the strings
and out come songs, mostly plaintive." ~ Sholom Alechem



14-20 Shevat 5770

January 29-February 5, 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.

Beth Shalom welcomes New Members! Please introduce yourself!

Kabbalat Shabbat Service in the Beit Midrash

Candlelighting for January 29th is at 4:47pm

Kabbalat Shabbat Services at 5:00pm

Notice - next week the service time moves to 5:30pm

Shabbat Morning Services in the Sanctuary at 9:30 am

Tu B'Shevat

New Member Recognition Shabbat

Shabbat Shirah -

The Adon Olam choir will add a special Tu B'Shvat musical interlude to the service. And...

Join David Frum and Dany Barash for Shabbat singing in honor of Shabbat Shirah

from 12:45-1:15 pm in the Social Hall.

B'Shalach

Exodus 14:26-17:16

Haftarah: Judges 4:4-5:31

Shabbat Kiddush is Sponsored by our Kiddush Club and prepared by our Shabbas Chef,
Mark Berman with Rhona Feldman, Sharon Kipersztok, Rose Yu,
Iris Brumer & Alison Sands

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

Youth Minyan from 10:30am-Noon in the Beit Midrash

Religious School Shabbaton from 10:30am in the open space downstairs

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

Jewish Climate Challenge with Rabbi Zari Weiss

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

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.

Greening at CBS

In our continuing efforts to reduce/reuse/recycle you'll notice some changes in the social hall starting this Shabbat. Our yard waste containers are all now RED and marked. This will be consistent throughout the building as you may also notice small red yard waste containers downstairs as well. The RED yard waste container will also be available 7 days a week in the social hall, in the event you're looking for a place for that banana peel or paper cup.

In addition, we're now reducing the size of our trash can as the only real trash we'll have in the shul is things you may have brought from home – candy wrappers, diapers, Hershey's Kisses foil, etc. This will only be successful with your help! Please let us know how it's going and please help by reminding each other to be sure to direct your waste appropriately.

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

Board President of Shararei Tefilah posts the eruv status on his Twitter page at: <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."

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.

Voted by the Readers of the JT News!

"CBS is the Best Congregation for 2009 AND Best Place For A Bar or Bat Mitzvah!"

A message from the Rabbi

Beth Shalom has come to the point where we are running out of siddurim on Shabbat on a regular basis (a great problem to have!) and are trying to bring in as many of our siddurim that have been borrowed from the shul over the last few years. If you have a CBS siddur at home, and the book is unmarked, please return it to the front office. If the book is marked up, please consider making a donation to the Prayerbook Fund to cover the cost of a replacement, which is \$28. We also have Siddur Sim Shalom for sale for \$28.95 at the front office if you are interested in a personal copy. Thank you.

TODDAH RABAH

- Y Robert Isgur, for organizing the Blood Drive last weekend; and a huge thank you from Robert Isgur, to all CBS members who generously donated blood on January 24th. The drive was a success and enough blood was collected to benefit up to 75 people in need. Yasher koach!
- Y Mark Berman, for being our Shabbas Chef this week and keeping track of all the other Shabbas Chefs
- Y Joanna Gerber, for her help in the office
- Y Robin Osdoba, for encouraging Ed to take the food donations to JFS

Adult Ed Classes – Sign up Today!

Eros and the Jewish People – starts February 3

Eclectic instructor Jeremy Alk, 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.

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.

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

Seasons of Mussar II with Shirah Bell – Shorter class time and lower price to encourage registration!

Mussar, a centuries old practice of spiritual self-examination, will provide guidance for developing new habits and practices for becoming our finest selves, as well as building spiritual community in our shul. The traits we will study are Patience, Forgiveness, Simplicity, Modesty, Strength, and Faith. No prerequisites. Every other Wednesday, Feb 10 – May 5, 7:30 -9pm. Cost: \$159/member, \$199/non-member

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

Empty Nester Potluck

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

Havdallah Class with Rabbi Borodin

Thursday, 2/4 from 7:30pm at Beth Shalom
Ever been interested in making havdallah at home and figuring out a nice ritual to end Shabbat, but not sure what to do? Join Rabbi Borodin on Thursday, February 4th at 7:30 pm for a session on: Making havdallah at home. Please RSVP to Marjie at 206-524-0075, so we know how many people to expect. This class is Free and open to all.

Pajama Havdalah

Saturday, 2/6 from 6:30-8:30 pm in the Social Hall

Families with young children are invited to join us for a special Havdalah celebration.

Everyone is welcome so put on your pajamas and join us under the stars!

Pacific Science Center Portable Planetarium • Special Jewish Story Time • Fun Bedtime Craft Activity • Bed Time Snacks!

Please RSVP to ECCDirector@bethshalomseattle.org or Iriteliav@bethshalomseattle.org.

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.

Do you like to hang with the guys, drink beer and play poker?

Sunday, 2/7 from 7:30pm at the home of

Merrill & Francie Ringold, 416 N 62nd

Here's a chance to kick back with a men's only poker party. Merrill Ringold will host poker night on Sunday, February 7th at 7:30 at his house.

Refreshments Provided. Please call the Ringolds at (206) 784-3059 to RSVP.

This is an event sponsored by the membership committee. All donations to the membership committee are welcome.

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.

Want to do an Extra Mitzvah on Purim?

Beth Shalom is looking teetotalers or for a corps of designated drivers for Erev Purim, Saturday night, February 27.

We're also looking for one or two people who would be willing to call taxis for members in need.

Please contact Carol Benedick at 206-524-0075 or carolbenedick@bethshalomseattle.org to volunteer.

J Street Seattle public kick-off celebration of J Street's new national grassroots field program, Thursday, 2/4 from 7 pm at the Southside Commons, 3518 South Edmunds Street, Seattle Southside Commons, the historic Columbia City neighborhood, featuring simulcast remarks by J Street's executive director, Jeremy Ben-Ami, and live music by Sasson. J Street is the political arm of the pro-Israel/pro-peace movement. Refreshments will be served..For information and to RSVP for the event: seattle@jstreet.org / www.jstreet.org/seattle or (206) 442-2077.

HAMAKOM YINACHEM ETCHER: "May God Comfort You"

Y Carol Gown, for her mother, Sylvia Safron, z"l, who passed away on Friday January 29 (14 Shevat)
The funeral will take place on Sunday in New York, and Carol will be staying in New York for the shiva.
We will keep you informed about any minyan or shloshim gathering.

MEMBERS IN SHLOSHIM OR YUD BET HODESH

- י Rik Katz, for his grandmother, Marcelle Ingelrest, z"l (6 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 Talya McCurdy, for her grandfather, Howard McCurdy, z"l
- 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)

MEMBERS OBSERVING YAHZEITS

- י Rita Goldenberg, for her father, Jacob Lever, z"l
- י Steve Perlmutter, for his mother, Doris Perlmutter, z"l
- י Sarah Lindsley, for her adopted father, Donald Basile, z"l
- י Nancy Fisher-Allison, for her father, Lloyd Fisher, z"l
- י Fern Rogow, for her grandmother, Etta Rogow, z"l
- י Ken Weinberg, for his mother, Lillian Weinberg, z"l
- י Marcy Gillman, for her father, Stewart Sherling, z"l
- י Gene Huppín, for his uncle, Sam Huppín, z"l
- י Beth Huppín, Lisa Low and Amee Sherer, for their great uncle, Sam Huppín, z"l
- י Robert Snyder, for his father, David Snyder, z"l
- י Adam Halpern, for his grandmother, Janet Halpern, z"l
- י Claire Lieberman, for her mother, Doris Lehman, z"l
- י Yehudit Blume, for her father, Ovadia Gadassi, z"l
- י Harold Goldfarb, for his mother, Frances Goldfarb, 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'Shmu'el 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 Schmu'el (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 Shmu'el 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)
- י Julie McKibben, sister-in-law of Corey Salka (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 Shmu'el ben Zahava v'Yehy'el Mayer, father of Tzachi Litov (listed 12/5)
- י Yisrael Chan'ech 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)
- י Barry Pitt, cousin of Marilyn Meyer (listed 1/26)
- י Joanna Reid, cousin of Jennifer Cohen (listed 1/27)
- י Roberta Shiekman, aunt of Carol Slosberg (listed 1/29)
- י Wigo Mueller, father of Weibke Light (listed 1/29)

FRIENDS of Members

- י Yehuda Dov Ha'Cohen ben Malkah, (Ernest Cohen), friend of Sharon Greenberg (re-listed 1/4)
- י Leah Yosefa bat Av'racha (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 Huppín (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 Eve Grossman, friend of Dina Tanners (listed 1/29)
- י Alice Hershey, friend of Dina Tanners (listed 1/29)
- י Gilad Shalit, the kidnapped Israeli soldier in Gaza