



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



"Judaism is rooted forever in the soil, blood, life-experience and memory
of a particular folk - the Jewish people." ~ Solomon Goldman

22-28 Tevet 5770

January 8-14, 2010

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Kabbalat Shabbat Service in the Sanctuary

Candlelighting for January 8th is at 4:18pm

Kabbalat Shabbat Services at 5:00pm

Shabbat Morning Services in the Sanctuary at 9:30 am

Mevarekhim Ha'Chodesh

Sh'mot

Exodus 4:18-6:1

Haftarah: Isaiah 27:6-28:13; 29:22-23

Bar Mitzvah of Aaron Bernhard

Shabbat Kiddush is Hosted by John & Kelli Bernhard

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

Daniel Low Speaking on Experience in Kenya & Tanzania

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

Daniel Low is the son of Bob & Lisa Low. He is home from seven months in Africa, working with various programs in several countries, and will be returning to college soon.

He is sharing stories and some thoughts about working in Africa and you are all invited to come join the conversation.

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 Pending Inspection

As of this printing the Eruv was pending inspection. The website is ready for viewing and now has a weekly posting for the status of the eruv: www.seattleeruv.com Updates will also be in Cybershul.

The Beth Shalom gift card program has enjoyed a year of strong growth in 2009. The program started in December, 2008, offering cards from PCC and QFC/ Fred Meyer. In September, we expanded the program by offering cards for Safeway, Albertsons, Starbucks, Home Depot and ARCO. Many thanks to the 149 members and 10 non-members who have participated by purchasing at least one of the above gift cards. Together, you have all helped to raise over \$7,100 for Beth Shalom. As more people make these gift cards part of their regular shopping routine, we will further improve Beth Shalom's financial condition. If you have questions about purchasing or using gift cards, feel free to contact Kevin Coskey at (206) 365-2275 or at scrip@bethshalomseattle.org. In 2010 and beyond, may we go from strength to strength.

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."

Calling All Borrowed Siddurim and Humashim

We are finding ourselves missing some of our siddurim and humashim. If you have borrowed one from the synagogue, we would love to have it back. And we now have siddurim and humashim for sale at the office if you would like to own a copy.

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.

MILESTONES

- Y Mazel Tov to Aaron Bernhard and his family on becoming Bar Mitzvah

TODDAH RABAH

- Y John & Kelli Bernhard, for Hosting this week's Kiddush
- Y Daniel Low, for speaking this week after Kiddush
- Y Joanna Gerber and Rochelle Roseman, for helping out in the office
- Y Susan Aylesworth, for repairing Chumashim
- Y Talya McCurdy, for her beautiful writing in preparing all the bar/bat mitzvah certificates
- Y Lynn Katz, for teaching the Kabbalat Shabbat Learner's Minyan in December

Adult Ed Classes – Sign up Today!

Eros and the Jewish People

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

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.

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.

NEW CLASS INFORMATION

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 or fill out the registration form in the lobby or on the web bethshalomseattle.org/adult_education.html.

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, Seattle

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.

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

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

Be sure to join on Shabbat Shirah, Saturday, January 30.

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

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

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 cgayle@zipcon.com or 206-283-9301

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.

Justin Coskey's Mitzvah Dinner
Monday, 1/18 from 5:00-7:00pm at Congregation Beth Shalom
RSVP to 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."

HAMAKOM YINACHEM ETCHEM: "May God Comfort You"

Y Alan Baumgarten, for his father, David Baumgarten, z"l, who passed away last Shabbat (16 Tevet)

The final shiva minyan will take place tonight at 6:30pm
at the home of Alan & Shelly Baumgarten, 6221 37th Ave NE

MEMBERS IN SHLOSHIM OR YUD BET HODESH

- 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 YAHZEITS

- י Fern Rogow, for her father, Robert Rogow, z"l
- י Gregory Korshin, for his grandfather, Vladimir Krikunov, z"l
- י Susan Aylesworth, for her brother, Steven Langston, z"l
- י Shirley Guterson, for her father, Jack Zak, z"l
- י Jerry Becker, for his mother, Josephine Becker, z"l
- י Sidney Cohen, for his mother, Anne Cohen, z"l
- י Alvan Diamond, for his mother, Ida Diamond, z"l
- י Robin Moss, for her mother, Jeanette Moss, z"l
- י Wally Kegel, for his father, Wilfred Kegel, z"l
- י Jesse Kleinman, for his father, David Kleinman, z"l
- י Lis Lutz, for her grandfather, Carl Linden, z"l
- י Gail Ewall, for her ex-husband, Hilary Thompson, z"l
- י Jason Ewall, for his father, Hilary Thompson, z"l
- י Stan Zeitz, for his mother, Pearl Zeitz, z"l
- י Barbara Grashin, for her mother, Reyna Anches, z"l
- י Lois Ralph, for her father, Herman Goodman, z"l
- י Justin Magaram, for his mother, Marilyn Magaram, z"l
- י Peggy Mesnik, for her mother, Celia Mesnik, z"l
- י Diane Douglas, for her aunt, Harriet Raffel, z"l
- י Jodi Gradinger-Wes, for her grandfather, Leo Gradinger, z"l
- י Esther Atshul Helfgott, for her mother, Anna Helfgott, z"l
- י Marc Rosenshein, for his father, Newton Rosenshein, z"l
- י Teddy Rothman, for her father, Julius Rothman, z"l
- י Danielle Meir, for her grandmother, Alma Fanuzzi, z"l, and for her father, William Fanuzzi, 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 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'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)

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 Shmu'el ben Zahava v'Yehyel Mayer, father of Tzachi Litov (listed 12/5)
- י Yisrael Chanech 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)

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 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 Gilad Shalit, the kidnapped Israeli soldier in Gaza