

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

6800 35th Ave NE
Seattle, WA 98115
206.524.0075

"Sinai made the Sabbath. The Sabbath is a made, invented, created, given thing;
it is not a natural thing." ~ Cynthia Ozick

19-26 Adar 5777

March 24-31, 2017

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Kabbalat Shabbat Services in the Sanctuary

Candlelighting for March 24th is at 7:10pm
Kabbalat Shabbat services from 6:00-7:00pm

Shabbat Services in the Sanctuary at 9:30am

Vayakhel

Shabbat haChodesh

Exodus 35:1-37:16

Maftir: Exodus 12:1-20

Haftarah: Ezekiel 45:16-46:18

Kiddush Lunch is Catered by Howard & Talya Jeffries

Prozdor from 9:30am

Shabbat Babysitting from 9:30am in Rm 4/5

4th & 5th Grader Religious School Class from 9:30-11:00am in the CBS annex - After snack at the main building, meet Amit at 11:15am to return to the annex

FDI with Laina Pauker, for ages 3-6 from 10:45am in Room 1

Kids Kehilla with and Brianna Sayres for
ages 7-11 from 10:45 in Room 6

Israeli Current Events with Amit Komidi, our Shinshinit, from 12:30pm will be available during Kiddush lunch for respectful conversation about politics and peace

Advocating & Lobbying with the Federation from 1:15pm in the Beit Midrash
Max Patashnik, Government and Community Affairs Manager at The Jewish Federation of Greater Seattle, will discuss the work she does, advocating and supporting advocacy in the Jewish Community, including specific concerns for which the Federation is lobbying

Weekday Minyanim in the Beit Midrash

Monday - Friday: 7:00AM • Monday Evening: 7:30 PM
• Sunday Morning: 9:30-10:15 AM

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.

Transliterations of services are available; speak to an usher to get a copy.
Hearing Devices: There are hearing devices for all services. Please speak to an usher.

ANNOUNCEMENTS & UPCOMING PROGRAMS

Make Phone Calls for Social Action

Join CBS members and the Alliance for Gun Responsibility to make phone calls on Thursdays from 5:30 -7:30pm **thru the end of March**. There are three gun violence prevention bills in our State Legislature. Please bring a cell phone & laptop if possible. Questions? Contact Gail Coskey at gcoskey@comcast.net.

Jewish Morning Meditation

Weekly-Tuesdays from 11:00am in the Beit Midrash

Coordinated by Julie Kohl and Chava Monastersky. Join us for some meditation on Tuesday mornings at 11am. We will bring a short text, provide a thoughtful theme, and set sacred space to join together in silent meditation.

And coming soon...

Contemplative Omer Counting

Thursdays, April 13th through May 25th

Coordinated by Chava Monastersky and Alison Sands

Thinking Together in the Face of Fear: Helping Young Children Feel Safe Even When Adults are Frightened

Thursday, 3/30 from 6:00pm in the Early Childhood Center

5:30 Pizza Dinner – childcare available

With Emily A. Anderson, MA, LMFT, IMH-E Level III
Managing our own fears — connecting with children ages 5 and under

- helping them feel safe, understood
- Addressing their curiosities, fears, and misunderstandings about threats we perceive and they hear about

We will consider multiple ways to respond to children, both verbal and non-verbal, and also think about and practice mindful self-regulation strategies to help us regulate our anxious arousal, so that we can be fully available in our role as protectors.

This event is free but RSVP here: <http://bethshalomseattle.org/calendar/thinking-together-in-the-face-of-fear/>

Navigating Turbulent Times: A Workshop for Resilience-Building

Shabbat, 4/30 following Kiddush lunch

How do we build and maintain resilience during times that feel unsettled and unpredictable? How do we respond to the rising climate of antisemitism, and the historical trauma it triggers? Join Rabbi Jill Borodin, Beth Huppin and members of the clinical team from Jewish Family Service for this important workshop. We'll touch on Jewish history and cultural practices that are relevant to resilience-building, and learn how to apply research from clinical work around trauma, domestic violence and healing to the challenges our communities are facing today.

Stitch and ... Schmooze

Sunday, 4/23 from 10:30am-12:30pm home TBD

Join other Knitters and Crocheters for a fun morning of conversation and relaxation. Any level of knitting, crocheting, or other handwork is invited. Kids are welcome. For more information or to host a future Stitch & Schmooze, please contact Michelle Eusterr or Solomon Michaels.



Young Family Tefillah and Lunch

April 1st from 11:00am-12:30pm in the Beit Midrash

Join Rabbi Lauren Kurland and Elana Fruchtman for another fun service geared towards families with children ages 0-5! Followed by a light lunch. Any questions, contact: rabbirubin@bethshalomseattle.org

Acceptance as Policy

Tuesday, 4/4 from 7:00-8:30pm

Lt. Shachar, the first transgender officer to serve in the IDF, transitioned from female to male during active service. Today he is the coordinator for military affairs for Ma'avaram, the Israeli organization of the trans* community, where he advises youth, soldiers and professionals how to better integrate trans* people into the armed forces. Lt. Shachar will be in Seattle to share his personal experiences and discuss the IDF policy he helped to form.

<http://bethshalomseattle.org/calendar/lieutenant-shachar-idf-gender-affairs/>

Year in Motion: A Film Screening & Dialogue Event

Thursday, 4/6 from 7:00-8:30pm

Laina Pauker will show and lead a discussion based on the film she made while on a gap year in Israel. Adults of all family-shapes, as well as high-school families will find this film and conversation engaging.

<http://bethshalomseattle.org/calendar/year-in-motion-a-film-screening-dialogue-event/>

Moroccan Mimouna Celebration for end of Passover

Wednesday, 4/19 from 6-8pm

Join Amit Komidi, our Shinshinit, for a Mimouna celebration! We will be celebrating the end of Pesach in a traditional Moroccan party with Moroccan food and music. \$8/adult, \$5/child(4-12), \$22-family maximum.

<http://bethshalomseattle.org/calendar/mimouna/>

Milestones

- ☆ Mazel Tov Robert Rubin, on the publication of his book *Judicial Review and American Conservatism: Christianity, Public Education, and the Federal Courts in the Reagan Era*, Cambridge University Press

Toddah Rabah

- ☆ To Howard & Talya Jeffries, for catering this week's Kiddush
- ☆ To Joanna Gerber, for her help in our office
- ☆ To Elizabeth Braverman, for fixing the curtain in the ha'Aron ha'Kodesh
- ☆ To our landscaping & building crew: David McDonald and Stan Zeitz did some pruning on 3/16; on 3/19 - Don Aylesworth, Stan & Nancy Zeitz, Steve Katz, Kevin Coskey, Cindy Katz, Hannah Volk, Nathan Volk, and Lyle Margulies

UPCOMING PROGRAMS

Pre-Passover Classes

Now we are free? Civil Survival and the Ethics of Mass Incarceration

With guest speakers from Civil Survival at (civilsurvival.com), and using texts and questions compiled in the Jewish Theological Seminary's *The Ethical Life* curriculum, we will explore the reality of incarceration and its after-effects, Jewish perspectives on punishment, incarceration, and ostracism.

Session 2: Wednesday, 3/29 from 7:00pm

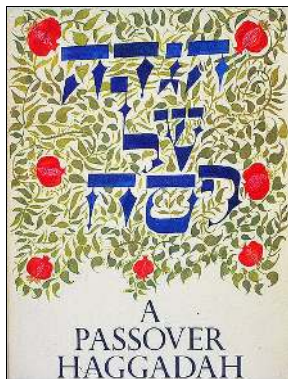
The Road to Freedom: Obstacles and Experiences After Incarceration

- After effects of incarceration
- Ethics of and responsibility to the formerly incarcerated
- Experience of post-incarceration — personal stories
- What we can do

<http://bethshalomseattle.org/calendar/now-we-are-free/>

Deepening the Haggadah: Opening Up Some of the Difficult & Obscure Texts Saturday, 4/1 from 1:15pm in the Beit Midrash with Rabbi Adam Rubin

Come explore some of these texts with Rabbi Rubin as we open the Haggadah to deeper meaning.



Israeli Book Read with Amit Komidi Starting Shabbat, 4/22 in the Beit Midrash

HOMESICK by Eshkol Nevo—Amit will lead a discussion on the book itself. You are invited to read the book (we have a few loaner copies, and they are available used and new at Amazon, in English). Anyone with an interest in Israel will be sure to enjoy this conversation.

Open Meeting on Teen Engagement and Learning Tuesday, 4/25

6:30pm @CBS

Calling all 7th-12th graders, parents, and interested community members! Come to this open meeting to hear about our proposed plans for teen learning in the upcoming year. It's a chance to participate in the process and make your voice heard. We want to know what you want to learn, and how you want to learn it. Share your input with us!



YOUTH GROUP EVENTS

Meet with Camp Ramah

This Sunday, 3/26 from 12:30pm in the Social Hall

Join Rabbi Sarah, Camp Director of Camp Ramah in Northern California, and returning and prospective campers and their families for lunch and to talk about camp! Join us at 12:30pm in the social hall to learn about Ramah Galim's unique programs in ocean exploration, performing arts, and adventure sports! Then at 2:30pm, the fun continues at the Seattle Aquarium! Free admission for current and interested Ramah campers!

Chaverim Goes to the Pinball Museum

Sunday, 4/23 from 3:00-5:00pm at the Museum, 508 Maynard Ave S, Seattle - Chinatown

4th and 5th graders will join to go play classic and modern pinball games at the Pinball Museum. \$5 per participant.

<http://bethshalomseattle.org/calendar/chaverim-goes-to-the-pinball-museum/>

Matanot- Yom Ha'atzmaut Treasure Hunt

Sunday, 4/30 from 12:30-2:00pm in the CBS Kitchen

2nd and 3rd graders will join with Amit, our shinshinit, to participate in a special Israel themed treasure hunt. Of course this program wouldn't be complete without a delicious lunch!

<http://bethshalomseattle.org/calendar/matanot-yom-haatzmaut-treasure-hunt/>

Kadima MasterChef - Yom Ha'atzmaut Style!

Sunday, 4/30 from 5:00-7:00pm in the CBS Kitchen

Calling all 6th and 7th graders—are you the next Masterchef?

How are your Israeli cooking skills? Let's put them to the test when we try to recreate one of Amit's famous dishes! Let's celebrate Yom Ha'atzmaut and eat yum-my food!

Youth Lounge Needs

There is now a CBS Youth Lounge in the Annex, but it is in need of a couple of items to make the space more fun, a ping pong table, foosball table, or air hockey table, and games that teens enjoy. If folks have things to donate they should be in touch with Rachel Wachtel at rachelwachtel@bethshalomseattle.org.

Join CBS for a Family Camp that will be out of this world!

June 9-11

bethshalomseattle.org/calendar/family-camp-its-out-of-this-world/

The early bird deadline ends on Thursday, April 7th.



Shomrei Atid

For more information on joining Shomrei Atid and Legacy giving, please contact Carol Benedick (carolbenedick@bethshalomseattle.org), or call 206-524-0075 ext 2502.

Please remember Congregation Beth Shalom with a gift in your will, trust, retirement account or life insurance policy.



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.

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

- ★ Abee Stashower
- ★ D'vora Bat Elke v'Chaim (Dorothy Becker)
- ★ Avraham Be'er ben Shana Batya v'Haiim Manas (Ari Pernick)
- ★ Etai m'beit Marianne Esther (Camins Bretts)
- ★ Avrama bat Gittel v'Betzalel
- ★ Meira bat Esther Yenta v'Asher (Meira Shupack)
- ★ Sara bat Leah v'Nachman
- ★ Sara bat Leib David (Sara Wolf Foss)
- ★ Tsvia Rivka bat Moshe (Sylvia Stern)
- ★ Bezalel ben Miriam v'Avraham (Eugene Huppim)
- ★ Leah Rachel bat Sarah (Lynette Brodsky)
- ★ Nuchem ben Malka v'Niesel Mayer (Norman Chapman)
- ★ Chaya bat Sarah Atarah (Chaya Appelbaum)
- ★ Eleazar Aharon ben Miriam
- ★ Aviella Bara bat Shlomo v'Nechama Raisel (Susan Aylesworth)
- ★ Miriam bat Tailbela (Mimi Schorr)
- ★ Orli bat Sofia
- ★ David Henached shel Goldja (Elric Wolfsbruder McCurdy)
- ★ Chizkiyahu Yitzchok Yehoshuah ben Rachel v'Eliezer
- ★ Ita bat Taube (Inna Lacker)

RELATIVES of Members

- ★ Ira Weiner, cousin of Kayla Weiner (re-listed 3/16)
- ★ Joan Stewart, aunt of Carrie Horwitch (re-listed 3/16)
- ★ Yacov ben Chana (Gerald Slatkin), father of Laurie Pritchard (re-listed 3/16)
- ★ Shraga Faivel ben Sarah, father of Marci Greenberg (re-listed 3/16)
- ★ Janice Portney, cousin of Linda Portnoy (re-listed 3/16)
- ★ Reuven ben Yetta (Reuben Feldman), father of Rhona Feldman (re-listed 3/16)
- ★ Yakov David Ben Shaindel (Jeffrey David Pachter), brother of Mihal Bat-Or (re-listed 3/16)
- ★ Gershon ben Miriam v'Shmu'el (Gilbert Cooperman), father of Sheryl Stiefel (re-listed 3/22)
- ★ Jay Richards, step-father of Shelly Crocker (re-listed** 3/22)
- ★ Justine Benedick, mother of Carol Benedick (re-listed 3/20)
- ★ Judy Schulz, cousin of Stacy Globerman (listed 3/2)
- ★ Jani Fellows, grandmother of Lauren Fellows (listed 3/13)
- ★ Sam Ginsberg, brother of Joe Ginsberg (listed 3/22)

FRIENDS of Members

- ★ Yehuda Dov Ha'Cohen ben Malkah (Ernest Cohen), friend of Sharon Greenberg (re-listed 3/16)
- ★ Boruch ben Emma v'Yosef (Boris Vilkevitch) and Raisa bat Elka (Raisa Vilkevitch), friends of Emma Shusterman, Marina Kiselev, Svetlana Burke and Marina Nagel (re-listed 3/22)
- ★ Chava Rafaela bat Shendel (Eve Grossman Bukowski), friend of Dina Tanners and others from Spokane (re-listed 3/22)
- ★ Yaakov Rani ben Margalit (Salomon Gruenwald Koby), friend of Rabbi Borodin (re-listed 3/22)
- ★ Yonatan David ben Yehudit v'Gabriel (Jonathan Mayers), friend of Howard Cockerham and Dina Tanners (re-listed 3/22)
- ★ Daniel ben Shlomo, friend of the Orlick Salka Family (re-listed 3/22)
- ★ John Lewis ben Julia, friend of Patti Kieval (re-listed** 3/19)
- ★ Rachel Nagorski, friend of CBS, and the ECC (re-listed 3/22)
- ★ Izabell Russakoff, friend of Rabbi Borodin (listed 2/3)
- ★ Reena bat Yehudit v'HaRav Simcha (Reena Kling), friend of Alexa & Emily Kapor-Mater (listed 2/28)
- ★ Elizabeth Chauffe, friend of Marianne Tatom (listed 3/14)

MEMBERS OBSERVING YAHRZEITS

- ★ Alan Bornstein, for his father, Erwin Bornstein, z"l
- ★ Cindy Hirsch, for her mother, Caryl Hirsch, z"l
- ★ Alan Rodan, for his father, Kurt Rodan, z"l
- ★ Bella Korshin, Emma Shusterman, Marina Kiselev, Svetlana Burke, and Marina Nagel, for their grandfather, Michael Ganelin, z"l
- ★ Jeff Ross, for his grandmother, Regina Melzer, z"l, and for his grandfather, Max Melzer, z"l
- ★ Ron Yancey, for his grandmother, Orthelia Jordan, z"l
- ★ Isaac Morgensztern, for his mother, Rosalie Morgensztern, z"l
- ★ Judy Rosenfeld, for her brother, David Rosenfeld, z"l
- ★ Dorothy Becker, for her father, Harry Friedman, z"l
- ★ Arlene Azose, for her grandfather, Harry Friedman, z"l
- ★ Kelly Sweet, for her grandmother, Rose Pease, z"l
- ★ David Heller, for his mother, Helen Glazier Heller, z"l
- ★ Gerald Pollack, for his mother, Helen Pollack, z"l
- ★ Inna Lacker, for her father, Michael Posner, z"l
- ★ Flora Ostrow, for her sister, Jane Lazere, z"l
- ★ Nancy Zeitz, for her grandmother, Anna Seelig, z"l
- ★ Sheryl Kipnis, for her brother-in-law, Edward Fox, z"l
- ★ Devin Naar, for his grandmother, Dorothy (Devorah) Katz Naar, z"l
- ★ Robert Hovden, for his mother, Cristina Hovden, z"l
- ★ Karyn Levie, for her mother, Cynthia Winsor, z"l
- ★ Liora Minkin, for her mother, Ruth Minkin, z"l
- ★ Guenter Mannhalt, for his brother, Herbert Mannhalt, z"l
- ★ Steve Adler, for his uncle, Herbert Mannhalt, z"l
- ★ Mark Slosberg, for his grandfather, Jack Gelfenbaum, z"l
- ★ Andrea Soroko, for her grandmother, Fay Soroko, z"l
- ★ Sheryl Stiefel, for her grandmother, Miriam Cooperman, z"l

COMMUNITY NEWS

Support Group for Parents/Caregivers of Children with Mental Health Issues

Share the benefits of mutual support and understanding of our unique parenting experiences. Comfortable – Non-judgmental - Confidential
All parents/caregivers of children/teens with emotional, behavioral, or learning challenges welcome! Relaxed, semi-structured format begins with one topic each meeting such as: Realizing Something was Different about My Child; Talking about My Child with Family and Friends; Interacting with Teachers, Doctors and Other Professionals; Concerns about Siblings, etc..
Comment from former participant: "I like the feeling that we aren't alone in the difficulties, that we're not being judged. The group gives some perspective and some outlet without censure."
Contact Elizabeth for more information.

Seattle Jewish Film Festival

March 25 - April 2 at various venues

The 22nd annual cinematic exploration and celebration of Jewish and Israeli life, culture, diversity and history.

Tickets are on sale now at <http://www.seattlejewishfilmfestival.org/>

WSJHS Exclusive: Curator-led Tour of the Cascadia Art Museum

Sunday, 3/26 from 1:30pm at Cascadia Art Museum, 190 Sunset Ave, #E, Edmonds

Join us for a tour of Cascadia Art Museum's newest exhibit, "Northwest Social Realism and the American Scene: 1930-1950." Curator David Martin will showcase the exhibit that features Abe Blashko and Irwin Caplan, two Jewish artists that produced amazing artwork in Seattle during the 1930s and 1940s. This work is rarely exhibited so this will be a unique opportunity.

\$7 for WSJHS members, \$10 for non-members.

Space is limited. Advance registration is required.

For more information and to register, visit wsjhs.org/museumtour.

2017 University Lecture Series with Professor Kathie Friedman

All lectures held from 7:00 - 8:30pm at Temple Beth Am

\$15 per lecture

March 29: *What Will You Do When They Start to Round Us Up:*

Undocumented Americans and Their Families

Contact Temple Beth Am at 206-525-0915 or temple@templebetham.org.

SJCS 25th Anniversary Auction & Celebration

Sunday, 4/2 from 5:15pm at Seattle Jewish Community School

Tickets and Tributes Now Available!

Please join us as we honor Founding President, and CBS Member, Elaine Sachter, as well as the many families, teachers, staff and community members who have supported SJCS for 25 years.

Reception * Pick-a-Raffle * 25th Anniversary Program

Live Auction * Appeal for SJCS. <https://sjcs.net/auction/>