



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 Land of Israel is called life." ~ Avot Derabbi Nathan

**17-24 Elul 5777**

**September 8-15, 2017**

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**Kabbalat Shabbat Services in the Beit Midrash**

Candlelighting for September 8th is at 7:15pm  
Kabbalat Shabbat services from 6:00-7:00pm

**Shabbat Services in the Sanctuary at 9:30am**  
**Ki Tavo**

Deuteronomy 26:1-27:10  
Haftarah: Isaiah 60:1-22

The Kiddush lunch is Sponsored by Shirah Bell, in honor of her 70th Birthday, and prepared by Shabbas Chefs, Robert Hovden & Ron DeChene, with their helpers, Jean DeChene, Beth Broadway, and Julianna Shusterman

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

**Shabbat Morning Prozdor** from 9:30am

**Youth Minyan with Jeremy Rose** from 10:00am-Noon in the Beit Midrash

**Tots with Tal** for ages 2-5 from 10:45am in Room 1

**Middle school families meet and greet and lunch with Rabbi Rose**  
from 12:30-1:30pm in the Garden

**Shulchan Yisraeli (Israel Current Events)** Starts again with Tal Bronstain  
from 12:30pm will be available during Kiddush lunch  
for respectful conversation about politics and peace

**Coming Up This Week!**

**Sunday School** begins September 10  
**USY Kickoff Event—Sunday, 9/10 from 2-5pm at Beth Shalom Annex**  
**Prozdor/Hebrew School** begins Tuesday, September 12  
**Kids Kehilla Kickoff** with Brianna Sayres for  
ages 6-11 from 10:45 in Room 6

**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

## HIGH HOLIDAY PREP

### **Mindful Movement Therapy Workshop with Shanti Krigel**

**This Sunday, 9/10 from 2:00-4:00pm**

Drawing inspiration from and breathing intention into the Jewish high holidays, this two-hour workshop for women is designed to help build inner strength and resiliency. We will explore the themes of teshuvah, forgiveness, and renewal, inviting experiences of trauma, grief, depression, anxiety, stress, and addiction into the room. The session will weave in dance movement therapy, yoga therapy, mindfulness techniques and creativity and will serve as a safe place to both share and process emotions, as well as develop and strengthen body-based coping skills that support resiliency and healing.

*Shanti Krigel (LMHC, LADC, R-DMT) is a practicing psychotherapist and addiction specialist at JFS in Seattle.*

**Co-Sponsored by Jewish Family Service**

### **Prospective and New Member Welcome**

**This Tuesday, 9/12 from 7:00pm**

**Meet Rabbi Borodin at 7:00pm and learn about CBS, then stay for learning at 8:00pm (below)**

### **Exploring the Torah and Haftarah readings for Rosh Hashanah with Rabbi Borodin**

**This Tuesday, 9/12 from 8:00-9:00pm**

What messages do they bring about the challenges of relationships and renewal? Why did the rabbis pick them as our Rosh Hashanah readings? How do they deepen our holiday experience?

### **The MacBook Of Life—High Holiday Prep with Rabbi Rose**

**Next Shabbat, 9/16 from 1:15pm in the Beit Midrash**

We will study the rabbinic notion of our deeds being recorded in the "book of life," and explore what it means in the internet age, when so much of our lives are actually recorded in digital "books." Our discussion should help us frame how we think about and act during the high holiday season and beyond.

### **BUILDING PREP—VOLUNTEERS NEEDED**

**Sunday, 9/17 from 9:00am-2:00pm**

We need help setting up chairs and moving machzorim. Please join us!

And

### **Pre-High Holiday grounds clean up**

**Sunday, 9/17 from 9:00am-Noon**

We will have our annual pre-High Holiday yard clean-up on Sunday, September 17th from 9:00am-Noon. This will include cleaning the steps, driveway, side-walks, and more. There may also be some minimal pruning. Help make your synagogue and grounds clear for the Holidays.

**First Young Family Tefillah of the Year  
Next Shabbat, 9/16 from 11:30am  
in the Beit Midrash**

### **Stitch and ... Schmooze**

**Thursday evening, 9/14 from 7:00-8:30pm at the home of Solomon Michaels**

Join other Knitters and Crocheters for a fun morning of conversation and relaxation. Any level of knitting, crocheting, or other handwork is invited.

*No Charge.* Kosher (pareve/dairy) household. Solomon will provide light refreshments.

**FYI—This is a fragrance-free event.**

*For more information or to host a future Stitch & Schmooze, please contact Michelle Geller at (206) 491-2059 or Solomon Michaels at (206) 910-8299. The next Stitch & Schmooze will be October 12th.*

### **CBS Sanctuary Project**

**The next meeting date is Sunday, September 17th, from 7:00pm at CBS**

The **Immigration and Sanctuary Project** of CBS with the Social Action Committee, has formed a Google Group to keep members, friends, and allies informed of educational opportunities and actions. Anyone interested in joining may send an email to [kmweinerphd@gmail.com](mailto:kmweinerphd@gmail.com) to be added to this group

### **Statement:**

Congregation Beth Shalom is committed to the tradition of the Jewish People to give support to Immigrants. We join with other faith-based communities in Washington State to declare we are a Sanctuary Congregation and support immigrants and refugees at risk from discriminatory practices. We affirm the right of all people to given a safe haven and pursue happiness.

**High Holiday Food Drive for JFS - Begins on Wednesday, September 20 and culminates in the Food Sort on Sunday, October 1.**

Please join us I collecting canned goods, grains and pastas, proteins, and toiletries.



### **Missing a book? Can't find a glove? Try the Beth Shalom Lost and Found Table**

From 9/7 to 9/18 we will have a table in the lobby. Any items left after 9/18 will be donated to Goodwill.

### **Milestones**

- ☆ Mazel Tov to Louis and Carolyn Friedkin on their daughter Aviva Bienn's engagement to Ronnie Kashri
- ☆ Mazel Tov to Maureen & Selig Leyser, on the birth of their granddaughter, Francesca (Frankie) Cybill Leyser, born to Beth & Greg Leyser, on August 10th in Chicago
- ☆ Mazel Tov to Andrea Kravette & Alex Gamoran, on their marriage last weekend

### **Toddah Rabah**

- ☆ To Shirah Bell for Sponsoring this week's Kiddush lunch, in honor of her 70th Birthday
- ☆ To Shabbas Chefs, Robert Hovden & Ron DeChene, and their helpers, Jean DeChene, Beth Broadway, and Julianna Shusterman, for preparing this week's Kiddush lunch
- ☆ To Joanna Gerber, and Ilene Bernik, for helping with the High Holiday ticket mailing

## UPCOMING PROGRAMS

### Participate in Tefilat Halev on Yom Kippur

We're looking for people who want to participate in Tefilat Halev on Yom Kippur. Families and small groups can have the opportunity to lead a verse of a song during the Yom Kippur evening or Musaf services. We also have opportunities for kids to participate. Email Carl Sayres to get involved. [carl@sayres.com](mailto:carl@sayres.com)

### Join Shomeah Tefilah-- CBS's Yom Kippur Choir

Our choir leads a very special Yom Kippur Mincha service each year. It's open for everyone to join and we have a lot of fun. No audition needed. Rehearsals will be Tuesday and Thursday evenings for the three weeks preceding Yom Kippur. Please email Carl Sayres if you are interested in joining us. [carl@sayres.com](mailto:carl@sayres.com)

### Shabbat Learning

from 1:15pm in the Beit Midrash

### The MacBook Of Life—High Holiday Prep with Rabbi Rose, September 16

(See the blurb in the High Holiday Prep section on p 2)

### Shabbat Shuva, September 23

Join **Rabbi Borodin** for learning and conversation about living in imperfect relationships. Explore the practice of teshuvah for repairing and going forward in the complexity of relationship.

### **SELICHOT—Opening the Door to Forgiveness: Let Go of The Injustices You Carry and Move Toward Healing with Rabbi Elana Zaiman**

**September 16, 2017 at 9:00pm**

Dessert and book signing at 10:00pm

Selichot Service with Carl Sayres begins at 10:30pm

Please join us for Havdalah and inspiration from our own Rabbi Elana Zaiman, connected to her new book being published this September, to guide us into Selichot and prepare us for the High Holidays. Time for personal reflection with an interlude by flutist Trudy Antolin follows.

Elana's book, *The Forever Letter: Writing What We Believe for Those We Love*, will be available for purchase and signing during dessert.

### Shofar Blowing Meeting Sunday, 9/10 from 10:30am in the Beit Midrash

RSVP to Kevin Coskey at [reallybusyguy@gmail.com](mailto:reallybusyguy@gmail.com) or 206-365-2275.



### Piyuttim Booklet for High Holidays

We did not get enough submissions this year, so there will not be a booklet this year.

## Join in the Celebration of Beth Shalom's 50th Anniversary The Pleasure of Your Company:

# 50@50

Meet new people. Make new friends.

Over the next year, there will be 50 events in 50 homes.

These two below are the first coming up in August.

Sign up for a dinner, wine tasting, dessert buffet, fascinating talk!

You will have a lovely experience and support Beth Shalom at the same time.

All the food and wine will be contributed by the hosts.

Your reservation is a CBS contribution of \$18 or \$36 dollars per person.

With a \$100 per person contribution, you will become a "Pleasure Of Your Company Patron."



These are the next events for POYC!

### High Tea at the Ringolds

Hosts: Merrill and Francie Ringold  
Location: 416 North 62nd, Seattle  
Sunday, October 15 at 3pm  
Just like the Empress Hotel, High Tea and all the accoutrements  
Number of Guests: 10  
Dairy

### Wine Tasting and Hors d'oeuvres

Hosts: Craig and Debbie Lawson  
Location: 4267 N.E. 73rd St, Seattle  
Saturday, October 21 from 7:30-9:00pm  
Number of guests: 8 (21 or over)  
Dairy

Register by contacting Lauren Fellows at 206-524-0075 or [laurenfellows@bethshalomseattle.org](mailto:laurenfellows@bethshalomseattle.org). You may also register on our website: <https://bethshalomseattle.org/about/mission-history/cbs-50/>

### Shomrei Atid

For more information on joining Shomrei Atid and Legacy giving, please contact Carol Benedick ([carolbenedick@bethshalomseattle.org](mailto: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 Shlema 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

- ★ Joe Ginsberg
- ★ Chavah Malka bat Sara Raisel v'Hillel Nochim
- ★ Baila bat Gehla v'Moshe (Edith Horn)
- ★ David Adler
- ★ Chaya Esther bat Sheina Leiba v'Mordechai
- ★ Shlomo Menachem ben Sarah (Solomon Michaels)
- ★ D'vora Bat Elke v'Chaim (Dorothy Becker)
- ★ Avraham Be'er ben Shana Batya v'Haim Manas (Ari Pernick)
- ★ Meira bat Esther Yenta v'Asher (Meira Shupack)
- ★ Sara bat Leah v'Nachman
- ★ Bezalel ben Miriam v'Avraham (Eugene Huppin)
- ★ Leah Rachel bat Sarah (Lynette Brodsky)
- ★ Chaya bat Sarah Atarah (Chaya Appelbaum)
- ★ Eleazar Aharon ben Miriam
- ★ Aviella Bara bat Shlomo v'Nechama Raisel (Susan Aylesworth)
- ★ 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 8/24)
- ★ Joan Siewart, aunt of Carrie Horwitch (re-listed 8/24)
- ★ Shraga Faivel ben Sarah, father of Marci Greenberg (re-listed 8/24)
- ★ Janice Portney, cousin of Linda Portnoy (re-listed 8/24)
- ★ Reuven ben Yetta (Reuben Feldman), father of Rhona Feldman (re-listed 8/24)
- ★ Yakov David Ben Shaindel (Jeffrey David Pachter), brother of Mihal Bat-Or (re-listed 8/24)
- ★ Jay Richards, step-father of Shelly Crocker (re-listed\*\* 8/24)
- ★ Justine Benedick, mother of Carol Benedick (re-listed 8/22)
- ★ Leah bat Taibe (Lenore Shapiro), mother of Adam Shapiro (re-listed 8/24)
- ★ Ezra Zimmerman, nephew of Nadine Cadesky-Zimmerman (re-listed 8/8)
- ★ Avram David ben Dina Leah, son of Dina Tanners (re-listed 8/15)
- ★ Rivka bat Esther (Shelly Tell), mother of Dana Tell (listed 8/1)
- ★ Ruth Tatom, mother of Marianne Tatom (listed 8/14)
- ★ Guy Blair, relative of Marianne Tatom (listed 8/14)

### FRIENDS of Members

- ★ Yehuda Dov Ha'Cohen ben Malkah (Ernest Cohen), friend of Sharon Greenberg (re-listed 8/24)
- ★ 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 8/24)
- ★ Chava Rafaela bat Shendel (Eve Grossman Bukowski), friend of Dina Tanners and others from Spokane (re-listed 8/24)
- ★ Yaakov Rani ben Margalit (Salomon Gruenwald Koby), friend of Rabbi Borodin (re-listed 8/24)
- ★ Daniel ben Shlomo, friend of the Orlick Salka Family (re-listed 8/24)
- ★ John Lewis ben Julia, friend of Patti Kieval (re-listed\*\*8/24)
- ★ Rachel Nagorski, friend of CBS, and the ECC (re-listed 8/24)
- ★ Avery Rosen, friend of Kayla Weiner (listed\*\*8/22)
- ★ Moshe Ben Zipporah v'Avraham (Mal Sachs), friend of Rabbi Borodin (listed 8/15)
- ★ Kevin Kramer, friend of Carolyn Cohen & Scott Cline (listed\*\* 8/22)
- ★ Theresa Outlaw, friend of Rabbi Borodin (listed 8/7)
- ★ Malcha bat Miriam (Marlene Zeldan), friend of Rabbi Borodin (listed 8/11)
- ★ Orly Malka Leah bat Rifle Risle (Karen Gorrin), friend of Carol Benedick (listed 8/15)
- ★ Candi Hawkins, friend of Carrie Horwitch (listed 8/21)
- ★ Tirtza bat Shoshana, friend of Phil Levin (listed 8/22)

## MEMBERS OBSERVING YAHRZEITS

- ★ Barbara Grashin, for her father, Irving Anches, z"l, and for her brother-in-law, Arthur Grashin, z"l
- ★ Carolyn Bernhard, for her father, Arthur Grashin, z"l
- ★ Brian Rapalee, for his mother, Katherine Lawson, z"l
- ★ Nance Adler, for her grandparents, Sarah and Raymond Morris, z"l
- ★ Rochelle Roseman, for her former husband, Rodger Roseman, z"l
- ★ Robert Amkraut, for his father, Sidney Amkraut, z"l
- ★ Steve Greene, for his father, Edward Greene, z"l
- ★ Deborah Isgur, for her father, Ralph Schwartz, z"l
- ★ Glenn Leichman, for his late wife, Rolande Chesebro, z"l
- ★ Michael Blum, for his grandmother, Rose Kraslow, z"l
- ★ David Gross, for his grandmother, Fay Weiser, z"l
- ★ Kayla Weiner, for her aunt, Ann Jaffe, z"l
- ★ Michael De Haan, for his mother, Cecilia de Haan, z"l
- ★ Gregory Korshin, for his grandmother, Leah Perepelitzkaya, z"l, and for his grandmother, Eugenia Korshin, z"l
- ★ Carol Starin, for her grandfather, Leo Freidman, z"l
- ★ Isabella Chapman, for her sister-in-law, Evelyn Chapman, z"l
- ★ Lucy Taskar, for her father, Izyaslav Moldaver, z"l
- ★ Jason Redrup, for his mother, Annabelle Redrup, z"l
- ★ Sam Wineburg, for his father, Ben Wineburg, z"l
- ★ Orly Steinberg, for her grandmother, Golda Bushkanietz, z"l
- ★ Eric Gorbman, for his father, Aubrey Gorbman, z"l

## COMMUNITY NEWS

CBS' advertising of an event does not imply that CBS endorses the content of the event.

### Artists 4 Israel

Thursday, September 7 through Friday, September 15, at the Stroum Jewish Community Center

An edgy exhibit of 30 stunning murals from Artists 4 Israel, an arts-based humanitarian organization and advocacy group that creates art in conflict-stricken Israeli communities. <http://sjcc.org/cultural-arts/artists-4-israel/>

### Summer Shuk

Friday, 9/8 from 3:00-6:00pm at the SJCC

Celebrate Shabbat at the Summer Shuk, the Stroum Jewish Community Center's open-air market. Produce, baked goods, flowers, wine, and more. Food truck, live music, and s'mores for Keshet Garden Shabbat gathering.

### Hebrew Story Time for Rosh Hashanah

Sunday, 9/10 from 3-4pm at Seattle Jewish Community School, 12351 8th Ave NE, Seattle

We'll make Rosh Hashanah greeting cards, read Hebrew stories, sing songs, talk about the holiday customs and more. From IAC Keshet Seattle and SJCS. <https://www.eventbrite.com/e/hebrew-story-time-seattle-tickets-36762929913>

### Free Film Screening - Fighting for Beauty: Healing Ink

Sunday, 9/10 from 6 pm at the Stroum Jewish Community Center

Artists 4 Israel brings the world's most talented tattoo artists to Israel to cover the scars of war or terror attacks. This powerful documentary explores how the group is fighting war with beauty. Panel about Jews and tattoos after the film. [https://tickets.vendini.com/ticket-software.html?\\_t=tix&e=a7373f141fd110a62cc59f37f594b047&vqitq=c0868eac-1005-4353-a124-a49678d7331d&vqitp=307903c9-9f9a-4d84-a988-c19ffa9a5358&vqitts=1503957953&vqitc=vendini&vqite=itl&vqitrt=Safetynet&vqith=95693c6ec5cc9b65f09aef0047b1ca6f](https://tickets.vendini.com/ticket-software.html?_t=tix&e=a7373f141fd110a62cc59f37f594b047&vqitq=c0868eac-1005-4353-a124-a49678d7331d&vqitp=307903c9-9f9a-4d84-a988-c19ffa9a5358&vqitts=1503957953&vqitc=vendini&vqite=itl&vqitrt=Safetynet&vqith=95693c6ec5cc9b65f09aef0047b1ca6f)

### ENDLESS OPPORTUNITIES: (1)

The Business of Running a Theatre

Tuesday, 9/12 from 10:30-noon at Temple De Hirsch Sinai, Seattle Campus, 1441 16th Ave

A Contemporary Theater's Managing Director, Becky Witmer will discuss what it really takes to run a non-profit theatre. From creating riveting theatrics on ACT's many stages to caring for their historic building in the heart of downtown Seattle, Ms Witmer will share the in's and out's of powering this cultural engine that produces relevant works on contemporary themes. For directions, please call (206) 323-8486 or [www.templedehirschsina.org](http://www.templedehirschsina.org)

### This Is Hunger - A national touring exhibit

September 14-18 in the Temple B'nai Torah parking lot, 15727 NE 4th St, Bellevue

This exhibit is open to the public. Timed tickets are free but only available through [www.thisishunger.org](http://www.thisishunger.org) at the "Find Tickets" link. For more information, contact Rabbi David Lipper at [rabbilipper@templebnaitorah.org](mailto:rabbilipper@templebnaitorah.org) or Temple B'nai Torah at 425-603-9677.

**This Is Hunger** is a community engagement program commissioned by MAZON: A Jewish Response to Hunger.