



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 trip is never too hard, if you know you're going home." ~ The Chofetz Chaim

8-15 Av 5778

July 20-27, 2018

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**Kabbalat Shabbat Services in the Beit Midrash
are discontinued until September**

Candlelighting on July 20th is at 8:39pm

Shabbat in the Park - August 10th from 6:00pm

**Shabbat Services in the Sanctuary at 9:30am
Devarim**

Shabbat Chazon - Erev Tisha B'Av

Deuteronomy 2:2-28

Haftarah: Isaiah 1:1-27

Guest Darshanit: Talya Gillman

The Kiddush lunch is Sponsored by CBS, and prepared by Shabbas Chefs,
Robert Hovden & Ron DeChene

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

Imagining an Anti-Racist Jewish Future
from 1:15pm in the Beit Midrash
(See more info on page 2)

Tisha B'Av

Fast begins at 8:58pm on Saturday night

(See the full schedule on page 3)

Torah Reading for Sunday, July 22

Deuteronomy 4:25 - 4:40

Haftarah: Jeremiah 8:13 - 9:23

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

Imagining an Anti-Racist Jewish Future Shabbat, 7/21 at 1:15pm in the Beit Midrash

Every year on Tisha B'Av we commemorate the destruction of the temple. Out of and in spite of that destruction, Jews have built an expansive lineage of ritual and tradition, learning and meaning; we've re-imagined and created Jewish futures. In a time of soul-sucking politics leeching at our senses of clarity and power, we're compelled to ask: how can we re-imagine a collective future grounded in our Jewish heritages and agency while actively uplifting the agency of people targeted by systems of oppression? What does an *anti-racist Jewish future* look like? How can visioning and building this future as a community serve as a re-construction of our sacred temple? Join Jews Undoing Institutional Racism, with the voices of **Mira Klein and Talya Gillman**, for a Shabbat of examining the intersections of Jewishness and anti-racism, guided by centuries of Jewish creative imagination.

Learn to help welcome people to Beth Shalom on Shabbat mornings

Thursday, 7/26 from 7:30pm at Beth Shalom

Join our team of greeters and gabbai'im! Contact Rabbi Rose (rabbirose@bethshalomseattle.org) if you're interested or want to learn more, and join us at our annual meeting/training review on July 26 at 7:30pm.

The Seattle Limbe Sewing Circle at Beth Shalom Thursday, 8/2 from 6:30-9:00pm in the Social Hall - Light dinner provided.

Help Girls Stay in School!

We are a multi-cultural, multi-faith community with a two-part goal: to create feminine hygiene kits (using a Days For Girls template) for girls in Cameroon, Africa and to build cross-cultural community here in Seattle. Any questions, email the Beth Shalom office and we'll put you in touch with Wendy Katz, our project organizer.

Shabbas Chefs

Part of what makes Beth Shalom such a great community is our amazing lunch every Shabbat.

You can be part of the magic by becoming a Shabbas Chefs captain. No need to have culinary experience to be a Shabbas Chefs captain. It's fun, easy and there's help available! If you want to learn more about being a captain, email Wendy Friedman - wendynbeck@gmail.com or Michelle Geller - maelace@hotmail.com. We have open weeks coming up August 18th and September 8th. Sign up now!

Piyyutim Submissions Due by August 31st

Hard to believe that the High Holidays will be here in less than 10 - that's Ten - weeks(!) and it is time for you to prepare your poetry, short prose, and photos that annually enhance the spiritual experiences of our CBS community. Please submit them to Jeremy Alk, editor, at lightstar@prodigy.net. Please don't hesitate to contact him with your questions. The booklet will be a special part of the holidays and you can be a valued contributor. Thank you!

Come sing with the Shomeah Tefilah Choir!

Every year, the Shomeah Tefilah Choir helps lead the Mincha service on Yom Kippur afternoon. We would love for you to join our choir. No experience necessary - just a desire to sing! We sing a mix of old and new melodies and we have a lot of fun. Contact Carl Sayres to get involved. carl@sayres.com.

Your family can help lead services on Yom Kippur!!

We are inviting families and small groups to help lead a verse of a prayer during the Tefilat Halev Kol Nidrei service and also during Yom Kippur Musaf. This is a fun and relaxed way for your family and friends to play an active role in our Yom Kippur services. Contact Carl Sayres. carl@sayres.com.

Write Postcards to Children Detainees Thursday, 7/26 from 7:00 - 9:00pm in our Social Hall

Send Postcards to children separated from their parents, as requested by Senator Dick Durbin. He said, "I will tell you, it sounds like a little gesture, an empty gesture, but it's not. When I was at the detention center, I saw kids hanging onto them like they were Christmas gifts." Postcards could be a fun activity for families or kids looking for a project to fill a summer afternoon. More info and examples are online here: <https://raisingourvoices.today/2018/07/03/cardsforkids/>
Cards will also be available to take at Beth Shalom this Shabbat, July 21st.
This project is organized by the Beth Shalom Immigration and Sanctuary Taskforce.

Sign Up Now for Religious School

Religious School and Prozdor Registration for the 2018-2019 academic year is now available on the CBS website: <https://bethshalomseattle.org/educationyouth/religious-school/rs-registration/>

Help us prepare for the upcoming year by registering early! Want to learn more about our school? Visit the CBS website!

Get involved with the CBS Teen Program (for 8th-12th graders). There are many different opportunities. Will you work as an ozer? Serve on the USY Board? Read Torah at Youth Minyan? Enroll in a teen class? Volunteer with your peers? Attend a regional youth group event? Read all about it here: <https://bethshalomseattle.org/educationyouth/teen-program-at-cbs/>. Registration is now open!

Have a 2nd-12th grader? Sign them up to participate in one of our 4 youth groups! <https://bethshalomseattle.org/educationyouth/youth-dept/youth-group-registration/> Youth group registration is already included in 2nd-5th grade Religious School registration and Prozdor registration, and teen bundle program.

JEBMISS Book Club at Beth Shalom Last Thursday of the Month, 10:00-11:30am in the Beit Midrash

The book club has adjourned for the Summer. We will reconvene on September 27 at 10:00am and will meet the last Thursday of each month thereafter in the Beit Midrash. New members are always welcome. For further information, call Ulla Rychter at 206-546-3053.

New Pirkei Avot Lev Shalem

The Rabbinical Assembly (the organization of Conservative Rabbis) just published a wonderful new translation and commentary on Pirkei Avot with excellent scholarly and inspirational commentary by Rabbis Gordon Tucker, Tamar Elad-Appelbaum and Martin Cohen. For a limited time, we are able to do a group order at 40% discount for this beautiful hardcover book. There is a copy in the library for anyone who would like to see it. You can find the order form here: <https://bethshalomseattle.org/pirkei-avot-order-form/>

(\$23.40, down from \$40 through the Rabbinical Assembly website) Deadline is October 31.

Toddah Rabah

- ☆ To Shabbas Chefs, Robert Hovden & Ron DeChene, and their helpers, for preparing this week's Kiddush lunch
- ☆ To the Thursday Connection folks, Susan Monas, Nancy Coomer, Janet Zepel, and Linda Berg, for preparing food for the Shabbat in the Park
- ☆ To Stan Zeitz and David McDonald, for weeding our garden beds

UPCOMING PROGRAMS

Tisha B'Av

Saturday, July 21

8:58pm Beginning of Fast (at sunset)

9:56pm Shabbat Ends

10:00pm Ma'ariv, Havdalah, Eichah, and Kinot (lamentations)

Sunday, July 22

9:00am Shacharit

With special Tisha B'Av Torah reading and davening

(It is traditional to wear Tallit and Tefillin at Mincha instead of Shacharit)

7:45pm Mincha (Torah reading, Haftarah, Tallit and Tefillin)

8:30pm Learning

9:35pm Ma'ariv

9:42pm Break Fast



Our rabbis taught that one of the reasons for the destruction of the Temple was "sinat hinam," senseless hatred amongst Jews. Our rabbis also taught that the Messiah will be born on Tisha B'Av - suggesting that out of this destruction, there is also the potential of redemption, and reconciliation.

It is traditional on Tisha B'Av to refrain from eating, drinking, engaging in sexual relations, bathing and wearing leather shoes. The study of religious texts is limited to those which enhance and reflect the day's mood such as the books of Lamentations and Job and other texts referring to the destruction of Jerusalem. Going to work, using money, driving and other restrictions applicable to Shabbat and festivals are not applicable to Tisha B'Av.

Food for Thought Dining Room Learning Tuesday evenings from 7:00pm at Robert Hovden & Ron DeChene's home June 12 – July 31 (except for July 3)



Bring an appetite for learning to the Dining Room Learning series over the Summer. We will study tefillot (prayers) with Rabbi Borodin and Rabbi Rose, and enjoy a pasta dinner at the same time. All levels of learning are welcome! Free.

Play Some Games on Shabbat Next Shabbat, July 28

Shabbat days can be long over the summer, so stay at shul after lunch to hang out and play board games! We'll gather in the social hall after lunch (about 1:30ish). Open to kids and adults; bring your favorite board game, and Beth Shalom will bring popsicles! Questions? Contact Rabbi Rose at rabbirose@bethshalomseattle.org.



Shabbat in the Park Friday, August 10

Meet us at 6:00pm at View Ridge Park on NE 70th St, between 43rd and 45th Ave NE.

We'll provide the main dish and ritual items. You bring a vegetarian side, dessert or drinks.



Join in the Celebration of Beth Shalom's 50th Anniversary
The Pleasure of Your Company:
Have a lovely experience and support Beth Shalom at the same time. All the food and wine will be contributed by the hosts.

Challah Birds
Sunday, 8/26, 11:30am-2:00pm
Host/Instructor: Rochelle Roseman
Lunch and a Baking Lesson: 8 students
Location: Bellevue



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

- ★ Gavriela bat David (Gena Shapiro)
- ★ Dov Binyamin ben Sarah v'Avraham (Ben Cameron)
- ★ Kayla Miriyam bat Yosefa v'Yehudah (Kayla Weiner)
- ★ Gideon ben Sarah Imenu v'Avraham Avinu (Mickey Balderas)
- ★ Robin Shelley
- ★ Yehudit bat Adell v'Yizchak
- ★ Tzvi Dov ben Fagela v'Yakov
- ★ Even Mordechai ben Natalie Hannah
- ★ Hanoch ben Miriam Zelda v'Balin Chunah
- ★ Shoshana bat Miryam v'Shmuel (Shoshi Bilavsky)
- ★ Esther Rachel bat David (Emily Freedman)
- ★ Chaya Esther bat Sheina Leiba v'Mordechai
- ★ Shlomo Menachem ben Sarah (Solomon Michaels)
- ★ Meira bat Yenta Hadassah v'Asher (Meira Shupack)
- ★ Sara bat Leah v'Nachman
- ★ Bezalel ben Miriam v'Avraham (Eugene Huppim)
- ★ Leah Rachel bat Sarah (Lynette Brodsky)
- ★ 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 7/5)
- ★ Joan Siewart, aunt of Carrie Horwitch (re-listed 7/5)
- ★ Janice Portney, cousin of Linda Portnoy (re-listed 7/5)
- ★ Reuven ben Yetta (Reuben Feldman), father of Rhona Feldman (re-listed 7/5)
- ★ Yakov David Ben Shaindel (Jeffrey David Pachter), brother of Mihal Bat-Or (re-listed 7/5)
- ★ Jay Richards, step-father of Shelly Crocker (re-listed** 7/5)
- ★ Justine Benedick, mother of Carol Benedick (re-listed 7/5)
- ★ Ezra Zimmerman, nephew of Nadine Cadesky-Zimmerman (re-listed 7/5)
- ★ Rivka Gittle bat Zipora (Marta Kaplan), relative of Carolyn Cohen (**re-listed 7/5)
- ★ Masha bat Rivka v'Hillel, mother of Jodie Futornick (listed 6/21)
- ★ Sima Leah bat Chana (Susan Katz), sister of Ronnie Katz (listed 7/9)
- ★ Leah Zlata bat Chana Richel, sister of Cynthia Green-Alk (listed 7/16)
- ★ Tzivia Rachel bat Malka, cousin of Cynthia Green-Alk (listed 7/16)
- ★ Volver bar Rose v'Arthur (Walter Stolov), father of Nancy Goldov (listed 7/19)
- ★ Richardo DelCid, brother of Carlos DelCid (listed 7/20)

FRIENDS of Members

- ★ Raisa bat Elka (Raisa Vilkevitch), friend of Emma Shusterman, Marina Kiselev, Svetlana Burke and Marina Nagel (re-listed 7/5)
- ★ Daniel ben Shlomo, friend of the Orlick Salka Family (re-listed 7/5)
- ★ John Lewis ben Julia, friend of Patti Kieval (re-listed**7/5)
- ★ Avery Rosen, friend of Kayla Weiner (re-listed**7/5)
- ★ Jeff Rommel, friend of Sharon Greenberg (listed** 7/5)
- ★ Ruth Aisner, friend of Patti Kieval (re-listed 7/5)
- ★ HaRav Pessa Chava bat Fayge Gittel, friend of Rabbi Rose (listed 6/11)
- ★ Davi Gavriella MiBeit Rachel v'Reuven Pinchas (Dana Kline), friend of Emily Kapor-Mater (listed 6/22)
- ★ Laura Isenberg, friend of Amy Stephson (listed 6/25)
- ★ Mary Fetterly, friend of Cynthia Green-Alk (listed 7/16)

CONDOLENCES

- ★ **Meira Shupack**, for her mother, Jane Deer, z"l (4 Av), who passed away, Sunday, July 15th in New Jersey - the funeral was last Wednesday in New Jersey

On Shabbat (Saturday, 7/21), Meira welcomes visitors from 3-5pm, and on Sunday (7/22), and Monday (7/23) from 1-4pm, at her home, 8206 30th Ave NE, Seattle

There will be a shivah minyan at Beth Shalom in the Beit Midrash at 7:30pm on Monday night (7/23), joining the Monday evening minyan.

- ★ **Stephen Montsaroff**, for his father, Ron (Jerome Ronald) Saroff, z"l, who passed away Tuesday, July 3rd (20 Tammuz) in Portland

MEMBERS OBSERVING YAHRZEITS

- ★ CBS, for our friend and member, Marilyn Bierman, z"l
- ★ Julie Klein, for her grandmother, Jean O'Donnell, z"l
- ★ Patti Kieval, for her mother, Betty White, z"l
- ★ Brad Spear, for his grandfather, George Wachtin, z"l
- ★ Judith Benjamin, for her father, Manuel Bosch, z"l
- ★ Marc Isaac, for his mother, Miriam Isaac, z"l
- ★ Nancy Gorbman, for her grandmother, Leah Lewis, z"l
- ★ Glenn Leichman, for his father, Nathan Leichman, z"l
- ★ Edward Sider, for his father, Joseph Sider, z"l
- ★ Robert Spitzer, for his father, Jack Spitzer, z"l
- ★ Gail Coskey, for her grandmother, Jennie Blumberg, z"l
- ★ David Volk, for his grandmother, Ida Volkovitz, z"l
- ★ Gloria Goldstein, for her mother-in-law, Eva Goldstein, z"l
- ★ Isabella Chapman, for her sister-in-law, Eva Lou Chapman, z"l
- ★ Amy Fulton, for her aunt, Eva Lou Chapman, z"l
- ★ Paul Schwartz, for his uncle, Milton Lang, z"l

COMMUNITY NEWS

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

Advanced Leadership Development

The Jewish Federation of Greater Seattle's Advanced Leadership Development Program (ALDP) equips select Jewish young adults with skills and knowledge for undertaking community leadership roles. The next program begins in October 2018. <https://www.jewishinseattle.org/investments-in-jewish-life/leadership-development/>

Rhodes/Cos Memorial - Diplomatic Rescuers: Rhodes & Beyond Monday, 7/23 from 7:00pm, at Congregation Ezra Bessaroth, 5217 S. Brandon St, Seattle

This year's annual Rhodes/Cos Memorial will feature screening of an excerpt from the film *The Rescuers*. Panel presentations with Dee Simon, Baral Family Executive Director of the Holocaust Center for Humanity, and Dr. Roberto Dondisch Glowinski, Consul General of Mexico.

<https://www.eventbrite.com/e/rhodescos-memorial-diplomatic-rescuers-rhodes-and-beyond-tickets-47192555203>

Seattle's Yiddish Revival with Wendy Marcus Tuesday, 7/24 from 10:30am-Noon at Temple Beth Am, 2632 NE 80th St, Seattle

Wendy Marcus is at the heart of Yiddish culture here in Seattle. From bringing us *The Mazeltones*, a Klezmer Band, more than 20 years ago to currently teaching two weekly Yiddish classes, Marcus is well positioned to let us know what is happening and where. All are welcome to join us for this interactive session, where we can take our knowledge of Yiddish and the culture that surrounds it to the next level. Please **RSVP** to Rabbi Kate Speizer, rsvpEO@tdhs-nw.org or (206) 693-3046.

Mindful Movement Therapy Workshop Every Wednesday, July 25 - August 29 from 6:30 pm at Jewish Family Service, 1601 16th Ave, Seattle

A six-week workshop open to people identifying as women or gender nonconforming. A safe place to share and process emotions, develop and strengthen body-based coping skills. https://www.jfsseattle.org/event/mindful-movement-therapy-workshop/?instance_id=

Salon Series: Mexican Consul General Roberto Dondisch & Cynthia Dondisch Wednesday, 7/25 from 7:00pm, at the Mexican Consulate, 807 E Roy St, Seattle

Roberto Dondisch, the first Jewish Consul General from Mexico, and his artist wife Cynthia share how their Jewish culture and values influence how they approach their roles representing Mexico.

<https://secure2.convio.net/wzoa/site/Ticketing?view=Tickets&id=103961>