



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

"God waits a long time, but he pays with interest in the end." ~ Yiddish Proverb

13-20 Elul 5778

August 24-31, 2018

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- Susan Monas**
Francie Ringold
Rosh Kitchen

**Kabbalat Shabbat Services in the Beit Midrash
are discontinued until September 7th**
Candlelighting on August 24th is at 7:45pm

Shabbat Services in the Sanctuary at 9:30am
Ki Teitzei
Deuteronomy 23:8-24:13
Haftarah: Isaiah 54:1-10
Bar Mitzvah of Jacob Glazer Fleishman

The Kiddush lunch is Catered by Deb & Doug Glazer,
in honor of Jacob becoming Bar Mitzvah

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

Access to CBS during road construction

If you are dropping off elderly or disabled passengers at Beth Shalom, the best route (this week) is to drive South or North on 35th Ave NE and turn in at the driveway on the north side of our main building, and go to the lower level to enter. Everyone, please be mindful that people with difficulty walking will need to cover a greater distance than from the sidewalk to reach the main entrance. Please offer to lend a hand.

HIGH HOLIDAY PREP CLASSES THIS TUESDAY
The theology of the liturgy of the High Holidays: What are we to make of prayers like Unetane Tokef? (Who shall live and who shall die...)
with Beth Huppin

Tuesday, 8/28 from 9:30-10:45am OR 7-8:10pm
This haunting prayer can be understood as heart-opening and gentle. Let's discuss!

Rosh Hashanah 101 with Ron DeChene
This Tuesday, 8/28 from 8:00-9:00pm
Join our Living Judaism instructor to prepare for Rosh Hashanah. Everyone is welcome.

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

BUILDING PREP—VOLUNTEERS NEEDED!

Sunday, September 9th - Erev Rosh Hashanah, 9:00am-2pm

We need help setting up chairs and moving prayerbooks, or work on the yard outside. Please join us!

High Holiday Food Drive

It's almost here.

The Community-Wide Food Drive begins September 9th and ends with the Food Sort on September 30th.



Sign Up Now for Religious School

<https://bethshalomseattle.org/educationyouth/religious-school/rs-registration/> And More!

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.

Lulav & Etrog and Schach

It's not too early to order your set for Sukkot. The price is still at \$40 for Lulav/Etrog and \$25 for Schach.

<https://bethshalomseattle.org/5779-lulav-and-etrog-order-form/>

Add a Hebrew Keyboard on Your Cell

Good news! The Israel Committee of Congregation Beth Shalom has compiled some notes on how you can add a Hebrew keyboard to your smartphone. Thus you can start including Hebrew in the text messages and emails that you send from your phone. Plus, you can type Hebrew in other apps that you use on your phone. It is easy to switch between Hebrew and English keyboards. These notes apply to both iPhones and Android phones. Check it out! See the technology tip in the Lifelong Learning page here: <https://bethshalomseattle.org/community-and-adult-learning/lifelong-learning/>. Your feedback is welcome. Send any comments or questions to the Israel Committee Israel@bethshalomseattle.org.

The 1st Young Family Tefillah and Lunch of the Year September 29th from 11:30am-12:30pm

Join Rabbi Rose for a fun service geared towards families with children ages 0-5, followed by a light lunch.

For questions or to be added to our Young Families email list, please contact rabbirose@bethshalomseattle.org.

Future dates: 10/27, 11/10, 12/8, 2/16, 3/30, 5/4

JEBMISS Book Club

Thursday, 9/27 from 10:00am will be our first meeting date after summer. The book we will be discussing is "*If All The Seas Were Ink*" by Ilana Kurshan. It has been described as "beautifully written, brilliant, sensitive, original." A surprise visitor will enhance our discussion. New, interested women are always welcome! For more info call Ulla Rychter @ 206 546 3053.

Welcome Noam Beach Party

Sunday, 8/26 from 3-5pm at Matthews Beach

Bring your sunscreen, towels, and sand toys along and join CBS and SJCS as we welcome Noam Rinat, CBS and SJCS Shinshinit 2018-2019, to Seattle.

Questions? Contact Rachel Wachtel

rachelwachtel@bethshalomseattle.org or Debbie Massarano dmassarano@sjcs.net.

Welcome New Guests on Shabbat

Beth shalom is expanding our Shabbat hospitality and hoping to offer Shabbat hospitality to new members, prospective members and guests from out of town seeking Shabbat dinner. Please be in touch with Nancy Simon at nesimon@gmail.com if you are interested in hosting.

Early Childhood Center Teachers Needed

Candidates should be flexible and hard-working, have previous experience working with children, have a great deal of patience, and be ready to have a good time at work. If you are the professional, flexible, and fun-loving candidate we are looking for, please send your resume, references, and a description of why you would be a good fit for our school to Leah Lemchen at Leah@bethshalomseattle.org.

CBS Blood Drive

Sunday, 9/16 from 10:00am-4:00pm (closed from 12:30-1:30 pm for lunch), in the bus in front of the North End Library across the street from CBS

We recommend that you make an appointment at <https://schedule.bloodworksnw.org> to avoid a line. Blood Donors Save Lives. Sign up today and make a world of difference. Photo ID required Walk-ins Welcome. Questions? Contact Bloodworks NW: bloodworksnw.org or 1-800-398-7888.



Coming Soon - Yiddish Classes!

Lomir lernen a bisl Yiddish tsuzamen! with Marianne Tatom

Wednesdays, beginning September 26

Together, we will use the Yiddish language to socialize and converse with classmates, delve into texts for cultural and artistic insights, and draw on multimedia Yiddish sources from different time periods, geographical regions, and points on a wide-ranging religious and political spectrum. Students should familiarize themselves with the alef-beys before the first class (online guide available at <https://www.yiddishbookcenter.org/language-literature-culture/learn-yiddish-alphabet>). For questions about the class, please contact marianne.tatom@gmail.com. Check out the blurb in the September Ruach or on our website: www.bethshalomseattle.org.

Milestones

- ☆ Mazel Tov to Jacob Glazer Fleishman, and his family, on becoming Bar Mitzvah
- ☆ Mazel Tov to Broch Bender, on being awarded a Bronze Medal in Martial Arts at the Gay Games in Paris

Toddah Rabah

- ☆ To Deb & Doug Glazer, for Catering this week's Kiddush, in honor of Jacob becoming Bar Mitzvah
- ☆ To the Thursday Connection folks, Susan Monas, Linda Berg, Liz Caldera, and Nancy Coomer, for baking more goodies for Selichot
- ☆ To Stan Zeitz, for tons of yardwork

UPCOMING PROGRAMS

Selichot Program & Service

Saturday, 9/1 at 8:45pm

8:45 Havdallah

8:50 Program: ***Facing our own Mortality*** – Using this as a springboard to help us build and support lives of meaning. Led by CBS member, **Dr. Julie Kohl**, who has training in both palliative care and spirituality.

10:15 Desert

10:30 Klezmer Selichot led by Carl Sayres

Yom Kippur can be seen as a rehearsal for death. The liturgy and the customs combine to make us acutely aware of our mortality. This can be a valuable exercise, to consider what really matters, to make intentional decisions about how to live well in the face of impermanence.

Additionally, it is an opportunity to consider our values about end of life care, in order to communicate with our families and medical providers, before we face making critical decisions in a crisis situation.

This program will provide a safe space to explore these issues.

Julie Kohl, MD recently completed the Palliative Care Certificate Program at University of Washington, as well as Kivvun, an 18 month cohort program through the Institute for Jewish Spirituality. She has volunteered with Kline Galland Hospice. Both her father and mother-in-law have died in the past 6 months.

More about Klezmer Selichot:

The Selichot service starts the process of opening our hearts for the Yamim Noraim, awakening our thoughts of forgiveness and T'shuva, and preparing us for Rosh Hashanah and Yom Kippur. Music is such a powerful tool for chiseling away at the walls that keep us from T'shuva. This year's Selichot service will be filled with music, both new and old, accompanied by Klezmer musicians. Please join us for a very special Selichot service filled with singing and the sounds of Klezmer music.

HIGH HOLIDAY PREP CLASSES

Judaism and Confession with Rabbi Borodin

Tuesday, 9/4 from 8:00-9:00pm

What is all the beating of the heart? What is the meaning behind the confession on Yom Kippur? What do we want or think we are supposed to be saying and thinking when we say "Ashmnu- we have sinned".

Yom Kippur 101 with Ron DeChene

Tuesday, 9/4 from 8:00-9:00pm

Join our Living Judaism instructor to prepare for Yom Kippur. Everyone is welcome.

***Do you know any prospective members?
Invite them to our Open House!***

Prospective & New Member Welcome

Tuesday, September 4th, 7:30pm

Anyone interested in joining Congregation Beth Shalom is invited.

Meet Rabbi Borodin, other staff, and lay leaders! Join Rabbi Borodin afterwards for a class about the High Holidays.

RSVPs appreciated; contact Lauren at the front desk via email at (info@bethshalomseattle.org), or by phone (206-524-0075)

Kickball after Kiddush Lunch

Shabbat, 9/15 from 1:15pm at View Ridge Park

With Shira Rosen

Come show off your kickball skills (or lack of). Beth Shalom is hosting a seriously fun kickball game for all ages. Can't kick? Come join us. Slow runner? Come play, You were the envy of everyone in 5th grade when playing kickball? Come on out. Fun for everyone and not very competitive. We will meet at the Shul lobby at 1pm to walk over to View Ridge park or you can meet us at the park at 1:15pm.

Erev Rosh Hashanah

Sunday, September 9th, 5:15pm

Please join us in the Beit Midrash to meet Rabbi Borodin and Rabbi Rose

and other faces of Beth Shalom and stay for services.

- **Prospective Member Meet & Greet, 5:15pm**
- **Taste of Rosh Hashanah Reception, 5:30pm**
- **Services begin at 6:00pm**

All are welcome to attend!

*High Holiday tickets are not required
for this event and service.*

Religious School Back to School Bash

Sunday, 9/16 from 12:30pm in the CBS Parking Lot

Stop by our BACK TO SCHOOL BASH in the CBS parking lot! We will have yummy treats to eat, games, sidewalk chalk, tie dye, and more. This is a great chance to meet our teachers and staff and get to know other CBS families. If you'd like to do tie dye, either bring a white shirt or you can purchase a Religious School t-shirt!

8th-12th graders

Sunday, 9/16 from 12:00-2:30pm

Join CBS ozerim, teen volunteers, USYers and more to volunteer at the CBS Back to School Bash! All 8th-12th graders welcome! Get ready for painting, tie dye, snacks, games, and more.

12-1pm: Those volunteering at the bash should arrive at 12pm and plan to help at the carnival.

1-2:30pm: The Back to School Bash will be followed by a USY event in the CBS Annex, lunch included. Come for a part of the morning or stay for all of it!

Any questions? Contact Rachel Wachtel at rachelwachtel@bethshalomseattle.org.

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 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

- ★ Shprintza bat Lev v'Shoshana
- ★ 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 8/6)
- ★ Joan Siewart, aunt of Carrie Horwitch (re-listed 8/6)
- ★ Janice Portney, cousin of Linda Portnoy (re-listed 8/6)
- ★ Yakov David Ben Shaindel (Jeffrey David Pachter), brother of Mihal Bat-Or (re-listed 8/6)
- ★ Jay Richards, step-father of Shelly Crocker (re-listed** 8/6)
- ★ Justine Benedick, mother of Carol Benedick (re-listed 8/6)
- ★ Ezra Zimmerman, nephew of Nadine Cadesky-Zimmerman (re-listed 8/6)
- ★ Rivka Gittle bat Zipora (Marta Kaplan), relative of Carolyn Cohen (**re-listed 8/6)
- ★ Sima Leah bat Chana (Susan Katz), sister of Ronnie Katz (listed 8/6)
- ★ 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)
- ★ Ginger Morris, step-mother of Nance Adler (listed 7/25)

FRIENDS of Members

- ★ Raisa bat Elka (Raisa Vilkevitch), friend of Emma Shusterman, Marina Kiselev, Svetlana Burke and Marina Nagel (re-listed 8/6)
- ★ Daniel ben Shlomo, friend of the Orlick Salka Family (re-listed 8/6)
- ★ John Lewis ben Julia, friend of Patti Kieval (re-listed**8/6)
- ★ Avery Rosen, friend of Kayla Weiner (re-listed**8/6)
- ★ Jeff Rommel, friend of Sharon Greenberg (listed** 8/6)
- ★ Ruth Aisner, friend of Patti Kieval (re-listed 8/6)
- ★ Mary Fetterly, friend of Cynthia Green-Alk (listed 7/16)
- ★ Hava bat Shendyl (Eve Grossman Bukowski), friend of Dina Tanners and many ex-Spokaneites (listed 8/2)
- ★ Laura Isenberg, friend of Amy Stephson (listed 8/20**)

MEMBERS OBSERVING YAHRZEITS

- ★ Linda Portnoy, for her brother, Howard Portnoy, z"l
- ★ David Tarshes, for his wife, Carol Tarshes, z"l
- ★ Susan Aylesworth, for her mother, Mary Page Burroughs, z"l
- ★ Carolyn Friedkin, for her husband, Michael Bienn, z"l
- ★ Joe Orzech, for his father, Ze'ev Orzech, z"l
- ★ Ilene Stein, for her sister, Marsha Weiss, z"l
- ★ Elliott Weiss, for his mother, Marsha Weiss, z"l
- ★ Nona Phillips, for her mother, Audrey Phillips, z"l
- ★ Barbara Grashin, for her mother-in-law, Mary Grashin, z"l, and for her father, Irving Anches, z"l
- ★ Susan Adler, for her father, Milton Braunstein, z"l
- ★ Ruth Dick, for her mother, Ethel Kaufman, z"l
- ★ Steven Katz, for his father, Walter Katz, z"l
- ★ Rick Kustina, for his aunt, Edith Cohen Patashnik, z"l
- ★ Ellen Spear, for her uncle, Farley Marcus, z"l
- ★ Brian Rapalee, for his mother, Katherine Lawson, z"l
- ★ Rochelle Roseman, for her husband, Rodger Roseman, z"l
- ★ Nance Adler, for her grandparents, Sarah and Raymond Morris, z"l
- ★ Steve Greene, for his father, Edward Greene, z"l
- ★ Deborah Isgur, for her father, Ralph Schwartz, z"l
- ★ Glenn Leichman, for his wife, Rolande Chesebro, z"l
- ★ Michael Blum, for his grandmother, Rose Kraslow, z"l
- ★ David Gross, for his grandmother, Fay Weiser, z"l

COMMUNITY NEWS

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

Anna's Honey – Rosh Hashanah Sale – 15% Off

In celebration of Rosh Hashanah, we would like to offer your members a 15% discount on Anna's Honey (<https://www.annashoney.com>) during the week of August 22-29th.

Anna's Honey features a wide variety of all natural (no additives or preservatives) Pacific Northwest honey in a variety of flavors. Our honeys retain natural nutrients because they are never overheated or overly filtered. We've been providing quality, all natural honey for more than 30 years. Also, all Anna's Honey in mason and pint jars, adorable bear bottle and pails is Kosher Parve. If you are interested in this offer, simply email hilary@dilettante.com and she will forward you on the coupon code and offer details (i.e., no minimum purchase required, etc.). Be sure to have a sweet new year!

Endless Opportunity

For each program, please RSVP to Rabbi Kate Speizer, rsvpEO@tdhs-nw.org or (206) 693-3046

Outing to the Holocaust Center for Humanity

Thursday, 8/23 from 10:30am– Noon at HCH, 2045 2nd Avenue Seattle
Through stories and artifacts of local Washington State Holocaust survivors and witnesses to the Holocaust, the museum's exhibit engages visitors in history and challenges us to consider how each person's actions make a difference. The tour will begin with a short film of local survivors and continue with a docent led tour of the core exhibit. The Center serves our community and beyond by training teachers, providing educational programs for schools and community groups, and offering resources for examining discrimination, marginalization, bullying, and genocide.

\$5 senior admission rate. Meet us there OR for \$10/person travel by school bus (from TBT or TDHS Seattle). For directions, please call 206.582.3000 or visit www.holocaustcenterseattle.org.

Special Genetics Meeting: with Dr Joseph Trachtman - important for Ashkenazim

Thursday, 8/23 from 8:00-9:30pm at Congregation Shaarei Tefilah, 6250 43rd Ave NE, Seattle

Some of you may have heard of the MTHFR genes. Up to three quarters of the Ashkenazic population may be involved and as it is a dominant gene about one third may be affected. It's also common in the general population. MTHFR genes. relates to problems with methylation of folic acid. This may produce many symptoms correlated with fertility issues, cardiac problems, links with psychiatric illness including depression, autism and psychosis, and neurological difficulties like headaches, and sadly even, premature death. Importantly, this is usually easily treatable, but sadly many—even some doctors—do not know about it and it is often missed. Please note these will be general comments only and this should not be construed as medical advice. You must consult your doctor for that. Everyone is welcome and please tell your friends. If you are not a member of CSTL, there is still no charge, but for security we need RSVPs to psyche@pni.org, including an email and phone number to attend. Light refreshments will be served. (Beverages, cookies) Children who are able to be appropriate can come, too.

President Roosevelt and the Holocaust

Sunday, 8/26 from 11:00am at Big Picture Theater, 2505 First Avenue, Seattle

A Bagels and Bellinis Speaker Event. Historian Laurence Stern shares findings from previously unnoticed documents that shed light on President Roosevelt's view on what could be done. To purchase tickets: <https://www.holocaustcenterseattle.org/programs-events/397-president-roosevelt-and-the-holocaust>