



6800 35th Ave NE
Seattle, WA 98115
206.524.0075

Welcome to Beth Shalom! Great to have you with us.
Please join us for Kiddush lunch after services. B'ruchim Habaim (Welcome)!



Shavuon

A Beth Shalom Weekly

"A causeless curse will rebound on its utterer in the end." ~ Rashi

16-23 Tammuz 5779

July 19-26, 2019

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Rosh Kitchen

Kabbalat Shabbat Services in the Beit Midrash are discontinued
Now through August 9th

Candlelighting on July 19th is at 8:40pm
Shabbat in the Park at View Ridge Park
(on NE 70th St between 43rd and 45th Ave NE)

5:30pm: Short young family service with challah and grape juice (*for kids 0-5ish and their grownups*)

5:45pm: Potluck Dinner

7:15pm Kabbalat Shabbat/Maariv

Join us for Shabbat in the Park in View Ridge Park! We'll start with a young family service and then have a potluck dinner for all. We'll provide the main dish and ritual items. You bring a vegetarian side, dessert or drinks.

The last date for Shabbat in the Park this summer: 8/23

Shabbat Services in the Sanctuary at 9:30am
Balak

Numbers 23:27-25:9
Haftarah: Micah 5:6-6:8

The Kiddush lunch is Sponsored by Ronit & Darin Dalmat, in honor of the birth of their son, Amari Zvi, and prepared by Shabbas Chef, Michele Yanow, and her helpers, Susanna Shapiro, Jordan Shapiro, and Eshed Di Maio-Kolenski

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

Close the Camps: Vigils/Protests Against Detaining Children
*Every Tuesday from Noon - 2pm through September 3 in front of the local ICE offices,
1000 2nd Ave, Downtown Seattle (2nd Ave & Spring St)*

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

2019/5780 CALENDARS ARE HERE!

They will be on the table in the lobby on Shabbat, 8/10 - just in time for the Tisha B'Av crowd. There are still only 100 to go around, so please do not take more than one per family.

Summer Dog Meet Up

Next Thursday, 7/25 from 5:30-7:30pm at the Lower Woodland Off Leash Area (1000 N 50th St, Seattle)

Let's get CBS dogs (and dog owners) together for a fun evening of doggie playtime, schmoozing, and some paw painting. Everyone is welcome to attend with or without a dog. Questions? Email Rachel at rachelwachtel@bethshalomseattle.org.

Shabbas Chef Training

Sunday, 7/28 from 10:00am-12:30pm, CBS Kitchen and Social Hall

Interested in helping to prepare Kiddush lunch but not sure where to start? Join us for a kitchen overview and break-fast! Our Shabbas Chef leads will help you through the basics of making a meal in the kitchen and give an overview of other important details. We'll then share a meal together! RSVP by Monday, July 22 to sarahgreenberg@bethshalomseattle.org

The CBS Education and Youth Department is hiring for the upcoming school year.

Come work with us! Do you enjoy spending time with kids? Open to learning new ways to engage them? The CBS Education and Youth Department is hiring: a USY Advisor, 3rd-5th Grade Religious School Teachers and Hebrew Specialist (Tuesdays and Sundays), and Prozdor Hebrew and Elective Teachers (Tuesday afternoons) Days and hours vary based on the position; all roles begin in September. If you are interested, please send an email and your resume to Rachel Wachtel, Education and Youth Director at rachelwachtel@bethshalomseattle.org.

Collecting Piyutim Submissions Soon

Start thinking about poems and art for the High Holidays. We will even have a topic this year:

Optimism for the Future.

Seattle World School Volunteer Opportunity

We are looking for more volunteers who are interested in assisting youth from other countries adjust to the Seattle school system. Opportunities include helping in a particular class Monday through Friday, during Saturday School, or with homework help Tuesday or Thursday from 4-5:30. If you're interested in volunteering in the fall and would like to attend an orientation, please contact Sarah Greenberg at sarahgreenberg@bethshalomseattle.org.

Seattle World School Volunteer Opportunity

We are looking for more volunteers who are interested in assisting youth from other countries adjust to the Seattle school system. From **now until August 3**. If you're interested, please contact Sarah Greenberg at sarahgreenberg@bethshalomseattle.org.

Yahrzeit Plaques for High Holidays

Are you intending to order a yahrzeit plaque for your loved one before High Holy Days?

If you are hoping to have a plaque up by Rosh HaShanah the request needs to be submitted to Heidi Piel no later than July 29th. Heidi Piel is happy to help you with the whole process. Contact the office with any questions.

The Seattle Limbe Sewing Circle

Sunday, 7/21 from 10:00am-2:00pm at the Bai-tul-Ehsaan Mosque, 23515 Old Owen Rd, Monroe

Help Girls Stay in School!

All are welcome at the mosque, though sewing may be limited to the women's section. There will be company, activities, and lunch for all who come. Carpooling encouraged (not due to lack of parking; rather, to promote companionship, use less carbon, and have more fun). 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.

Any questions, email the Beth Shalom office and we'll put you in touch with Wendy Katz, one of the project organizers.

Attend a vigil hosted by the Jewish Coalition for Immigrant Justice Northwest

Sunday, 7/21 from 2:00pm at Tacoma Detention Center, 1623 E. J. St, Tacoma

After over a year in Sanctuary at Gethsemane Lutheran Church, on Wednesday Jose Robles went to the Immigration and Customs Enforcement (ICE) office in Tukwila to file a request for a stay of removal and to request expediting processing of his U-Visa application. Jose was detained by two ICE officers, and within a few hours he was transported to the NW Detention Center in north Tacoma.

Attend a vigil hosted by the Jewish Coalition for Immigrant Justice Northwest to support Jose! More information here: <https://thechurchcouncil.org/the-time-is-now-jose-robles-to-meet-with-ice/>

Choosing the Best Healthcare System in the World Shabbat, 7/27 from 1:15pm in the Beit Midrash

We will review the Washington State legislature's report on universal health care coverage. What is better for the U.S. --- Medicare for All ... a national health service like England or Denmark ... national health insurance like Canada or Israel ... social health insurance like France or Japan ... public or private or a mixture? What can be done to control costs, expand access to care, and improve health outcomes? If you have an hour after services, we can find the answers.

Ronnie Shure is a semi-retired pharmacist who spent his career in public health, mental health, and substance abuse treatment programs. He is a member of the Board of Directors of Temple Beth Am, and he also serves on the Board of Directors of Health Care for All - Washington.

Milestones

- ✧ Mazel Tov to David & Andrea Heller, in honor of the baby naming of their granddaughter, Talia Mei
- ✧ Congratulations to Chuck Kolb & Beth Hartwick, on the August 16th wedding of Ted Kolb to Caroline Whitehead

Toddah Rabah

- ✧ To Darin & Ronit Dalmat, for Sponsoring this week's Kiddush lunch, in honor of the birth of their son
- ✧ To Shabbas Chef, Michele Yanow, and her helpers, Susanna Shapiro, Jordan Shapiro, and Eshed Di Maio-Kolenski
- ✧ for preparing this week's Kiddush lunch
- ✧ Thursday Connections: Susan Monas, Nancy Coomer, Bobi Salit, Janet Zepel, Gloria Goldstein, and Sharon Greenberg, for making the casseroles for Shabbat in the Park

UPCOMING PROGRAMS

ADULT EDUCATION CLASSES

Food For Thought: Dining Room Summer Learning- Get Your Mensch On Tuesdays, now through 8/27, 7pm, Location upon RSVP

Join us for the Summer Series.

Tuesday evenings, Now-August 27, Pasta dinner included. RSVP to sarahgreenberg@bethshalomseattle.org for location. No cost. <https://bethshalomseattle.org/calendar/food-for-thought-dining-room-learning/2019-06-25/>

July 23	Kiddush HaShem: Sanctifying The Name	August 13	Darkhei Shalom: Path of Peace and Wholeness
July 30	Tzedaka: Justice and Charity	August 20	Society
August 6	Chesid: Lovingkindness	August 27	Dreams; Manifestation and Responsibility

Project Zug and Summer Learning Opportunities:

We are excited to share that starting in June, Beth Shalom is beginning a new partnership with a program called Project Zug. Project Zug is run by the Hadar Institute, and features curricular materials for a variety of courses, facilitated by expert teachers and designed for learning with a study partner ("zug" is Hebrew for "partner"). We are planning to use Project Zug's materials to enrich our adult education offerings this year, and to serve as the curriculum for our Food and Friends groups. As our seliḥot program this year (Saturday night, September 21), we will formally kickoff our use of Project Zug by engaging in an evening of hevruta learning (learning with a study partner) together, committing ourselves to continuing to grow and learn as we move into the new Jewish year. Stay tuned for more information about Adult Education, Food and Friends, and this year's Selihot program as we approach the fall.

In the meantime, though, you can benefit from Project Zug (at no cost to you) over the summer! You can sign up for a course of your choice by going to www.projectzug.org and creating a user account using the registration code 'CBSTorah' and then you'll have access to study. Please let Sarah Greenberg know via email (sarahgreenberg@bethshalomseattle.org) when you sign up. Feel free to study alone, but we also encourage you to find a hevruta (a study partner) and take advantage of the Seattle summer's long days by learning together! If you have any questions, please contact Sarah Greenberg (sarahgreenberg@bethshalomseattle.org) or Rabbi Rose (rabbirose@bethshalomseattle.org). Happy learning!

Host Families Needed for CBS 2019-2020 Shinshinim

CBS is entering its 5th year participating in the *shinshinim* program. This program brings 18 year olds from Israel to volunteer in our community for a year before army service, and this year we are bringing two, Mor and Abaye! They will each live with 3 different host families during their year in Seattle. We are currently looking for CBS families interested in hosting Mor or Abaye for **December, January,**

and February. For Mor we are looking for a family that lives near CBS or is accessible by bus, and either only eats kosher meat or is willing to buy kosher meat for the 3 month period they host her. For Abaye we are looking for host families that are within walking distance to CBS and keep kosher. If you are interested in hosting or learning more, please contact Rachel Wachtel, Education and Youth Director, at rachelwachtel@bethshalomseattle.org.

New Mussar Cohort

The Center for Contemporary Mussar is pleased to announce the offering of a new Mussar cohort to be organized at Congregation Beth Shalom beginning in the fall of 2019.

The program will consist of a weekly shiur (study session) and Va'ad (group practice session). In preparation for the weekly meeting students will engage in weekly hevruta

(partnered learning) study.

In order to introduce and explain the full program a video meeting will be held at a date to be determined this summer.

If you would like more information please email Rabbi Stone at rosyeshiva@contemporarymussar.org. Once we have sufficient names we will send out the date and link for the introductory meeting.

Buy Scrip/Gift Cards For CBS

Come to the shul office and purchase gift cards for **QFC/Fred Meyer, PCC, Safeway-\$100 only, Home Depot,** and **Starbucks.** The QFC cards are back, but as you know they go quickly.

When you shop with these gift cards you provide a great benefit to the synagogue, and it costs you nothing extra! If you have any questions about the scrip program, please contact Kevin Coskey, scrip@bethshalomseattle.org, or the CBS office, 206-524-0075.

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.

Be remembered forever with a gift to Beth Shalom 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

- ★ Ilene Ruvinsky
- ★ Nehamah Yehudit bat Sarah v'Avraham (Janet Heineck)
- ★ Shimriya Ashira bat Sarah v'Avraham (Adrienne Howell)
- ★ Sheri Kittay
- ★ Akiva ben Sara v'Avraham (Chauncey Bell)
- ★ Aharon Ben Leah Miriam
- ★ Orly Malka Leah bat Rivka Risle v'Yankev Lab
- ★ Casriel ben Shoshana (Joe Ginsburg)
- ★ Yonaton YOSHUA ben Esther Malka v'Shmuel
- ★ Batsheva bat Sophia
- ★ Rachel bat Miriam (Rachel Jacobsen)
- ★ Rivka Sura Bat Esther
- ★ Yosef Yisroel Ben Rochel Leah v'Pinchas Ha'Levi
- ★ Moshe ben Mordechai (Marty Schnitzer)
- ★ 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)
- ★ Chaya Esther bat Sheina Leiba v'Mordechai
- ★ Shlomo Menachem ben Sarah (Solomon Michaels)
- ★ Sara bat Leah v'Nachman
- ★ Bezalel ben Miriam v'Avraham (Eugene Huppim)
- ★ Aviella Bara bat Shlomo v'Nechama Raisel (Susan Aylesworth)
- ★ Orli bat Sofia
- ★ Eleazar Aharon ben Miriam v'Israel
- ★ David Henached shel Goldja (Elric Wolfsbruder McCurdy)
- ★ Chizkiyahu Yitzchok Yehoshuah ben Rachel v'Eliezer

RELATIVES of Members

- ★ Ira Weiner, cousin of Kayla Weiner (re-listed 6/24)
- ★ Joan Siewart, aunt of Carrie Horwitch (re-listed 6/24)
- ★ Janice Portney, cousin of Linda Portnoy (re-listed 6/24)
- ★ Jay Richards, step-father of Shelly Crocker (re-listed** 6/24)
- ★ Ezra Zimmerman, nephew of Nadine Cadesky-Zimmerman (re-listed 6/24)
- ★ Eliyahu ben Yeitchak Daveed haLevi (Dr. Elliott Perlin), father of Sam Perlin (re-listed 6/24)
- ★ Mariam bat Yetta, mother of Gail Coskey (re-listed 6/24)
- ★ Bentley Klein, brother-in-law of Michael de Haan (listed *6/24)
- ★ Aviva Sharon bat Joseph Samuel (Addy Charkow-Ross), daughter of Jeff Ross (re-listed 6/13)
- ★ Bentzion Mendel ben Nechama (Manny Schreiber), cousin of Dina Tanners (re-listed** 6/30)
- ★ Ellie Phillips, granddaughter of Linda Gebaroff (listed 6/14)
- ★ Sheila Kasperzyk, mother of Amy Gebler (listed 6/18)
- ★ Yichiel Shmuel ben Avraham, uncle of Carrie Horwitch (listed 7/1)
- ★ Avram bar Anita (Andrew Wachtel) & Liba bat Seena (Leslie Wachtel), parents of Rachel Wachtel (listed 7/2)

FRIENDS of Members

- ★ Raisa bat Elka (Raisa Vilkevitch), friend of Emma Shusterman, Marina Kiselev, Svetlana Burke and Marina Nagel (re-listed 6/30)
- ★ Avery Rosen, friend of Kayla Weiner (re-listed**6/30)
- ★ Laura Isenberg, friend of Amy Stephson (re-listed**6/30)
- ★ Hava bat Sheyndl (Eve Grossman Bukoski), friend of Dina Tanners (re-listed 6/30)
- ★ Matatiahua ben Israel v'Fagela (Matthew Phelps), friend of CBS (re-listed 5/30)
- ★ Ety bat Yenta (Melissa Tobenstein), friend of Rabbi Borodin (re-listed 6/30)
- ★ Kitra bat Sarah (Kiki Adamovics), friend of Carolyn Cohen & Scott Cline (listed** 6/24)
- ★ Larry Grossman, friend of Dina Tanners (re-listed 6/24)
- ★ Lucas Cohen, friend of Kayla Weiner (listed 6/11)
- ★ Rebecca Gleason, friend of Jacquie Bayley (listed **6/11)
- ★ Talma bat Yocheved, friend of Nava Gazitt (listed 6/19)
- ★ Tova Sarah bat Chaya, friend of the Moss/Krulewitch family (listed *6/25)
- ★ Viktor Lyakhanov, friend of Svetlana Burke (listed 7/1)

MEMBERS IN SHLOSHIM - FOR THE PAST MONTH

- ★ Andrew Cohen, for his mother, Diane Spinrad, z"l (10 Tammuz)
- ★ Joan Lite Miller, for her mother, Paula Lite, z"l (19 Sivan)
- ★ Janis White, for her mother, Adell White, z"l (16 Sivan)
- ★ Carrie Horwitch, for her father, Arnold Murray Horwitch, z"l (14 Sivan)

CONDOLENCES

- ★ **Andrew Cohen**, for his mother, Diane Spinrad, z"l, who passed away, Saturday, July 13 (10 Tammuz)
The funeral will take place on Wednesday, July 17th in Massachusetts
There will be shiva minyanim on Sunday and Monday evenings, 7/21 and 7/22 from 7:30pm at Andrew & James home, 7343 39th Ave NE, Seattle - the Monday evening minyan will join the shiva minyan on July 22nd

MEMBERS OBSERVING YAHRZEITS

- ★ Diane Douglas, for her father, David Douglas, z"l
- ★ Jacquie Bayley, for her step-father, David Panar, z"l
- ★ Jennifer Cohen, for her grandfather, Marvin Cohen, z"l
- ★ Deborah Josephson, for her uncle, Stanton Josephson, z"l
- ★ Shirah Bell, for her mother, Betty Kaplan, z"l
- ★ Iris Brumer, for her husband, David Brumer, z"l
- ★ Asaph and Nadav Brumer, for their father, David Brumer, z"l
- ★ Wendy Friedman, for her father, Michael Friedman, z"l
- ★ Glen Kohl, for his mother, Laurel Kohl, z"l
- ★ Joani Diskin Saran, for her grandmother, Lena Kris, z"l
- ★ Herbert Selipsky, for his father, Morris Selipsky, z"l, and for his mother, Nina Selipsky, z"l
- ★ Stephen Montsaroff, for his father, Jerome Ronald Saroff, z"l
- ★ Nancy Fisher-Allison, for her grandmother, Frances Benjamin, z"l
- ★ Sheryl Kipnis, for her grandfather, Frank Kipnis, z"l
- ★ Marilyn Meyer, for her cousin, Justin Rockkind, z"l
- ★ Rhona Feldman, for her grandmother, Yetta Feldman-Chmiel, z"l
- ★ Shelley Baumgarten and Roz Bornstein, for their father, Irving Adatto, z"l
- ★ Debby Kerdeman, for her grandmother, Ida Haskin, z"l
- ★ Gail Ewall, for her friend, James Weaver, z"l

COMMUNITY NEWS

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

Movie and a Mitzvah: Zootopia

Sunday, 7/21 from 10:30am at Stroum JCC - Mercer Island
Join with PJ Library and the Stroum Jewish Community Center to watch an animated story set in a city of animals, large and small, where a fox and rabbit form an unlikely partnership to protect them all. Stay for a brief activity afterwards about the "importance of community." <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=6290&GroupID=2473098>

Tisha B'Av: Senseless Hatred

Monday, 7/22 from Noon - 1:00pm at JFS on Capitol Hill - Seattle
According to sacred Jewish texts, "senseless hatred" in the Jewish community caused destruction of the Temple. Where do we see "senseless hatred" today? What can we learn from texts to help us better care for each other? Join Beth Huppim, Jewish Family Service's Director of Project Kavod/Dignity, for an exploration of connections between JFS' work and Tisha B'Av.
Free
RSVP to Talya Gillman at education@jfsseattle.org or (206) 861-8784.
<https://www.jfsseattle.org/event/exploring-dignity-tisha-bav-senseless-hatred/>

Jewish Community Night with the Seattle Mariners

Monday, 7/22 from 7:10pm at T-Mobile Park - Seattle
Let's go to the ball game on Jewish Community Night and cheer on the Mariners as they take on the Texas Rangers. Get your tickets now and get a Jewish Community Night t-shirt while supplies last.
<https://www.mlb.com/mariners/tickets/specials/jewish-community>

Rhodes/Cos 75th Anniversary Commemoration

Tuesday, 7/23 from 7:00 - 9:00pm at Congregation Ezra Bessaroth - Seattle
Join us for a special evening honoring the legacy of Holocaust survivors in our community. Featuring screening of film *Sephardic Memories of the Holocaust*, panel discussion moderated by Prof. Devin Naar, musical selection by Hazzan Isaac Azose with *Hashkava* (Memorial Prayer) led by Rabbi Simon Benzaquen, and Sephardic dessert reception. <https://www.holocaustcenterseattle.org/programs-events/469-rhodes-cos-75th-anniversary-commemoration>

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

Hunger and food insecurity in our community: What do we know and how can we part of the solution?

Thursday, 7/25 from 10:30am - Noon at Temple Beth Am: 2632 NE 80th St, Seattle
Prof. Christine Stevens from UW Tacoma's School of Nursing and Healthcare is an expert on the social justice issues of housing and hunger as it relates to structural disadvantages affecting health. At this program Stevens will help us to understand local statistics around food insecurity. We will explore who is experiencing food insecurity, what is currently being done about it, and how to