

# THE SHUL SHOFAR

VOL. 23, NO. 4 \* Congregation Beth Israel \* Bellingham, WA 98229 \* bethisraelbellingham.org \* (360) 733-8890

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**WEDNESDAY**  
**MARCH 20<sup>TH</sup> 6:30PM**

Written by Cantor Rachel Kalmowitz



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FROM THE RABBI

## A lesson of Passover

On Friday evening, April 19, nearly three-quarters of American Jews (including their friends and family) will sit around dining room tables and participate in a Passover seder. This continues to be



the most widely observed Jewish festival, surpassing even the High Holy Days. Naturally, one must wonder: What is the

draw of this holiday? I know it's not the food! Comedian Sebastian Maniscalco has a funny bit about Passover seders. He quips, "Has anybody ever said to you 'We went to this Jewish restaurant last night... The gefilte... amazing!' I respect the Jews, but let's just have the Italians cater the Passover meal."

For me, the draw is the message of Passover. Each year we recite the same words from the *haggadah*:

*You shall then recite as follows before your Eternal God: "My father was a fugitive Aramean. He went down to Egypt with meager numbers and sojourned there; but there he became a great and very populous nation. The Egyptians dealt harshly with us and op-*

Continued on Page 11

*From the President...*

## Ner tamid

Dear Congregants,

As I write this, the week's Torah portion from the book of Exodus, *T'tzaveh*, instructs the people of Israel to bring pure olive oil for the *ner tamid*, the eternal light. At that time, the ark and the eternal light were inside a tent, but we know that they were eventually set up in the Temple in Jerusalem. As is often the case, we can connect so much of our Jewish experience here in Bellingham with those long-ago days.

The instructions in *T'tzaveh* for setting up the ark and the eternal light, along with the detailed instructions for preparing priests for worship, were the responsibility of the whole community. For the eternal light to stay lit, all the Israelites must bring the oil. This is the model that we use for synagogue life today. We believe that the *ner tamid* not only honors G-d, but it also provides light in the world. Our communities are a light unto themselves, but they also help to shine a light on injustice and suffering.

*T'tzaveh* is more about the practice of worship than it is about repairing the world, but the light cast by the *ner tamid* is a light without end, and it guides us to be better citizens of the communities in which we live. Through some very dark times, the light has remained lit to rally our people and recommit us to the work of justice. Critically, we all need to provide some oil to keep the lamp burning.

The oil is a metaphor for our material support for our community, but that support comes in so many forms. As *T'tzaveh* makes clear, keeping the light lit requires something from everyone. It is in this way that we have made our way from the "tents" — our brief period of homelessness — to our new campus on the hill, where we will keep the *ner tamid* lit for generations to come.

Many scholars over time have agreed that the message in *T'tzaveh* is

also a lesson in responsible leadership. We are told that Aaron had to carry the names of the twelve tribes of Israel on his shoulders as a reminder of the multitudes he represented. We need no reminders at Congregation Beth Israel that we represent a diverse and wonderful community, but it always helps to reflect on that responsibility. As President, I remind myself that Judaism is a deep well into which we all dip our buckets at different times and in different ways. Our greatest charge as community leaders is to protect that wellspring and to make it accessible to congregants.

On our campus, we see expressions of the richness of our tradition all the time. Our new conservative minyan is thriving, and we also have a growing abundance of adult education offerings. Some of us will draw on our growing diversity of spiritual offerings, others will find their place in our commitment to social justice, and many will return frequently to the well to nourish themselves in ways that we have not yet imagined. Our duty as community leaders is to make certain that we all replenish the waters.

As I write this, Miriam Schwartz is attending the Scheidt Seminar provided by the Union for Reform Judaism to help prepare congregational leaders. My own time at the Scheidt Seminar helped me to see how miraculous our community is, and it provided me with tools to better understand the sacred duty of congregational leadership.

Our future is bright as long as our commitment to keeping the *ner tamid* lit remains intact. I look forward to continuing to share this journey with you. We all need to bring the oil, whether we plan to drink deeply from the well of Judaism or whether we take comfort in the fact that it is there.

— STEVEN GARFINKLE,  
PRESIDENT

## CONGREGATION BETH ISRAEL

751 San Juan Boulevard  
Bellingham, WA 98229

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**Deadline for submission of all articles and calendar events for the May/June issue is APRIL 11.** Call the office for more information.

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*From the Social Action Committee*

# The primary focus of the Social Action Committee in 2019 is homelessness

BY LINDA BLACKWELL

Thank you to all who contributed food and gift cards during our recent drive to help federal employees. We will continue food donations for the Food Bank during the months of March and April. *Chametz* will be collected until April 14. Please do not bring any food into the synagogue after that date, or during Passover. Baskets are located on the first floor near the elevators and in the parents' lounge in the basement.

The primary focus of the Social Action Committee in 2019 is homelessness. We are looking for volunteers to help with the Day Center at the Family Promise Program. CBI is a support congregation with the Interfaith Coalition. There is ongoing training to work shifts for as little as 1.5 hours on weekdays and during the weekend, between 10 am to 5 pm. This is NOT for daycare or childcare. This is to support the families and be available for help during the daytime in the Family Promise support center located next to First Christian Church at 495 E. Bakerview Rd. Contact Andrea Shupack for training information. Linda Blackwell, Gloria Lebowitz, and Arlene Feld can also answer questions.

We would like to form a group from CBI to work with CAST (Coffee &

Sandwiches on the Street Together), one night a month. We could either make sandwiches as a group one afternoon, or distribute sandwiches one evening a month at the Opportunity Council. We need enough people to make a commitment. We also have knitters from CBI making hats every Tuesday for Project Warm-Up. Hats are distributed through shelters and the CAST program.

The Interfaith Hope Auction will be held on Saturday, March 23. We will be selling tickets to the auction. It is nice when CBI congregants sit together as a group. Tickets are \$65 each. You can sign up online, but please note if you would like to sit with CBI. We are also seeking donation of items to the auction. You can contact Geraldine Reitz and Arlene Feld for tickets or to donate.

Mitzvah Day is now **April 28!** Please note the date change. Everyone, of all ages, is invited to participate! Bagels and nosh start at 10:30. You can sign up for projects of your choice. We will not have a speaker this year. Work on projects will begin at approximately 11 am and last until 1 pm. During Mitzvah Day, we will host a Blood Drive, and you will see sign-up information for this event soon. We will also have a bone



**Community Wide**

**MITZVAH DAY**

**Sunday, April 28th**

**10:30 AM**

Come together in community to repair the world, working to improve health, homelessness, the environment, and much more!

**All ages needed!**

Questions?  
Please contact Linda Blackwell

marrow match project that day, and adults, especially under the age of 45, are encouraged to find out more and participate, if possible.

We are in need of a portable basket ball hoop to set up a fundraiser for "Nothing but Nets," a project to raise money to prevent malaria. Please contact the office or Linda Blackwell if you could transport and/or donate one or more portable hoops for the day. We will again be making hygiene kits for Northwest Youth Services. We are considering a tiny house construction or working with Habitat for Humanity.

## Synagogue 411

**Archives:** Tim Baker, (360) 305-6945

**Care:** Harriet Markell, (916) 207-9381;  
Else Sokol, (360) 393-9618

**Membership:** Rita Spitzer,  
(360) 647-7065; Ann Suloway,  
(360) 296-8220

**Library, Scrip:** Joan Wayne,  
(360) 676-8939

**New Synagogue Task Force:**

Warren Rosenthal, (360) 961-9772

**Scholarship:** Emil Hecht,  
(360) 733-4825

**Social Action:** Linda Blackwell,  
(360) 647-9519

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## Bat Mitzvah



**Mia Clarke** will be called to the Torah as a Bat Mitzvah on April 13, 2019. She is the daughter of Tamar and Shawn Clarke, and the sister of Talia.

Mia is a seventh grader at Whatcom Middle School. She loves to move fast, whether skiing down a slope, riding to school on her single-speed bike, or zipping across Lake Padden with her Bellingham Sprint Kayaking teammates.

Mia is also an avid reader and often can be found curled up in her room with a book. For her mitzvah project, Mia volunteered two days a week in a third-grade classroom at Columbia Elementary, tutoring students in reading and math.

Please join Mia's family in celebration:

**SHABBAT EVENING SERVICE**

**Friday, April 12, 2019 at 7:30 pm**

**SHABBAT MORNING SERVICE**

**Saturday, April 13, 2019 at 10:00 am**

Everyone is invited to a Kiddush luncheon and celebration in the Social Hall after the service.

## Bat Mitzvah



**Elinor Rachel Hall** will be called to the Torah as a Bat Mitzvah on May 4, 2019. She is the daughter of Alex Hall and Sagit Hall, and the sister of Amalia.

Elinor is in the seventh grade at Whatcom Hills Waldorf School, where she enjoys history and language arts. Outside of school, she enjoys spending time with her friends, reading, camping, skiing, and drawing. Elinor hopes to see more diverse representation of Jewish

characters in mainstream literature and is working on building a Little Library for the synagogue with books that illuminate Jewish characters and values in a universal light. She also plans to post monthly book recommendations for a year.

Please join Elinor's family in celebration:

**SHABBAT EVENING SERVICE**

**Friday, May 3, 2019 at 6:15 pm**

**SHABBAT MORNING SERVICE**

**Saturday, May 4, 2019 at 10:00 am**

Kiddush luncheon to follow  
in the Social Hall.

## FUNDrive benefits Keshet!

Our storage room is getting more and more full! Our April 7 deadline is quickly approaching, and we still need more items! On April 14, we will deliver all the items to Value Village, where they will be weighed and we will be paid by the pound. That's it! The more we bring, the more money we will receive. For example, if we want to make \$1,000.00, we need 4,000 pounds of soft goods, or about 220 bags. No one has to dig into their pockets to support Keshet with money! Help keep landfills emptier AND support Keshet by simply cleaning out your closets, basements, storage units, and forgotten bins of "someday clothes."

We are collecting any and all cloth items (including bedding and towels, shoes, belts, purses), CDs/DVDs, small electrical items, toys & games, small kitchen items, knickknacks, and sporting goods. Cloth items will need to be in trash bags, and household items will need to be in cardboard boxes. All items must be in good, clean, and saleable condition. Your donation is tax deductible.

Kindly leave your donations on the black cart that is placed by the Keshet entrance on Sundays from 9:30 am to 2:30 pm, or any other day by appointment with Sagit (please text her at 360-927-0701). If you have any questions, please contact Nora Mazonson (phone: 360-739-4335; email: nora.shwadsky@gmail.com)

From the Keshet Center for Jewish Learning

# Keshet's *Brit Kehila* (community covenant): Nurturing safe growth with three golden rules



On a cold Sunday morning this past January, our community gathered to honor the special holiday of Tu

B'Shvat and to plant 152 native bushes and trees around our retention pond. With shovels in hand, we dug holes, carefully placed roots, and mounded soil around each of these young plants. The rain was kind to our efforts as it watered our freshly planted "friends" in the days that followed. But our work has not ended there. As a community, we are now committed to protect their safety and healthy growth. And just



Nurturing growth on Keshet's Tu B'Shvat planting event.

like the commitment we have made with the children to keep the new plants safe and nurtured, is it our community's commitment to our children to ensure their healthy growth and safety.

The big changes we went through in the past year — namely, our growing numbers and our new facility — presented us with new, blessed challenges in the various aspects of

our operations: from space design through supply stock-up and safety procedures. Many of the ways by which we have operated in the past year have involved many "firsts" and "try outs," and we have heavily relied on the gracious help of hundreds of hours of volunteer time. But now, as we approach the one-year mark of our major transition, we can proudly say that the various spaces of the Keshet floor are now in full operational mode, including the classrooms, *Moadon* (lounge), *Tzevet* (staff) room, children's library, supply storage, and kitchen. The work is far from complete, but the hope is that a message of nurture emits from the space's current aesthetics.

One of the next steps in establishing a safe and nurturing foundation at Keshet is the creation of policies and procedures that will meet the needs of our community, with specifics about issues such as age group placement, clear behavioral expectations, and disciplinary policies. This work has begun with the completion of important foundational pieces such as the CBI Emergency Plan procedure (including a fire drill), as well as a completed Keshet Teacher Handbook, and a Family Handbook (to be completed by the end of the school year).

Everyone at Keshet will be a participant in the learning curve involved in implementing new procedures, policies, understandings, and expectations, both formally and informally. This learning has already started in the form of Keshet's *Brit Kehila* (community covenant) which



It takes a village to set up a new community home.

consists of three golden rules—our three age-old Jewish values:

1. *Shmirat Haguf v'Halashon* (guarding our bodies and tongue) —Be safe
2. *Kvod Hazulat*—Respect of others; and
3. *Derech Eretz*—literally means the ways of the earth, meaning simply—Using your manners.



The various Keshet groups have begun with the introduction of these three "golden" rules, and I hope that we will be able to see their dissemination embodied in everything we do at Keshet, as we nurture resilient growth of our children and our community.

—SAGIT HALL שגית הול  
DIRECTOR, KESHER CENTER  
FOR JEWISH LEARNING

# Mishloach Manot!

BY MIRIAM SCHWARTZ

**Question: What's sweet and fun and shows up at your door at Purim?**

**Answer: *Mishloach Manot!***

For the fifth year, we present the *Mishloach Manot* project as a fun and easy way to fulfill one of the Purim mitzvot while supporting our religious school, now known as Keshet. *Mishloach Manot*, the sending of food gifts to friends and family, is one of the four mitzvot traditionally performed on Purim. It is a heartfelt way to emphasize the Jewish unity that lies at the core of the Purim holiday and to create meaningful connection within our own community. Through this project, you can participate in the sending to your friends and family of a lovely gift bag that will be delivered during the week of Purim.

Here's how it works:

For just \$3 per recipient, you can participate in the sending of a Purim gift bag to anyone on our membership list and Beth Israel staff. Every membership unit on the list and staff will receive **one (1)** gift bag, along with a Purim scroll that lists all the people who participated in giving the package. For example, if you are sent a *Mishloach Manot* bag from more than one individual, you will still receive only one bag, and all those people sending you the *Mishloach Manot* will be listed on the scroll. By making a generous donation of \$360, your name will be listed on every scroll. Our list has over 250 names this year — our CBI family has grown!

Members who do not live within our delivery area will receive a festive card wishing them a Happy Purim and noting those who are sending them Purim greetings.

Although Beth Israel is handling all packaging and delivery, HappyPurim.com is handling our online ordering, and credit card charges will be from HappyPurim.com. Please be assured that your email address and other personal information will not be shared with any other entity, and that your financial information is secure.



You should have received an email and a special code to use to sign in to the account. If you haven't, please contact Joan Wayne right away at the e-mail below. The deadline to sign up is March 10.

Our first four years were very successful in raising significant funds to support Keshet's operating costs and scholarship program! Each year we have sent *Mishloach Manot* baskets to EVERY CBI congregant! What will this year's theme be? Here's a hint — it has to do with our CBI family. Have no fear — there will be delicious Leah's Hamentashen included!

In previous years, the process has gone very smoothly, and people have been quite pleased with how easy the program is to use. This year will be even better! If you have any questions, or if you would like to receive a paper order form, please contact Joan Wayne: (360) 676-8939 or jawayne2@gmail.com.

We are almost one year in our new home, and Keshet has grown. We still need help furnishing our 10 classrooms, as well as financial support for operations and scholarships. Please join us in participating in this fun Purim festivity!



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# Birthdays

## MARCH 2019

3/1 Tannia Hecht  
 3/1 Brenda Miller  
 3/2 Nadia Mazonson (14th)  
 3/4 Renee Elder  
 3/4 Nancy Luster  
 3/4 Talya Sanger (18th)  
 3/5 Lev Cornwall (13th)  
 3/5 Amy Evans (20th)  
 3/6 Christoph Reitz  
 3/6 Mary Somerville  
 3/7 Jay Braunstein  
 3/7 Sara Geballe  
 3/8 Norman DesRosiers  
 3/8 Deborah Oksenberg  
 3/8 K.C. Sulkin  
 3/9 Leeya Shoshana Genut (6th)  
 3/9 Ryan Goldman (14th)  
 3/10 Mark Steinberg  
 3/11 Samuel Pomerantz (4th)  
 3/12 Sivan Wells-Langley (8th)  
 3/13 Rebecca Orloff  
 3/13 Joan Sager  
 3/13 Steve Schwartz  
 3/14 Jordan Verkh-Haskell (17th)  
 3/15 Yaniv Attar  
 3/15 Chanan Suarez  
 3/19 Carol Robinson  
 3/19 Noah Taranow (22nd)  
 3/20 Jody Meltzer  
 3/20 Matthew Schall  
 3/21 Naomi Pomerantz  
 3/21 Bonnie Quam  
 3/22 Jonah Attar (9th)  
 3/22 Sonorah DesRosiers (11th)

3/22 Sue Mahar  
 3/22 Roy Shankman  
 3/23 Camille Keefe  
 3/23 Rachel Lowenstein  
 3/24 Ruth Ingberman  
 3/24 Michael Korner  
 3/25 Tami DuBow  
 3/27 Kevin James  
 3/27 Debbie Raas  
 3/27 Marybeth Taranow  
 3/27 Aviva Weinstein (12th)  
 3/28 Celt Schira  
 3/28 Nancy Thomson  
 3/29 Rick Romito  
 3/30 David Kiersky  
 3/30 Samantha Konikoff  
 3/31 Lynn Korner  
 3/31 Jeffrey Margolis  
 3/31 Gabriel Witte (10th)

## APRIL 2019

4/1 Amy Kraham  
 4/1 Amy Margolis  
 4/2 Sherry Baron  
 4/3 Ethan Oliver (17th)  
 4/3 Alisa Sachs  
 4/4 Daniel Feller  
 4/4 Mary Jo Lewis  
 4/5 Hannah Levine (21st)  
 4/6 Tammy Dixon  
 4/6 Katie Edelstein  
 4/6 Hank Levine  
 4/6 Daniel Zagnoli  
 4/7 Lisa Balton

4/7 Samuel Donner (12th)  
 4/8 Laura Ochoa  
 4/10 Katie Comstock  
 4/10 Jeffrey Feld  
 4/10 Susan Katz  
 4/10 Asher Nathanson (9th)  
 4/11 Lilah Blum (18th)  
 4/12 Cora Boothby  
 4/12 Sarah DesRosiers  
 4/12 Jonah Velsner (12th)  
 4/13 Steve Ban  
 4/13 Karen Fisher  
 4/14 Jeffrey Probst  
 4/16 Mia Clarke (13th)  
 4/16 Elizabeth Witte (7th)  
 4/17 Paul Blum  
 4/17 Benjamin Sommers (13th)  
 4/18 Navah DesRosiers (14th)  
 4/18 Liza Jane Price (11th)  
 4/18 Linda Read  
 4/18 Alexandra Verkh  
 4/23 Leora Roberts (9th)  
 4/24 Leah Lippman  
 4/24 Aniel Wells-Langley (10th)  
 4/25 Margaret Bikman  
 4/25 Shemaia Kountouros  
 4/25 Ian McCurdy  
 4/25 Jason Stoane  
 4/26 Spencer Jantzen (14th)  
 4/27 Alan Kendal  
 4/28 Joel David  
 4/28 Andrew Orloff  
 4/28 Shoshana Samuels (7th)  
 4/29 Abigail Comstock (11th)  
 4/29 Richard Widerkehr




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# Faces in our community:

## Michal Retter

BY LINDA HIRSH

*While Michal Retter was driving to work during a chore-packed week, she felt the start of a tension headache, which was unusual for her. Michal's nerves were telling her she was bushed, beat, fried.*

Michal had three choices: Cancel the yoga class she was going to teach. Take a pain-killer. Or get out her version of an emergency first aid box, “my invisible energy kit,” she called it. Three minutes of a yoga breathing technique “and the headache dissipated,” she said.

Yoga in Michal's life is not simply for physical fitness. Rather, an overarching spiritual element wraps the physical aspect into it. This Eastern way of thinking — the connection of mind to body — extends from within the self to relationships with others.

Born and bred in Jerusalem until the age of five, Michal moved with her parents, older sister, and younger brother to South Africa. At age eight, she returned to Israel and continued her education. After the mandatory two years in the Israeli Defense Force, she immigrated to the United States in 1998.

“The reason I came to the States was of a spiritual nature; I was on a spiritual path, and my quest led me to a teacher in Washington,” she said. There “I met my daughter's fa-



ther, who was in a similar pursuit and we chose to stay.”

First she lived in Yelm, then moved to White Rock, British Columbia, where her daughter Liberty was born. They lived there for four years before they moved to Bellingham in 2014. Now seven, Liberty attends Whatcom Hills Waldorf School. She enjoys imitating her mother on her own yoga mat — another possible practitioner in the family.

Michal first encountered yoga as a child, accompanying her mom to classes in South Africa in the early 1980s. When Michal returned to Israel, she continued her yoga development. Taking intensive training, she began to teach yoga in Yelm in 2002 and has done so ever since at Whatcom Community College, Three Oms Studio, Bellingham Athletic Club and most recently, Congregation Beth Israel.

“When I teach, I am only presenting, not inventing,” Michal said.

Still, calling it a blend, she chooses bits and pieces of many kinds of yoga and absorbs other practices into her teaching, such as Chinese medicine, acupuncture and meditation. East meets West in a big way at the synagogue where one can take her course, “Yoga and the Sefirot.”

Sefirot, meaning emanations, reveals 10 human traits — shown in the symbol of the Tree of Life — that interact with one another and whisper of God's nature. They are the Divine Crown, Wisdom, Understanding, Mercy, Justice, Beauty, Eternity, Glory, Foundation, and *Shekhina* or God's presence in the world.

“So what's the Jewish connection?” one might ask Michal. What resonates with both yoga and

*Continued on Page 12*



# BUSY TIMES AT CBI!



1



2



3



6



4



5

1. Keshet listening to Rob Lopresti play "Nachshon's Song" at Sunday morning family *tefillah*; 2. and 3. B'nei mitzvah students wrapping *tefillin* for the first time with Rabbi Samuels (2. Jaelle Oliver and Elinor Hall; 3. Elias Anderson and Avi Lindner); 4. New Member *Havdallah* at the Witte home (Nicole Samuels, Miriam Schwartz, Ann Suloway, Becki Van Glubt, Amy Whiting, Rita Spitzer); 5. Israeli folk dancing at CBI. 6. The Samuels family in Israel.

# Save the date for the Interfaith Hope Auction!

BY LAURA HARKER; INTERFAITH COALITION

Mark your calendar for the Interfaith Coalition Hope Auction on **Saturday, March 23, beginning at 5:30 pm.** The auction will take place at Four Points by Sheraton in Bellingham.

Whatcom County's friendliest auction features fellowship, inspiration, hope, and lively bidding on great auction items. Please join us as we work together to eliminate family homelessness and poverty in our community. You can help in these ways:

- Do you have an auction item to donate? A service you offer, your own artwork, gift certificate, tickets to popular sporting events, vacation home getaway? Let your imagination soar, and please get in touch with us regarding your donation item!
- Buy tickets to the auction. Tickets are \$65 each, including dinner.



- Become a business sponsor or ask your favorite businesses or employers to support Interfaith with a dedicated donation.

To donate an auction item and purchase tickets, please contact Geraldine Reitz or Arlene Feld, our board representatives, or the Interfaith Coalition: 360-734-3983 or through our website: [www.interfaith-coalition.org](http://www.interfaith-coalition.org).

## Capital Campaign news

BY LYNN KORNER

### NEW DEDICATION OPPORTUNITY

Many thanks to all the Beth Israel members who have made dedications for our new synagogue. We are in our new building today, in large part, because of your generosity.

In an effort to offer different creative ways to reach our final goal, the Capital Campaign committee has added new items to the dedication list, including a bike rack and the drinking fountains.

We have wonderful news! If you made a dedication for our new building already and want to make a second dedication, now you can. Many members wanted more than one item, and now you have the opportunity to dedicate a second item with a new donation.

Haven't made a dedication yet? We can help. We'll send you the dedication list and you can select an item. It's as easy as that! Donations to cover the dedications can be made in different ways, including spreading out payments over a few months or transferring appreciated stock.

More great news! Did you know that you can join together with another CBI family to make a dedication? For example, you could split the donation for a Keshet classroom and have two names on the dedication, or there could be a committee or group that joins together for a dedication.

### CAPITAL CAMPAIGN UPDATE

Your Capital Campaign committee is so excited to report that we have reached the halfway point of raising \$200,000. Together we can reach this final goal!

Big thanks to all who have given multiple times over the years and continue to support Beth Israel as we reach to move the exterior work forward that is required in order to get our permanent occupancy permit.

Have you seen the new concrete sidewalks around the synagogue? They look wonderful!

Your helpful Capital Campaign committee is here and ready to assist in any way. Feel free to stop and chat with us, or give us a call or send an email.



**Warren Rosenthal**  
 BROKER  
 CERTIFIED NEGOTIATION EXPERT

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## FROM THE RABBI

Continued from Page 1

*pressed us; they imposed heavy labor upon us. We cried to the Eternal, the God of our ancestors, and the Eternal heard our plea and saw our plight, our misery, and our oppression. The Eternal freed us from Egypt by a mighty hand, by an outstretched arm and awesome power, and by signs and portents, bringing us to this place and giving us this land, a land flowing with milk and honey" (Deut 26:5-8).*

This text compels us not only to recall our own people's journey, but perhaps more importantly, to empathize with the stranger in our midst. We were once a band of wandering Jews, never feeling quite at home anywhere on earth, and neither did we have anyone come to our aid in our time of need. Passover reminds us, year after year, that we must never forget what it was like to be strangers in a strange land. However, the message from the *haggadah* doesn't stop there. It's not just about collective memory. Ultimately, it's about action.

In the *haggadah*, we read aloud a verse from Mishnah Pesachim 10:5, "In every generation, a person is obligated to see themselves (*lirot et*

*atzmo*) as though they came forth from Egypt." Maimonides, however, reads this a different way. He writes, "In every generation, a person is obligated to present/show themselves (*l'harot et atzmo*) as though they came forth from Egypt."<sup>1</sup>

Noticing this change of wording, Rabbi Joseph Dov Soloveitchik teaches that the line from the *haggadah* "one is obligated to see themselves" uses the reflexive verb '*lirot*' signifying an inner experience. Maimonides substitutes the verb '*l'harot*' — to demonstrate/to behave in a manner manifesting the experience of finding liberty after having been enslaved for a long time."<sup>2</sup>

What Soloveitchik is pointing out in this slight change in verb tense is that this line from our *haggadah* cannot simply remain an intellectual exercise. It must truly affect a person in a way that will lead them to have compassion for others currently living as "fugitive Arameans" and act accordingly.

Perhaps one reason why this holiday resonates so deeply with American Jews is because the messages are still relevant, especially now with so much discussion about immigration and walls.

In a *New York Times* opinion piece, titled "The Unifying American Story," author David Brooks notes that the national narrative for this country of immigrants is the Exodus story of Passover. While it might be a Jewish story, its symbolism and lessons extend into many different cultures, many of whom have found a home in our great nation. Our founding fathers "drew just as heavily on the Exodus story. Some wanted to depict Moses on the Great Seal of the United States. Like Moses, America too was rebinding itself with a new covenant and a new law."<sup>3</sup>

As we sit around the seder tables this year eating parsley and horseradish, let us all reflect on how these words from the *haggadah* speak to us individually and collectively. May each of us figure out how are we going to demonstrate that we know what it's like to be a stranger in a strange land.

*Chag Pesach Sameach.*

— RABBI JOSHUA SAMUELS

1. *Hilkhot Chamez u'matzah* 7:6

2. Festival of Freedom: Essays on Pesach and the Haggadah

3. March 21, 2017

## Movie night: "Prince of Egypt"

On Saturday, April 13, please come watch the 1998 PG animated movie "Prince of Egypt" with your CBI friends, and gear up for Pesach! We will meet in the CBI social area.

Popcorn and pizza will be provided. Bring other snack food as well, to contribute to the potluck concession stand. Bring a yoga mat or blanket for sitting on the floor (adults who

prefer chairs will be asked to sit toward the back, so as not to obstruct the view).

This event is open and FREE to the entire CBI community of all ages. The movie will begin at 6:30 pm, and the run time is 1 hour and 40 minutes.





**MICHAL RETTER***Continued from Page 8*

Judaism? Her answer: Both yoga and the Sefirot have inner traditions.

"Yoga includes a sense of the inner self and an awareness of structural alignment in the body," Michal said. Performing the sun salutation, she poses with perfect posture to demonstrate. The *Zohar*, a 1,000-page mystical commentary on the Torah, also offers a sense of being grounded. Together they join to inspire the traits of inner harmony and compassion within the individual and between the individual and others.

"What a gift and blessing it is that Michal Retter is teaching yoga at the synagogue!" said CBI's former rabbi Cindy Enger, who practiced yoga and the Sefirot with Michal. "She brings yoga principles together with Jewish mystical teachings in a way that is deeply spiritual, grounded and expansive. She teaches with compassion and loving-kindness, and the result is a heart-opening and uplifting experience!"

Michal contributes to the synagogue community by introducing yoga to members. She envisions the synagogue growing into a Jewish cultural center that will "bridge the region from Vancouver to Seattle." She

sees it including all the arts and particularly supporting the performing arts.

Michal said her mother misses her family, so having connections with Jewish culture is helpful. And Liberty, who attends Hebrew School, can get to know half of her heritage. The other half is her father Sebastian, a graphic designer, who hails from Germany.

Michal invites people to yoga regardless of experience or lack of experience. It all leads to relaxation and peace, she said, asking rhetorically, "Does the world need that?"

## Special Fund Donations

### CAMP & YOUTH ACTIVITIES FUND

#### IN HONOR OF:

\*Lindsey & Jordan Genut's new son, Eli  
\*Jane & Erik Hammerstorm's new daughter, Maeve  
**From:** Karen Sloss

The DesRosiers family  
**From:** The Cheryl & Jerry Waldbaum Family Foundation

### CARE COMMITTEE

#### IN APPRECIATION TO:

Geraldine Reitz  
**From:** Dan & Debbie Raas

#### DEEPEST SYMPATHY TO:

Stan Yacknin, on the loss of his beloved wife Rosalie  
**From:** Dan & Debbie Raas

#### CONTRIBUTION FROM:

Harriet Fine

### RABBI'S DISCRETIONARY

#### IN CELEBRATION OF:

The 100th birthday of Dr. John Kerner (San Francisco, CA)  
**From:** Peter & Rhoda Samuels

#### DEEPEST SYMPATHY TO:

Jason & Rachel Goldberg (Beverly Hills, CA) – in memory of Jim Goldberg  
**From:** Fran Levy (Carmichael, CA)

#### COMMEMORATING YAHRZEIT OF:

\*Fred Graff  
\*Isadore Graff  
**From:** Phyllis & Shelly Mazur

#### CONTRIBUTION FROM:

Stuart & Cinda Zemel

### THE GENERAL FUND

#### DEEPEST SYMPATHY TO:

Andrea Shupack, on the loss of her grandmother, Marion Peel  
**From:** Ted Schachter (Mountain View, CA)

#### CONTRIBUTION FROM:

Greg Peterson

### THE KESHER TUITION FUND

#### DEEPEST SYMPATHY TO:

Andrea Shupack, on the passing of her grandmother, Marion Peel  
**From:** Amanda Robins & Daniel Zagnoli

#### CONTRIBUTION FROM:

Harriet Fine

### NEW SYNAGOGUE FUND

#### IN HONOR OF:

Dan Raas, for his years of service to the URJ and CBI  
**From:** Karen Sloss

Dan Raas, for being a mensch

**From:** Bonnie Quam

Nancy Lloyd, for her human kindness

**From:** Bonnie Quam

Karen Sloss, for her amazing years of service

**From:** Bonnie Quam

Karen Sloss, an outstanding lady

**From:** Arlene Kahaner (Bellingham)

Shelly Pravda's new grandson

**From:** Nancy & Don Davis

#### DEEPEST SYMPATHY TO:

Stan Yacknin, in loving memory of his beloved wife Rosalie  
**From:** Nancy Lloyd Gaby & Victoria Mayers

Andrea Shupack, on the loss of her grandmother, Marion Peel

**From:** Lynn & Michael Korner

### RABBI GARTNER SCHOLARSHIP FUND

#### CONTRIBUTION FROM:

Harriet Fine

### THE NFTY-BAY YOUTH GROUP

#### CONTRIBUTION FROM:

Marta Brand

## Adult Ed classes offered this spring

### The story of King David

Instructor: Stuart Berman

Wednesdays 7-8:30 pm; 6 sessions  
(May 29; June 5, 12, 19, 26; July 3)

Fee: \$36

David was our greatest king and easily the most developed character in the entire Bible. His story (told in Samuel 1 and 2) reads like a great novel filled with adventure, romance, family drama, spiritual significance and more. This course will treat the story as literature, using Robert Alter's translation, and each week we will read a portion and discuss it. We will look at such questions as what were the Israelites like before David united them? What roles did the prophet Samuel and the failed King Saul play in the story? Why was the flawed character of David chosen to be the ancestor of the Messiah? No knowledge of Hebrew is necessary, and everyone's ideas are welcome.

Please purchase your own copy of Robert Alter's *The David Story: A Translation with Commentary of 1 and 2 Samuel*.

### Prayer book Hebrew

Instructor: Andrea Shupack

Tuesdays 7-8 pm, starting March 12  
(10 classes)

Fee: \$45

Learn how to understand the Hebrew in our prayer book, using the text *Prayer Book Hebrew the Easy Way*. Learn vocabulary most common to our prayers and Hebrew grammar. After this class you will become comfortable saying and understanding the prayers we chant at Shabbat services.

Registration is required by March 7 to order books.

Please contact Andrea Shupack at [cantor@bethisraelbellingham.org](mailto:cantor@bethisraelbellingham.org) for more info or to sign up.

## Yom Hashoah Ve-Hagevurah: Holocaust and Heroism Remembrance Day

Wednesday May 1, 7 pm

Please join us for our annual *Yom Hashoah* Service of Remembrance. This intergenerational event will feature the leadership of our seventh-grade Keshar class, music led by our cantorial soloist, Andrea Shupack, and a moving talk from our friend, CBI member and Shoah survivor, Noemi Ban.

### Call for photo submissions in preparation for Yom HaShoah memorial

CBI is putting together a memorial display in Honor of *Yom Hashoah* (May 1). The display will be projected in the foyer before the service on May 1. We are looking for photo submissions of CBI member relatives who either lived through or perished in the Shoah period. Please send a digital copy of your photos to: [keshar@bethisraelbellingham.org](mailto:keshar@bethisraelbellingham.org) along with the names and a brief description of the individuals in the photos, the year the photo was taken, and the location.



## Israeli folk dancing! Bring the entire family!

Since Friday, November 2, we have been teaching Israeli folk dancing at CBI on the first Friday of each month. These are the basic dances found at every celebration and are appropriate for everyone, including young children. Beginning dances will be repeated every month, so that the next generation will have the opportunity to enjoy the folk dancing many of us grew up with.

We have a library of over 50 dances. If there is a specific dance that you love (and could teach, if no one else knows it), please let us know and we'll source it! If you'd simply like to hear Israeli music and watch the fun, you are more than welcome to join us. Let's make this a CBI tradition, *on the first Friday of every month!*

**Starting time: CBI Dances! Israeli Folk Dancing** begins at 7:45 pm, right after Friday night Shabbat services and potluck dinner, all of which begin at 6:15 pm.

Event coordinators: Nicole Samuels and Emily Weiner;  
Dance Instructor: Sabrina Freeman.

## The Yenta speaks...

Welcome to our new members:

- **Dashka & Jacob Garretson and daughter Clairra, age 6** — Ferndale
- **Sarah Zarrow and David Schlitt** — Bellingham

Gary and Nancy Lazarus proudly welcome their new grandson, **Harlan James Lazarus**, who was born in Seattle on November 13, 2018 to Daniel Lazarus and Taylor Nyquist.



Jane and Erik Hammerstrom are excited to announce the birth of their daughter, **Maeve Nora Hammerstrom**, born August 22, 2018.



## Annual CBI/Kesher Purim carnival

Sunday, March 17, 12 noon - 2:30 pm

Purim is a time for all ages to dress up in silly costumes, eat *hamantashen*, and be merry. What better way to celebrate than to attend the Purim Carnival in our Social Hall on March 17?

The Purim Carnival will feature carnival games with prizes, a costume parade, face painting, henna art, a fortuneteller, balloon animals, two jugglers who do magic, chair massage, and a teen ping pong/game room. This year, in lieu of groggers, we invite you to bring boxes of non-perishable foods to be collected and donated to the Bellingham Food Bank at the end of the evening.

Pizza by the slice, salad, sundaes, popcorn, hamantashen, and beverages will be available for purchase with carnival tickets.

Tickets for activities and food will be 2 for \$1 at the door.

### Family Discount Card (25% off):

Includes 1 whole cheese pizza, 1 salad, 4 drinks (non-alcoholic), & 40 tickets - good for games, activities, and food. Family Discount Cards can be ordered on our website: [bethisraelbellingham.com](http://bethisraelbellingham.com); click on "donate," then "Purim Carnival." Deadline for Family Discount Cards is Friday, March 15.

*For adults only,  
there will be a*

***NEW Purim  
Casino Room!***

*with beer and wine  
available for purchase.*

## Anniversaries

Mar. 15	Isaac & Samantha Konikoff	(# 11)
Mar. 18	Nancy & Don Davis	(# 35)
Mar. 19	Robert & Jody Meltzer	(# 19)
Mar. 24	Alan & Susan Kendal	(# 71)
Mar. 24	Laura & Cassandra Wolfson	(# 15)
Mar. 26	Leah & Jeffrey Grossman	(# 8)
Mar. 29	Joel David & Kristin Sykes-David	(# 38)
Apr. 2	Harold & Susan Katz	(# 52)
Apr. 5	Marty & Kim Moskowitz	(#38)
Apr. 6	Kristan & Mike Brennan	(# 23)
Apr. 15	Aline & Sid Wanne	(# 56)
Apr. 16	Michael & Jay Braunstein	(# 19)
Apr. 20	Danny & Marla Finkelstein	(# 33)
Apr. 21	Mel Velsher & Adam Regan	(# 1)

*Did we miss your anniversary? Call the office at (360) 733-8890 or email [office@bethisraelbellingham.org](mailto:office@bethisraelbellingham.org) with the month, day & year of your special day.*

## Love Where You Live



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# Yahrzeits

Observances follow the Hebrew calendar, unless the secular date is requested, and are read on the Shabbat prior to the observance date.

## Friday, March 1

Robert Fife	3/2
Herman Weill	3/3
Lylyan Wick	3/3
Jessie Edinger	3/4
Marcelline Naparty	3/4
Bernice Rappaport	3/4
Harry Zemel	3/4
Henry Edwards	3/6
Morrie Feller	3/6
Eliezer Spiro	3/6
Fred Fagner	3/7
Mel Adelstein	3/8
Carole Bajema	3/8
Steve Sokol	3/8

## Friday, March 8 and Saturday, March 9

Archie Fine	3/9
Floyd Pritchett	3/10
Monica Zderic	3/10
Barton Frank	3/11
Thomas Josiah Boothby	3/12
Corey Skelton	3/13
Max Lazarus	3/14
Charles Blackwell	3/15
Eleanor Goldner	3/15
Marcia Landau	3/15
Robert W. Lippman	3/15

## Friday, March 15 and Saturday, March 16

Irwin Weiner	3/18
Paul Zentner	3/18
Gea Goldfeder	3/20
Elsa Zentner	3/20
Mabel Berman	3/21
Ida Chia Kahn	3/21
Raymond DeVries	3/22

## Friday, March 22

Nathan Landau	3/23
Harry Skinner	3/23
Norma Soode	3/23
Saul Faber	3/24
Anna Kushner	3/24
Herbert Sulkin	3/27
Felicia Elizabeth Romito	3/29
Elaine Fox Suloway	3/29

## Friday, March 29

*(No Shabbat service – will be read on March 22)*

June Krauzer Mazonson	3/30
-----------------------	------

Charles B. (Bud) Koplowitz	4/1
Martin Spigelman	4/1
Norma Edwards	4/2
Beatrice Lazaroff	4/2
Dorothy Brody	4/3
Robert Korner	4/3
Gordon Eli Stolzoff	4/3
Manfred Vernon	4/5

## Friday, April 5

Amy Louisa Blank	4/6
Loren Lund	4/6
Ben Zderic	4/6
Lucia Mastbaum	4/7
Leonard Price	4/8
Max Wolfman	4/8
Naomi Lazarus Barnes	4/9
Arnold Behrstock	4/9
Megan Guppy	4/9
Barry Evans	4/10
William A. Gordon	4/10
Lou Mazel	4/10
Arthur Koplowitz	4/11
Naomi Stone	4/11
Fred Oscar Wiggen	4/11

## Friday, April 12 and Saturday, April 13

David Benjamin Miller	4/13
Eleanor Bernstein	4/14
Marcelo Lindner	4/14
Yochevad Katz Zimmerman	4/14
Leah Rachel Shapiro	4/15
Justin Scharff	4/16
Jennie Shuster	4/16
Jose Weill	4/16
Glen Myers	4/17
Lois Oksenberg	4/17
Michael Tabak	4/18

Burl Ives	4/19
Ray Schapiro	4/19
Joyce Zvenia	4/19

## Saturday, April 20

*(No Friday service – 1st seder)*

Dorothy M. Fine	4/20
Morris Fischel	4/20
Arthur Feld	4/21
Benjamin Shapiro	4/21
Angus Campbell Walker	4/21
Harry M. Eisner	4/22
Sue Ohms	4/22
Hy Zimmerman	4/22
Joanne M. Lund	4/24
Dennis Scharff	4/24
Jack Mazur	4/25
David Alper	4/26
Esther Suloway	4/26

## Friday, April 26

Curt Jay Alper	4/27
Leon Julius Mendelsohn	4/27
Helen Victoria Richmond	4/27
Emanuel M. Lindheimer	4/28
Violet Shaw	4/29
Samuel Midwood	4/30
Rachel Kaplan Tartak	4/30
Ethel Berger	5/1
Norma H. Bernstein	5/1
Leonard Halpern	5/1
Manly Spigelman	5/1
Fagner Family	5/2
Harold Jules (Hal) Kaplowitz	5/2
Selma Lebovich	5/2
ErnaFlora Haughawout Boothby	5/3
Etta Fine	5/3

## In Memoriam

*Zichronam l'vrachah ~ May their memories be  
for a blessing*

We mourn the passing of former long-time Beth Israel congregant **Rosalie Yacknin**, who passed away on December 23, 2018 at her home in Novato, CA. Our deepest condolences go out to her husband of 69 years, Stanley, and to the extended Yacknin family.

Our congregation offers its heartfelt condolences to Andrea Shupack on the loss of her grandmother, **Marion Peel**, who passed away on January 19, 2019 in Madison, WI. She was 93 years old.

# THE SHUL SHOFAR

**Congregation Beth Israel**  
751 San Juan Boulevard  
Bellingham, WA 98229

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RETURN SERVICE REQUESTED

## COMMUNITY SEDER ON APRIL 20, 2019

***Register by Friday, March 15  
for the Community Seder in our  
new synagogue!***

***Space is limited.***

This event has been popular for all ages—from babies to *bubbes*. The Seder will include vegetarian, gluten-free, and dairy-free options.

You can now register online at [bethisraelbellingham.org](http://bethisraelbellingham.org) or complete the registration form by printing it and sending it to the CBI office.

***We welcome donations to help cover  
increased catering costs. Thank you!***

