

THE SHUL SHOFAR

VOL. 24, NO. 1 * Congregation Beth Israel * Bellingham, WA 98229 * bethisraelbellingham.org * (360) 733-8890

WWU Noémi Ban memorial

BY SANDRA ALFERS

Please join us at 4:00 pm on Thursday, October 17, 2019 as we honor the life and legacy of Noémi Ban (1923-2019), and officially launch the new Holocaust and Genocide Studies minor at Western Washington University.

A gifted teacher, a compassionate advocate for Holocaust Education, and a genuinely kind human being, Noémi worked closely with the Western community for over thirty years. At Western, she shared her story with thousands of students and en-

couraged faculty to integrate Holocaust Education into the undergraduate curriculum. Western honored Noémi's extraordinary commitment to teaching with an honorary doctorate in 2013. Her advocacy for and persistence on the importance of teaching the Holocaust and its lessons at WWU brought about the creation of the Northwest Center for Holocaust, Genocide, and Ethnocide Education (1996), the Ray Wolpow Institute for

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Noémi Ban



Dr. James Waller

FROM THE RABBI

The High Holy Days: What's to love?

There are only a few people I can recall who have told me that the High Holy Days are their favorite Jewish festivals. Whenever someone tells me this, and it's not often, I always have to ask why.

Sitting in shul for hours upon hours, fasting, and struggling with uncomfortable God metaphors – what's to like? Throw in some heavy prayers such as the *Unetaneh Tokef* and you've got a potential recipe for a mass exodus from synagogue affiliation.

On Rosh Hashanah it is written and on Yom Kippur it is sealed—how many shall pass away and how many shall be born, who shall live and who shall die, who shall reach the end of their days and who shall not...

In a few short weeks our community will be coming together to recite these, and many more, ancient words. So what's the draw? What is it about the *Yamim Noraim*

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From the President...

Back to school, back to shul

Dear Congregants,

The wheel of the year has rolled around to September again—already, the summer is a time we look back at with wistfulness. There is a bit of a nip in the early morning air as I dodge spider webs on my way to pick up the paper. Families with children are well aware of the back-to-school mindset that starts in mid-August. And for Jews, even if we don't have children, there is a specialness, a back-to-business feeling about this time of year, because the High Holy Days are on their way.

I always feel fortunate that I have two New Years to celebrate, two chances to start fresh, to reconsider how I spend my days, weeks, and months. It is a time for reflection, for planning, for catching up and moving ahead.

Annie Dillard, the Pulitzer prize-winning author, is credited with the quote, *"How we spend our days is, of course, how we spend our lives."* This has been on my bulletin board for years. It has helped me and discouraged me in equal measures. What does it mean that so much of my day is filled with e-mail? That so little of it has exercise or dancing in it? That I don't watch TV much? That I don't go out on the town much, but would rather be at home if the family is there?

A few years ago, this quote caused me to think about how little I studied anything Jewish. I had been on the Board and involved with Keshet for several years, but other than the basics, I didn't know a lot about Jewish history, Talmudic teachings, or the more esoteric parts of the Torah. So I looked for a way to get a little more book-learning Judaism into my daily life.

One way I did this was to sign up for *10 Minutes of Torah*, a twice-a-week offering from the Union for Reform Judaism. We can all get this email-delivered link as part of our synagogue's URJ membership. I don't always agree with it. I usually

learn something new, even if it is just a perspective different from my own (generally a useful endeavor). It is a step in the right direction.

This year, as I move into the first year of being your congregation president, I am again reflecting on how I spend my days, and in particular now, how I can serve the CBI community in this role. I think I've got a lot more Jewish in my life now!

I am excited by the possibilities that lie ahead. Where are we now, and where are we going, as a community? How do we support the diverse expressions of Judaism that live within our community? How do we make our synagogue welcoming and safe? How do we connect a little more deeply? How do we encourage people to give just a bit more of themselves, to get a bit more for themselves? Big questions, and I hope that, as a community, we can consider the answers together.

There is a bottomless pit of learning, of service, of good projects, of great ideas, for every one of us. This is a good thing. But it is also pretty intimidating. Many of us are already busy. Many of us have family, young or old or both, who need our time and attention. Many of us have health concerns which must be our main priority. We may be moved in different ways to participate in *tikkun olam*, the repair of our world.

As we approach Rosh Hashanah, let each of us think a bit about how we spend our days. Are there any tweaks we would like to make? They don't have to be huge—in fact, sometimes the smaller steps are those that are more sustainable.

I wish you all High Holy Days that are peaceful, meaningful, and joyous.

— MIRIAM SCHWARTZ,
PRESIDENT

CONGREGATION BETH ISRAEL

751 San Juan Boulevard
Bellingham, WA 98229

The Shul Shofar

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Cantor's corner

Preparing for the days of awe

BY CANTORIAL SOLOIST ANDREA SHUPACK

As we approach another new year and spend hours in the synagogue reflecting on our lives, our relationships, or our spirituality, I want to offer a few thoughts and strategies to help us make the most of this time and hopefully begin this year with renewal and transformation.

I often ask the question, "Why do we pray?" Given that the High Holy Days are the time of year when more Jews go to synagogue than at any other time, and often for many more hours than the rest of the year, this question seems even more apt. Try to answer this question for yourself, and think about what you want to get out of coming to services.

We often don't talk about our goals for praying, but I think we should. In all other aspects of life, before we do something, we have a desired outcome. We take steps to reach those goals, and afterwards we reflect on whether we were successful or not. If we aren't satisfied with the results, we try to do something different the next time. Take some time to reflect on what you really hope will happen the next time you attend services. What can you do to get the most out of the experience?

Leading up to Yom Kippur, many people take stock of their year and make resolutions so the future can be better. Where does prayer fit into this practice? One of the high holiday

season metaphors is to reflect and pray as though these are the last days of your life. Our liturgy speaks of praying to be written in the "Book of Life" for another year. There are three specific things we are supposed to focus on to increase our odds of being written in the Book of Life.

- **Teshuvah / repentance.** The Hebrew means "to return." We strive to return to our truest, best self. This is the area I believe we tend to focus on and think about most as the purpose of Yom Kippur. We strive to right the wrongs we've done in the past, and improve relationships that are broken. But another meaning of the Hebrew is "to turn" ourselves back to our divine source. *Teshuvah* is the work we do on ourselves.
- **Tefilah / prayer.** The Hebrew means "to judge, think, or entreat." This could refer to accounting and judging ourselves, contemplation, begging for what we need, and much more. Another word for prayer is "*avodah*," or work. Prayer is the work of our hearts. Where do you want to focus your heart this year, and what words can you say out loud or on paper that can help you? When we tap our fists over our hearts during the confessional *Ashamnu* prayer, imagine you are gently knocking on your heart to

wake it up, and allow it to open to something it is closed to. *Tefilah* is the work we do with God.

- **Tzedakah / charity.** *Tzedakah* comes from the root *tzedek*, which means justice. How can your choices with your time and money bring more justice into the world? *Tzedakah* is the work we do on our relationships with others.

Dr. Reuven Kimelman describes these three areas of our work during the High Holy Days in this way: "Repentance means we care enough about ourselves to strive for our ideal self. Prayer means we care enough about God to make ourselves worthy of God's assessment. Charity means we care enough about others to help them in their need. Otherwise, faced with tragedy, we might give up on ourselves, on God, and on others."

These are tools our tradition gives us to lessen our burdens, enrich our joys, and be sustained in the "Book of Life," no matter what happens to us this year. The words of our prayerbook are a guide to help us live our lives to the fullest, strive to be there for others, and make sure we don't take a single moment for granted.

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Synagogue 411

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High Holy Days 2019/5780

Schedule of Services

Services led by Rabbi Joshua Samuels and Cantorial Soloist Andrea Shupack

All services held at 751 San Juan Boulevard, except as noted

Saturday, Sept. 21

- 7:00 pm Havdalah & dessert potluck
- 7:30 pm Study session
- 8:30 pm Selichot Service

Sunday, Sept. 29

- 7:30 pm Rosh Hashanah Evening Service

Monday, Sept. 30

- 9:00 am Rosh Hashanah Family Service
- 10:30 am Rosh Hashanah 1st Day Morning Service
- 3:00 pm Tashlich at **Lake Padden Park (at lower shelter by the playground)**

Tuesday, Oct. 1

- 10:00 am Rosh Hashanah 2nd Day Morning Service (no ticket needed)

Sunday, Oct. 6

- 3:00 pm Memorial Service at **Beth Israel Cemetery**

Tuesday, Oct. 8

- 7:30 pm Kol Nidre Service

Wednesday, Oct. 9

- 9:00 am Yom Kippur Family Service
- 10:30 am Yom Kippur Morning Service
- 1:30 pm Study Session
- 3:30 pm Afternoon Service, Yizkor & Ne'ilah

A Break-the-Fast meal will follow the conclusion of Ne'ilah

Nonmember High Holy Day ticket policies

Tickets are paperless. Nonmembers who purchase tickets will receive a confirmation and copy of the service schedule by email and will need to check in at the registration tables before each service. *(The ticket policy applies to Erev Rosh Hashanah, Rosh Hashanah First Day, Kol Nidre and Yom Kippur services only.)* Please call the office at (360) 733-8890 if you have questions.

Visiting relatives of Beth Israel members can purchase tickets at 50% of the nonmember guest rate.

Affiliated guests. Out-of-town visitors who provide documentation of current membership at another Reform congregation receive complimentary tickets.

Students and armed forces. Full-time students age 18 or older and active-duty military personnel will receive complimentary tickets.

Nonmember guests. Other than above may purchase tickets good for *all* High Holy Days services, at a cost of **\$180/person (adults)**. This fee can be applied toward membership dues if they become members of Congregation Beth Israel by December 31, 2019.

Sukkot

Tuesday, Oct. 15

- 10:00 am Sukkot Festival Service

Simchat Torah

Monday, Oct. 21

- 6:30 pm Simchat Torah Service, which will include the unrolling of a Torah scroll

From the Keshet Center for Jewish Learning

Keshet prepares for the new year



The new year is fast approaching, and the fruits of the Keshet team's labor of preparing the Sunday school program for opening day is finally coming together. I am excited to share information about both Judaica and Hebrew curriculum with the students, their families, and the CBI community. This information

will be available on our website in the coming weeks.

In order to use the shorter Sunday session schedule, we've been crafting a program that will cover all bases, but will also offer supplementary material to review at home. For example, we now have a Keshet YouTube channel, featuring all the prayers, blessings, and songs in our B'nei Mitzvah preparation list! This way, students will have access to them from an early stage of their Jewish education and Hebrew learning, which will demystify and ease the way for their Bar/Bat Mitzvah year when they reach the seventh grade.

This year, more than ever before, we are making a concerted effort to incorporate the learning that happens on a weekly basis at Keshet into the life of the greater CBI community. One example is our first Annual *Chidon Hatanakh* (Tanakh knowledge contest) that will take place in the Spring and will be part of the CBI Yom Ha'atzmaut event. Our middle-schoolers will have an opportunity to study sections in the Tanakh and then test their knowledge at the contest.

Also planned is an inter-generational story collection project called Generation to Generation (or G2G). Students and an elder family or community member will work together on preserving life stories and adding them to the official digital Story Database of the Museum of the Jewish People (Beit Hatfutzot, Tel Aviv). This museum's mission is to link Jewish stories from around the world. The project will culminate with an evening of story sharing by the students and their senior partner.

In the next few days, and fresh from the press, the community will receive the Keshet Sunday School Handbook that will provide ample information about all the nuts and bolts that are Keshet. From the snack routine, to the calendar, through information about curriculum and core values, this handbook will be the reference book for "all things Keshet." It is our hope that the dissemination of this information will strengthen the quality of communication among all the different parts of our community, and will provide an insight into what we do at Keshet, every week and throughout the years.

All the good work of this summer was accomplished largely thanks to the efforts of the newly formed Keshet Advisory Group (KAG), which helped with guidance, prioritization, and wise advice about the different areas Keshet covers: pedagogy, management, and community outreach. The group is composed of eight leading professionals within our CBI community from the fields of Jewish education, public education, early learning education, as well as not-for-profit organization management.

L'Shana Tova! May this year bring forth rich learning experiences and quality time with friends.

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

Pancake breakfast

Keshet will kick off the school year on Sunday, September 22 at 9:00 am, with a pancake breakfast prepared by the CBI Brotherhood, along with a meet and greet with the various Keshet teachers. A festive T'fillah will follow at 10:00 am for the whole Keshet community and their families.

Consecration service

Consecration is on Friday, Nov. 1 at 6:15 pm, at the Family Shabbat service.

Vermeda M. Fred, MFT, MFA



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Bar Mitzvah



Lev Cornwall will be called to the Torah as a Bar Mitzvah on September 7, 2019. He is the son of Warren Cornwall and Shala Erlich, and brother to Maya Cornwall. Lev will be an eighth grader at Fairhaven Middle School this fall. He dances ballet at Northwest Ballet Academy, plays trumpet in the Bellingham Youth Jazz Band, and enjoys fishing, mountain biking, hiking, and writing. For

his mitzvah project, Lev is creating an online guide for a nature walk on trails near the Congregation Beth Israel synagogue building.

Please join Lev's family in celebration:

SHABBAT EVENING SERVICE

Friday, September 6, 2019 at 6:15 pm

SHABBAT MORNING SERVICE

Saturday, September 7, 2019 at 10:00 am

Kiddush lunch to follow
in the Social Hall.

Bar Mitzvah



Jaxon Mann will be called to the Torah as a Bar Mitzvah on September 14, 2019. He is the son of Stephanie Korn and Scott Mann. Jax will be an eighth grader at Fairhaven Middle School this year and enjoys math and technology classes. Outside of school Jax is an avid skier and mountain biker. He also enjoys playing guitar and likes music. For his mitzvah project, Jax will be volunteering with the

Whatcom Mountain Bike Coalition Youth Trail Corps to support the Bellingham mountain biking community's love of outdoor recreation.

Please join Jaxon's family in celebration:

SHABBAT EVENING SERVICE

Friday, September 13, 2019 at 7:30 pm

SHABBAT MORNING SERVICE

Saturday, September 14, 2019 at 10:00 am

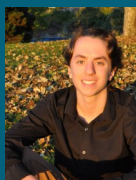
Kiddush lunch to follow
in the Social Hall.

The Yenta speaks...

Congratulations to **Vermeda Fred** who has completed her training through the Whatcom Dispute Resolution Center and is now a Certified Mediator. She will be providing mediation services in addition to her psychotherapy practice. Those interested may contact her at (415) 518-4321 for further information.

Graduates

Isaac, Raphael and Shoshana Schapiro graduated from Sehome High School in June 2019. In addition to their diplomas, they also earned associate's degrees from Whatcom Community College (thank you, Running Start!).



Isaac Schapiro will leave in September for a gap semester program in Tel Aviv, through Aardvark Israel. He will be interning, traveling and learning Hebrew. He will begin his studies at Western Washington University in January 2020.



Raphael Schapiro was accepted into the Distinguished Scholars Program of the College of Business and Economics at Western Washington University, where he will begin his studies in September.



Shoshana Schapiro will leave in September for a gap year in Israel, through a new program called MASA—Year of Service. She will be working in a childcare center in Haifa and taking classes in Tel Aviv, as well as traveling and learning Hebrew.

Welcome to our new members:

Leah Kiviat & Ian Horton; daughters Chiara (age 10 in Oct.) and Esther (age 7) – Bellingham
Arundel Pritchett and son Arturo Flores (age 2) – Bellingham

Gerry Manganaro & Anne-Marie Kroitzsch – Bellingham

WWW NOEMI BAN MEMORIAL*Continued from Page 1*

the Study of the Holocaust, Genocide, and Crimes Against Humanity (2016) and, finally, also inspired the design of the new minor in Holocaust and Genocide Studies (Fall 2019).

Dr. James Waller, the Cohen Professor for Holocaust and Genocide Studies at Keene State College, will deliver the inaugural address "Confronting Evil: Why

Holocaust and Genocide Studies Matter Today" for the minor in the Western Libraries Reading Room. The talk is free and open to the public. Western President Sabah Randhawa will share welcoming remarks, and a reception will be held immediately following the talk.

For questions or requests for accommodation, please contact Sheila Pennell, at 360-650-7737 or pennells@www.u.edu, and visit the Wolpov Institute website: <https://wp.www.u.edu/raywolpovinstitute/dr-james-waller/>

Birthdays

SEPTEMBER 2019

9/1 Nancy Halpern
9/2 Meg Delzell
9/2 Owen Orloff (10th)
9/3 Emil Hecht
9/3 Samantha Sommers (18th)
9/4 Joel Cohen
9/4 Gabriel Mayers
9/4 Chi-Na Stoaane
9/5 Marilyn Eisner
9/5 Elliot Levinson (12th)
9/6 Judy Berman
9/6 Mary Knight
9/6 Harriet Markell
9/9 Daryl Dixon
9/10 Kayla Schott-Bresler
9/11 Steven Garfinkle
9/11 Eytan Samuels (10th)
9/12 Miriam Davids
9/12 Marcia Lippman
9/12 Sandra Miller
9/13 Bruce Van Glubt
9/15 Lucy Naiman (11th)
9/16 Michele Sanger
9/16 Elizabeth Sheinkopf
9/18 Esther Faber
9/18 Mark Packer
9/19 Perry Somers
9/19 Melissa Stahlberg
9/21 Darcie Donegan
9/21 Emma Konikoff (7th)
9/22 Roby Blecker

9/22 Elliot Probst (13th)
9/23 Carrie Adelstein
9/23 Jenny Katz (16th)
9/23 Angel Raphael (12th)
9/23 Russell Stolzoff
9/23 Terri Weiner
9/24 Howard Cockerham
9/24 Maria Koplowitz-Fleming
9/24 Nancy Miller
9/24 Debra Parelskin
9/25 Mark Hunter
9/25 Ahuva Scharff
9/26 Jerry Witler
9/27 Nancy Davis
9/27 Debby Meyers
9/28 Arlene Feld
9/30 Regan Levinson
9/30 Else Sokol

OCTOBER 2019

10/1 Elena Buri (21st)
10/1 Isabel Buri (21st)
10/1 Tracey Levine
10/1 Bernice Loober
10/1 Warren Rosenthal
10/2 Kayla Orloff (17th)
10/3 Chiara Horton (10th)
10/3 Orilev Wells-Langley (2nd)
10/4 Barry Meyers
10/5 Laoise Seltz
10/6 Eli Genut (1st)

10/6 Michael Lewis
10/6 Michael Sommers (15th)
10/6 Fred Zell
10/7 KJ Jantzen
10/7 Orly Lindner (16th)
10/7 Moss Roberts
10/8 Sarann Donegan
10/8 David Goldman
10/8 Nancy Lazarus
10/8 Sheldon Mazur
10/8 Mary Nathanson
10/9 Kevin Donner
10/9 Holly Folk
10/9 Armando Lindner
10/9 Talia Sheinkopf (21st)
10/10 Beverly Harrington
10/10 Amanda Robins
10/11 James Barney (5th)
10/13 Matthew Keefe
10/14 Ray Wolpov
10/15 Marta Brand
10/15 Gayle Gordon-Martin
10/15 Lucy Greenberg (14th)
10/15 Warren Taranow
10/16 David Zimmerman
10/17 Elka Fink
10/18 Shlomis Waters
10/19 Leslie Adelstein
10/20 George Farkas
10/20 Anniece Kiersky
10/21 Gail Shuster (16th)
10/22 Minda Rae Amiran
10/22 Ila Anderson (8th)
10/23 Martha Greenstone
10/27 Jacob Anderson (18th)
10/27 Perry Davids
10/27 Bruce Parelskin
10/27 Renee Relin
10/28 Lea Donner (10th)
10/29 Katie Somers
10/30 Lynne MacDonald
10/30 Neri Maxim (16th)
10/30 Jay Solomon
10/31 Erik Hammerstrom



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Faces in our community: Chanan Suarez

BY LINDA HIRSH

The scourges of antisemitism; discrimination against gays; hatred of Hispanics, Blacks, and Muslims; and scorn for the poor sweep the country. "What better time to campaign for a spot on the City Council?" asks Chanan Suarez. "We are in a political crisis. There are a lot of wounds. It's beyond dire. But in crisis is also opportunity. We can be courageous and unapologetic."

And who better to speak for marginalized folks than Chanan, a 37-year-old gay Hispanic Jew, whose family has known some financial adversity? His whole life qualifies him for the job.

Chanan's background is diverse. His Cuban Sephardic grandmother took her family to Venezuela. There, Chanan's mother married his Catholic father. When Chanan was three, he and his family moved to Florida where he went to school. In his late teens, he joined the Reform Temple Judea, "a welcoming community where long-time members adopted



Chanan Suarez

me," he said. His middle-class family knew some rough economic patches, "so I saw both sides." He learned from his family the importance of "compassion, caring for the down-trodden and social justice."

After graduating from high school in 2001, he turned to the military: first, in August of 2001, as a U.S. Naval Hospital corpsman in Okinawa, Japan; then in the Marine Corps infantry at Camp Pendleton, California in 2004. Chanan told a not-so-novel story about being a Jew in boot camp, a place where all manner of backgrounds converge. "When a man from Iowa patted my head, I

asked what he was doing, and he said he wanted to feel my horns," Chanan said.

Chanan distinguished himself in his service to the country. The military awarded him the Navy and Marine Corps Commendation Medal for Valor in 2004, for saving his platoon sergeant's life, and the Purple Heart, after he was wounded in combat in 2005.

After serving, Chanan studied at Seattle Central Community College. In 2006, he helped organize a chapter of Iraq Veterans Against the War.

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PRIDE PARADE AND CAMP KALSMAN



1. Rabbi Samuels with CBI members at the annual Bellingham Pride parade. 2. Emily Weiner, Terri Weiner, and Vermeda Fred at the Pride parade (photo by Shemaia Kountouros). 3. Rabbi Samuels and family with Keshet students at Camp Kalsman. 4. Shoshana, Naomi and Isaac Schapiro at Camp Kalsman.

From the Social Action Committee

Past and upcoming events

BY LINDA BLACKWELL

Congregation Beth Israel continues to support at-risk communities. We are committed to equality for transgendered youth. We support the LGBTQ+ community and again participated in the Pride Parade this past July. Our large group presence was felt with drumming and the shofar blowing. Each year we have more participation, and it was a joy to see how many people were involved.

CBI also continues to advocate for the safety of the immigrant and refugee communities. There was good discussion of two books related to immigration at our Social Action book group in July. It was fun to have all ages present. There was concern that the past is being repeated and how we, as a Reform congregation, can respond. It was educational and also interesting to read about the plight of Jewish, Cuban, Syrian, and Latino immigrants in the last 80 years. We hope to have further discussions and possible fundraising to support legal aid to immigrants in future months. For further insight into how to respond, please read Rabbi Rick Jacobs's article at ReformJudaism.org, or go to the RAC (Religious Action Center) or HIAS (Hebrew Immigrant Aid Society) websites. Another group that is requesting funds for legal services to immigrants in detention is RAICES (Refugee and Immigrant Center for Education and Legal Services).

Thank you to all who donated sleeping bags, tents, and clothing to Project Homeless Connect July 19. The Opportunity Council was able to distribute all the donations at their annual event. We had three large piles of donations that filled up their hallways, and they were greatly appreciated.

Fall blood drive

Our next upcoming social action event is the CBI blood drive, taking place beginning at 9:30 on October 6. We hope to have 40 people donate blood. You will need to sign up for an appointment time. You can sign up starting in mid-September through a link on our website under *Tikkun Olam*. You can also call Bloodworks Northwest directly at 1-800-398-7888 to schedule an appointment to donate. Giving blood is safe and easy. The actual donation only takes 6-10 minutes but please allow 45 minutes for the entire process. You will need photo ID. For other questions, please call Bloodworks Northwest at the number above. Your blood donation is life-saving. Each unit of blood collected will benefit up to three people with serious injuries.

High Holy Days food drive

Help the Bellingham Food Bank with a donation during the High Holy Days. Get a grocery bag on Rosh Hashanah and bring it back full of canned or packaged food you won't be eating on Yom Kippur. Look for a car labeled Food Bank outside the synagogue at Yom Kippur morning and afternoon services. Do not bring food into the services. Checks should be made out to the Bellingham Food Bank. Food will be collected at the synagogue in the Social

Action nook on the main floor through the month of September.

The **Interfaith winter coat drive** is every October and brings warm coats to people in need countywide. Please bring clean, gently used winter coats, hats, gloves, and mittens to the synagogue in October. More information as to dates will be in future e-news. As a congregation, we have volunteered to distribute coats in the past. It would be great to have a larger presence this year to help with sorting or distribution of coats. If interested, please contact Linda Blackwell, or Interfaith Coalition at (360) 734-3983.

CBI is a support congregation for the **Family Promise program**. Volunteers cook meals, stay overnight, and play with children in temporary housing. We are also able to supply meals, diapers, and volunteers at the Day Center. This program is through the Interfaith Coalition and offers temporary housing and case management for families who are homeless. There is an ongoing need for volunteers at the Day Center. The shifts are just two hours in length. Anyone interested in participating, please contact Andrea Shupack, Gloria Lebowitz, or Linda Blackwell.

Our next meeting is September 8 at noon in the synagogue. Please join us in making a difference.

After Yom Kippur... Break-the-Fast helpers needed!

We look forward to having you join us for our community Break-the-Fast after Yom Kippur, on Wednesday, October 9 at the conclusion of *Ne'ilah*! If you would like to help set up, clean up, or bring a main dish, juice, or dessert, please contact Lynn Korner at (360) 671-2607; lkmk1@yahoo.com, or Linda Blackwell (360) 647-9519; blackwellbham@gmail.com.

FROM THE RABBI*Continued from Page 1*

that relegate Pesach, Sukkot, Chanukah, and Purim to second-class holidays for a small group of us?

Our friends have many answers. These are some I have noted through the years.

- The High Holy Days are an opportunity to reconnect with family members and congregants not seen in some time, as well as to get back in touch with certain Jewish cultural traditions like eating apples and honey and enjoying a big break-the-fast meal with loved ones.
- The High Holy Days are a time of remembrance when we think about those we've wronged and those no longer with us. It gives us the opportunity to pause and think about each of those people, and in turn contemplate what fragment from the past each of us are carrying into the new year.
- The High Holy Days are the equivalent of a Jewish "rewind" button. We get to start all over with a clean slate so long as we engage in the practice of *teshuvah*.
- The High Holy Days afford us the time to evaluate our lives and the trajectory we wish to be on.
- The High Holy Days, with the sounding of the shofar, are a wake-up call to each of us individually and to the community as a whole. What do we want to accomplish this year? How can we improve? Whom should we be helping?
- The High Holy Days are a time when our synagogue is filled with life.
- The High Holy Days give us the opportunity to hear our cantorial soloist and various members sing and chant beautiful melodies, both traditional and contemporary.
- The High Holy Days are a time when we are nudged to open our minds to new ideas and ponder deep questions.
- The High Holy Days are the one time of year we get to eat smoked whitefish! (That's one of mine.)

Each time I speak to congregants who tell me they love Rosh Hashanah and Yom Kippur, I am reminded why I love them, too. I love them for all the reasons above and then some. I especially love the communal aspect of this time and being with you and your loved ones. I hope that you can come up with your own reasons why the High Holy Days are a time to look forward to.

My friends, this season will be my eight year leading the Beth Israel community through the New Year. It continues to be an honor and source of joy in my life to have this responsibility. It is my prayer that you find meaning, peace, clarity, fulfillment and joy as we usher in 5780. On behalf of the staff and my family, an early Shanah Tovah. I can't wait to see you at Erev Rosh Hashanah on September 29.

— RABBI JOSHUA SAMUELS

Fundraising: Scrip and Amazon

Our Scrip program is an ongoing fundraiser that costs participants nothing! Scrip is a gift/debit card used at stores of your choice. About 25% of our congregants purchase Scrip each month, and Beth Israel earns about \$1,000 per month! The following stores are almost always available: Fred Meyer, Haggen's, Safeway, Starbucks, Village Books, TJ Max and Target. Many others can be special-ordered from Great Lakes Scrip. For

more information or to place an order, contact Joan Wayne at jawayne2@gmail.com or at 360-676-8939.

We also raise funds for our Keshet program through shopping at Amazon, by with using our CBI connection. As a CBI member, log onto our website and scroll down to the bottom of the page to "Fundraising." Click this link, and you will see two options: Shop Amazon and Make a Donation. Click "Shop Amazon." You will be taken to another short page, where you will see the Amazon shopping logo. Click this, and you will be taken immediately to your normal Amazon account and can begin shopping, as usual. It's a very quick and easy process. A percentage of your purchases will be sent to CBI's Keshet program. If you need assistance, please contact Joan Wayne.

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- *Elias Anderson, on becoming a Bar Mitzvah
- *Lucia Greenberg, on becoming a Bat Mitzvah
- *Ayla & Jaelle Oliver, on becoming B'not Mitzvah
- *Lev Cornwall, on becoming a Bar Mitzvah
- *Jaxon Mann, on becoming a Bar Mitzvah

From: Karen Sloss

DEEPEST SYMPATHY TO:

Steve & Janis Ban and Family – in memory of beloved mother and grandmother, Noémi Ban
From: Debbie & Dan Raas

CANTORIAL ASSISTANCE FUND

CONGRATULATIONS TO:

- *Elias Anderson, on becoming a Bar Mitzvah
- *Lucy Greenberg, on becoming a Bat Mitzvah
- *Ayla & Jaelle Oliver, on becoming B'not Mitzvah
- *Lev Cornwall, on becoming a Bar Mitzvah

From: Anonymous

CONTRIBUTION FROM:

Mike Batkin
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RABBI'S DISCRETIONARY FUND

IN APPRECIATION TO:

Rabbi Samuels, for meeting with our class

From: Susan Wright
 (Bellingham)

Rabbi Samuels for his kindness

From: Harvey Grad (Seattle)

Rabbi Samuels, for officiating our son's wedding

From: Kim & Marty Moskowitz

DEEPEST SYMPATHY TO:

The Ban family – in memory of beloved mother and grandmother, Noémi Ban

From: Marilyn & Jerry Eisner
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HOLOCAUST EDUCATION FUND

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Rifka MacDonald, for her years of service as a Holocaust educator

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Elka Fink - in memory of her husband, Myron.

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Karen Sloss – in memory of her father, Louis Sloss

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From: Marta & Craig Brand
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 Sascha Guenter Schlesinger
 Rick & Tracey Levine
 Kelli Linville
 Nancy Lloyd
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 Ann Suloway &
 Tim Baker
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 The Zemel Family

IN MEMORY OF:

Edith and David A. Cavell – toward completion of the new Ark

From: Richard & Bonnie Cavell (Camano Island)

My beloved mother, Rose Lassman

From: Bernice Loober

Anniversaries

Sept. 1	Amanda Robins and Daniel Zagnoli	(# 1)	Sept. 29	Andi & Kevin James	(# 18)
Sept. 2	Sarah Zarrow and David Schlitt	(# 1)	Sept. 30	Marta & Craig Brand	(# 41)
Sept. 5	Kendra Bradford and Todd Shuster	(# 23)	Oct. 9	Jane & Erik Hammerstrom	(# 4)
Sept. 5	Gary & Nancy Lazarus	(# 37)	Oct. 9	Roy & Leslie Shankman	(# 31)
Sept. 6	Jason & Chi-Na Stoane	(# 20)	Oct. 10	Marcy & Jeff Probst	(# 27)
Sept. 12	Stuart & Cinda Zemel	(# 43)	Oct. 10	Mary Somerville and Gary Marzullo	(# 27)
Sept. 14	Phyllis & Shelly Mazur	(# 67)	Oct. 14	Mark & Naomi Pomerantz	(# 13)
Sept. 22	Tami DuBow & Frank Corey	(# 18)	Oct. 17	Elaine Beck-Bruns and John Bruns	(# 20)
Sept. 25	Perry & Katie Somers	(# 14)	Oct. 30	Emily & Zach Bastow	(# 8)

Did we miss your anniversary? Call the office at

(360) 733-8890 or email office@bethisraelbellingham.org with the month, day & year of your special day.

Voter education

BY SHALA ERLICH

Want to become a more informed and committed voter? Please join Shala Erlich for a voter education session on Sunday, October 27, at 7:00 pm.

The focus of our evening will be getting oriented to the November 2019 ballot, sharing resources, and starting conversations. What does the Whatcom County Executive do? What issues are facing the future Bellingham Mayor and the City

Council? How can you find out more about the initiatives? Who are your local representatives? How can you help your friends, relatives, and friendly neighborhood acquaintances register to vote? Do you have a voting buddy to make sure you fill out and submit your ballot on time?

Please note that, because Congregation Beth Israel is a Section 501 (c)(3) tax-exempt religious organiza-

tion, we will not endorse particular campaigns.

Shala Erlich, supported by the Social Action committee, hopes to encourage our community members to deepen our knowledge of the issues, act on our values, and increase our democratic participation. Please bring friends, questions, and resources. Email shala.erlich@gmail.com should you need further information.

CHANAN SUAREZ

Continued from Page 8

He explains: "My experience in war and barely surviving it compelled me to speak out against it. I saw a lot of people die over there, Marines and Iraqi civilians alike. It's a life-changing experience when you witness that. Also, the antiwar movement helped me regain my humanity in a lot of ways, as well as reconnecting with my Jewish spirituality."

Moving to Bellingham, he attended Western Washington University starting in 2013. While majoring in Spanish Language and Literature, he worked for the state Department of Veteran Affairs from 2012 until 2017, helping people navigate the system. In 2015, he graduated with a Bachelor of Arts and joined Congregation Beth Israel. That was when he met Karen Sloss. "He always struck me as such a solid, personable and posi-

tive young man, and seemed to take his Judaism more seriously than most his age," Karen said.

After graduation, the bilingual Chanan took a job in customer service at the Department of Social Security. He's been a union leader of the American Federation of Government Employees 3937 since 2017.

In 2018, Sage Jones, co-chair of Whatcom Democratic Socialists, tapped him as a candidate for Bellingham's City Council. "Chanan has a track record of fighting for the working class with over a decade of organizing experience," said Sage. "He has been an integral part of our leadership for nearly two years. He's always level-headed and mediates political conflict well. I wanted to see his leadership go beyond our chapter and help bring bold changes to the broader community."

Chanan's activism is also prompted by *tikkun olam*. "I am cognizant of

my responsibility as a Jew," he said. "Looking back at the long history of the Jewish socialist movement helps us move forward."

Chanan regards himself as a member of a new generation of radical Jews who want to connect with other beleaguered groups for solidarity. He has a slew of solutions to local problems: worker's rights, sanctuary for immigrants, putting municipal money into services such as funding childcare, long and short-term housing with tenant management, triple the amount of city-owned and operated shelters, and converting empty and unused city-owned properties.

Chanan is planting himself here. "I love Washington," he said. "The place feels comfortable. I like its values. I connected with its natural beauty; I am an avid hiker. Being 'out there' is my synagogue, too."



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CANTOR'S CORNER

Continued from Page 3

There's a Chassidic story I like:

From his window, Rebbe Nachman of Bratslav spotted one of his followers rushing by.

"Have you looked up at the sky this morning?" the Rebbe asked.

"No, Rebbe, I haven't had the time."

"Believe me, in 50 years everything you see here today will be gone. Other people, differing buildings. I won't be here then, and neither will you. So tell me, what is so important that you don't have time to look up at the sky?"

May we all remember the message of this Chassidic story and allow our prayers to help us reflect on what is truly important in our lives.

Another powerful way to find meaning in the poems of our prayer book is to allow yourself the freedom to create your own words. I recommend using the fixed texts as a springboard to find your own voice, reflecting what you are feeling and want to say. Here is an example of where the *Avinu Malkeinu* prayer took me.

Avinu Malkeinu—Our Father, Our King!

God! My King, my Ruler. You are so distant, I can't understand you... I don't understand... Tragedies, terror, love, joy. Where are you in all of it? I tremble at your judgements. I look around at creation in awe.

God! My Father, my Parent.
I want to sit in your lap and confide

to you my deepest longings, fears, mistakes. Hold me in an embrace as I weep.

God! My Queen. I am not worthy of your attention. I am but dust and ashes. Yet, you are my Mother. I am your universe.

Hineini—Here I am. I stand before you, my all-knowing King, in all my messiness. What do you have in store for me this year?

Hineini—Here I am, my loving, compassionate Parent. You know I am a work in progress. Please protect me and forgive me no matter how far I fall.

Our Father, our Mother. Our King, our Ruler, hear our voice, hear our prayers, have great mercy upon us.

Help me do *Teshuvah*—to reach into myself—return to my source so I can become the best version of myself possible. Help me fully love myself so I can love others with all my being.

Help me do *Tzedakah*—to fix broken relationships, and help others in need.

Help me do *Tefilah*—to return to you, connect with what is bigger than myself, with the spark of the Divine in myself and in everything that inspires me to do more and be more than I ever thought possible.

Our Father, our Mother. Our King, our Ruler, hear our voice, hear our prayers, have great mercy upon us.

Explore the liturgy and themes of these holy days in advance at home. Consider what resonates with you

and what you don't like. Read the prayers you created at home, and bring them with you to services to read to yourself while you listen to the music, or during one of the many

opportunities for your own quiet reflection.

The more you put into this season, the more you will get out of it. Prayer is not a spectator sport. We have to struggle with it. It takes practice and doesn't work every time. We need to have an idea of what we want to accomplish with our prayers each time we show up.

Selichot is a beautiful service to begin preparations so we can get the most out of the High Holy Days. It is on Saturday evening, September 21 at 8:30 pm, with Havdalah, dessert, and then teachings from Rabbi Samuels and me at 7:00 pm. I invite you all to come. If you have been before, please share with your fellow congregants what it was like. If you haven't been before, please come and try this experience for yourself. We have a cellist again this year to enhance the mood. The music of this service is stunning. The readings and prayers are moving. This service helps us begin thinking about our lives and working toward forgiveness of others and ourselves.

The month of Elul just began as Shabbat came in on Friday, August 30. This whole month is set aside as the time for getting our hearts and souls ready for the Days of Awe, and for doing the work of *Teshuvah*. Traditionally, the shofar is blown every day of this month to wake us up. We begin asking people for forgiveness and focusing on repentance.

I encourage you to create space for yourself during the month of Elul and at *Selichot* services, to focus on what is important to you, what you want your life to look like. Use the prayers as a tool to help open your heart to examine and reflect. And remember the words of Rebbe Nachman of Bratslav and "look up at the sky."

What could be more important than this life we have been given? What better time to renew ourselves and refocus our hearts towards the direction we want to be heading?



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Challah

Come, learn, and sing High Holy Day melodies!

Please join me in participating in our HHD Song Learning Group: 4 sessions. Learn beautiful melodies and gain a little insight into the liturgical texts we will be singing, as we prepare ourselves for the Days of Awe.

3 Sundays:
September 8, 15, & 22
3-4:30 pm

1 Wednesday:
September 11
7-8:30 pm

Andrea Shupack
Cantorial Soloist

CBI community hike

Sunday, September 15, 9:00 am

Meet at: Hertz Trailhead Parking Lot

Congregants of all ages are welcome to come on this gentle hike and explore the beauty of the early Fall that is so associated with the High Holy Days! We will be walking the historic railroad grade of the former Bellingham & Eastern Railway, now known as the Hertz Trail on the North Shore of Lake Whatcom. We will meet at the parking lot by the Hertz trailhead at 9:00 am. Bring water and a lunch, and your mushroom identification book!

7th grade B'nei Mitzvah event

Saturday, October 26 from 4-7:00 pm

B'nei Mitzvah families: Come join Cantorial Soloist Shupack and Rabbi Samuels for some family learning, eating, and fun, as we discuss everything B'nei Mitzvah. Be on the lookout for more information in the coming weeks.

Yahrzeits

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

Friday, September 6 and Saturday, September 7

Dinah Godfrey	9/7
Harold Lazaroff	9/9
Nancy Zisook	9/9
Sol Hamburger	9/10
Art Jensen	9/11
Leonard Katz	9/11
Dora Lebowitz	9/11
Lily Marcus	9/11
Rebecca Miller	9/11
Mary Warshal Glazer	9/12
Dorothy Johnson	9/12
Shirley Simmons	9/12
Ron Feiger	9/13
Rhea Frantz	9/13
Yitzhak Turovitz	9/13

Friday, September 13 and Saturday, September 14

Rose Lassman	9/15
Daniel Ramras	9/15
Joe Lebovich	9/16
Marian Loober	9/17
Abraham Marcus	9/17
Betty Schwartz	9/17
Sara Shaw	9/17
Lilian Suslow	9/17
Dale S. Hunter	9/19
Janet Koplowitz	9/19
Sue Mendelsohn	9/19
John Smith	9/19
Roslyn Wolpow	9/19

Friday, September 20 and Saturday, September 21

Harry Berman	9/21
Henry Gordon	9/21
Brooklyn Keefe	9/21
Nora Keefe	9/21
Miriam "Mimi" Segre	9/21
Sadie Adelstein-Meyerson	9/22
Crystal Myers	9/22
Morton Stahlberg	9/22
Louise Greenberg	9/23
Joan Parelskin	9/24
Ted Zak	9/24
Blossom Becker	9/25
Robert Mendelsohn	9/25
Blythe Cole Busch	9/26
Jere Donegan	9/26
Rita J. Witte	9/26
Jonas Relin	9/27
Sara Sylvia Seid	9/27

Friday, September 27

Viola Faber	9/29
Helen Hildes	9/29
Sarah Hecht	9/30
Debra Winegarten	9/30
Fannie Thal	10/2
Eleanor Moritz	10/3
Richard Meltzer	10/4

Friday, October 4 and Saturday, October 5

Reva David	10/5
Jack Blecker	10/6
Mary Faber	10/8

Geraldine Witte	10/8
Regina Moskowitz	10/9
Carl Paschetag	10/9
Bernard "Barry" Shapiro	10/10
Edith Sonneman	10/10
Nora Eilenberg	10/11

Friday, October 11 and Saturday, October 12

Harriet Korn	10/12
Patricia Jantzen	10/13
Johanna Vohl	10/15

Friday, October 18 and Saturday, October 19

Edith Lindheimer	10/19
David Robinson Jr.	10/19
Helen Shure	10/19
Maxwell Weiss	10/19
Trude Weil Bauman	10/21
Joseph Jay	10/21
Carol Van Glubt	10/22
Jacob M. Fine	10/23
Donald Kite	10/23
Jay Harvey	10/24
Kurt Jerome Koplowitz	10/24

Friday, October 25

Joshua Louis Adelstein	10/28
Aaron David Schlesinger	10/28
Gertrude "Onita" Glasco	10/29
Dr. Jerome Marks	10/30
Shirley Adelstein	10/31
Reuben Dechter	10/31
Annelise Guenter-Pedersen	10/31
Edith M. Lazarus	11/1

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COMMUNITY SUKKAH RAISING

Join us for our
**community sukkah-raising
and Sephardic-themed
potluck**

Members of the community will meet on

Thursday, October 10 at 5:00 pm

at the CBI patio, where we will put together CBI's
modular Sukkah, to be followed by a Sephardic-
themed potluck dinner at 6:00 pm.

Join the party!

