

# BETH ISRAEL THE SHUL SHOFAR

VOL. 25, NO. 1 \* Congregation Beth Israel \* Bellingham, WA 98229 \* bethisraelbellingham.org \* (360) 733-8890

## Save the Dates

**Dr. Joel Hoffman: Scholar in Residence** *Hidden Jewels of the Prayerbook* 

Three Sundays at 4:00 pm

November 22, and December 6 and 13

Come to one or all three sessions

Zoom links will be shared closer to the date



Join a curated journey through our sacred literature. The prayerbook is the written record of the Jews' journey throughout time and across the globe. In this 3-part series, Hoffman will take us through some of its hidden jewels, from surprising details of well-known passages to texts that are often skipped. You'll leave each class with a deeper appreciation for the richness and glory of tradition and with better insight into both familiar and new prayers.

Dr. Joel M. Hoffman focuses on bringing the Bible to life and is known for his "fresh insights and interpretations about religious life

in the 21st century." A popular and incredibly engaging speaker, he presents to churches, synagogues, community groups, and university audiences around the world. He holds a Ph.D. in linguistics and has served on the faculties of Brandeis University and Hebrew Union College.

Dr. Hoffman is the chief translator for the popular 10-volume series, *My People's Prayer Book* (winner of the National Jewish Book Award). His books include *In the Beginning: A Short History of the Hebrew Language*, from NYU Press; and from St. Martin's, *And God Said: How Translations Conceal the Bible's Original Meaning* and *The Bible's Cutting Room Floor*. Writing under the name "J.M. Hoffman," he is author of the thriller series *The Warwick Files*. His latest book is *The Bible Doesn't Say That: 40 Biblical Mistranslations, Misconceptions, and Other Misunderstandings*.



### **INSIDE:**

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# Zooming into the New Year



Have you even been on a Zoom call or meeting and zoned out? Have you ever checked your email, Facebook, or other

smartphone apps during a Zoom session with others? I'm told it's not hard to do; ). When we meet in person for services, meetings, or simply to socialize, we tend to give our full attention and focus. It's the polite thing to do. We have all witnessed people looking down at their phones at the dinner table. and it feels as though you don't exist, or that something else is more important than the person you are spending time with. And those of us who spend hours on Zoom each week know how easy it is to pretend to keep listening while doing something else entirely. These scenarios seem all too common in today's world.

Welcome to our virtual High Holy Days on Zoom. I know many of us would prefer to meet in person, but alas, that will have to wait a bit longer. In the meantime, how are we going make the best of sitting From the President...

## A Different High Holy Days

The wheel of the Jewish year has come round again. We cannot help but compare this year with years past. I think of this cycle going back 5780 years. Certainly, in that time we, as a people, suffered many circumstances that affected how we were able to celebrate our holiest of days.

Covid-19 has disrupted our lives like nothing in recent history, and in ways not seen since the 1918 influenza epidemic. Perhaps during the World Wars, we saw things that really changed everyone's day-to-day life in remarkable ways. There are some very substantive differences, however, between the World Wars and this pandemic. The World Wars were "over there," except for Pearl Harbor. The "enemy" was another group or groups of people, and we could fall into that "us against them" mentality, and from there make great war efforts that brought us together. For another, we had some familiarity with what to do, how to respond. The other main difference, to me, is that predominantly young men were killed or maimed. Many were drafted, sent into foreign countries, and expected to inflict the same damage they and their fellow soldiers endured.

Another crucial difference? There was a Cause, a reason that made some degree of sense. We have only to consider the concentration camps: the 11 million people who were exterminated – 6 million Jews and 5 million homosexuals, Romani and Sinti, Catholics, the mentally and physically disabled, Poles, Soviet soldiers, Jehovah's Witnesses, and political opponents. This was clearly an evil worth taking great action against. I will leave, for now, the point that many governments saw it coming but chose not to do anything.

With Covid-19, however, we have no "enemy" in the conventional sense. Can we consider a virus, a speck of RNA and protein, to be an enemy? There is no ideology, no "us against them," and the people we send into the front lines are health-care providers and first responders, whose mission is to help. It strikes all of us in ways we are still learning to understand. And instead of bringing the country together, we are seeing the politicalization of one of the easiest ways to reduce the

spread: masks. The virus does not seem to discriminate. It can hit young and old, people of any shade of skin, poor and rich. The disparities in illness rates and outcomes are, in part, related to social issues of income and availability to medical care, and the ability to stay home rather than to go to an "essential worker" job.

We are looking at the first online High Holy Days celebrations in our history. For many, this may seem like a "not real service" worship experience. I encourage you to try out a Shabbat service some Friday night. You can see people's faces, light candles together, chat virtually, and at the end we all unmute, and though it is a bit of a cacophony, we can say "hello" to each other. The Rabbi, the Ritual Committee, and the tech people are actively considering ways we can make our High Holy Days more special than a regular Shabbat. We will be maximizing each other's safety, making certain aspects easier (Machzor pages on the screen, for example), and doing all we can to make it comfortable for everyone in our congregation to participate. Importantly, you will have the same experience as everyone else.

Is this our normal way? Of course not. But consider how much better it is than war. We are not having to send people off to kill or be killed. There is not the sort of hate that goes along with war. Hopefully, most families can be together. It means accepting things you would not normally accept. And by focusing on how this pandemic has some upsides the freedoms we have gained despite the limitations, the new perspectives, new skills, new ideas, new opportunities - we can make some peace with the reality we have. How fortunate that we can meet by Zoom! Even ten or twenty years ago, this would not have been possible.

May this High Holiday Season find you celebrating the upside and being at peace with the downside. May you see this as an opportunity to look with fresh eyes at the choices and options that we have in the way we run our lives. And may we see YOUR shining face at our Zoom High Holy Days services!

— MIRIAM SCHWARTZ, PRESIDENT

## CONGREGATION BETH ISRAEL

751 San Juan Boulevard Bellingham, WA 98229

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#### From the Kesher Center for Jewish Learning

## Kesher During the Time of the Pandemic



July has been a busy month of behind-the-scenes work for Kesher, as we are in the process of preparing for a school year like no other. The difficult nature of this time with the pandemic, social justice protests, and hard questions about the past, present, and future of our nation under-

lines the importance of ensuring the strong grounding our children need in Jewish life. A deep sense of history, a millennia-old call to *Tikkun Olam*, the repair of our world, and a sense of mission and hope are just some of the Jewish traditions that we seek to impart at Kesher. It has never been more necessary than during these trying times.

We have weighed all our options and researched the situation extensively, speaking with leadership at many other schools and synagogue communities. As much as we had hoped to gather in person, our plan is to be primarily remote September through December. We are considering opportunities to have physically distanced special programing, either outdoors or in one of our larger spaces, during these months if we can do it safely. We will reevaluate and make a decision at the beginning of December regarding how Kesher will look January and beyond. All safety and logistical considerations will go into that decision.

While this decision was difficult to make, it was made based on the following:

- Pikuach Nefesh, saving a life, is our primary concern.
- We do not think it responsible to bring together children from a number of different schools at precisely the same time that local schools may be opening.
- With the summer to prepare, we were able to create a robust and engaging online program; therefore, we do

- not need to unnecessarily put our students and our staff at risk by gathering in person.
- · We did not want to delay this decision, thus adding more uncertainty to these trying times.
- · We want to safely fulfill all regulations put forth by the state and the CBI Covid Committee before bringing our community together in person.

In March, when we enacted our remote learning plan, we anticipated a temporary situation. Our plan was intended to keep us connected for a few weeks and to educate our learners in a meaningful way. We have certainly learned a lot since then about how best to teach and learn in a virtual world. We will not use the Shalom Learning platform for instruction this year. Rather, we will be using the curriculum that was sent out with the registration information in the spring. (This information can also be found in the Kesher section of the CBI website). We will be providing the students with an education rich in Judaica, Jewish values, prayers, and Hebrew, while building a strong, connected Jewish community for our students.

In September, before our first day of Kesher on September 13, we will distribute (contact-free) tote bags, customized for each grade, that will provide textbooks and other learning materials, including craft supplies specific to our planned art activities, Hebrew enrichment resources, and printouts needed for all classes through December. We are hoping that this bag of hands-on materials, combined with our new curriculum and innovative ideas gained through professional development this summer, will equip our students to enjoy a fun, meaningful, and engaging Kesher experience.

> YOUR KESHER CO-DIRECTORS, ANDREA SHUPACK AND NICKY NAIMAN

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Analysis Concepts Resolution

Bearing fruit through communication and change

## **CBI Teen Youth Group News**

BY AMANDA ROBINS

At the end of this school year, the CBI Teen Youth Group, BAY (Bellingham Area Youth), elected a student board for the 2020-2021 school year. Each year, a small group of teens (the BAY board) leads the activities, planning, and fundraising of teen youth group activities. Our new board members are Shay Blum, President; Ben Sommers, Religious and Cultural Vice-President; and Adin Sokol, Fundraising Vice-President. A short blurb from each of them is below:

- My name is Shalem Blum, and I'm excited to be on board because I want to be more involved in my Jewish community during these trying times. I also get to enhance my leadership skills from a business-oriented approach.
- Shalom, my name is Benjamin Sommers and I am honored to be the new Religious and Cultural Vice-President.
   I joined the youth board because I want to serve my community by helping out with youth events. I hope we are able to stay connected during these hard times.

 Hi, my name is Adin Sokol. I'm a rising senior at Sehome High School and also the BAY board's fundraising VP! This year I'm looking forward to the challenge of planning fun, creative, and most importantly, safe events for our youth group in this strange time.

The CBI Teen Youth Group (BAY) usually takes a break for the summer while everyone is at camp, but with camp closures this year and very few other activities, we have continued to offer programming over the summer. In June, we had a socially distant scavenger hunt; in July, we held a trivia night along with board elections; and in August, we held a "Chopped" cooking competition. Youth group advisors Amanda and Daniel will be working with the new youth board to plan monthly events for the upcoming school year.

If you or your teen have questions about BAY, want to learn more, or get involved, please feel free to reach out to us at youthgroup@bethisraelbellingham.org

## **Bat Mitzvah**



Laoise Seltz will be called to the Torah as a Bat Mitzvah on September 5, 2020. She is the daughter of Niall Ó Murchú and Jennifer Seltz and the sister of Nóra Seltz. Laoise is a rising eighth grader at Whatcom Middle School. She enjoys swimming for Bellingham Bay Swim Team and running track and cross-country at

Whatcom. When she's not in the pool or the lake, or on the track or trails, she is probably reading or baking. For her mitzvah project, she is interested in working with elementary-aged kids as a tutor at Parkview Elementary School or as a helper with Unified swimming, depending on what's possible in the fall.

Please join our family in celebrating this simcha:

SHABBAT EVENING SERVICE Friday, September 4, 2020 at 5:30 pm

SHABBAT MORNING SERVICE Saturday, September 5, 2020 at 10:00 am

## **Bar Mitzvah**



Elliot August Levinson will be called to the Torah as a Bar Mitzvah on October 17, 2020. Elliot is the son of Regan and Ken Levinson and older brother of Milo and Willa. This fall he will enter the seventh grade at Whatcom Middle School. In his free time, Elliot enjoys playing soccer and basketball, riding his

bike, skating, and hanging out with friends. Elliot is excited to impact his community positively.

Please join our family in celebrating this simcha:

SHABBAT EVENING SERVICE Friday, October 16, 2020 at 5:30 pm

SHABBAT MORNING SERVICE Saturday, October 17, 2020 at 10:00 am

#### From the Social Action Committee

## **Social Action Committee News**

BY LINDA BLACKWELL

The Social Action committee is adapting our projects to physical distancing. Many CBI volunteers prepared meals for the Family Promise Program over two weeks in May and July. Andrea Shupack arranged for drop-off of the meals that had been cooked by Corinne Gimbel-Levine, Sarah Witte, the Bans, the Garfinkles, Arlene Feld, Geraldine Reitz, Gloria Leibowitz, Harriet Markell, Joan Wayne, Jodi Litt, Minda Amiran, and Linda Blackwell.

The next date for participation will be later in the winter. The families housed through Interfaith were very appreciative, and we anticipate the need will be increasing. If you are interested in helping, please contact Andrea or Linda.

Rabbi Samuels held a Zoom book group on August 2. The book was How To Be an Antiracist. The author, Ibram X. Kendi, has a central message that the opposite of "racist" isn't "not racist" but "antiracist." Kendi states, "The only way to undo racism is to constantly identify it and describe it — and then dismantle it." He thinks there is no neutrality in how we hold ourselves; our politics and our social programs are accountable for racist thoughts or policies. The discussion was nonjudgmental and enlightening. There are other books

suggested by the RAC (Religious Action Center) at ReformJudaism.org to further discussions on inequalities.

We will not be having a food drive or a blood drive at High Holy Days. However, the Bellingham Food Bank is accepting donations Monday-Friday. They especially need canned foods, dried beans, rice, and peanut butter. No glass containers and no containers over 2 lbs. They could also use diapers. Money donations always go farther for many non-profits. Please consider sending a check to cover the necessary funding.

Bloodworks Northwest is in need of blood donations. They accept appointments online (www.bloodworksnw.org) or by calling (360) 671-8848. No one under age 16 is on site, and they keep their staff masked with protective gear.

There will be a coat drive this October. Donations of clean and new coats will be accepted at my home on three dates in September. Please watch future e-news for information on dates and drop-off location. Also, please call or email me to make donations of hats, scarves, and mittens to give to Project Warm-up. Contact: (360) 739-1492; blackwellbham@gmail.com

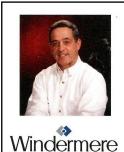
Can You Help? The Interfaith Coalition needs volunteers for their CAST (Coffee and Sandwiches Together) program to give out food and drinks to our hungry neighbors in downtown Bellingham. CAST serves a simple meal of soup, sandwiches, and beverages to people on the street who are hungry, and has provided over 9,000 meals each year in downtown Bellingham. Shifts are 1.5 to 2 hours once a month, and are outside. Work includes transporting items from the prep kitchen to the serving site, and/or serving to guests. Must-haves: Ability to lift 20 lbs., current Food Handler's Permit (Interfaith will cover the cost of the test if you need to take it), face mask, and gloves. Want more info? Please contact Lindsey McGuirk at lindsey@interfaith-coalition.org

# The Kvelling Corner

Welcome to our new members!

- Miriam Buckman Blaine
- Jerome Rosen and Katlaina
   Rayne Coupeville
- Beth Tableman Blaine





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## **Kippot: Part 2**

#### BY RABBI JOSHUA SAMUELS

In the last *Shul Shofar* I attempted to provide a brief history of the kippah, explaining its origins and usage in Biblical and post-Talmudic times. Details are scant at best. While there is no specific *halakha* obligating people to cover their heads, even during worship, its usage has become widespread enough that Jewish authorities have mandated the wearing of kippot amongst Jewish males of all ages.

This article seeks to show the differences of this custom between the Reform and Conservative movements. In the final article, we will discuss this custom as it relates to Congregation Beth Israel.

#### Reform position

Reform rabbis have been writing about the kippah since the establishment of the movement in the midnineteenth century. In trying to acculturate into American societies, the most radical element of the early Reform movement called for the removal of all head coverings during worship, as this was seen as a general sign of courtesy. This certainly distinguished Reform Jews from the rest of the Jewish community. However, for several decades now, there has been a trend towards wearing kippot in American Reform congregations as a symbol of k'lal yisrael, or unity with worldwide Jewry. The Reform movement has become more traditional with respect to ritual practices in recent years. Our early Reform forebears would most likely not consider contemporary Reform, Reform! While there is no official position within the movement, I generally teach that we should learn and understand the various rituals, and participate in these traditions, some of which might bring profound meaning to our lives. Some might not. Wearing a kippah is one example of how informed choice can guide our Jewish identity. In other words, it could be argued that one of the beautiful aspects of Reform Judaism is that it offers each of us a variety of ways to connect with Judaism, and it also challenges each of us to find meaning in our individual practices. The bottom line is that to wear or not to wear a kippah is entirely a personal decision.

#### With regard to head coverings for women

According to the Talmud and *Shulhan Aruch*, any married woman who left her hair uncovered provided grounds for divorce and forfeited the money and property of her dowry (*M Ket* 7.6; 72a). Furthermore, all women were to cover their hair during the reading of the *shema* (Ber 24a; *Shulhan Arukh Orah Hayim* 75.1). In essence, this meant that women were required to cover their hair in the synagogue, whether single or married. This tradition has generally been followed by traditional Jews throughout the ages.

Reform rabbis have vigorously objected to this requirement for women, which some feel places them in an inferior position and sees them primarily in a sexual role. Reform Judaism stresses the equality of men and women — and all genders, to be clear — thus anyone who wishes to wear a head covering, whether in the synagogue or at home, is welcome to do so.

#### Conservative position

Conservative rabbis point out that after the Talmudic period, authorities differed greatly in their decisions about wearing a head covering and were influenced by the customs of their country. Today, no matter where one is in America, wearing a kippah is a symbol of Jewish identity. Therefore, it is encouraged for a man or a boy to wear a kippah even when he is not praying. At the same time, Conservative Judaism does not believe that one who does not adopt this custom has committed any transgression.

While Jews in various parts of the world either covered their heads or didn't, according to their local customs, there is no doubt that wearing a kippah, especially in worship, became deeply rooted in the consciousness of the Jewish people as an expression of piety and respect. Therefore, the Conservative movement's position is that "even if one cannot say that the head covering for men in the synagogue at prayer time is a *halakhic* obligation, it should be required." The much esteemed Rabbi Issac Klein, author of *Jewish Religious Practice* (a must for any Jewish library) notes that men should cover their heads in the synagogue, when participating in a religious ceremony, and while eating. And a hat is not a substitute for a kippah.

#### With regard to head coverings for women

In contemporary times, there has been a move, in some Conservative communities, to obligate women to wear a head covering in the synagogue, or at least when they are called up to the Torah or when they lead a service. In the *Responsa* noted below, the rabbis write, "There is no doubt that a woman is permitted to wear a kippah if she so wishes, but, as of today, the kippah is a symbol for men. Therefore, it should not be required of women."

Furthermore, many women, and especially bat mitzvah girls, hesitate to adopt this custom, which they view as a distinctly masculine symbol. Therefore, for women and girls, the kippah is a permissible option but not a requirement."

<sup>&</sup>lt;sup>1</sup> Conservative Responsa, OH 91:3-5, The Wearing of a Kippah by Men

# Preparing for the Days of Awe



More than ever this year, as we approach the High Holy Days, we need connection — connection to each other, to the liturgy, and to ourselves.

In this session we will come together on Zoom to explore how the liturgy can speak to our souls. Through learning, music, and reflective writing, our preparation will help us be ready and present for this year's services, and for what we need personally in this season.

## Rosh Hashanah Memories

Sadly, we probably won't be able to celebrate Rosh Hashanah as we have in the past. This is a perfect time to share memories of family traditions, stories of celebrations, and favorite holiday recipes. Please send your stories, memories and recipes to jawayne2@gmail.com. These special memories will be collected into a document that can be viewed on our website or sent to you as a word document. We all pray that next year we will be able to celebrate as we did in the past.

Stay safe.

## September/October 2020 Shabbat Service Schedule

All services via Zoom link, which is provided in the weekly e-news or by request — contact the CBI office by phone or email. On the fourth Friday of each month, services begin at **7:30 pm**. High Holy Days services listed separately on **page 9**.

Friday, Sept. 4	<b>5:30 pm</b> Kabbalat Shabbat, with leadership from Laoise Seltz	Saturday, Oct. 3	<b>9:30 am</b> Torah Study for Sukkot	
			10:45 am All-music, Contempla-	
Saturday, Sept. 5	<b>10:00 am</b> Bat Mitzvah of Laoise Seltz		tive Service with Andrea Shupack, with Hallel for Sukkot	
Friday, Sept. 11	5:30 pm Kabbalat Shabbat	Friday, Oct. 9	5:30 pm Kabbalat Shabbat	
Saturday, Sept. 12	9:30 am Torah Study	Saturday, Oct. 10	NO morning Torah Study	
	(Parashat Nitzavim-Vayeilech)		7:00 pm Simchat Torah event	
	8:00 pm Selichot service		(see High Holy Days schedule)	
	(see High Holy Days schedule)	Friday, Oct. 16	5:30 pm Kabbalat Shabbat,	
Friday, Sept. 18	<b>7:30 pm</b> Erev Rosh Hashanah (see High Holy Days schedule)		with leadership from Elliot Levinson	
Saturday, Sept. 19	Rosh Hashanah (see High Holy Days schedule)	Saturday, Oct. 17	<b>10:00 am</b> Bar Mitzvah of Elliot Levinson	
Friday, Sept. 25	7:30 pm Kabbalat Shabbat with members of the Ma'Ayan Shir ensemble	Friday, Oct. 23	<b>7:30 pm</b> Kabbalat Shabbat with members of the the Ma'Ayan Shir ensemble	
Saturday, Sept. 26	9:30 am Torah Study (Parashat Ha'Azinu)	Saturday, Oct. 24	9:30 am Torah Study (Parashat Noach)	
	Please note: Tot Shabbat is on hiatus until we meet in person	Friday, Oct. 30	5:30 pm Kabbalat Shabbat	
Friday, Oct. 2	<b>5:30 pm</b> Kabbalat Shabbat Family Service for Sukkot – join from your sukkah!	Saturday, Oct. 31	9:30 am Torah Study (Parashat Lech-Lecha)	

# Faces in Our Community: Marta and Craig Brand

BY LINDA HIRSH

Marta Brand knows mixed marriages demand a certain amount of parleying, but there wasn't much with Craig, her husband. In fact, Craig tears up when Marta lights Shabbat candles. "You will rarely see him on Congregation Beth Israel Zoom events, but he is often in the background listening to services or Torah study," Marta said.

Craig, whose aunt was a Blaine Baptist Church minister, recalls the first year they celebrated Passover and Hanukkah "to my delight," he said. "Because of my Christian background, many things in Judaism, like Passover are meaningful to me."

Indeed, the couple is living proof that coalescing different religions can occur without wrangling. The two share an enthusiasm for social action. Before the pandemic, they helped with the children at Skookum House, an emergency foster care service. Marta describes a cozy house loaded with toys, surrounded by a fenced yard and "one cuddly real bunny. We were doing pretty well until the bunny escaped under



our watch. I think they found him, so we might be able to go back when Covid is under control."

Six children live at Skookum at a time, and Marta said they arrive somewhat traumatized. But "as difficult as some days were, there were those times of pure joy," Craig remembered.

Marta was born in Berkeley, CA. Her father, a machinist, had a crankshaft grinding business; her homemaker mother, an ardent Zionist, volunteered for Sisterhood and Hadassah. Marta absorbed Zionism through her mother, and later joined Hadassah, once serving as chapter president. She's now a member of Congregation Beth Israel's Acoustic

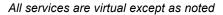
and Visual Inclusivity Task Force, the Membership Committee, and cochairs the Maintenance Committee with Marcia Lippman.

"CBI is so fortunate to have Marta applying her experience as a property manager to the task of overseeing our building's maintenance," said Marcia. "Marta and Mary Sommerville have put together a list of vendors and a schedule for required inspections. Both Marta and Craig are known to do a spot of behind-thescenes cleaning or a small repair task on occasion. They put their caring into action."

# High Holy Days 2020/5781



Services led by Rabbi Joshua Samuels and Cantorial Soloist Andrea Shupack



Cotumdou	8:00 pm	Selichot					
Saturday, September 12		Join Rabbi Samuels, Andrea Shupack, and HHD cellist Sam Sinai for an evening					
September 12		of music and sharing					
Friday, September 18	7:30 pm	Erev Rosh Hashanah Service					
	9:00 am	Rosh Hashanah Family Service					
Saturday, September 19	10:30 am	Rosh Hashanah Morning Service					
обрасиност то	3:00 pm	Tashlich (in person) at Lake Padden, by the playground					
Sunday,	10:00 am	Rosh Hashanah 2nd Day Morning Service led by Hank Levine and Steve Ban					
September 20	3:00 pm	Memorial Service (in person) at Beth Israel Cemetery					
Sunday, September 27	7:30 pm	Kol Nidre					
	9:00 am	Yom Kippur Family Service					
Monday, September 28	10:30 am	Yom Kippur Morning Service					
	3:30 pm	Yom Kippur Afternoon Service					
	5:30 pm	Yizkor and Neilah					
Friday,	5:30 pm	Sukkot					
October 2		Shabbat Family Service from your sukkah					
Friday,	7:00 pm	Simchat Torah					
October 10	7.00 pm	Simchat Torah event, with a speed summary of each Torah portion					

#### FROM THE RABBI

Continued from Page 1

in front of a screen for all of our Rosh Hashanah and Yom Kippur services? How will we not fall into the traps that we do so often when we're on Zoom?

In a recent Harvard Business Review article, "Stop Zoning Out in Zoom Meetings" (Sarah Gershman, May 2020) the author writes about early twentieth-century French professor, Max Ringelmann and his well -known discovery in the field of social psychology, called the "Ringelmann effect," or "social loafing." In essence, this theory teaches that people are prone to exert less effort when working collectively as part of a group compared with performing a task alone. In his famous test, he had people pull on a rope attached to a pressure gauge and found that individuals pulled harder when they were by themselves than when they pulled in teams. In other words,

when everyone does not put in their full amount of effort when they are part of a group, there is less productivity and efficiency. Gershman writes, "The bigger the group, the less responsibility each individual feels to ensure success. If one does not feel critical to a mission's success, it's easy to tune out or to put in less effort. No one will notice anyway, right?"

And this is the potential issue with virtually held High Holy Day services: the less one feels part of the whole, especially since we won't hear our collective voices, the more distracted you will become, and the less you will participate. The less you participate, the less fulfilling and sacred the experience. So what can we do?

While the HBR article focuses on business meetings, it does have one suggestion that makes sense. Gershman writes, "Take a few moments before the meeting starts to distill the purpose of the meeting and what your value could be... what is it that you want to contribute?" To me,

this sounds a lot like setting *kavanah*, or intention, before services. Don't simply hop on the Zoom service when it begins. Take some time beforehand to center yourself and ask how you can help create a more spiritual experience for others. Think about your setting, your attire, and other potential distractions. Turn off your phone just as you would if you were in the sanctuary. Participate from a comfortable chair, not from your bed or while unloading dishes from the dishwasher. Be present.

This is the holiest time of the year. It is going to be nearly impossible to replicate the High Holy Day worship experience we are so used to. But as long as we put in some extra effort together, this just might be as transformative (or more so) than in years past.

Shanah Tovah, a happy and healthy year to you and your loved ones.

RABBI JOSHUA SAMUELS

#### MARTA AND CRAIG BRAND

Continued from Page 8

Marta graduated from UC Berkeley with a sociology degree. While there, she participated in demonstrations against the Vietnam War. "I was teargassed a few times and ushered out of the UC Administration office basement by police," she remembers.

After graduation she worked as an educator at the Santa Clara County Health Department, but looked to the Northwest to get away. In Tacoma, she worked for a poverty program, much more to her liking. While there, she secured a grant for a pilot program involving prenatal and infant nutrition. She also met her first husband, moved to Concrete, and had a child, but "the marriage and the move did not last," she said.

She arrived in Bellingham in 1976 and has served as a realtor for 30

years, now working for Caldwell Banker Miller. "It's gratifying to help people find homes and exciting to sell large vacant downtown properties to creative investors," she said.

She met Craig in Broadway Park in 1978. She was pushing her daughter, Marion, on a swing; Craig, also divorced, was with his son, Aaron. When he asked Marta her daughter's age, Marta told him Marion was three and she was thirty. He told her Aaron was three and he was thirty. They talked for an hour and six months later, they married. The "children" are now forty-five, and both have two children of their own. Aaron is leaving teaching to be a software trainer for a hospital. Marion lives in Salt Lake City, where she is a rehab counselor for the state of Utah. Both had attended CBI's preschool. "Aaron readily took to learning the Hebrew letters and Marion would cry

if she had to miss a class," Craig remembers.

Craig's family has roots in Whatcom County. His father was the principal at Custer's Mountain View Elementary School. The couple is still close with his former Ferndale High schoolmates. Craig attended Western Washington University, then transferred to Bellingham Technical College to learn carpentry. He built homes, then boats for Bristol Bay fisheries. His last job was as a Local 46 Union electrician.

The couple has traveled to Israel first in1968, then in 2007. "It is amazing how much has changed," Marta said. "The airport used to be a quonset hut. It's a gorgeous big modern building now." She's also seen Thailand and India, but names Hawaii as her favorite. Mostly she loves being home "gardening, hiking and kibitzing with the neighbors."

## **Special Fund Donations**

CANTORIAL ASSISTANCE FUND

#### **HAPPY BIRTHDAY TO:**

Josh and Andrea Shupack **From**: *Teresa Sommers* 

#### **CARE COMMITTEE**

#### **DEEPEST SYMPATHY TO:**

Geraldine Reitz, on the loss of her mother, Bea Moss **From:** *Miriam Davids Teresa Sommers* 

Roby Blecker, on the loss of her dear friend, Mother Miriam

From: Teresa Sommers

## RABBI'S DISCRETIONARY FUND

#### IN APPRECIATION TO:

Rabbi Samuels and all involved in the continuing effort to ensure continuity via Zoom services

From: Barry & Kathi Paluch

#### **DEEPEST SYMPATHY TO:**

Geraldine Reitz, in memory of her mother, Bea Moss **From:** *Cora Boothby* 

#### IN HONOR OF:

Rabbi Samuels – celebrating his 10th year as a rabbi **From:** *Katie Edelstein* 

\*Rabbi and Nicole Samuels'

birthdays

\*Rabbi Samuels – Happy Father's Day

From: Fran Levy (Carmichael, CA) \*Lenny Halpern, on becoming a Bar Mitzvah

\*Teva Corey-DuBow, on becoming a Bat Mitzvah

\*Avi Brennan, on becoming a Bar Mitzvah

\*Laoise Seltz, on becoming a Bat Mitzvah

From: Patrick Crane

Mark Sommers – Happy

Birthday!

From: Teresa Sommers

#### IN MEMORY OF:

Our grandson, Landon Powell From: John & Sandra Powell (Rancho Mirage, CA)

## COMMEMORATING THE YAHZEIT OF:

Alan's father, Michael Kendal From: Michael & Susan Kendal

#### **KESHER FUND**

#### IN APPRECIATION TO:

Andrea Shupack and Nicky Naiman, for the great job they did directing Kesher

From: Katie Edelstein

Geraldine Reitz

From: Iris & Kevin Parker

#### IN HONOR OF:

\*Teva Corey-DuBow, on becoming a Bat Mitzvah \*Avi Brennan, on becoming a Bar Mitzvah

\*Laoise Seltz, on becoming a

Bat Mitzvah

From: Karen Sloss

All the 2019-2020 Kesher

teachers

From: Katie Edelstein

#### **SPECIAL GREETINGS TO:**

\*Nicky Naiman - Happy Birthday

\*Kevin Donner & Angie Lee – Happy Anniversary

\*Alyson & Brooke Kassen – Happy Anniversary

\*Mark & Teresa Sommers – Happy Anniversary to us

From: Teresa Sommers

#### **DEEPEST SYMPATHY TO:**

Mark Konikoff (Lafayette, LA)
– in memory of his mother,
Lillian

From: Iris & Kevin Parker

## COMMEMORATING THE YAHZEIT OF:

Alan's mother, Cynthia Kendal

From: Michael & Susan Kendal

## RABBI'S PROF. DEVELOPMENT FUND

#### IN APPRECIATION TO:

Stu Berman – Thank you for teaching another great class **From**: *Teresa Sommers* 

## SOCIAL ACTION COMMITTEE

#### IN HONOR OF:

Tammy Dixon, Kevin Donner, Binnie Perper and David Schlitt – Mazel Tov to our new Board members! From: Teresa Sommers

#### **NEW SYNAGOGUE FUND**

#### IN HONOR OF:

All the 2020 graduates **From:** Cora Boothby

#### **DEEPEST SYMPATHY TO:**

Geraldine Reitz, in memory of her mother, Bea Moss

From: Nancy Davis
Karen Sloss
Joan & Marv Wayne

\*Dan Raas & family - in memory of Debbie

\*Steve & Rita Spitzer – in memory of Steve's sister, Leslie

Leslie

\*Binnie Perper – in memory of her husband, Themeos Drossos

From: Katie Edelstein

## COMMEMORATING THE YAHZEIT OF:

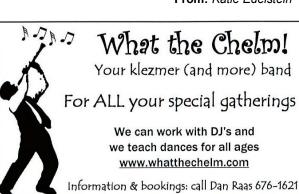
My mother, Rose Lassman **From:** Bernice Loober

My mother, Alice Lebansky **From:** Stephen Spigelman (to

landscaping)

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Minda Rae Amiran
Patrick Crane
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## **Birthdays**

SEP	TEMBER 2020	9/23	Angel Raphael (13th)	10/8	Nancy Lazarus
9/1	Nancy Halpern	9/23	Russell Stolzoff	10/8	Sheldon Mazur
9/2	Meg Delzell	9/23	Terri Weiner	10/8	Mary Nathanson
9/2	Owen Orloff (11th)	9/24	Howard Cockerham	10/9	Kevin Donner
9/3	Emil Hecht	9/24	Maria Koplowitz-Fleming	10/9	Holly Folk
9/3	Samantha Sommers (19th)	9/24	Nancy Miller	10/9	Armando Lindner
9/4	Joel Cohen	9/25	Mark Hunter	10/9	Talia Sheinkopf (22nd)
9/4	Gaby Mayers	9/25	Ahuva Scharff	10/10	Beverly Harrington
9/4	Chi-Na Stoane	9/26	Jerry Witler	10/10	Amanda Robins
9/5	Marilyn Eisner	9/27	Nancy Davis	10/11	James Barney (6th)
9/5	Elliot Levinson (13th)	9/27	Debby Meyers	10/13	Matthew Keefe
9/6	Judy Berman	9/28	Arlene Feld	10/14	, ,
9/6	Mary Knight	9/30	Regan Levinson	10/15	Marta Brand
9/6	Harriet Markell	9/30	Else Sokol	10/15	Gayle Gordon-Martin
9/9	Daryl Dixon	9/30	Jacob Young	10/15	<i>j</i> - <i>j</i> - <i>j</i>
9/10	Kayla Schott-Bresler				Warren Taranow
9/10	Steven Garfinkle	ОСТ	OBER 2020	10/16	David Zimmerman
9/11	Eytan Samuels (11th)	10/1	Tracey Levine	10/17	
9/12	Miriam Davids	10/1	Bernice Loober	10/18	Shlomis Waters
9/12	Marcia Lippman	10/1	Warren Rosenthal	10/19	
9/12	Sandra Miller	10/1		10/20	•
9/12	Bruce Van Glubt	10/2	Kayla Orloff (18th) Chiara Horton (11th)	10/20	
9/15		10/3	Orilev Wells-Langley (3rd)	10/21	Gail Shuster (17th)
9/15	Lucy Naiman (12th) Michele Sanger	10/3		10/22	
9/16	Howard Sharfstein	10/4	Barry Meyers	10/22	lla Anderson (9th)
9/16			Laoise Seltz (14th)	10/23	Martha Greenstone
9/18	Elizabeth Sheinkopf Esther Faber	10/6 10/6	Eli Genut (2nd) Michael Lewis	10/23	Nancy Joy Keefe (3rd)
9/18	Mark Packer	10/6		10/27	Jacob Anderson (19th)
9/10		10/6	Koby Ravitsky (10th)	10/27	•
9/19	Perry Somers	10/6	Michael Sommers (16th) Fred Zell	10/27	
9/19	Melissa Stahlberg	10/6	Leslie Garrison	10/28	Lea Donner (11th)
9/21	Darcie Donegan	10/7	KJ Jantzen	10/29	Katie Somers
	Emma Konikoff (8th)	10/7		10/30	Lynne MacDonald
9/22 9/22	Roby Blecker		Orly Lindner (17th) Moss Roberts	10/30	Neri Maxim (17th)
	Elliot Probst (14th)	10/7		10/30	Jay Solomon
9/23	Carrie Adelstein	10/8	Sarann Donegan	10/31	Erik Hammerstrom
9/23	Jenny Katz (17th)	10/8	David Goldman		

## **Scrip News**

Our Scrip program is our longest ongoing fundraiser. During this difficult time, many congregants are having their groceries delivered and Scrip cannot be used for delivery or curbside pick up. So Scrip sales are down. You can now purchase Amazon \$100 cards from Joan Wayne. Because the percentage rebate on Amazon is

low, we cannot accept credit card payment for Amazon Scrip. Haggen, Safeway, Fred Meyer, the Food Co-op and Starbucks are all also available, and Amazon Scrip can also be used electronically. Any questions, or to place an order, please contact Joan at jawayne2@gmail.com.





## **Interfaith Coalition News**

Not even a pandemic can keep people of hope from finding a way to bridge gaps and reach out to those in need. THANK YOU, Congregation Beth Israel, for your partnership and generosity! This summer, with your help, over 600 meals a month were served through the Coffee and Sandwiches (CAST) program. Kids Need Books delivered over 4,000 books to kids at various locations and county migrant work camps by partnering with the school district's Lifeline Food network. Several families, having gained stability in our housing units or Family Promise moved on to permanent housing this summer, and so many others were able to safely continue working on their stability. Twenty-three teams of campers raised almost \$24,000 for Family Promise in their Virtual Night Without a Bed fundraiser! THIS is what we can do when we work together.

Winter Warmth Drive: We will be collecting and distributing coats this year. As of this moment (mid-August), some details are not confirmed, but we will be doing coat deliveries this year rather than an onsite distribution. You will hear more about where and when to bring your coat donations soon. We especially need children's coats and adult sizes XX and XXX-large. No clothing or light jackets, please! Because of Covid-19 concerns, we ask donors to launder coats and place in a garbage bag and tag the outside with the number and size(s) of the coats. If

you are interested in volunteering during the Winter Warmth Drive, or have questions, please contact Janie Pemble at janie@interfaith-coalition.org, or leave a message at 360-734-3983.

# Photo Directory Is Now Online!

A big "thank you" to the over 100 congregants who have submitted pictures to our new membership photo directory. The directory is now online, and you'll find it in the Members Only section of our website. Here is another way we are staying connected during the Covid-19 season. Can't remember what some of your friends look like? Maybe they don't remember your face either! Please send a photo – you can update your picture any time, so the one you send doesn't need to be "perfect." To view photos full-frame, click on any image in the gallery.

For access to the Members Only section, go to the bethisraelbellingham.org home page, and click on "login." If you haven't already created an account, you'll be able to set one up here. You'll receive an email confirming your account activation.

Send a recent photo – no sunglasses or hats please, to Melissa Schapiro at webmaster@bethisraelbellingham.org

Questions? Please contact Joan Wayne at jawayne2@gmail.com.

## **Sukkot and Simchat Torah** 2020/5881

This year, the final High Holy Days festivals will be observed a bit differently than in previous years due to the global pandemic. As of September 1, these are the ways we, as a community, will observe and celebrate Sukkot and Simchat Torah.

#### Sukkot (Friday, October 2 at 5:30 pm)

Join our Family Service from your sukkah. View your friends' sukkot during Shabbat. We encourage everyone to either build a sukkah at home, or make a mini one, and send pictures of them to us so we can show them off on our website and in the next *Shul Shofar*.

#### Simchat Torah (Saturday, October 10 at 7:00 pm)

Get ready for a speed summary of each Torah portion (30 seconds each) starting from the very beginning with *Bereshit* and ending with *V'zot Hab'racha*. Congregants will sign up and select one portion to present. Each summary must include one question to ponder. The evening will begin with Havdalah. Join Rabbi Samuels, Andrea Shupack and your friends for a fun and speedy event.

\*All events will be held on Zoom. Links and passwords will be given in the Wednesday Timbrel newsletter.

## **Library News**

We have an amazing collection of adult, young adult, and children's books in our library. We're ready to offer remote selection and pickup of books to our congregants.

These are the easy-to-follow steps to check out a book:

- 1. Look for a book in our library online at tinyurl.com/maxglass.
- Contact Joan Wayne at jawayne2@gmail.com with your choice.
- 3. One of Beth Israel's librarians will look for the book on a Friday.
- 4. The book can be picked up at Joan's house the following week by appointment. Books will be in a paper bag next to the front door.
- Please return the book(s) within two weeks. To do so: Contact Joan Wayne and let her know the day you will leave it at her door.

# Brick by Brick Campaign: Tree by Tree... Flower by Flower

A Fundraising Campaign To Support CBI's Landscaping



As Fall approaches, so does the perfect time to tend to the landscaping needs of Congregation Beth Israel. In order to comply with CBI's permit requirements, as well as making our CBI home more polished and one we can continue to be proud of, our focus now needs to be the landscaping around CBI's synagogue. CBI's Landscaping Task Force has been meeting regularly to explore different options on how to complete the landscaping. We now have the best plan in place to fulfill our landscaping work with the goal of being finished by Fall 2020.

Congregation Beth Israel invites you to be a part of our new fundraising campaign, *Brick by Brick, Tree by Tree... Flower by Flower*, with all funds raised from the purchase of bricks to be used toward the landscaping surrounding our synagogue.

Honor someone special in your life and purchase either a 4"x 8" brick for a donation of \$250 or an 8"x 8" brick for a donation of \$500. Become a part of this momentous project as we add the finishing touches to the grounds surrounding CBI — our goal for Fall 2020!











## **Anniversaries**

Sept. 1	Amanda Robins and Daniel Zagnoli	(# 2)	Sept. 29	Andi & Kevin James	(# 19)
Sept. 2	Sarah Zarrow and David Schlitt	(# 2)	Sept. 30	Marta & Craig Brand	(# 42)
Sept. 5	Kendra Bradford and Todd Shuster	(# 24)	Oct. 9	Jane & Erik Hammerstrom	(# 5)
Sept. 5	Gary & Nancy Lazarus	(# 38)	Oct. 9	Roy & Leslie Shankman	(# 32)
Sept. 6	Jason & Chi-Na Stoane	(# 21)	Oct. 10	Marcy & Jeff Probst	(# 28)
Sept. 12	Stuart & Cinda Zemel	(# 44)	Oct. 10	Mary Somerville and Gary Marzullo	(# 28)
Sept. 14	Phyllis & Shelly Mazur	(# 68)	Oct. 14	Mark & Naomi Pomerantz	(# 14)
Sept. 22	Tami DuBow & Frank Corey	(# 19)	Oct. 17	Elaine Beck-Bruns and John Bruns	(# 21)
Sept. 25	Perry & Katie Somers	(# 15)	Oct. 30	Emily & Zach Bastow	(# 9)

## **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 4 and Saturday, September 5	d	John Smith Debra Winegarten	9/19 9/19	Miriam Mitzman Jacob M. Fine	10/22 10/23
Barbara Gartler	9/5	Roslyn Wolpow	9/19	Peter Harvey	10/23
Joe Lebovich	9/5	Harry Berman	9/21	Herman Horowitz	10/23
Abraham Marcus	9/6	Fannie Thal	9/21	Donald Kite	10/23
Betty Schwartz	9/6	Eleanor Moritz	9/22	Alex Rosen	10/23
Sara Shaw	9/6	Crystal Myers	9/22	Friday, October 23	
Lilian Suslow	9/6	Richard Meltzer	9/23	Dora Graff	10/26
Janet Koplowitz	9/8	Reva David	9/24	Lillian Konikoff	10/26
Harold Lazaroff	9/9	Jack Blecker	9/25	Jack Irwin Moss	10/26
Henry Gordon	9/10	Ruth Benjamin Fisher	9/25	Phyllis Ruth Orlik	10/26
Brooklyn Keefe	9/10	Friday, October 2		Rob Brown	10/28
Nora Keefe	9/10	Aaron Rosen	10/6	Ezra Meltzer	10/28
Miriam "Mimi" Segre	9/10	Edith Lindheimer	10/8	Aaron David Schlesinger	10/28
Sadie Adelstein-Meyerson	9/11	Helen Shure	10/8	Bernice Sokol	10/28
Art Jensen	9/11	Eriday Ostobor 0		Gladys Boehi	10/29
Dora Lebowitz	9/11	Friday, October 9		Gladys Rose Eisner	10/29
Rebecca Miller	9/11	Trude Weil Bauman	10/10	Gertrude "Onita" Glasco	10/29
Morton Stahlberg	9/11	Joseph Jay	10/10	Don Cole	10/30
Friday, September 11		Bernard "Barry" Shapiro	10/10	Cantor Pinchas Spiro	10/30
• •	0/40	Carol Van Glubt	10/11	Friday October 30	
Louise Greenberg	9/12	Julian W. Berenstain	10/13	Friday, October 30	
Ron Feiger	9/13	Jay Harvey	10/13	Judy Greenberg	10/31
Ted Zak	9/13	Patricia Jantzen	10/13	Annelise Guenter-Pedersen	10/31
Joseph Altose	9/14	Kurt Jerome Koplowitz	10/13	Elsie Gaudine	11/1
Blossom Becker	9/14	Johanna Vohl	10/15	Edith M. Lazarus	11/1
Blythe Cole Busch	9/15	Friday, October 16 and		Celia Loober	11/1
Catherine A. Hanley	9/15	Saturday, October 17		Bruce Phillips	11/2
Daniel Ramras	9/15	Joshua Louis Adelstein	10/17	Aaron Weiss	11/2
Rita J. Witte	9/15	Themeos Drossos	10/17	Warren Jay Kahn	11/3
Viola Faber	9/18			Max Mazonson	11/3
Helen Hildes	9/18	David Robinson, Jr. Maxwell Weiss	10/19 10/19	George Bernard Levine	11/4
Friday, September 18			10/19	Anna Mae Baker	11/6
Sarah Hecht	9/19	Shirley Adelstein Reuben Dechter	10/20		
Dale S. Hunter	9/19		10/20		
	-	Anthony Robert Flores	10/20		



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## In Memoriam

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

Our congregation offers heartfelt condolences to the following individuals and their families:

Geraldine Reitz on the loss of her mother, **Beatrice** (**Bea) Moss**, who passed away at home on July 2, 2020. She was 91 years old.

Meg Jacobson and Arundel Pritchett on the loss of their sister-in-law/aunt, **Dottie Leonard**, who passed away in Sedona, Arizona after a long illness.

#### THE SHUL SHOFAR

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## Gal Gadot, a Camel, and a Church: The Unique Diversity of Israel

Sunday, October 25 at 4:00 pm

A discussion with **Aviv Attia**, 2020/2021 StandWithUs Northwest Shaliach (Israel Educator).

Israeli society is much more diverse than meets the eye. This talk details the differences between four major groups of Israeli Jews - Ashkenazim, Mizrachim, Russians, and Ethiopians - as well as the main Israeli-Arab groups: Arabs, Druze and Bedouins. Aviv will also examine the efforts that Israel has made to improve civil rights for its minorities over the years. This event is free of charge. (Zoom link provided soon!) To learn more about StandWithUs Northwest, please view their website at: www.standwithus.com/Northwest.

