



Kol HaShalom

Iyar/Sivan/Tamuz 5766

May/June 2006

From the Rabbi *Circle of the Sacred Calendar*

It is hard to believe that we are half way through the Jewish year. Passover stands opposite the High Holidays on the circle of the sacred calendar, and thereby causes us to reflect on the commitments, promises and hopes we had as we stood together at Rosh HaShana and Yom Kippur.

You may recall that at that time, we said, "The creative power desired the universe into being and populated it with humans so we could delight in it. That is why, from G-d's perspective, we are here."

Our purpose in being in this life is to delight, to enjoy and to explore who we are, in goodness, in kindness and in well being. Those who delight in life can only help others to heal and never do harm. Those who enjoy true abundance are always the most generous.

These days between Passover and Shavuot (see page 4 for details on Shavuot) are all about going higher and higher, day by day, until we are awash in divine wisdom and love, like we are standing at Sinai completely open to receiving T'orah (the stream of orah/light).

Let me bless you for the incredible outpouring of love for my father and our family over the last few weeks. We are truly filled with gratitude and appreciation for the goodness you have shown us. May all the good you have done come back to you ten fold in every area of your life.

Remember who you were at Yom Kippur -- that fresh, newly minted soul of hope and promise, renewed and redeemed and reborn? This time of year is ideal for looking back and looking ahead: before we know it the cycle leading up to the high holidays will renew itself.

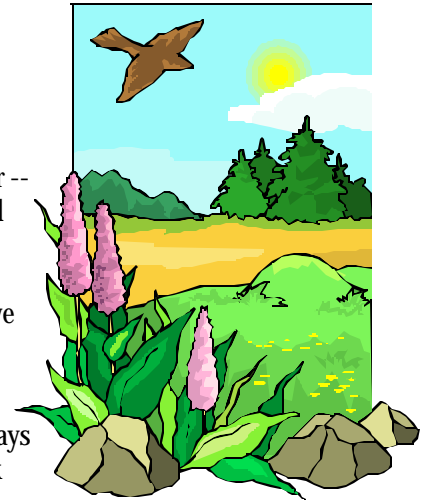
Take some time during these days leading up the Shavuot to think about who you thought you would be this year of 5766, and be that person!

You are love, light, goodness, joy, abundance and blessing. You are a spark of the divine in precious human form, here to learn, to delight and to heal. Remember your true nature. Think good thoughts and love each other in kindness.

May this Shavuot -- day of the revelation of the path of light -- be blessed and dear to you. Please know that the ever flowing stream of light and revelation are

always there for you to claim as your own. Step up, now, and claim it.

Rabbi Chava



"And the day came when the risk it took to remain tightly closed in a bud was more painful than the risk it took to bloom."

—Anais Nin

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May Board Meeting

Thursday, May 11
5:30 pm at the CAS office.

June Board Meeting

Thursday, June 8
5:30 pm at the CAS office.

All are welcome to attend.

Kol HaShalom

Editor-in-Chief
Rabbi Chava Bahle

Editor
Rose DuPont

Editor
Adam Lett

Design/Production
Sandy Swartz

*July/Aug newsletter
article deadline - June 9.
Send to Sandy Swartz
taylorspines@core.com*

Letter from the Treasurer

Spring brings much anticipation to those in Northern Michigan. The thought of putting away your winter clothes; blooming flowers and impatience for the summer lazy days around the corner.

For Congregation Ahavat Shalom, spring offers several opportunities to come together as a community... Passover Seder, Or Tzafon Retreat, Sunday School Waffle Breakfast and approaching B'nai Mitzvah. Spring also means that our summer hiatus is not far away, and there is a typical lull in CAS community activities.

My concern heading into this spring is that 2006 has not been our best start in fundraising and membership contributions. We did not get our usual year-end boom of cash flow. And if it were not for Marlene's honest letter to the Congregation, we would be in serious financial straits. The membership did step up after the letter, but year-to-date we have spent over \$2,200 more than we have brought in.

I am not ready to sound the alarms, but I do have four favors to ask you.

1. Can you please pay your membership dues as early in the year as possible and not wait until late in the year to fulfill your pledge?
2. Please consider stretching yourself by going beyond last year's contribution and your pledge that you made this year.
3. Get involved in one of our several FUNdraisers and FUNraisers that will be coming in the near future. If you have any ideas for a program, please let me know.

4. Finally, please invite anyone unaffiliated Jewish or interested family to one of upcoming events. Nothing sells CAS more than our CAS community when we come together.

Treasurers are typically very conservative people and sometimes can be the "party poopers," but I am very optimistic of the future of Congregation Ahavat Shalom.

—Curtis D. Kuttner
Treasurer



Administrator's Update

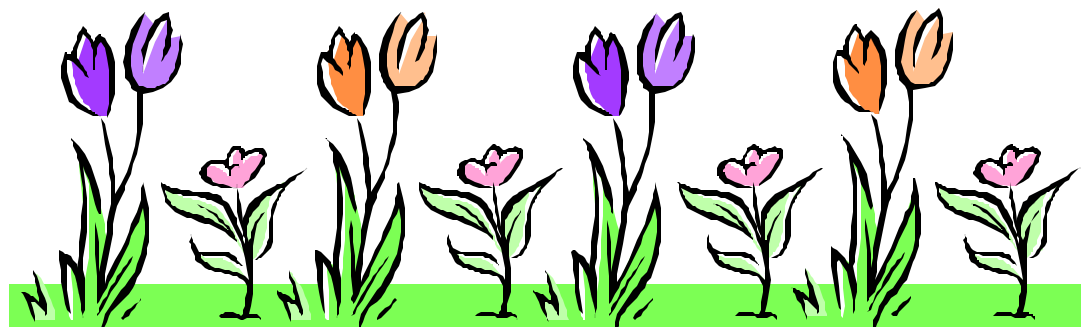
I would like to extend a heartfelt thank you to the membership. Your responsiveness to my seemingly endless requests has made the functions taking place in the office a much smoother process. This is in large part due to your efforts. Please know it is greatly appreciated.

We have already had requests for flower sale coupons but have plenty more available. At a time of the year when great gift ideas come in handy this is one which can provide a very nice, yet very easy option.

Our Meijer rewards have increased nicely (thank you, AGAIN) and we have also had several donations to the library which you are welcome to come in and check out.

Happy Spring to you all!

Rose



Calendar/May 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Yom HaZikaron	3 Yom HaAtzmaut	4 <i>Rose will be out of the office May 4-10. Volunteers welcome. Call Rose for more details.</i>	5 Shabbat Service UU 6:30 pm (see sidebar) 	6 Torah Portion Acharei-K'doshim Leviticus 16.1-20.27 ♠ Bob Fisher
7 Sunday School <i>Hebrew 9:30 am</i> Regular class 10:30-12:30 CAS office Golden BBQ <i>See pg 5 for details</i> ♠ Bill Hansen	8 Rabbi ON Week	9 ♠ Monica Dechow	10	11 Board Meeting CAS office 5:30 pm All are welcome to attend	12	13 ♠ Sean Miller Torah Portion Emor Leviticus 21.1-24.23 Rebbe's Tisch Rabbi Chava & Karl's home 10am, see pg 5
14 Mother's Day  ♠ Marsha Foresman	15	16 Lag B'Omer ♠ Paul Dechow ♠ Taylor Swartz	17	18	19 Documentary "The Friendship Village" Contact Emmy Lou Cholak 943-7999	20 Torah Portion Behar-B'chukotai Leviticus 25.1-27.34 ♠ Bob & Lolita Fisher
21 Sunday School <i>Hebrew 9:30 am</i> Regular class 10:30-12:30 CAS office	22 Rabbi ON Week	23	24	25 ♠ Gary Appel	26 Yom Yerushalayim	27 Torah Portion Bamidbar Numbers 1.1-4.20 ♠ Dan Miller
28 Rosh Hodesh	29 Memorial Day  ♠ Craig Swartz	30	31 All Jewish holidays begin at sundown the evening before			Birthdays & Anniversary Key: ♠ Birthday ♠ Anniversary

The Congregation Ahavat Shalom (CAS) office is located at 413 N. Division, Traverse City. It is just south of Grandview Parkway on the west side of Division Street.

The Unitarian Universalist Congregation (UU) is located at 6726 Center Road, Traverse City. It is on the peninsula, 2 miles north of Munson Avenue (Grandview Pkwy and Garfield) on the east side of Center Road.



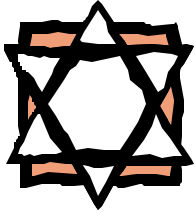
Shabbat May 5 Shalom/Salaam -- Peace Songs and Poetry of Jerusalem

Because this Shabbat falls near Yom HaAtzmaut, we will celebrate Israel's creative heritage through story, music and poetry. We all pray for peace for all peoples and for the peace of Jerusalem, so we will also include poetry and music from the many creative voices of different peoples who call Jerusalem home.



Next Rosh Hodesh is
July 25, hosted by
Dorothee Hansen.
Watch for details.

New newsletter item!
Each month we will be posting birthdays and anniversaries of those members who have given us the dates of their "special occasions." If you would like to be listed, please call Rose at the CAS office.



Weekly Torah Portions
Read for the week ending

May 6
Acharei-K'doshim
Leviticus 16.1-20.27

May 13
Emor
Leviticus 21.1-24.23

May 20
Behar-B'chukotai
Leviticus 25.1-27.34

May 27
Bamidbar
Numbers 1.1-4.20

June 3
Shavuot II
Deuteronomy 15.19-16.17
and Numbers 28.26-28.31

June 10
Naso
Numbers 4.21-7.89

June 17
B'ha'alotcha
Numbers 8.1-12.16

June 24
Sh'lach L'chah
Numbers 13.1-15.41









Shabbat June 2
Shavuot Celebration & Dinner

Celebrate the giving of the Torah like never before! Bring a dish to share for a milchig (dairy -- no meat products) potluck dinner with music for everyone, and then we will dance, stroll and roll our way to hearing the aseret hadibrot/ten utterances read! A fun, creative celebration for everyone!

According to Chabad, "When the Torah is read in the synagogue on Shavuot, G-d is actually giving the Torah anew."

Calendar/June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 	3
					Shabbat Service UU 6:30 pm (See sidebar)	Torah Portion <i>Shavuot II</i> Deuteronomy 15.19-16.17 and Numbers 28.26-28.31
		All Jewish holidays begin at sundown the evening before			Shavuot	Yizkor Shavuot
				† Sandi Kuttbauer		
4 	5	6	7	8	9	10
Waffle Brunch Karl & Rabbi Chava's 10:30 am RSVP CAS office (See article pg 5)	Rabbi ON Week			Board Meeting CAS office 5:30 pm All are welcome to attend		Torah portion <i>Naso</i> Numbers 4.21-7.89
	† Ellen Fivenson					
11	12	13	14	15	16	17
			Flag Day 			Torah portion <i>B'ha'alotcha</i> Numbers 8.1-12.16
† Fred Goldenberg		† David Kirby				
18	19	20	21	22	23	24 
Father's Day 	Rabbi ON Week		Happy Summer! 			Bat Mitzvah of Sarah Krohn See page 5 for details
	† Doug Ferguson & Kate Husband		† Gary and Mimi Appel			Torah portion <i>Sh'lach L'chah</i> Numbers 13.1-15.41
25	26	27	28	29	30	
	Rosh Hodesh					
						† Birthday & Anniversary Key: † Birthday ❖ Anniversary
† Aidan Ferguson						



Rebbe's Tisch

Shabbat Study at Rabbi

Chava's Home

Saturday, May 13, 10 am

"What is the Soul?"

After brief davenen', we will turn our focus to a short exploration of Jewish views of the soul: what is it? Does it survive death? Is there reincarnation? You will receive the great gift of learning Rabbi Isaac Luria's teaching about the nature and purpose of soul -- ooo lah lah! A short advance reading packet will be available from the CAS office, so RSVPing will ensure your soul's place in the world to come.

Fourth Annual Waffle Brunch Sunday School Fundraiser

Sunday, June 4, 10:30 am

at the Suttons Bay Waffle House of
Chef Karl ♦ 315 St. Marys Street
RSVP REQUIRED 929-4330

Come one, come all for Karl's fabulous waffles...and help support the CAS Sunday School! Can we break last year's record of cranking out 160 waffles?

What you can bring:

- ♦ Fun toys and games for the kids to enjoy. (If we run the hose on them again, please bring a beach towel!)
- ♦ Two friends who love to eat waffles and who would love to support CAS Kids!
- ♦ A donation of \$18 - 54 per household to CAS Sunday School



Bat Mitzvah of Sarah Krohn

Sarah Krohn, daughter of CAS members David and Cynthia Krohn, will become bat mitzvah on June 24 at 10 am at the Unity Church located at 3600 Five Mile Road. The service will be co-officiated by Rabbi Chava Bahle and Rabbi Al Lewis of Temple Beth El. The Krohn's would like to extend an invitation to the CAS community to a kiddish immediately following. RSVPs requested: 231-947-5034 or krohntc@charter.net.

Spectacular Purim Carnival

This year's Purim Carnival was - in a word - SPECTACULAR! I went to bed promptly at 8 pm with memories of "Yellow Submarine" carrying me off to sleep. It is clear: We know how to party!

The Magillah reading (Rabbi Chava, the Torah has never been so...ALIVE!)

The return of the Bagelman Sisters (we've met a third sister...are there any more yet to reveal themselves?)

The face painting (Melody, you have been hiding an AMAZING talent.)

The cake walk (Alex, you're SO SIGNED-UP for next year.)

The beautifully crafted crowns and gift bags (Dorothee and Penny, your smiles outshone those of our little ones!)

The set-up/clean-up crew (you guys rocked!)

And, to Lisa Robitshek and Sandi Kuttner for all that they did to make this THE MOST EXCELLENT Purim Carnival ever.

Thank you to everyone who participated. Experiencing an event like this reminds me of how very important you and your children are in my life.

PS...Miss Pami Whammy predicts that next year will be even better! Oyyy!

—Pami Sprague
Sunday School Coordinator

Birthday BBQ

In honor of their daughter Shayna's first birthday and as a token of their appreciation to CAS and its members, Richard and Renee Golden would like to extend an invitation to a BBQ to be held at their home on Sunday, May 7 at 11 am. (Sunday School attendees come when you can). In lieu of gifts the Golden's would ask that donations be made to the congregation. For additional information or to RSVP please contact Renee or Richard at 409-2235.



May all beings
be peaceful.
May all beings
be happy.
May all beings
be safe.
May all beings
awaken to the
light of their
true nature.
May all beings
be free.

—*Metta Prayer*



Creamed Broccoli &

Cauliflower Kugel

1 large head broccoli florets
1 med head cauliflower florets
3 T flour
3 T margarine
1 C non-dairy creamer
6 eggs
1 C mayonnaise
1/2 t salt
2 T onion soup mix
2/3 C corn flake crumbs
Soak florets in salted water
for 15 min. Drain and rinse.
Remove stems. Cook florets
for 15 min. in pot of water
until tender. Drain and mash.
In a 1 qt sauce pan combine
flour, margarine, non dairy
creamer and simmer until
thickened for about 5 min.
Allow to cool 5 min. Place
florets in food processor,
add all ingredients and mix.
Sprinkle 1/3 C corn flake
crumbs in bottom of greased
baking dish. Pour broccoli and
cauliflower mixture over
crumbs. Sprinkle remaining
1/3 crumbs over mixture.
Bake in preheated 350* oven.

—*submitted by Arnie Goodman*

Empty Bowls Event

On Sunday, April 23, at the Park Place dome in Traverse City, the Northern Michigan Potters and Sculptors Guild again sponsored the Empty Bowls Event. This event raises awareness of hunger and poverty in our region, while it raises funds for the Fresh Food Partnership that helps feed needy people. Local farmers work with the Fresh Food Partnership. Handmade bowls are donated by our areas finest artists, from children in art classes to the Guild members. The soup is made by our regions top restaurants and the bread is from many area bakeries. A variety of beverages are available, as well. Local musicians performed on stage for our pleasure and entertainment.

The Concannon family has been supporting the Empty Bowls Event and wants to encourage everyone to learn more about this worthwhile cause. We don't need to look too far to see hungry neighbors. This gathering brings together many of our friends who care so deeply about our community.

Each year Empty Bowls is in need of sponsorship for this event, so our Concannon Painting Company and Ahavat Shalom sponsored a table, as a gift from our family to Empty Bowls. Also needed each year are volunteers to help as soup servers, kitchen help, and soup transporters. If you would like information on how you can help in the future please call Laura Ottwell, at the Land Information Access Association, at 929-3696. Be encouraged that you can make a difference in the lives of our community in filling the empty bowls that await our generosity. Thank you, and we hope next year CAS can share once again in this wonderful event.

—*Penny Concannon and Family*
CAS Member

A sincere 'thank you' to the Concannon family for their generous purchase of the 'Congregation Ahavat Shalom' plaque which was displayed at the table they sponsored at the Empty Bowls event.

Tzeddakah Treat Bags

Thank you to everyone who participated in preparing Shalch Manot treat bags for Tzeddakah during our recent incredible Purim Celebration. I delivered the treat bags to both the Woman's Resource Center for use at the shelter, and the Goodwill Inn. Both groups were thrilled to receive them and very appreciative. The Woman's Resource Center used the treats in an Easter celebration for the children, and explained that holidays are often particularly painful for the women and children at the shelter. They try to brighten spirits at these times and our treat bags will help.

Some of the treat bags at the Goodwill in will be given to their Children's Coordinator to ensure any children at the shelter receive them. The staff also explained that an unexpected gift like ours is also very much enjoyed by the adults. If you have young children who participated in this mitzvah please share this note with them so they know about the follow-up to their mitzvah. Thank you,

—*Cynthia Krohn*
CAS Member

In Gratitude for Recent Contributions

Rabbi Discretionary Fund:

Bob and Lolita Fisher in honor of
Ira I. Fisher's (Bob's father) yartzeit

Newsletter:

Malcolm and Naomi Golden

In Honor of Sander Schiff:

Jeff Miles

Judy Levin

Fred and Debbie Goldenberg

Ellen Fivenson

Linda W. Grossman

Robert and Maria Johnson

Arnie and Shelly Goodman

Curtis and Sandi Kuttner

Carol Lempert

Gary and Mimi Appel

Miscellaneous:

Anonymous Tzedakah donor

Starr Family in appreciation for Rabbi

Chava and Roger Gerstle's participation in
their son Jonah's bris.

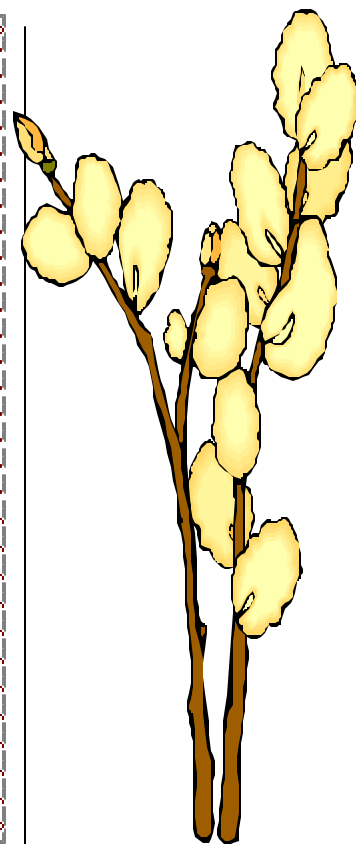
In Loving Memory

Rabbi Chava and Karl Bahle and
Harriet Schiff wish to express our deep
appreciation for the incredible care we
have received during the time of Sander
Schiff's dying, burial and memorial.

We especially wish to acknowledge those
who called Dad during his last weeks,
participated in the shiva, made donations
to the Sander Schiff Scholarship Fund of
the Or Tzafon Retreat Center, called and
sent cards, brought meals and made our
time so much easier.

We deeply bless especially those who
made the journey to metro Detroit to
assist in burying him. This is the greatest
and highest kindness. We bless you for
your generosity and goodness in the
fulfillment of this mitzvah. May the
memory of our loved one always be a
blessing. You have indeed blessed us.

—Harriet Schiff, Karl and Rabbi Chava Bahle



Special Thanks! *Rabbi Chava wishes to thank...*

Annie Treadwell for her donation of a
beautiful, antique n'tilat yadayim cup, the
special two-handed cup used for ritual and
washing. This hand-tooled copper cup is a
beautiful addition to CAS' ritual items!
Thank you for your thoughtfulness and
generosity!

Marsha Foresman for her creation of
music folders to future Ahavat Shalom
celebrations. Marsha will be teaching the
congregation a beautiful new klezmer style
Hinnei Mah Tov at the May Shabbat
service, and she created music folders
for all of us! Thank you Marsha for hiddur
l'mitzvah -- beautifying the mitzvah of
Shabbes for all of us!

Rachel Yudin and Ellen Fivenson for the
creation of our second Annual Shabbat
Across America evening! Nearly forty of us
gathered for a sumptuous dinner, singing
and storytelling. What a wonderful, warm
event you created. Thank you both!

Thanks too to Shelly and Arnie Goodman,
Fred Goldenberg, and Bill and Dorothee
Hansen who come early to help with set up!
Thanks to our friends from Temple Bnai
Israel -- the Shumways, the Willens and the
Paz' for co-creating a beautiful evening!

Jeff Miles for donating some very cool
Hebrew Alphabet kits.

And Dan Miller for donating the following
books: *A Promise to Remember* (Michael
Berenbaum), *26 Traditional Hebrew Melodies*
(Allan Small), *Keeping Passover* (Ira
Steingroot), *The Brothers Ashkenazi* (I. J.
Singer), *Holiday Tales* (Sholom Aleichem),
and a set of classic (1959) Hebrew Songsters
from Adas Shalom Synagogue in Detroit.

Thanks to all who made CAS' 9th Annual
Passover Seder a real celebration!

Shabbat Across
America Thank You
The members from
Temple B'nai Israel of
Petoskey want to thank
Rabbi Chava and Ahavat
Shalom for inviting us to
share in Shabbat Across
America with you. We
enjoyed the rabbi's stories
and songs, meeting new
friends and reconnecting
with old ones, and
feasting on everyone's
delicious pot luck
contributions. We would
love to have any of your
members join us for
Shabbat services held
with our student rabbi
Friday, May 5, and weekly
for the summer beginning
June 30.

Please call Hal or Gail
Willens at 231-347-8033
for further information.

—Hal Willens
Temple B'nai Israel

Congregation Ahavat Shalom
413 North Division
Traverse City, Michigan 49684

Phone: 231-929-4330
E-mail: rose@ahavatshalom.com

Look for us on
the web!
www.ahavatshalom.com

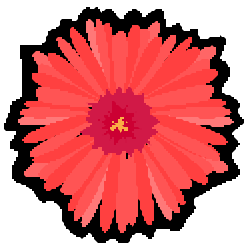
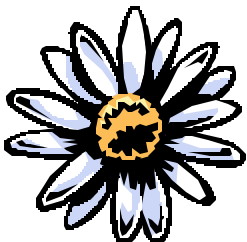
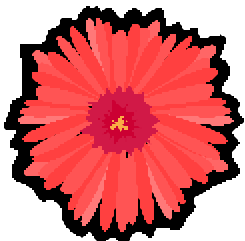
Address correction requested



Mission Statement

We are an independent Jewish congregation open to all people of any cultural origin. Our purpose is to meet celebrational, spiritual, education and philosophical needs through exploration together; and to interact with the larger community by actively sponsoring and supporting diversity and inclusivity with harmony and peace-based programs.

Announcing the 2006 CAS Flower Sale!



Spring is here; the sun is shining, and what better way to celebrate than with a glorious flowering basket? Throw in the added bonus of its benefit to the congregation and you have a wonderful opportunity which is the CAS Flower Sale.

We have available for purchase coupons which can be redeemed anytime in the month of May at Plant Masters. There will be thousands of flowering baskets to choose from. The flowers are all locally grown and are hearty Michigan plants. Whether for yourself, a birthday gift, or for Mother's Day. The options are endless and the benefits greatly appreciated.

The cost for each coupon is \$25. Proceeds benefit Congregation Ahavat Shalom. Call the office to order your coupons. An additional opportunity to offer your help is by spreading the news. A flyer is available for you to share with friends and family who may also want to help CAS, or just purchase a beautiful basket for themselves or loved ones. Happy flowery spring!

