



Kol HaShalom

Tamuz/Av/Elul 5766

July/August 2006

From the Rabbi *A holy prayer book to guide us*

By now, many of us have seen the film *What the BLEEP Do we Know?*. The film features the work of Dr. Masaru Emoto, who photographed frozen water crystals in their various formations after taping words with emotional content (“I love you”, “Thank you”, “You make me sick”) to the water container. The photographs revealed, according to Dr. Emoto, that water responds to emotional content of words by forming distinct crystal patterns. The patterns for emotionally supportive and kind sentiments – and classical music (wasn’t Karl pleased about that) – were beautiful, balanced crystals, like snow flakes. The patterns formed from unkind words – and heavy metal music (bummer for me) – were unappealing, grotesque blobs. We humans are 70% water.

I cannot speak to the science behind this experiment, but I really like the idea that words are powerful and have an impact on life around us. Who among us cannot speak to the wonderful feeling of receiving support, or the troubling feeling of hearing an unkind word? How much the more so of the inner monologue most of us live with day in and day out.

Judaism, and other world traditions, long ago intuited the power of words, and began saving and savoring words in our ancient story telling traditions, sacred texts and rabbinic teachings. From God’s creation through speech (“And God said...”) to Adam’s responsibility for naming creation to the power of holy vows (nedarim – as in “Kol Nidrei” [all vows] on Yom Kippur) to the mitzvah of shmirat lashon (guarding the

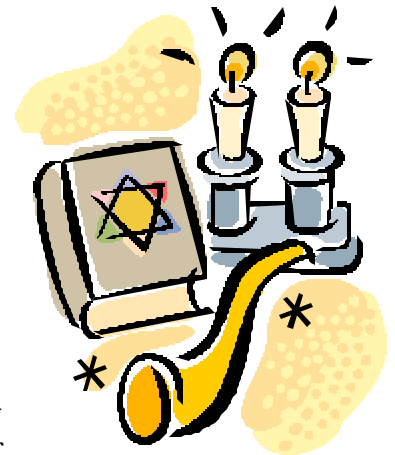
tongue from false or unkind speech), we are a people who place a great deal on the human capacity of speech.

The prayer book, or siddur, is a repository of wisdom and inspiration for how we might shape our words and thinking in holy ways. With every prayer service, we will our mouths and our hearts with meditations on peace, kindness, a future without war or waste, the deep value of gmilut hasadim (acts of loving kindness), forgiveness and blessing. Even more deeply, every Hebrew letter is a channel of creative consciousness, which, when spoken, sung, read or seen, opens possibilities on cosmic levels.

This is why having our own holy and whole siddur marks a life passage for this congregation. With the advent of the new Siddur Ahavat Shalom, we deepen our commitment to a life of holy letters, holy words, holy ideas and above all, holy actions. Just as when we don the tallis we make a commitment to a life of mitzvot, so when we purchase, open, study and davven from the new Siddur Ahavat Shalom we dedicate ourselves to living the ideals in its pages. Further, just as cherishing our tallis helps us deepen our holy consciousness, so cherishing – using and engaging – our new siddurim will help us strengthen our mastery of holy behavior.

The Siddur Ahavat Shalom, which is a customized version of the Pnai Or Siddur (“Faces of Light”) compiled by Rabbi Marcia Prager, will be available this Fall.

—continued on page 2



“A small body of determined spirits, fired by an unquenchable faith in their mission, can alter the course of history.”

— Mahatma Gandhi

Inside this Issue

Board News	2
Calendar	3-4
Retreat Center	5
Abundance Committee	6
Contributions	7
Raffle	back cover

CAS Rabbi
Rabbi Chava Bahle

CAS Administrator
Rose DuPont

Board of Directors

Fred Goldenberg
President

Marlene Bevan
*Vice President &
Abundance Committee
Chair*

Andy Robitshek
*Secretary & Membership
Committee Chair*

Curtis Kuttner
*Treasurer & Finance
Committee Chair*

Adam Lett
Immediate Past President

Ellen Fivenson
Program Committee Chair

Yale Hechtman

Rachel Yudin
Adult Ed Committee Chair

Lisa Robitshek
*(non board member)
Chesed Committee Chair*

No Board Meeting in July

August Board Meeting
Thursday, August 10
5:30 pm at the CAS office.
All are welcome to attend.

Kol HaShalom

Editor-in-Chief
Rabbi Chava Bahle

Editor
Rose DuPont

Design/Production
Sandy Swartz

*Sept/Oct newsletter
article deadline - Aug 11.
Send to Sandy Swartz
taylorspines@core.com*

Letter from the President

Last night Debbie and I took our brand new telescope and went up to the top of Schuss Mountain to do some star gazing. Since we are novices, it took us awhile to find the celestial body we were trying to locate. Even getting the Moon in our sites proved difficult. There it was – big, bright and right in front of us – yet it took several frustrating attempts before we were able to peer into the lens and see the Moon in all its glory. We then turned our attention to the planet Jupiter. We zeroed in and, with the lessons learned from finding the Moon, were able to locate Jupiter fairly quickly. Even though it was much further away and far smaller, we found it, and were rewarded with a spectacular view of the planet and three of its moons. It was awe inspiring and left us desiring to see more.

What does this have to do with CAS? On Friday, June 2, approximately 30 of us came together at the UU to celebrate Shabbat and the holiday of Shavuot – the day we received the Commandments at Mt. Sinai. Notice I said the Commandments, not the 10 Commandments. That's because God imparted to Moses the whole Torah and all 613 Commandments on that day. Since that time we Jews have been struggling with our ability or inability to follow 10 Commandments let alone 613!

Each of us must choose the spiritual path we wish to follow. Maybe reading the Shabbat prayer service fulfills your needs or maybe you desire to find a deeper spiritual meaning in your life. Making a commitment to attend monthly services might be your finding the Moon in your spiritual view finder. Attending the Rabbi's Tisch (Torah study) might be finding Jupiter – a little more difficult but incredibly rewarding.

Ahavat Shalom, through the guidance of our most holy Rabbi, can and does provide each and every one of us with the opportunity to explore and experience spirituality at a level where we start out finding the brightest object in the sky and gives us permission to stop there if we wish. Or, we can search for those far and distant spiritual planets and stars and peer through our own telescope taking in their beauty for ourselves. No matter what journey you are on, CAS makes it that much more accessible and attainable.

Have a wonderful summer and please join us on August 4 at Boughey Park when we resume services.

—Fred L. Goldenberg
President

From the Rabbi

Continued from page 1
Please save the evening of Saturday, October 14 (Simchat Torah) for our celebration, blessing and welcoming of this new holy tool into our lives – with cake. I encourage each family to consider owning one copy for home, and purchasing additional copies for the schul, so that we, our guests and visitors can davven together from its pages.

Thanks to this year's CAS Board for taking this powerful and positive step into the future and committing the resources from the M. Glenn Grossman Prayer Book Fund

for this holy use. Thanks to the ad hoc prayer book roll out committee – Alex Cullen, Martha Topol, Gary Appel, Anne Howson, Judy Levin and anonymous – for their input on the roll out plan. Thanks to Linda Grossman for her ongoing support of this project. Thanks too to Rose, and Mary Jo Zazueta of To The Point Solutions for her careful, thoughtful work on layout and design.

Watch your mail for more news...IT IS COMING SOON!

Rabbi Chava

Calendar/July 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Birthdays & Anniversaries Key: ♪ Birthday ❖ Anniversary</p> <p>All Jewish holidays begin at sundown the evening before</p>		<p>Rabbi Chava will be on Sabbatical for the month of July. Rose will be in the office and can contact Rabbi Chava should an emergency arise.</p>		No Shabbat Service in July	<p>1 Torah Portion Korach Numbers 16.1-18.32</p>
2 ❖ Dechow/Blum	3	4 Independence Day (US) 	5	6 	7	8 Torah Portion Chukat-Balak Numbers 19.1-22.1, 22.2-25.9
9	10 ♪ Martha Topol	11	12 ♪ Michael Hansen	13 Fast of Tamuz (Please see sidebar for more information)	14	15 Torah Portion Pinchas Numbers 25.10-30.1
16	17	18	19	20	21	22 Torah Portion Mattot-Masei Numbers 30.2-32.42
<p>Happy Special Occasion to You! 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.</p>						
23 ♪ Lena Gerstle	24	25 Rosh Hodesh Dinner and Kayaking! at Dorothee Hansen's (Please see sidebar for details)	26	27	28	29 Torah Portion D'varim Shabbat Chazon Deuteronomy 1.1-3.22
30	31					

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.

Rosh Hodesh Dinner and Kayaking! July 25

Dorothee Hansen's
 9185 Skegemog Point Rd
 Williamsburg
 267-9809
 Watch your email for more details.

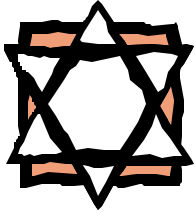
No Rosh Hodesh Gathering in August

September 2nd Day Rosh HaShana is being planned, write or call with any ideas about what you would like to see happen that day.
stingrhea1155@sbcglobal.net
 995-0881
 ~Melody



July 13-Fast of 17 Tamuz

(3 weeks begins): The 21 day period between the 17th of Tamuz and the 9th of Av is referred to as *bein ha-metzarim* - "within the straits," based on the verse (Eichah 1:3) which states: All of her pursuers overtook her within the straits. The Sages (Eichah Rabbah 1) explained that "within the straits" refers to the days of affliction which occurred in the period between the 17th of Tamuz and the 9th of Av. In this period, many calamities befell the Jewish people throughout the generations. It was during this period of within the straits that both the first and second Temples were destroyed. This period was therefore established as a time of mourning for the destruction of the Sanctuaries. (from chabad.org)



Weekly Torah Portions
Read for the week ending

July 1*Korach*

Numbers 16.1-18.32

July 8*Chukat-Balak*

Numbers 19.1-22.1, 22.2-25.9

July 15*Pinchas*

Numbers 25.10-30.1

July 22*Mattot-Masei*

Numbers 30.2-32.42

July 29*D'varim Shabbat Chazon*

Deuteronomy 1.1-3.22

August 5*V'etchanan Shabbat**Nachamu*

Deuteronomy 3.23-7.11

August 12*Ekev*

Deuteronomy 7.12-11.25

August 19*Re'eh*

Deuteronomy 11.26-16.17

August 26*Shoftim Shabbat Slichot*

Deuteronomy 16.18-21.9

Beach Shabbat

Friday, August 4, 6:30 pm
Boughey Park

This Shabbat is known as Shabbat Nachamu, the Sabbath of Consolation following Tisha B'av. Let's celebrate and enjoy Summer with a picnic dinner (bring your own), music and bonfire! If rainy or cold, please call Rabbi Chava's cell 357-7152 for alternate location.

Directions: Take M-22 north. Turn right at Bingham Road.

Calendar/August 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 All Jewish holidays begin at sundown the evening before	2 	3 Tisha B'Av	4 Beach Shabbat Service Boughey Park 6:30 pm (See side bar for more info)	5 Torah Portion <i>V'etchanan</i> Shabbat Nachamu Deuteronomy 3.23-7.11
6	7 Rabbi ON Week	8	9 Tu B'Av	10 Board Meeting CAS office 5:30 pm All are welcome to attend	11	12 Torah Portion <i>Ekev</i> Deuteronomy 7.12-11.25 ⚭ Marjie Rich ⚭ Zack Fivenson
13 	14	15	16 ⚭ Martin Hansen	17	18	19  Bat Mitzvah of Talia Gerstle Torah Portion <i>Re'eh</i> Deuteronomy 11.26-16.17 ⚭ Talia Gerstle
20	21 Rabbi ON Week	22	23	24 Rosh Hodesh (no gathering)	25	26 Torah Portion <i>Shoftim Shabbat Slichot</i> Deuteronomy 16.18-21.9
27	28	29	30 	31		Birthday & Anniversary Key: ⚭ Birthday ❖ Anniversary

Cool Summer Reads

See yourself, lounging on the beach, enjoying a good read along with your iced tea and a siesta! Think about some of these terrific books, from Reb Yitzhak Buxbaum, our scheduled Fall Or Tzafon retreat presenter, and Reb Marcia Prager, compiler of the Pnai Or Siddur, upon which our Siddur Ahavat Shalom is based, to lift your Summer into holiness:

Jewish Tales of Mystic Joy by Yitzhak Buxbaum
The stories in this sweet book are about pious rabbis and humble tailors, about dancing, singing, laughing, and crying, but their common denominator is always joyous ecstasy. Drawing us into a world of devotion, the tales allow us to taste the bliss that comes from a life lived from the very center of one's self.

"Yitzhak Buxbaum's *Jewish Tales of Mystic Joy* clearly shows that faith brings joy. His book is filled with Hasidic stories that inspire one to appreciate all that is good in one's life and that guide one on an ascent in the path to joy."

— Joseph Telushkin, author, *Jewish Literacy* and *The Book of Jewish Values*

The Light and Fire of the Baal Shem Tov by Yitzhak Buxbaum

This is a life, in stories, of Rabbi Israel Baal Shem Tov (1700-1760), the founder of Hasidism. The Baal Shem Tov, or the Besht, as he is commonly called, led a revival in Judaism that put love and joy at

the center of religious life and championed the piety of the common folk against the rabbinic establishment. He has been recognized as one of the greatest teachers in Jewish history, and much of what is alive and vibrant in Judaism today, in all denominations, derives from his inspiration.

The Path of Blessing: Experiencing the Energy and Abundance of the Divine by Marcia Prager

A simple Hebrew blessing is a powerful thing – a short, deeply meditative exercise exploring the nature of God and the dynamic relationship between God, human consciousness, and the unfolding universe. Written in clear, illuminating prose, this book will guide you through the opening words of a Hebrew blessing – six words which embody the depth of Jewish spirituality – revealing how the letters and words combine to promote joy and appreciation, wonder and thankfulness.

"Rabbi Marcia Prager brings profound meaning and vitality to the Jewish mindfulness practice of offering blessings throughout the day. This gem of a book is essential for anyone interested in spiritual Judaism."

—Rabbi David Cooper
author of *God Is a Verb*



Bat Mitzvah of Talia Gerstle

Please join us on Saturday, August 19 at 10 am at the Unitarian Universalist Congregation for the bat mitzvah of Talia Gerstle, daughter of Roger Gerstle and Marjie Rich. Contact Roger or Marjie at 922-9107 for information or to RSVP.

Or Tzafon News

Or Tzafon Fall Retreat: October 27-29

Save the date for Or Tzafon's Fall Retreat, at our new home in Arcadia, the Inn at Watervale!

We are currently finalizing details – but the big news that our scheduled presenter is Reb Yitzhak Buxbaum, author of 9 amazing, inspiring works on Judaism, Jewish story telling, prayer and practice, and also holy teacher of Rabbi Chava! It is a great honor to welcome him to the Midwest. He is one of Rabbi Chava's

inspirations and chief coach in story telling and living a life of kedusha. Reb Yitzhak will inspire and delight you. You will leave his presence in a state of bliss and joy, a full heart, an engaged mind. Visit www.jewishspirit.com. Details will be on the way soon! We are also pleased to announce that this retreat will feature a new, tiered pricing structure that will allow for a greater range of participation at our lovely, lake side resort.



“Don’t be afraid to take a big step if one is indicated. You can’t cross a chasm in two small jumps.”

—David L. George



Meijer Community Rewards – Spread the Word!

For those already participating in the Meijer Reward program you know how very easy it is to earn money for CAS by using your Meijer Rewards card. As of May 1, 2006 we have already earned nearly \$300 through this program, an amount well ahead of last year. For that we thank you!

Many of us have friends or family members who shop at Meijer’s who do not have an affiliation with a participating organization. Regardless of where they live they can sign up under CAS’s organization code and CAS can benefit from their purchases.

Signing up is simple. Call (800) 962-7011 or visit the website at:

www.Meijer.com/rewards/. Our code is **474758**. Spread the word!!

Abundance Committee News!

I want to thank you for your kindness and support of the budget process by responding as requested with dues pledges for CAS. At this time we have heard from over 66% of the membership. We are following up with those who have not yet responded to determine what we can do to obtain the pledge information that is so vital to planning a reasonable and sound budget. This is a tremendous improvement over last year’s pledge process. We had less than 40% of dues pledges at this time last year. Because of the great uncertainty, it was impossible to set our budget and to spend your dollars wisely. The dollars pledged toward dues would seem to be on track with the budgeted dues amount of \$36,000. Although dues pledged are not dues collected, it seems reasonable at this time that we can meet that goal. As we reach the half way point of 2006 we will be following up with pledge reminder calls. This will allow for a pledge “update” and a reminder for those yet to complete their 2006 commitment.

We have also budgeted a fund raising goal of \$7,500. I would like to share with you the results of the abundance committee meeting held May 12. Curtis Kuttner and Bill Hansen attended. We decided on a strategy to hold several exciting fund raiser events to meet our goal. The Abundance Committee decided that each event must generate a minimum of \$500. Each fund raiser event has some “fun-raising” capacity and/or some aspect of service to our membership. At the time of this report we have finished our first event, a spring flower sale for a net of \$507.

Upcoming FUNdraising events: The **Annual Raffle** kicked off on June 1. In response to your feedback, we are offering a CASH prize of \$500. Tickets are \$20 each. Top ticket seller wins dinner at Rabbi Chava’s home and gift certificates for two to the Bay Theater.

A **Summer Sail on Grand Traverse Bay** with story-telling and music by our own Rabbi Chava is scheduled for August 31. Tickets will be priced at \$40 each and

include a picnic dinner. Only sixty tickets are available for this event.

We hope to offer **Hanukkah Wrapping Paper and Gifts** through the religious school this fall.

We are in the process of exploring the sale of **CAS Mugs**. We have obtained the rights to a “Mitzvah Man” character and hope to sell the mugs for \$15 each or 2 for \$20.

Finally, our grand finale FUNdraiser is a **Concert with Jeff Haas and Rabbi Chava**. We have scheduled an informal evening of Jewish music and story telling for December 2. Tickets will be \$20 each and we hope to fill the UU to capacity.

These events, with your help, will meet, or perhaps exceed, the budgeted goal of \$7,500. But to be successful, we need your participation in as many events as you can support. We can also use help with the organization of each. If you would like to work on a particular event, please call the office and Rose will let you know what we need.

In addition, we will also celebrate another watershed moment in the history of our congregation – just in time for the beginning of our **tenth year** of operation. After three years of hard work, Rabbi Chava and the prayer book committee are pleased to inform us that the new *Siddur Ahavat Shalom – The Ahavat Shalom Prayer Book for Shabbat* – will go on sale in August. Every prayer book purchased for just \$36 will directly benefit CAS programs and services.

Finally, I want to thank you again for your willingness to support and to give us the feedback needed to assure that the CAS family has the ability to fund our programs, meet the needs of our membership and assure the presence of a vibrant and active Jewish community in Northern Michigan.

Please contact me if you have suggestions regarding our fundraising events at bevan@audicare.com.

—Marlene Bevan
Chairperson, Abundance Committee



Administrator's Update

First, an update from the office: the response to requests for input, fundraising support, RSVP's and such has been greatly appreciated. Your replies to my seemingly endless requests have helped to provide for a smooth running operation. Kudos!

There is much planning taking place around the upcoming fun-draising, introduction of the long awaited prayer book and ongoing improvements to the daily functions of the office. I hope you feel all the good of this work as it is nice to be a part of so much that is so positive.

Next, a most important item: my feeble attempt at expressing the gratitude that my family and I feel for the outpouring of kindness following the loss of my brother, Jimmy. As difficult as it is to describe the void which we are left with, it is equally hard to let people know how their words and actions carry us through this difficult time.

On behalf of us all, blessings upon you for the gift that you have been to us.

Rose

Would you like to advertise in our newsletter?

With a donation of \$144 your ad will appear in 6 issues (1 year). If interested please call Rose at the CAS office.

Senior Benefit Solutions, LLC

surrounding seniors with safety and security

Fred L. Goldenberg
Certified Senior Advisor (CSA)

P.O. Box 535
Bellaire, MI 49615
srbenefitsolutions@charter.net

(O) 231-533-9484
(TF) 877-277-8158
(F) 231-533-6073

In Gratitude for Recent Contributions

Passover: Greg Stone

Prayer Book Fund: Gary Appel

Prayer Book Cart: Judy Levin (*in memory of Annette and Morey Kutzen & Shirley and Sam Levin*)

Rabbi's Sustaining Fund: Judy Levin (*in celebration of Jerry and Lisa Jewel's new home*)

Newsletter: Cindy Shapiro

In Honor of Marlene Bevan:
Jay and Babette Robitshek

In Honor of Sarah Krohn's Bat Mitzvah:
Bill and Anne Howson

In Memory of Sander Schiff:
Bob and Lolita Fisher
Bill and Dorothee Hansen
Martha Topol
Elise Weisbach



Election Information
This fall at our elections Nov 7, there will be several things on our ballots that restrict the rights of minorities, such as women. If you are interested in learning more about these issues and working on a team to bring Forums and other educational information to the general public, please contact me. It is important, particularly as Jews, that we help protect the rights of all. I look forward to hearing from you and working with you. Thanks!- Emmy Lou Cholak 943-7999, sjtc@charter.net

KUDOS to CAS Members

Judy and Shel Levin are proud grandparents of Aaron Schwartz, who has been accepted to Cranbrook School for his entire high school education. His father Dr. Stephen Schwartz is a graduate of Cranbrook.

Judy Levin was just awarded the President's Circle Elite Award from Coldwell Banker National. This prestigious award is given to only 1% of the 105,000 Coldwell Banker associates. Coldwell Banker Schmidt is one of the top 15 offices in the country. I am truly grateful to all of my wonderful clients and customers for the trust they have in me.

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 new and improved *Annual Congregation Ahavat Shalom Raffle!*

Cash Prize of \$500!

Tickets are \$20 each. Only 150 will be sold, so get yours early!

Tickets are available through the CAS office at 231-929-4330 or
by emailing rose@congregationahavatshalom.com

Master Card & Visa accepted

Drawing to be held August 10

Need not be present to win

*Thank you for your
continued support!*

