

Celebrating a Birthday or Anniversary?

Why not celebrate in Shul, honour your relatives & friends & sponsor the leaflet & Kiddush?
Please contact the Shul Office to arrange booking.

Barmitzvah Haftorah - If you would like to do your Haftorah, please contact the Wardens.

Seudah Shilishis - If you wish to sponsor a Seudah, please contact
Geoffrey.pepper@hotmail.co.uk

Dirshu Bahalacha-Halacha Shiur with Rabbi Bar

Join in with our lively & interactive Shiur on Sunday, Monday & Thursday *before* the evening service.

We wish the following members "Long Life" for their Yahrzeits commencing on the evening before:

Shabbat – 5 Apr/5 Nisan: Mr Geoffrey Woolf, Mrs Zena Keizer, Mr Colin Samuel

Sunday – 6 Apr/6 Nisan: Mrs Mozelle Simmons, Mr Cyril Black, Mr Sydney Isaacs,
Mr Geoffrey Woolf

Monday – 7 Apr/7 Nisan: Mrs Betty Young, Mrs Janette Jacques, Mr Ben Jay, Mrs Anita Salomon,
Mrs Bernice Abrahams

Tuesday – 8 Apr/8 Nisan: Mrs Rita Raye, Mr Terry Dowell, Mrs Sheila Waterman

Wednesday – 9 Apr/9 Nisan: Mr John Barnett, Mrs Norma Foreman, Mr Ronald Shinegold,
Mr Melvyn Speck

Thursday – 10 Apr/10 Nisan: Mrs Norma Peters, Mr David Ramet, Mrs Valerie Kutner,
Mr Stewart Somers, Mrs Mavis Marco, Mrs Linda Sanders

Friday – 11 Apr/11 Nisan: Mr Lawrence Millstone

Gentlemen are requested to please bring help to assist with the Shul minyan.

<u>To announce your event on the Shul Website</u> www.swhc.org.uk please email stan.stanrob@gmail.com	<u>Monday Club-Talmud Torah</u> For more info, call Maurice Symons 01702 351845.	<u>Buzz@SJYC</u> - Email: sjyc.thebuzz@gmail.com Mondays Age 7 – 10 from 5pm - 7pm, Age 11+ from 7pm to 9pm.
<u>J.A.C.S.- Every Wed</u> Call Allan Goldstein 01268 771978 for more info.	<u>connect@southend-Thurs Talmud Torah</u> Call Chris Sternshine 334655 or csternshine@jcare.org	<u>Raymond House</u> <u>Shabbat 5th Apr 9.30am</u> Call Derek Silverstone 01702 616153
<u>Cheder & Toddler Group</u> <u>Every Sunday</u> Email Cheder.SWHC@hotmail.co.uk Toddler Group, call Karen 07887 847059.	<u>POP IN - Tues 29th Apr</u> <u>2.00pm - 4.00pm</u> <u>swhcgm@btconnect.com</u> Call Janice for further details 0775 2874065	<u>VISITING THE SICK in Hospital or at Home</u> Call Shul office or email swhcmanager@hotmail.co.uk or leonardshulton@live.com

The Shop

For Pesach Opening Times, please see flyer in Shul Foyer

Usual opening hours:- Mondays 12noon to 3pm Cash Purchases Only

Thursdays 10.00am – 4.30pm: Fridays 9.00am – 12.30pm : Sundays 10.00am – 1.00pm

Phone 01702 430307 (only during opening hours)

For orders please email: alanmarkovitch@hotmail.com or leave a message on 07956 597271

All frozen chicken, beef & lamb will be available at a discount of 20% (excluding pies, burgers, sausage rolls etc). And beef mince at a discount of 10%.



5 Nisan 5774 - 5th Apr 2014 ב"ה

Email: swhc@hotmail.co.uk Tel: 01702 344900

Rabbi: Rabbi Binyamin Bar

Wardens: Geoffrey Pepper & Stanley Robinson

Shabbat Metzora Services

Shabbat begins Friday night 7.16pm

Mincha followed by Kabbalat Shabbat 7.15pm

Shacharit 9.15am

Followed by Kiddush upstairs

Mincha followed by Seudah Shilishis 7.10pm

Ma'ariv when Shabbat ends 8.30pm

Service Times Weekdays

Sunday

Shacharit 8.30am

Mincha, Ma'ariv 6.30pm

Monday to Thursday

Shacharit 8.00am

Ma'ariv 8.00pm

Next Friday – 11th Apr

Shacharit 8.00am

Shabbat begins 7.28pm

Service 7.30pm

This week's leaflet is kindly sponsored by Sandra & Geoffrey Caplan in celebration of their granddaughter, Ellie Chernick's, Batmitzvah taking place in London.

Mazeltov to them and to parents Sharon & David Chernick.



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Birkat Ha-ilanot – The once a year blessing on fruit trees

Rosh Chodesh Nissan (this year on 1st April) officially ushers in the Spring season when we may recite Birkat Ha-ilanot, the blessing upon seeing fruit trees in bloom. This special blessing is recited only once a year. In it, we praise G-d's ongoing renewal of Creation. The blessing is as follows:

"Baruch Ata Ado-nai, E-loheinu, Melech Ha'olam, shelo hisar b'olamo davar, uvara bo briyot tovot v'ilanot tovim, lehanot bahem b'nai adam."

"Blessed are You, Hashem, our G-d, King of the Universe, for nothing is lacking in His universe and He created in it good creations and good trees for the pleasure of mankind."

It is desirable to seek the opportunity to recite Birkat Ha-ilanot as soon as possible in the month of Nissan. It is said upon one's seeing a tree in bloom. The growth of leaves alone is not sufficient, there must be flowers or buds. If one forgot or neglected to recite the blessing, they may recite it only until the time that the fruit of the tree has grown. In Australia and other countries of the southern hemisphere, where the trees blossom around the month of Tishrei (September), the blessing can be said at that time.

Ideally, Birkat Ha-ilanot should be made outside of the city limits, and on at least two trees, and the more the better (as in an orchard). However, if there is only one tree, the blessing can still be said. According to some, these trees should ideally be of at least two different species. However, the blessing should not be said on trees that are cross grafted from two species. Also, it is desirable that it be recited with a minyan of 10 males if possible, so that it can be followed by Kaddish. One is permitted to say this blessing even on Shabbat and Yom Tov.

According to Kabbala, this blessing has special significance. When Jews make this blessing they are able to redeem souls who have been reincarnated in the vegetation realm, making it possible for them to continue or complete their soul rectification. It should therefore, be said with intense concentration.

In addition, it is desirable to follow the blessing with a donation of 3 coins to tzedakah (charity), corresponding to the three soul levels of nefesh-ruach-neshama. Also, the Ben Ish Hai recommends giving 4 coins for the elevation of the soul of one's departed parents, based on the four letters of the G-d's Name.

"See [said Isaac of Jacob], the fragrance of my son is like the fragrance of a field that G-d has blessed." (Gen. 27:27) It is interpreted that this verse applies to anyone who recites Birkat Ha-ilanot with the proper intention.

Shabbat Shalom!

Rabbi Bar

Pesach Cleaning

Whilst clearing out your cupboards for Pesach, if you have any unwanted tins or dried food, kindly bring them in to the Shul office for distribution to HARP (Southend Homeless).

We wish a hearty Mazeltov to:

Sara & Michael Vandermolen and Sylvia Vandermolen on the engagement of their son, & grandson, Sebastian, to Brooke Calvert, daughter of Beverly & Howard Calvert.
Rev Gary & Mrs Gillian Newman on the engagement of their son, Meir, to Estie Gurwicz.

What's On This Shabbat – 5th Apr

Children's Service with Avi & Mendy – 10.45am

Looking forward to seeing all the Children in Shul

Roy Barnes` Teenage Open Forum – 11.00am

For further details please contact Roy on:07850 377730 or email: 26@laraineandroy.com.

Stone Setting – Sun 6th Apr – Stock Road

2.45pm Lynda Garston

AID Society Bridge – Sun 6th Apr – 7.30pm – Thorpe Bay Bridge Club

Please contact Geoff Cohen on 339601 or Jan Linden on 343289

SEED – Mon 7th Apr – 8.30pm in the Beth Hamedrash

Rabbi's Davening Coaching continues Mon 7th Apr 8.15pm – next date to be advised

Please contact the Rabbi or the Wardens or just turn up on the evening at his home!

Bereavement Group with Alan Gershlick & Janice Steel – Mon 7th Apr – 8.00pm

24 Westleigh Ave, home of Lewis. For more info call Janice on 07752874065.

AJR – Shul Hall – 11.00am – Tues 8th Apr

Entrance donation £1.50. All are welcome. Call Esther Rinkoff 0208 385 3070 for more info.

Pre Pesach Learning Programme – Thurs 10th Apr

8:15–9:00pm @ The Shul. Free of charge. Everyone welcome.

Week 1 – **How to clean for Pesach without spring cleaning.**

Week 2 – **Brush up your leadership Seder skills.**

Communal Seder – Mon 14th Apr – Synagogue Hall

Led by Rabbi Bar. Service 7.30pm, Seder 8.30pm Ticket deadline – Monday 7th April.
£20 adults, £10 children (under 13) including 3 course meal, wine fruit & chocolates

Pesach Party – Tues 22nd Apr – 7.45pm – Home of Rabbi Bar

As has been the tradition over the past few years in our community, there will be a special Seudah celebration to mark the conclusion of the festival of Pesach. This will take place on the 8th day after Mincha. Everyone is warmly invited and encouraged to attend.

Holocaust – Yom Hashoah Memorial Day – Sun 27th Apr – 7.00pm

Mincha/Ma'ariv service followed by Memorial Candles lit in memory of those Six Million Jews who perished. Guest Speaker. Donation £5.00. Proceeds to AJR.

Yom Hazikaron Service/Yom Ha'atzmaut Celebrations-Tues 6th May-7.00pm

Yom Hazikaron service in the Shul followed by Yom Ha'atzmaut Celebrations in the Shul Hall.
Donation £5.00. Proceeds to Israeli War Disabled.

AGM – Sun 11th May – Shul Hall

All are invited to attend the AGM at 9.15am.

WIZO Back Stage Tour of the Theatre Royal, Drury Lane – Tues 22nd Jul

Contact Adrienne on 333004 to book your place as numbers need to be finalised.