

**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](mailto:geoffrey.pepper@hotmail.co.uk)

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

**Shabbat – 23 Aug/27 Av:** Mrs Karen Hyams, Mrs Loretta De Haan, Mr Lawrence Collins,  
Mrs Yvonne Dias

**Sunday – 24 Aug/28 Av:** Mr Richard Bennett, Mr Ivan Kanutin

**Monday – 25 Aug/29 Av:** Mr Cyril Rosenberg, Mr Gordon Rosenberg, Mr David Sanders,  
Mr Jeffrey Simmons

**Tuesday – 26 Aug/30 Av:** Mr Tony Dix, Mr Andrew Levene, Mr Alan Markovitch, Mr Alan Shalet,  
Mr Neil Shestopal

**Wednesday – 27 Aug/1 Ellul:** Mrs Wendy Vandecar, Mr Harry Brown, Mrs Pamela Freedman,  
Mr Anthony Rubin, Mr Mark Rubin

**Thursday – 28 Aug/2 Ellul:** Mrs Doreen Reindorp

**Friday – 29 Aug/3 Ellul:** Mrs Olga Chinn, Mrs Norma Peters

**Saying Kaddish in Shul?**

Please ensure you bring at least **Two relatives or friends** to help with the Minyan.

<b><u>Monday Club-Talmud Torah</u></b> For more info, call Maurice Symons 01702 351845.	<b><u>SEED - Mon 1<sup>st</sup> Sept</u></b> 8.45pm in Beth Hamedrash	<b><u>J.A.C.S.- Every Wed</u></b> Call Allan Goldstein 01268 771978 for more info.
<b><u>Dirshu Shiur Laws of Shabbat with Rabbi Bar</u></b> Monday & Thursday night 30 mins before evening service. Men & women welcome.	<b><u>Rabbis Thursday 'Surgery'</u></b> <b><u>1.00pm - 4.00pm</u></b> In the Rabbi's Office	<b><u>Raymond House Shabbat</u></b> <b><u>6<sup>th</sup> Sept - 10.15am</u></b> Call Derek Silverstone 01702 616153
<b><u>SJYC</u></b> <a href="mailto:sjycbuzz@hotmail.com">sjycbuzz@hotmail.com</a> Contact Debbie Linden 07912 259784 5-11yrs Thurs 4.30pm-6.30pm	<b><u>POP IN - Tues 9<sup>th</sup> Sept</u></b> <b><u>2.00pm - 4.00pm</u></b> <a href="mailto:swhcgm@btconnect.com">swhcgm@btconnect.com</a> Call Janice for further details 0775 2874065	<b><u>To announce your event on the Shul website</u></b> email <a href="mailto:stan.stanrob@gmail.com">stan.stanrob@gmail.com</a>
<b><u>connect@southend-Thurs Talmud Torah</u></b> Call Chris Sternshine 334655 or <a href="mailto:csternshine@jcare.org">csternshine@jcare.org</a>	<b><u>Toddler Group</u></b> <b><u>Tues 16<sup>th</sup> Sept</u></b> Call Karen Jacobs 07887 847059	<b><u>Bereavement Support Group</u></b> <b><u>Mon 1<sup>st</sup> Sept - 8.00pm</u></b> 48 Hampton Gardens Call Janice 07752 874065
<b><u>AID Society Bridge</u></b> <b><u>Sun 7<sup>th</sup> Sept - 7.30pm</u></b> <b><u>Thorpe Bay Bridge Club</u></b> Call Geoff Cohen on 339601 or Jan Linden on 343289	<b><u>VISITING THE SICK</u></b> email <a href="mailto:swhcgm@btconnect.com">swhcgm@btconnect.com</a> or <a href="mailto:leonardshulton@live.com">leonardshulton@live.com</a> or call Janice 07752874065 or Shul Office 01702 344900	<b><u>Cheder begins</u></b> <b><u>Tues 16<sup>th</sup> Sept</u></b> 4.30pm to 6.15pm Email <a href="mailto:Cheder.SWHC@hotmail.co.uk">Cheder.SWHC@hotmail.co.uk</a>

**The Shop**

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

Thursdays 10.00am – 4.30pm: Fridays 9.00am – 12.30pm : Sundays 9.15am – 12.15pm

Phone 01702 430307 (only during opening hours)

For orders please email: [alanmarkovitch@hotmail.com](mailto:alanmarkovitch@hotmail.com) or leave a message on 07956 597271



27 Av 5774 - 23<sup>rd</sup> Aug 2014 ב"מ ד'

Email: [swhc@hotmail.co.uk](mailto:swhc@hotmail.co.uk) Tel: 01702 344900

Website: [www.swhc.org.uk](http://www.swhc.org.uk)

Rabbi: **Rabbi Binyamin Bar**

Wardens: **Geoffrey Pepper & Stanley Robinson**

**Shabbat Re'eh Services**

Shabbat begins Friday night	7.46pm
Mincha followed by Kabbalat Shabbat	7.30pm
Shacharit	9.15am
Followed by Kiddush	
Rabbi's Talmud Class	7.00pm
Mincha followed by Seudah Shilishis	7.40pm
Ma'ariv when Shabbat ends	8.59pm

**Service Times Weekdays**

**Sunday**

Shacharit	8.30am
Mincha, Ma'ariv at the Synagogue	7.00pm
Ma'ariv only at Shiva House, 76 Dungannon Chase, Thorpe Bay SS1 3NJ	8.30pm

**Monday (Bank Holiday)**

Shacharit	8.30am
Mincha/Ma'ariv at the Synagogue	7.00pm
Ma'ariv only at Shiva House, 76 Dungannon Chase, Thorpe Bay SS1 3NJ	8.30pm

**Tuesday & Wednesday (Rosh Chodesh 2 days), Thursday**

Shacharit	8.00am
Mincha/Ma'ariv	7.30pm

**Next Friday – 29 Aug**

Shacharit	8.00am
Service	7.20pm
Shabbat begins	7.31pm

This week's leaflet is sponsored anonymously.



Torah Reading	Rabbi Bar	Page 1055
Haftarah	Dr Arnold Azulay	Page 1076
Blessing the New Month	Ellul	Page 424
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## Questions and Answer on Shabbat VI

### **What do I prepare for a Shabbat meal?**

We are commanded to “delight” on the Shabbat. This obligates us to have pleasure on Shabbat by partaking of appetizing foods and drinks. The average person takes pleasure in eating meat more than other foods, and enjoys wine more than other beverages—thus it is customary to eat fish, meat and drink wine on Shabbat. One should eat at least two ounces of bread (Challah) during each Shabbat meal.

However, Jewish Law states that if one is pained by eating fish, one need not eat fish. It therefore follows that if one enjoys dairy or “Parve” food and that food can be made in a more special way than one is accustomed to eat during the week, it would be permitted. It must be noted, however, that Judaism is reliant on tradition. Bubbe can tell you all about that... There is something to be said for maintaining the format of the traditional Shabbat meal—fish, soup, meat, Cholent, kugel, etc.

### **Why do we sing Eishet Chayil on Friday night?**

After the Shalom Aleichem, it is customary to recite the Aishet Chayil, a twenty-two verse poem written by King Solomon, praising the wise, G-d-fearing woman. According to the Midrash, this ode was originally composed by our Patriarch Abraham, written as a eulogy when his wife Sarah passed away. At the conclusion of the week, it is incumbent upon a man to take a moment to reflect and be thankful for all his wife has done throughout the past week. According to the mystical teachings, this poem is also a reference to the “Shabbat Queen,” the spiritual soul-mate of the Jewish nation.

### **What is the meaning for blessing children on Friday night?**

On Shabbat, every Jew is endowed with a “neshamah yetairah”, an extra dimension of holiness which descends upon every Jewish soul. It is appropriate to utilize these extra soul-powers for positive things, such as blessing other people. In many communities it is customary for parents to bless their children before the Friday night meal. The parent places both hands atop the child’s head and says:

*“The Lord spoke to Moses saying: Speak to Aaron and his sons, saying: This is how you shall bless the children of Israel, saying to them: “May the Lord bless you and watch over you. May the Lord cause His countenance to shine to you and favor you. May the Lord raise His countenance toward you and grant you peace”.*

[For a son:] *May G-d make you like Ephraim and Menasheh.* [For a daughter:] *May G-d make you like Sarah, Rebecca, Rachel, and Leah.*

Shabbat Shalom,  
Rabbi Binyamin Bar

### **Office Closure**

The Shul Office will be closed on Sunday 24<sup>th</sup> August and Monday 25<sup>th</sup> August for the Bank Holiday and will re-open on Tuesday 26<sup>th</sup> August at 9.00am.

### **The Shop**

The Shop will be closed on Sunday 24<sup>th</sup> August and Monday 25<sup>th</sup> August for the Bank Holiday.

### **We wish a hearty Mazeltov to:**

Evelyn & Michael Assenheim on the occasion of their Sapphire (45<sup>th</sup>) Wedding Anniversary.  
Benjamin Lee on the occasion of his 80<sup>th</sup> Birthday.

### **We offer our heartfelt condolences to:**

Hilary Lee and Malcolm Green on the loss of their father, Joseph Green

### **GPS Navigation through the Shabbat morning Service - Thurs 28<sup>th</sup> Aug**

Come and learn to find your way through the Shabbat Service in Shul, at whatever time you arrive in Shul. 8:30pm at the Rabbi’s House,  
43 Finchley Road in Westcliff. Contact 01702 393535.

### **Stone Setting - Sun 31<sup>st</sup> Aug - Stock Road**

3.00pm David Halpern

### **Cheder Children Registration - Mon 1<sup>st</sup> Sept**

Please come and register your children on 1<sup>st</sup> September 2014 between 7-30pm and 8-30pm where you will be able to meet our new team of teachers who will be happy to discuss with you their exciting plans for the coming curricular year.

### **Southend Bikeathon - Sun 7<sup>th</sup> Sept**

Richard Bennett will be cycling to raise money for Leukaemia & Lymphoma Research.  
If you wish to donate kindly visit [www.justgiving.com/TheKingRichard76](http://www.justgiving.com/TheKingRichard76).

### **Launch of Brand New JLS (Jewish Learning Southend) Cultural Centre**

#### **Monday 15<sup>th</sup> Sept - Shul Hall**

The evening will begin at 7.00pm with a light supper. This will be followed by a choice of 3 sessions – Health is Wealth, Mendelssohn’s Music, Jews at the outbreak of WW1 – and finishing with a main speaker. Limited spaces - only £10 per person.  
Contact the Shul office to book your place no later than 8<sup>th</sup> September.

### **Silent Commentary Fashion Show - Wed 17<sup>th</sup> Sept**

Proceeds to Day Centre & Havens Hospice, Call Occasions Boutique for tickets 01702 473115

### **Roy Barnes` Teenage Open Forum - 11.00am - 20<sup>th</sup> Sept**

For further details please contact Roy on:07850 377730 or email: [26@laraineandroy.com](mailto:26@laraineandroy.com)

### **“Choices” - Jewish Women’s Circle, Southend & Westcliff**

#### **with Rebbetzin Sufirin - Tues 30<sup>th</sup> Sept**

At the home of Lisa Berg. Please call the Shul Office if you would like to attend.

### **ShabbatUK - 24th/25th Oct - Where will you be?**

Shabbat UK is a ground breaking initiative inviting people to experience the magic of an entire Shabbat in the traditional way. We will be hosting a 3 course Friday night dinner, a Shabbat lunch and Seudah Shilishis with more details to follow. See flyer being circulated. Watch [https://www.youtube.com/watch?v=L3v3e-1nJpU&feature=youtube\\_gdata\\_player](https://www.youtube.com/watch?v=L3v3e-1nJpU&feature=youtube_gdata_player)