

**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 on the evening before:**

**Shabbat – 2 Aug/6 Av:** Mrs Estella Brone, Mrs Betty Nathan, Mr Neville Peters, Mr Leslie Royston, Mrs Lila Jacobs, Mrs Brianna Welch, Mrs Georgina Baum

**Sunday – 3 Aug/7 Av:** No Yahrzeits

**Monday – 4 Aug/8 Av:** Mr Stephen Barnett, Mrs Edna Roseman

**Tuesday – 5 Aug/9 Av:** Mrs Helen Gordon, Mrs Jackie Kalms, Mr Zvi Klemer, Mr Howard Levy, Mr Geoff Newman, Mr Basil Plaskow, Mr Sam Rakusen, Mr Stanley Robinson

**Wednesday – 6 Aug/10 Av:** Mrs Myra Wolfe, Mrs Yvette Oakes, Mrs Betty Steel, Mr Garry Steel

**Thursday – 7 Aug/11 Av:** Mrs Andrea Robinson, Mr Stuart Fisher

**Friday – 8 Aug/12 Av:** Mrs Alayne Marx, Mrs Rochelle Samuel, Mr Michael Lee, Mr Derek Lee, Mrs Beverley Miller, Mr Rodney Stone

**Saying Kaddish in Shul?**

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

<b>Monday Club-Talmud Torah</b> For more info, call Maurice Symons 01702 351845.	<b>SEED - Mon 1<sup>st</sup> Sept</b> 8.45pm in Beth Hamedrash	<b>J.A.C.S. - Every Wed</b> Call Allan Goldstein 01268 771978 for more info.
<b>Dirshu Shiur Laws of Shabbat with Rabbi Bar</b> Sunday & Monday night 30 mins before evening service. Men & women welcome.	<b>Insight in this weeks' Parasha with Rabbi Bar</b> Thursday night following the evening service Men & women welcome	<b>Raymond House Shabbat</b> <b>2<sup>nd</sup> Aug - 10.15am</b> Call Derek Silverstone 01702 616153
<b>SJYC</b> <a href="mailto:sjycbuzz@hotmail.com">sjycbuzz@hotmail.com</a> Contact Debbie Linden 07912 259784 5-11yrs Thurs 4.30pm-6.30pm	<b>POP IN - Tues 19 Aug</b> <b>June 2.00pm - 4.00pm</b> <a href="mailto:swhcgm@btconnect.com">swhcgm@btconnect.com</a> Call Janice for further details 0775 2874065	<b>VISITING THE SICK</b> Please 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>connect@southend-Thurs Talmud Torah</b> Call Chris Sternshine 334655 or <a href="mailto:csternshine@jcare.org">csternshine@jcare.org</a>	<b>Toddler Group-Closed til Sept</b> Call Karen Jacobs 07887 847059 For Start Date	<b>Bereavement Support Group</b> <b>Mon 1 Sept - 8.00pm</b> 48 Hampton Gardens Call Janice 07752 874065
<b>Rabbis Thursday 'Surgery'</b> <b>1.00pm - 4.00pm</b> In the Rabbi's Office	<b>To announce your event on the Shul website</b> email <a href="mailto:stan.stanrob@gmail.com">stan.stanrob@gmail.com</a>	<b>Cheder Closed for Summer</b> Email Cheder.SWHC@hotmail.co.uk

**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



6 Av 5774 - 2<sup>nd</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 Chazon/Devarim Services**

Shabbat begins Friday night	8.00pm
Mincha followed by Kabbalat Shabbat	7.30pm
Shacharit	9.15am
Followed by Kiddush	
Rabbi's Talmud Class	7.45pm
Mincha followed by Seudah Shilishis	8.25pm
Ma'ariv when Shabbat ends	9.47pm

**Service Times Weekdays**

**Sunday**

Shacharit	8.30am
Mincha, Ma'ariv	7.00pm

**Monday**

Shacharit	8.00am
Mincha/Ma'ariv (Fast of Av begins)	8.30pm

**Tuesday (Fast of Av) – see inside for times of services**

**Wednesday - Thursday**

Shacharit	8.00am
Mincha/Ma'ariv	8.00pm

**Next Friday – 8 Aug**

Shacharit	8.00am
Shabbat begins	8.00pm
Service	7.30pm

This week's leaflet is kindly sponsored by Angela & Sammy Cohen in celebration of Sammy's 75<sup>th</sup> Birthday. Mazeltov!



Torah Reading  
Haftorah  
Anim Zemirot

Rabbi Bar  
Rabbi Bar

Page 989  
Page 1004  
Page 458

## Questions and Answer on Shabbat III

**Question:** Why does Shabbat start at night and not in the morning?

**Answer:** When Hashem created the universe, He created time and space simultaneously. The clock started ticking at 0:00 at the precise moment space came into being. Twenty-four hours later, Day One was complete. "It was evening and it was morning, one day." That first 24-hour day began with night and ended with day, and it has been that way ever since. Later, on Day Four, Hashem assigned the sun and the moon to mark day and night. G-d setup the solar system the way it is today, however, the Jewish day begins with night, because that is how time began.

According to mystical teachings, G-d's choice to start the calendar date with night teaches us a very cogent lesson. Life starts with darkness. Only through struggling with darkness can one reach the light. This is true on a personal as well as a global level.

**Question:** Can I ride my bike on Shabbat?

**Answer:** Jewish law prohibits riding a bicycle on Shabbat and there are a number of reasons for this: 1. One may be tempted to repair the bike's chain. 2. To prevent the chance of going outside of the permitted boundaries of Shabbat "techum Shabbat" a distance further than permitted on Shabbat. 3. Uvdin dchol' - that this activity is generally more appropriate for weekday than Shabbat. 4. There is a problem carrying or transporting items outdoors on Shabbat, even if riding or pushing that item. 4. As a result of the above reasons, the bike becomes muktzeh and cannot be moved around on Shabbat. However, a small child may be permitted to ride a tricycle which has no chain, but only indoors or within a proper 'Eruv'.

**Question:** Where does it say in the Torah that one may not ride a car?

**Answer:** In Exodus "You shall not kindle fire in any of your dwelling places on the Shabbat day". Cars use combustion engines. Combustion, according to the Oxford dictionary, is: "The process of burning something".

For 6 days Hashem created the world, He channeled His energy outward to the world. Then on the Seventh day He rested, He turned the energy inward. Shabbat is a time to make a U-turn! to turn inward, to discover ourselves and to discover Hashem. Driving, texting, calling, emailing, these are all forms of reaching outward, and on Shabbat we turn inward, and discover our essence.

Shabbat Shalom  
Rabbi Binyamin Bar

## We wish a hearty Mazeltov to:

Gina & Gavin Dias on the occasion of their Coral (35<sup>th</sup>) Wedding Anniversary

**AID Society Bridge - Sun 3<sup>rd</sup> Aug - 7.30pm - Thorpe Bay Bridge Club**

Future date: Sun 7<sup>th</sup> Sept. Please contact Geoff Cohen on 339601 or Jan Linden on 343289

### **Tues 5<sup>th</sup> Aug - Tisha B'Av - Fast of Av**

Fast of Av begins Monday 4<sup>th</sup> August 8.41pm

Mincha followed by Ma'ariv & Eicha 8.30pm

Tuesday Morning Service 8.30am followed by explanatory service

**PLEASE NOTE: THE SHUL OFFICE WILL BE CLOSED AND WILL OPEN AT 1.15PM.**

Film (to be advised) 6.00pm Mincha/Ma'ariv 8.00pm Fast Ends 9.41pm

### **Next Shabbat - 9<sup>th</sup> Aug**

Next week's Kiddush will be kindly sponsored by Jennifer & Geoffrey Pepper to celebrate the baby naming of Geoffrey's granddaughter.

**3 Course Shabbat Lunch - Shul Hall - 30<sup>th</sup> Aug - ~~POSTPONED~~**

### **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.

### **Midnight Selichot Service - Motzaei Shabbat 20<sup>th</sup> Sept**

Led by Chief Rabbi Mirvis with the Shabbaton Choir at the Western Marble Arch Synagogue. Names have to be submitted by mid August & seats will be reserved. In order to book a coach, we need to know approximately how many people wish to attend this. Once the coach has been booked, a NON-RETURNABLE deposit will be required to guarantee your place. Those interested should give their name & contact number to the Shul office by mid August.

### **Shabbat UK - 24th//25th October - 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 on 24th & 25th October. We will be hosting a 3 course Friday night dinner, a Shabbat lunch and Seudah Shelishis with more details to follow. The Chief Rabbi is calling on Jews across the UK regardless of their level of religious observance, to celebrate a Shabbat unlike any other. This is an incredible opportunity to join with fellow Jews around the world to experience life, for just one day, disconnected from the daily grind & engage with Shabbat. 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)

### **Disposal of Old Prayer Books**

If anyone wishes to dispose of old prayer books, please do NOT bring them in to the Shul Office but call to make an appointment to drop them off at Stock Road Cemetery. Many thanks.