

**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 – 9 Aug/13 Av:** Mrs Nicki Collins  
**Sunday – 10 Aug/14 Av:** Mr Lewis Herlitz  
**Monday – 11 Aug/15 Av:** Mrs Janette Jacques, Mrs Joan Bryer, Mrs Hazel Hodis, Mrs Jackie Kalms, Mrs Norma Anderson, Mrs Geraldine Symons  
**Tuesday – 12 Aug/16 Av:** Mrs Benita Speck, Mr Allen Goldenberg, Mrs Rita Samuel, Mr Stephen Redstone  
**Wednesday – 13 Aug/17 Av:** Mrs Jeanette Cohen, Mrs Gillian Azulay, Mrs Susan Rakusen, Mr Michael Lane  
**Thursday – 14 Aug/18 Av:** Mrs Evelyn Elman, Mrs Irene Burns, Mr Stuart Jacobs, Mrs Judith O'brart, Mrs Sandra Winston  
**Friday – 15 Aug/19 Av:** Mrs Annette Samuels, Mrs Loretta De Haan, Mrs Clare Linden, Mr John Klein, Mr Jeffrey Klein, Mrs Phyllis Abrahams, Mrs Marie Rothman

**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>Insight in this weeks' Parasha with Rabbi Bar</u></b> Thursday night following the evening service Men & women welcome	<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 19 Aug</u></b> <b><u>2.00pm - 4.00pm</u></b> <a href="mailto:swhcgmbtconnect.com">swhcgmbtconnect.com</a> Call Janice for further details 0775 2874065	<b><u>VISITING THE SICK</u></b> Please email <a href="mailto:swhcgmbtconnect.com">swhcgmbtconnect.com</a> or <a href="mailto:leonardshulton@live.com">leonardshulton@live.com</a> or call Janice 07752874065 or Shul Office 01702 344900
<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-Closed til Sept</u></b> Call Karen Jacobs 07887 847059 For Start Date	<b><u>Bereavement Support Group</u></b> <b><u>Mon 1 Sept - 8.00pm</u></b> 48 Hampton Gardens Call Janice 07752 874065
<b><u>Rabbis Thursday 'Surgery'</u></b> <b><u>1.00pm - 4.00pm</u></b> In the Rabbi's Office	<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>Cheder Closed for Summer</u></b> Email <a href="mailto:Cheder.SWHC@hotmail.co.uk">Cheder.SWHC@hotmail.co.uk</a>



**13 Av 5774 - 9<sup>th</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 Va'etchanan Services**

Shabbat begins Friday night	8.00pm
Mincha followed by Kabbalat Shabbat	7.30pm
Shacharit	9.15am
Followed by Kiddush	
Rabbi's Talmud Class	7.30pm
Mincha followed by Seudah Shilishis	8.10pm
Ma'ariv when Shabbat ends	9.32pm

**Service Times Weekdays**

<b><u>Sunday</u></b>	
Shacharit	8.30am
Mincha, Ma'ariv	7.00pm
<b><u>Monday - Thursday</u></b>	
Shacharit	8.00am
Mincha/Ma'ariv	8.00pm
<b><u>Next Friday – 15 Aug</u></b>	
Shacharit	8.00am
Shabbat begins	8.00pm
Service	7.30pm

This week's leaflet is kindly sponsored by Jennifer & Geoffrey Pepper to celebrate the baby naming of Geoffrey's granddaughter. Mazeltov!



## Questions and Answer on Shabbat IV

### **Why is Shabbat candle lighting a woman's Mitzvah?**

Both man and woman are obliged to fulfil Hashem's Mitzvot. The man is obligated to perform all 613 commandments. The woman, on the other hand, is excused from the performance of a few positive mitzvahs which are restricted to specific time periods.

However, there are three Mitzvot which are the specific prerogative of the Jewish woman. The first hebrew letters of these three mitzvahs form the word *HaCHayN* (grace) or *CHaNaH* (Jewish woman's name).

1. *Challah* - separation of the dough being prepared for bread baking. A small portion of the dough is not kneaded into the loaf, but is put aside, a blessing is recited and the dough is later burned.
2. *Niddah* - laws relating to Family Purity
3. *Hadlakat Nerot* - lighting the Shabbos and Holiday candles.

The Mitzvah of Shabbat candles applies to men and women equally and if there isn't a woman in the house, then the obligation to light the candles falls on the man. However, the rabbis instituted that if there is a woman in the house, she should be the one who fulfils the obligation for the entire household because:

- a. In the home of the first Jewish couple, Abraham and Sarah, it was Sarah who lit the Shabbat candles.
- b. Generally speaking it is the presence and contribution of a woman that transforms a house into a home; it is therefore her privilege to transform it into a Jewish home - filling it with the light of Judaism through the lighting of Shabbat candles.

### **What do I do if I forgot to light the Shabbat candles?**

If one forgot to light the Shabbat candles before Shabbat, one should not light them on Shabbat. Although Shabbat candles are a Mitzvah, they do not override the severe prohibition of lighting a fire on Shabbat.

Jewish tradition requires one who forgot to light candles, to light an additional candle every week for all forthcoming Shabbat candle lightings. If a woman is poor and cannot afford to add a candle each week, she may light a taller or a thicker candle instead. However, if a candle lighting was missed through no fault of her own, she is exempt from this requirement.

The purpose of this custom is to remind people to be more scrupulous in the lighting of Shabbat candles. By adding another candle, the significance and value attached to the Shabbat candles will be remembered and will never be forgotten again.

Shabbat Shalom,  
Rabbi Binyamin Bar

**We wish a hearty Mazeltov to:**  
Arnold Baum on the occasion of his 80<sup>th</sup> Birthday.

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

The Kiddush this week is kindly sponsored by Jennifer & Geoffrey Pepper to celebrate the baby naming of Geoffrey's granddaughter.

### **AID Society Bridge - Sun 7<sup>th</sup> Sept - 7.30pm - Thorpe Bay Bridge Club**

Please contact Geoff Cohen on 339601 or Jan Linden on 343289

### **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 Shilishis 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. 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)

### **Entitlement to Aliyos (call-ups) in Shul**

Time honoured custom has established that certain occasions entitle one to an Aliyah. The Halachic sources are well-documented. A list of these entitlements, in descending order of importance, can be found in the back of the complete Artscroll Siddur.

### **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