

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 – 22 Feb/22 Adar-1: Mr Brian Levene

Sunday – 23 Feb/23 Adar-1: Mrs Elaine Leigh, Mrs Norma Foreman, Mr Alf Stuart

Monday – 24 Feb/24 Adar-1: Mrs Maxine Son

Tuesday – 25 Feb/25 Adar-1: Mr Ray Turner, Mrs Jill Collins, Mrs Hazel Harris

Wednesday – 26 Feb/26 Adar-1: Mr Stephen Barnett, Mrs Lilian Montsash, Mr Michael Yaffe

Thursday – 27 Feb/27 Adar-1: Mr Stephen Burstin, Mr Jeffrey Green, Mrs Suzanne Rosehill,
Mrs Angela Petrelis, Ms Marion Morris, Mr Ray Turner

Friday – 28 Feb/28 Adar-1: Mrs Gina Dias, Mrs Rita Ereira, Mrs Julie Baum, Mrs Miriam Litman,
Mr Gyula Vari

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

<p><u>To announce your event on the Shul Website</u> www.swhc.org.uk please email stan.stanrob@gmail.com</p>	<p><u>Monday Club-Talmud Torah</u> For more info, call Maurice Symons 01702 351845.</p>	<p><u>Buzz@SJYC</u> - Email: sjyc.thebuzz@gmail.com Mondays Age 7 – 10 from 5pm - 7pm, Age 11+ from 7pm to 9pm.</p>
<p><u>J.A.C.S. - Every Wed</u> Call Allan Goldstein 01268 771978 for more info.</p>	<p><u>connect@southend-Thurs Talmud Torah</u>-Call Chris Sternshine 334655 or csternshine@jcare.org</p>	<p><u>Raymond House - Shabbat</u> <u>1st Mar - 9.30am</u> Call Derek Silverstone 01702 616153</p>
<p><u>Cheder & Toddler Group</u> <u>Closed for half term</u> Email Cheder.SWHC@hotmail.co.uk Toddler Group, call Karen 07887 847059.</p>	<p><u>POP IN - Tues 18th Mar</u> <u>2.00pm - 4.00pm</u> <u>swhcgm@btconnect.com</u> Call Janice for further details 0775 2874065</p>	<p><u>VISITING THE SICK in Hospital or at Home</u> Call Shul office or email swhcmanager@hotmail.co.uk or leonardshulton@live.com</p>

The Shop

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%.



22 Adar-1 5774 - 22nd Feb 2014 כ"ב אדר

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

Minister: **Rabbi Bar**

Wardens: **Geoffrey Pepper & Stanley Robinson**

Shabbat Vayakhel

Shabbat begins 5.04pm

Mincha and Kabbalat Shabbat 5.05pm

Shacharit 9.15am

Followed by Kiddush in the Shul Hall

Mincha 4.50pm

Followed by Seudah Shilishis which is kindly sponsored by Andrea & Stanley Robinson

in celebration of their 45th Wedding Anniversary.

Ma'ariv when Shabbat ends 6.17pm

Service Times Weekdays

Sunday

Shacharit 8.30am

Ma'ariv 7.00pm

Monday to Friday

Shacharit 8.00am

Ma'ariv 8.00pm

Next Friday

Shabbat begins 5.17pm

Service 5.15pm

This week's leaflet is kindly sponsored by Andrea and Stanley Robinson in celebration of their Sapphire Wedding Anniversary. Mazeltov!



Torah Reading
Haftarah

Rabbi Bar
Stanley Robinson

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The Peace of Shabbat

"You shall not kindle fire in any of your dwellings on the Shabbat day" (Exodus 35:3)

Question: Why out of the 39 forbidden activities on Shabbat, this prohibition (of not lighting a fire) is singled out in this week's Parasha?

Answer: Shabbat is a time when we enjoy peace and tranquillity. It starts on Friday night with the Shabbat candles. The candles bring light and family harmony to the home. The candles also cast a soft, warm and festive glow on the Shabbat meal, fostering the Shabbat atmosphere.

Jewish mysticism explains that the various components of the candle: the oil or wax that fuels the flame, the wick that channels the oil and "grounds" the flame, parallel the various components of the human being: our body and our soul with their complex, often paradoxical strivings. The candle and its flame offer us a vision of a harmonious joining of opposites to produce light and to illuminate our surroundings.

But peace can be disturbed by heated arguments which are similar to fire. When people are busy they do not have as much time to argue and fight. Because Shabbat is a day of rest, the Torah reminds us: "you shall not kindle fire", the fire of dispute on the Shabbat day. Let's keep ourselves busy with Davening, Torah study, enjoying a wonderful Shabbat meal with our family and friends and avoid idleness (*Shnei Luchot Haberit*).

It is interesting to note that the last letters of the words לא תבערו אש בכל מושבותיכם - *You shall not kindle fire in any of your dwellings* – spell the word שלום – Shalom – peace. This hints that, especially on Shabbat, we should make every effort to keep peace and harmony (*Bet Yaakov*).

Shabbat Shalom!
Rabbi Binyamin Bar

We wish a hearty Mazeltov to:

Janette & Maurice Jacques on the Barmitzvah of their grandson, Alfie.
Linda & Ian Burns on the birth of a grandson

We offer our sincerely condolences to: The family of the late Cyril Citron

AID Soc Quiz Night - Sun 23rd Feb - Contact Rochelle O'Brart 01702 719297

SEED - Mon 24th Feb - 8.30pm in the Beth Hamedrash

Rabbi's Davening Coaching continues Mon 24th Feb 8.15pm & Fortnightly Thereafter

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

Next Shabbat 1st Mar - Children's Service in the Boardroom

We welcome back Avi & Mendy for an exciting and fun filled Children's service.

Shabbat 1st Mar - Roy Barnes` Riveting Teenage Shabbat Get Together

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

JAMI together with SWHC Ladies' Guild - Big Band Sound - Sun 2nd Mar

Contact Neville Peters 01702 525278

Jewish Genealogical Society - Sun 2nd Mar - Balmoral Community Centre

2.30pm To 5.00pm. Contact Anne Marcus for more info avoceta@hotmail.com

Bereavement Group with Alan Gershlick & Janice Steel - Mon 3rd Mar - 8.00pm

20 Madeira Ave, home of Janice. For more info call Janice on 07752874065.

AID Society Bridge - Sun 9th Mar - 7.30pm - Thorpe Bay Bridge Club

Please contact Geoff Cohen on 339601 or Jan Linden on 343289. Future date: 6th Apr.

AJR - Shul Hall - 11.00am - Tues 11th Mar

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

WESTCLIFF WIZO - Tues 11th Mar - Treasures of the V&A

Contact Adrienne 333004 (admiralsmoss@fsmail.net) for information and booking.

Purim Celebrations after Shabbat - 15th Mar - 7.30pm

Hear the Reading of the Megillah with all the accompanying atmosphere of the occasion. Everyone welcome. Fancy Dress Costume Competition. Lots of food including Hamentaschen

Purim - Sun 16th Mar

Shacharit 8.15am followed by the reading of the Megillah.

More celebrations later in the day – see below

SWHC Functions Committee - Pizmon A Cappella Singers - Sun 16th Mar

For the first time ever, celebrate Purim Day with a Salt Beef Supper followed by an evening of entertainment – £15.00. Tickets from Shul Office.

Film Club - Mon 31st Mar - 8.00pm

'Fill the Void' – £5.00 to include refreshments. Call the Shul Office for tickets.

The Jewish Legacy - Queen's Theatre Hornchurch - Wed 25th Jun - 7.30pm

One night only!! Tickets £22 each. All seats must be paid for by Mon 4th Mar. Please give your name to the Shul Office if you would like to attend or email van38@blueyonder.co.uk.