

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

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

Shabbat – 19 July/21 Tammuz: Mrs Tina Jacobs, Mrs Annette Samuels
Sunday – 20 July/22 Tammuz: Mrs Gloria Goldring
Monday – 21 July/23 Tammuz: Mrs Gina Dias, Mrs Sheila Leigh, Mrs Hazel Harris
Tuesday – 22 July/24 Tammuz: Mr Ian De Haan, Dr John Frank, Mrs Jackie Neidus, Mrs Helen Koppel, Mrs Mirella Walters, Miss Rosalind Rakusin
Wednesday – 23 July/25 Tammuz: Mr Alan Cohen, Mrs Pamela Collin, Dr Geoffrey Fearnley, Mrs Barbara Fearnley, Mr Simon Joseph
Thursday – 24 July/26 Tammuz: Mr Ralph Ruvin, Mr Michael Lyons, Mrs Loretta Shulton, Mr Ivor Rose
Friday – 25 July/27 Tammuz: Mr Michael Yaffe

<u>Monday Club-Talmud Torah</u> For more info, call Maurice Symons 01702 351845.	<u>SEED - Mon 28th July</u> 8.45pm in Beth Hamedrash	<u>J.A.C.S.- Every Wed</u> Call Allan Goldstein 01268 771978 for more info.
<u>Dirshu Bahalacha-Halacha Shiur with Rabbi Bar</u> Sunday, Monday & Thursday Before the evening service.	<u>connect@southend-Thurs Talmud Torah</u> Call Chris Sternshine 334655 or csternshine@jcare.org	<u>Raymond House Shabbat 2nd Aug - 10.30am</u> Call Derek Silverstone 01702 616153
<u>SJYC</u> sjycbuzz@hotmail.com Contact Debbie Linden 07912 259784 5-11yrs Thurs 4.30pm-6.30pm	<u>POP IN - Tues 22nd July June 2.00pm - 4.00pm</u> swhcgm@btconnect.com Call Janice for further details 0775 2874065	<u>VISITING THE SICK</u> Please email swhcgm@btconnect.com or leonardshulton@live.com or call Janice 07752874065 or Shul Office 01702 344900
<u>Saying Kadish in Shul?</u> Please ensure you bring at least <u>Two relatives or friends</u> to help with the Minyan.	<u>Toddler Group-Tues 29th July</u> Talmud Torah 10am to 11.30am Call Karen Jacobs 07887 847059	<u>Bereavement Support Group Mon 28 July - 8.00pm</u> 20 Madeira Ave Call Janice 07752 874065
<u>Rabbis 'Surgery' Every Thursday from 1.00pm</u> In the Rabbi's Office	<u>To announce your event on the Shul website</u> email stan.stanrob@gmail.com	<u>Cheder Closed for Summer</u> 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 or leave a message on 07956 597271



21 Tammuz 5774 - 19th July 2014 ב"ט ד'

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

Website: www.swhc.org.uk

Rabbi: **Rabbi Binyamin Bar**

Wardens: **Geoffrey Pepper & Stanley Robinson**

Shabbat Mattot Services

Shabbat begins Friday night	8.00pm
Mincha followed by Kabbalat Shabbat	7.30pm
Shacharit	9.15am
Followed by Kiddush	
Children's Service led by Avi Solomon	10.45am
Rabbi's Talmud Class	8.10pm
Mincha followed by Seudah Shilishis	8.50pm
Ma'ariv when Shabbat ends	10.13pm

Service Times Weekdays

Sunday

Shacharit	8.30am
Mincha, Ma'ariv	7.00pm

Monday - Thursday

Shacharit	8.00am
Mincha/Ma'ariv	8.00pm

Next Friday – 25 July

Shacharit	8.00am
Shabbat begins	8.00pm
Service	7.30pm

This week's leaflet is sponsored anonymously



Torah Reading
Haftarah
Anim Zemirot

Rabbi Bar
Geoffrey Cohen

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Questions and Answers on Shabbat I

As you may already know, on the weekend of Friday 24th October and Saturday 25th October is ShabbatUK. The Chief Rabbi is calling on Jews across the UK, regardless of their level of religious observance, to celebrate this Shabbat unlike any other.

The Chief Rabbi writes: "Everybody can participate in ShabbatUK, from the most observant Jews to those who may have never experienced the beauty of a Shabbat. It is about reaching out to people and inspiring communities... Synagogues, Jewish schools and other Jewish organisations are planning a series of events to mark ShabbatUK. How will you celebrate ShabbatUK? What will you do?"

Here in Southend, we are in midst of planning large communal Shabbat meals for as many people as possible and we intend to try and reach out to every single Jewish person, invite them to the meals and make them feel welcomed on this very special Shabbat.

In preparation for that I would like to use this platform of the weekly leaflet to write about how special and beautiful Shabbat is, how to observe Shabbat and try to answer questions people may have which need clarification. I welcome any questions from you will try to answer them to the best of my abilities, you can email them at rabbibar@gmail.com or leave a message with the Shul Office.

So let's start with a general question: What is Shabbat?

Shabbat (Saturday) means rest. Hashem commands us to rest on Shabbat from 39 forms of creative labor called "Melachot", and celebrate the day with prayer, Torah study, beautiful dress and festive meals

It is a rest for the body. One of Man's great virtues is his ability to achieve, to create and do. We work hard and sometime we forget to rest, we forget to be. At its very basic, Shabbat establishes a balance for doing and being, making a living and living. This balanced system comes from G-d Himself. G-d created the world in six days and on the seventh day, Shabbat, He rested.

It is also a rest for the soul. Shabbat, is not just a break *from* what we do; it is a portal *into* who we are. Shabbat is to the week what the soul is to the body. In Judaism the days of the week don't have names; they are just *Yom Rishon* - a first day (from/to Shabbat), *Yom Sheni* - a second day (from/to Shabbat) etc.

On Shabbat we have an increased revelation of the soul, and this spiritual enhancement has a permanent effect on us and everything we do. The Zohar says "All the days of the week are blessed from Shabbat".

Shabbat Shalom!

Rabbi Binyamin Bar

We wish a hearty Mazeltov to:

Ruth & Stanley Rubins on the birth of a grandson
Michael Engleman on the occasion of his 85th Birthday

We offer our heartfelt condolences to:

Sheila Leigh on the loss of her brother, Raymond Garcia

This Shabbat - 19th July

This Shabbat is AID Society Shabbat and the Kiddush is kindly sponsored by the AID Society.

Stone Setting - Sun 20th July - Stock Road

The following tombstone consecration will take place at Stock Road
2.45pm Raphael Wallrock

Supper Quiz - Shul Hall 6.45pm prompt - Sun 20th July - SOLD OUT

Raffle on the night.

10 Mile Sponsored Walk for JAMI Day Centre - Wed 23 July

Sybil & Ralph Schiller are once again walking along the seafront & Pier. If you would like to join them please call Sybil on 0208 238 2463. To sponsor or make a donation, call Derek Silverstone 01702 616153 or Maurice Symons 01702 351845.

Community Voice - Closing date for Rosh Hashana Edition - Fri 25th July

Please ensure that all your articles, photos, recipes etc are handed in to the Shul office no later than Friday 25th July.

Next Shabbat - 26th July

The Kiddush & Seudah Shilishis next week are kindly sponsored by Michael Engelman to celebrate his 85th Birthday and Cynthia Jacobs' return to good health.

EGM - Sun 27th July - 10.30am

In the Shul

AID Society Bridge - Sun 3rd Aug - 7.30pm - Thorpe Bay Bridge Club

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

Tues 5th Aug - Tisha B'Av - Fast of Av

Fast of Av begins Monday 4th August 8.41pm

Mincha followed by Ma'ariv & Eicha 8.30pm

Tuesday Morning Service 8.30am followed by explanatory service

Film (to be advised) 6.00pm

Mincha/Ma'ariv 8.00pm

Fast Ends 9.41pm

Midnight Selichot Service - Motzaei Shabbat 20th 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 BEFORE the end of July.

MDA - Ambulance

Due to your generosity, we have sponsored an ambulance in the name of our Community and, although there is still a shortfall of £5,000, due to the current crisis and need in Israel our Ambulance has now been put into service. The people of Israel are hugely grateful for your continuing support and we ask you to generously find it in your hearts to make up this shortfall. Cheques should be made payable to MDA and left in the Synagogue Office.

Kindest regards Stephen Salt