

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 – 26 July/28 Tammuz: Mr Ian De Haan, Mrs Brenda Feldman, Mrs Karen Barnett, Mrs Leonora Rosehill, Mrs Sherry Jacobs

Sunday – 27 July/29 Tammuz: Mr Anthony Jacks, Mr Julian Nyman, Mrs Joanne Silver, Mr Derek Silverstone

Monday – 28 July/1 Av: Mrs Rosalind Cregor, Mrs Adele Dowell, Mrs Anne Meekings

Tuesday – 29 July/2 Av: Mrs Louise Gershlick, Mr Geoffrey Woolf

Wednesday – 30 July/3 Av: Mrs Myra Blayer, Mr David Garston, Mr Edward Garston

Thursday – 31 July/4 Av: Mrs Audrey Barcan

Friday – 1 Aug/5 Av: Mr Colin Sinclair, Mrs Carol Gedda

Saying Kaddish in Shul?

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

<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 Shiur Laws of Shabbat with Rabbi Bar</u> Sunday & Monday night 30 mins before evening service. Men & women welcome.	<u>Insight in this weeks' Parasha with Rabbi Bar</u> Thursday night following the evening service Men & women welcome	<u>Raymond House Shabbat</u> <u>2nd Aug - 10.15am</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 19 Aug</u> <u>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>connect@southend-Thurs Talmud Torah</u> Call Chris Sternshine 334655 or csternshine@jcare.org	<u>Toddler Group-Closed til Sept</u> Call Karen Jacobs 07887 847059 For Start Date	<u>Bereavement Support Group</u> <u>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

28 Tammuz 5774 - 26th July 2014

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

Website: www.swhc.org.uk

Rabbi: Rabbi Binyamin Bar

Wardens: Geoffrey Pepper & Stanley Robinson

Shabbat Masei Services

Shabbat begins Friday night	8.00pm
Mincha followed by Kabbalat Shabbat	7.30pm
Shacharit	9.15am
Followed by Kiddush	
Rabbi's Talmud Class	8.00pm
Mincha followed by Seudah Shilishis	8.40pm
Ma'ariv when Shabbat ends	10.01pm

Service Times Weekdays

Sunday

Shacharit	8.30am
Mincha, Ma'ariv	7.00pm

Monday (Rosh Chodesh)

Shacharit	8.00am
Mincha/Ma'ariv	8.00pm

Tuesday - Thursday

Shacharit	8.00am
Mincha/Ma'ariv	8.00pm

Next Friday – 1 Aug

Shacharit	8.00am
Shabbat begins	8.00pm
Service	7.30pm

This week's leaflet is kindly sponsored by Michael Engleman to celebrate his 85th Birthday and by Cynthia Jacobs for her return to good health. Mazeltov!



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Questions and Answer on Shabbat II

Question: I am interested to observe Shabbat. Where do I start?

Answer: Although there are six hundred and thirteen mitzvot, Shabbat holds a very special place in the life of a Jew and the observance of Shabbat is considered to be one of the most important Mitzvah, equivalent to the belief in G-d. This is because the observance of the Shabbat is how we express our belief that this world isn't some random cosmic stroke of luck, rather it was deliberately created by G-d in six days, and on the seventh day He rested. Shabbat is one of the Ten Commandments written upon the tablets which Moshe brought from Mount Sinai.

But Shabbat can also be a daunting prospect for those unaccustomed to its many rules and restrictions, so where to start?

The Ten Commandments are written in the Torah twice. In one place we are asked: "Guard the Shabbat" and in the other place: "Remember the Shabbat." Our tradition explains that there are really two aspects to Shabbat: guarding and remembering. Guarding Shabbat means to protect the sanctity of the day as a holy place in time and not to allow the influx of outside influences to mar its tranquility, all of the "don'ts" of Shabbat. Remembering Shabbat means to actively mark its arrival with celebration and to acknowledge its centrality in our lives, all of the "do's" of Shabbat.

People who start observing Shabbat find that the do's are a lot more attractive than the don'ts. Hearing Kiddush, eating Challah, gefilte fish, chicken soup with lokshen, singing songs and sitting around the Shabbat table with friends and discussing Torah with the rabbi (yes even that!) is an easy sell. It's the prohibitions that most people get stuck on. No driving, no mobile phone, no internet, no golfing!

I would recommend to start by observing as much of the "do's" of Shabbat as possible. I would be delighted to invite you over for one of the meals or find a host to experience it. As you begin to feel the beauty of this special day and Shabbat gradually becomes part of your life you will eventually find it easier to give things up, the "don'ts"!

Question: If I did not observe Shabbat, should I continue observing it?

Answer: Breaking Shabbat is not like breaking a glass, where once we broke it it is broken. Shabbat is like life itself, if we messed up, we move on and continue living the rest of it, even on that same Shabbat.

Shabbat Shalom,
Rabbi Binyamin Bar

Thank You

A huge 'thank you' to all those who helped organise, and to those who attended, the Quiz, to make it another successful event.

We offer our heartfelt condolences to:

Anita Hurst and Jeffrey Hendrick on the loss of a brother and uncle, Sidney Hendrick

This Shabbat - 26th July

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

Sun 27th July - Current Situation in Israel

Due to the current situation in Israel, there will be a public gathering in the Synagogue to say Tehillim Psalms on Sunday evening. Mincha at 7.00pm followed by Tehillim & Ma'ariv. Please show your solidarity with our Brothers and Sisters who are risking their lives to defend our Holy Land.

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

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

Launch of Brand New JLS Cultural Centre - Monday 15th Sept - Shul Hall

Incredible speakers, delicious supper from 7.00pm. Please pencil in this date!

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.

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. 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

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.