

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 Mar/20 Adar-II: Mrs Angela Cohen, Mrs Ann Wine

Sunday – 23 Mar/21 Adar-II: Mrs Moira Dickson, Mr Jack Goldstein

Monday – 24 Mar/22 Adar-II: Mrs Annette Samuels, Mrs Lily Marks

Tuesday – 25 Mar/23 Adar-II: Mrs Hilary Lee

Wednesday – 26 Mar/24 Adar-II: Mrs Marion Rodol

Thursday – 27 Mar/25 Adar-II: Mr Michael Son

Friday – 28 Mar/26 Adar-II: Mrs Renee Wallrock

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>5th Apr - 9.30am</u> Call Derek Silverstone 01702 616153</p>
<p><u>Cheder & Toddler Group</u> <u>Every Sunday</u> Email Cheder.SWHC@hotmail.co.uk Toddler Group, call Karen 07887 847059.</p>	<p><u>POP IN - Tues 29th Apr</u> <u>Mar 2.00pm - 4.00pm</u> swhcgm@btconnect.com 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%.



20 Adar-11 5774 - 22nd Mar 2014 ב"ס"ד

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

Rabbi: Rabbi Binyamin Bar

Wardens: Geoffrey Pepper & Stanley Robinson

Shabbat Shemini Parah Services

Shabbat begins Friday night 5.53pm

Mincha and Kabbalat Shabbat 5.45pm

Shacharit 9.15am

Followed by Kiddush in the Shul Hall

Mincha followed by Seudah Shilishis 5.45pm

Ma'ariv when Shabbat ends 7.05pm

Service Times Weekdays

Sunday

Shacharit 8.30am

Mincha, Ma'ariv 6.00pm

Monday to Friday

Shacharit 8.00am

Ma'ariv 8.00pm

Next Friday – 28th Mar

Shacharit 8.00am

Shabbat begins 6.05pm

Service 6.05pm

This week's leaflet is kindly sponsored by Tina & Cedric Jacobs in celebration of their Golden Wedding Anniversary. Mazeltov!



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Haftarah Parah	Geoffrey Pepper	Page 1194
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Why Do We Keep Kosher?

Many Jews think that the laws of kashrut are simply primitive health regulations that have become obsolete with modern methods of preparing food. There is no question that some of the dietary laws have some beneficial health effects. For example, there is some evidence today that eating meat and dairy together interferes with digestion, and no modern food preparation technique reproduces the health benefit of the kosher law of eating them separately.

However, health is not the only reason for Jewish dietary laws. Many of the laws of kashrut have no known connection with health. To the best of our modern scientific knowledge, there is no real reason why camel or rabbit meat (both treyf) is any less healthy than cow or goat meat.

The short answer as to why we observe these laws is: because the Torah says so. Some have suggested that the laws of kashrut fall into the category of "chukkim," laws for which there is no reason. Others, however, have tried to ascertain G-d's reason for imposing these laws.

In his book "To Be a Jew" Rabbi Hayim Halevy Donin suggests that the dietary laws are designed as a call to holiness. The ability to distinguish between right and wrong, good and evil, is very important in Judaism. Certainly imposing rules on what we can and cannot eat ingrains that kind of self-control. In addition, it elevates the simple act of eating into a religious ritual. Note that the Jewish dinner table is often compared to the Temple altar in rabbinic literature.

The familiar phrase 'You Are What You Eat' is used to dissuade a child from eating too much chocolate and sweets, it is used by advertisers to convince us to consume their particular product. And there is truth in it. According to Kabbalah, everything that we consume becomes part of us not just physically, but morally and spiritually as well. The food or drink, which we consume, affects us on a spiritual level and influences our character.

If we take a look at the Kosher animals, for example deer, sheep and cows, we find that they are naturally timid, modest, non-predatory, quiet animals. The birds which are Kosher are those which are not birds of prey. We see that, at the simplest level, the characteristics of Kosher animals are those that we would seek to emulate - peaceful, modest, non-predatory, 'civilized' creatures.

So much of Jewish life revolves around food. The Torah gives us ways to elevate this otherwise routine aspect of our lives, to infuse it with holiness, and to learn from it.

Shabbat Shalom,
Rabbi Binyamin Bar

We wish a hearty Mazeltov to:

Tina & Cedric Jacobs on the occasion of their Golden (50th) Wedding Anniversary
Hazel & Steven Hodis on the occasion of their Silver (25th) Wedding Anniversary

We offer our sincere condolences to:

Jacqueline Coleman on the loss of her brother, Michael Coleman

Stone Setting - Sun 23rd Mar

The following tombstone consecration will take place on Sunday 23rd March at Stock Road 2.00pm Jeanette Abrahams
As there are no male relatives, it would be appreciated if as many men as possible could attend to help make up the Minyan.

Ladies' Only Night - Sun 23rd Mar - 7.45pm

Come and hear Rebbetzin Dubov from Wimbledon speak on all matters female.
Refreshments will be served. Entrance is free.

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

Rabbi's Davening Coaching continues Mon 24th 8.15pm & Fortnightly Thereafter
Please contact the Rabbi or the Wardens or just turn up on the evening at his home!

Emunah Fashion Show - Holiday Inn Southend Airport - Wed 26th Mar

Clothes fashioned by Rennie - 7.30pm - Tickets £12.50 - Call 01702 436991.

Next Shabbat - 29th Mar

Next week's Kiddush will be a Cholent Kiddush kindly sponsored by Marilyn & Stephen Salt to celebrate their 47th Wedding Anniversary.

Stone Setting - Sun 30th March - RAINHAM

2.00pm Ray Tobias mother of Linda Sanders and Karen Cohen

Film Club - Mon 31st Mar - 8.00pm

'Lost Embrace' - £5.00 to include refreshments. Call the Shul Office for tickets.

Shabbat 5th Apr - Roy Barnes` Teenage Open Forum - 10.45am

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

Next Children's Service with Avi & Mendy - Shabbat 5th Apr - 10.45am

Looking forward to seeing all the Children in Shul

AID Society Bridge - Sun 6th Apr - 7.30pm - Thorpe Bay Bridge Club

Please contact Geoff Cohen on 339601 or Jan Linden on 343289

Bereavement Group with Alan Gershlick & Janice Steel - Mon 7th Apr - 8.00pm

24 Westleigh Ave, home of Lewis. For more info call Janice on 07752874065.

AJR - Shul Hall - 11.00am - Tues 8th Apr

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

Communal Seder - Mon 14th Apr - Synagogue Hall

Led by Rabbi Bar. Service 7.30pm, Seder 8.30pm Ticket deadline - Monday 7th April.
£20 adults, £10 children (under 13) including 3 course meal, wine fruit & chocolates

Yom Hashoah - Sun 27th Apr - 7.00pm

Afternoon/Evening service followed by Candle Lighting and Guest Speaker in Shul Hall.
Donation £5.00. Proceeds to AJR

Yom Hazikaron Service/Yom Ha'atzmaut Celebrations-Tues 6th May-7.00pm

Yom Hazikaron service in the Shul followed by Yom Ha'atzmaut Celebrations in the Shul Hall.
Donation £5.00. Proceeds to Israeli War Disabled.