

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 - 8 Mar/6 Adar-11: Mr Peter Baum, Mr Harry Brown

Sunday - 9 Mar/7 Adar-11: No Yahrzeits

Monday - 10 Mar/8 Adar-11: Mrs Norma Ansell, Mrs Gillian Azulay, Mrs Susan Rakusen

Tuesday - 11 Mar/9 Adar-11: Mrs Freda Mickleson

Wednesday - 12 Mar/10 Adar-11: Mr Nathan Lemel, Mr Stephen Rosenthal

Thursday - 13 Mar/11 Adar-11: No Yahrzeits

Friday - 14 Mar/12 Adar-11: No Yahrzeits

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

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

The Shop

This Sunday only 10.00am til Midday

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%.



6 Adar-11 5774 - 8th Mar 2014 ב"מ ד'

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

Rabbi: Rabbi Binyamin Bar

Wardens: Geoffrey Pepper & Stanley Robinson

Shabbat Vayikra

Shabbat begins Friday night 5.29pm

Mincha and Kabbalat Shabbat 5.30pm

Shacharit 9.15am

Followed by Kiddush in the Shul Hall

Mincha 5.15pm

Followed by Seudah Shilishis

Ma'ariv when Shabbat ends 6.40pm

Service Times Weekdays

Sunday

Shacharit 8.30am

Ma'ariv 6.00pm

Monday to Wednesday

Shacharit 8.00am

Ma'ariv 8.00pm

Thursday - Fast of Esther

Fast begins 4.36am

Shacharit 8.00am

Mincha 1.00pm

Fast ends 6.49pm

Ma'ariv 8.00pm

Next Friday - 14th Mar

Shacharit 8.00am

Shabbat begins 5.41pm

Service 5.40pm

This week's leaflet is kindly sponsored by David Gordon to celebrate Myra's 70th Birthday. Mazeltov!



Torah Reading
Haftorah
Anim Zemirot

Rabbi Bar
Adam Gordon
Samuel Gilliary

Page 605
Page 625
Page 458

From Mount Sinai to our Shuls

The first verse in *sefer Vayikra* (Leviticus) is phrased vaguely:

He called to Moshe, and G-d spoke to him from the Tent of Meeting.... (Vayikra 1:1)

Who called to Moshe? The Torah does not at first identify the speaker; it leaves the reader to deduce from the continuation of the verse that the pronoun *he* must be referring to G-d. **Ramban** explains that this verse illustrates the extremely close relationship that had developed between G-d and Moshe. They dialogued so frequently that by now it is almost superfluous for the Torah to have to identify each of the speakers; thus from this point on, often enough the Torah refers to G-d "casually" as: "**He.**"

The intimate relationship between G-d and Moshe carried on after the revelation at Mount Sinai: the same "**He**" that spoke with Moshe throughout *sefer Shemot* (Exodus) continued to communicate with Moshe in the same intimate manner in *sefer Vayikra*, and on throughout Moshe's life.

Once the Mishkan was built, instead of G-d's voice emanating from the top of Mount Sinai, it emerged from the Holy of Holies chamber of the Mishkan. In this sense the Mishkan became a "portable Mount Sinai," which the Jews would carry along with them wherever they went.

This is why the restrictions that were imposed upon the Jews at Mount Sinai because of its sanctity - such as G-d's command to Moshe to remove his shoes there (*Shemot 3:5*) - no longer applied. Once the Mishkan was constructed, anyone who wished to do so could have wandered about the summit of Mount Sinai with his shoes on, because the sanctity of Mount Sinai had been transferred to the Mishkan and its vessels.

Later, when the Jewish people conquered the Promised Land and moved the vessels of the Mishkan to a permanent location on Mount Moriah -- the site of the **Bet HaMikdash** -- the holiness of Mount Sinai departed from the Mishkan and dwelt within the confines of the **Bet HaMikdash** and Jerusalem.

The name Moriah alludes to the relationship between the **Bet HaMikdash** and Mount Sinai. It is closely associated with the term *hora'ah*, teaching, which, according to the Sages (*Rashi, Bereshit 22:2*), is a code word for Mount Sinai.

Today we can enjoy this special holiness in our very own Shuls, which are *Mikdash Meat* -- mini temples, thus connecting us to the revelation of Hashem at Mount Sinai 3500 years ago! How awesome!

Good Shabbos!
Rabbi Binyamin Bar

We offer our sincerely condolences to:

The family of the late Lou Blackman

This Shabbat 8th Mar

This week's Kiddush is kindly sponsored by David Gordon to celebrate Myra's 70th Birthday.

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.

SEED - Mon 10th Mar - 8.30pm in the Beth Hamedrash

Rabbi's Davening Coaching continues Mon 10th 8.15pm & Fortnightly Thereafter

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

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 Call Adrienne 333004

Urgent Cheder Parents meeting Wednesday 12th March 7.30pm Shul Hall

It is imperative that ALL parents attend this meeting who have children of Cheder age whether your children are attending at present or not. At this meeting you will be able to voice your concerns and let us know what YOU would like to see for the future well being of your Cheder. The meeting will be led by Rabbi Sufrin and his wife, Devorah, who will be listening to you and offering constructive advice on our Jewish Education.

Purim Celebrations after Shabbat - 15th Mar - 7.45pm

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

Purim - Sun 16th Mar

Shacharit 8.15am followed by the reading of the Megillah.

Fun filled Purim at Cheder - Sun 16th Mar - 10.00 to 12noon Talmud Torah

Interactive Megillah reading, fancy dress, Schlach Manot making & more

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

Celebrate Purim Day with a Salt Beef Supper followed by an evening of entertainment -- £15.00. Tickets from Shul Office. There is now a waiting list for this function. If you have already put your name down, but not yet paid, please do so no later than Monday 10th March.

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

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

Film Club - Mon 31st Mar - 8.00pm

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

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

Looking forward to seeing all the Children in Shul

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

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

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

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

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

One night only!! Tickets £22 each. Please give your name, together with cash or chq payable to M Salt, to the Shul Office if you would like to attend or email van38@blueyonder.co.uk.