

If you would like to sponsor a Kiddush, kindly contact the Shul Office in the first instance, to confirm availability.

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

**Shabbat – 1 Nov/8 Cheshvan:** Mrs Edna Stuart, Mrs Helene Platman, Mr Melvyn Rosehill, Mr Stanley Rubins, Mr Ralph Schiller, Mr Ronald Shinegold, Mr David Wine

**Sunday – 2 Nov/9 Cheshvan:** Mrs Wendy Vandecar, Mrs Sheila Schwartz, Mr Michael Nelkin

**Monday – 3 Nov/10 Cheshvan:** Mrs Gillian De Metz, Mr Ronald Roback, Mr Stanley Serkin

**Tuesday – 4 Nov/11 Cheshvan:** Mrs Doris Lachter, Mrs Frances Witzendorf, Mr Stanley Robinson

**Wednesday – 5 Nov/12 Cheshvan:** Mrs Gillian Lang, Mrs Catherine Hyams, Mr Neville Hyams, Mrs Jacqueline Jay, Mrs Carole Pelta, Mrs Felicia Lawrence, Mr Malcolm Rubin, Mrs Alyce Alexander

**Thursday – 6 Nov/13 Cheshvan:** Mr Anthony Gower, Mr Murray Miller, Mr Gyula Vari, Mr Ronald Shinegold

**Friday – 7 Nov/14 Cheshvan:** Mr John Ellis, Mr Richard Ellis, Mrs Ann Elman, Mr Stephen Redstone, Mrs Frances Goldstein

**Saying Kaddish in Shul?**

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

<b><u>Monday Club-Talmud Torah</u></b> For more info, call Maurice Symons 01702 351845.	<b><u>SEED - Date to be confirmed</u></b> 8.45pm in Beth Hamedrash	<b><u>Cheder every Tuesday</u></b> 4.45pm to 6.15pm Email Cheder.SWHC@hotmail.co.uk Refreshments served 4.30pm.
<b><u>Dirshu Shiur Laws of Shabbat with Rabbi Bar</u></b> Monday night 30 mins before evening service. Men & women welcome.	<b><u>VISITING THE SICK</u></b> email <a href="mailto:swhcgm@btconnect.com">swhcgm@btconnect.com</a> or <a href="mailto:leonardshulton@live.com">leonardshulton@live.com</a> or call Janice 07752874065 or Shul Office 01702 344900	<b><u>Cemetery Opening Times</u></b> Winter: Sunday – Friday 10am – 3pm GMT Summer: Sunday – Friday 10am – 4pm BST
<b><u>Raymond House Shabbat</u></b> <b><u>1<sup>st</sup> Nov – 10.15am</u></b> Call Derek Silverstone 01702 616153	<b><u>AID Society Bridge</u></b> <b><u>Sun 2<sup>nd</sup> Nov – 7.30pm</u></b> Thorpe Bay Bridge Club Call Geoff Cohen on 339601 or Jan Linden on 343289	<b><u>Senior Youth Club</u></b> Contact Barry Jacobs 07876 685826

**The Shop - Post Yom Tov Sale**

**All frozen Chicken, Beef and Lamb 15% discount.**

**Frozen Bread and Rolls 20% discount**

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](mailto:alanmarkovitch@hotmail.com) or leave a message on 07956 597271

**To announce your event on the Shul website** email [stan.stanrob@gmail.com](mailto:stan.stanrob@gmail.com)

8 Cheshvan 5775 - 1 Nov 2014 ב"מ"ד

**swhc**  
southend & westcliff  
hebrew congregation

Email: [swhc@hotmail.co.uk](mailto:swhc@hotmail.co.uk) Tel: 01702 344900 Website: [www.swhc.org.uk](http://www.swhc.org.uk)

**Rabbi: Rabbi Binyamin Bar**

**Wardens: Geoffrey Pepper & Stanley Robinson**

**Shabbat Lech Lecha Services**

Shabbat begins Friday night at	4.13pm
Mincha followed by Kabbalat Shabbat	4.15pm
Shacharit	9.15am
New Children's Service with Yael	11.00am
Followed by Kiddush	
Mincha will follow straight after	
Shabbat ends	5.23pm
Ma'ariv	5.45pm

**Service Times Weekdays**

**Sunday**

Shacharit	8.30am
Ma'ariv	8.00pm

**Monday - Thursday**

Shacharit	8.00am
Ma'ariv	8.00pm

**Next Friday – 7 Nov**

Shacharit	8.00am
Service	4.00pm
Shabbat begins	4.01pm

**This week's leaflet is kindly sponsored by Janette & Maurice Jacques and Susan & David Fine in celebration of their Golden Wedding Anniversaries. Mazeltov!**



**Torah Reading**  
**Haftorah**  
**Anim Zemirot**

**Rabbi Bar**  
**Stephen Salt**

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### The never ending Journey

This week's Parasha starts with Hashem's command to Abraham: "Go forth from your land, from your birthplace, and from the house of your father, to the land that I will show you." The Torah tells us later that at this point in time Abraham was 75 and Sarah 65 years old, already a mature couple. However, little is said about their earlier life stories.

Abraham and Sarah's backgrounds were indeed very colourful and accomplishing. Abraham was raised in a pagan home and society, yet at the tender age of three he came to his own conclusion that there is a One Almighty G-d, who cannot be seen with the eye nor understood with the mind, who created heaven and earth. The Talmud tells us that the local dictator, King Nimrod, gave the young boy an ultimatum: renounce monotheism, or be thrown into a fiery furnace. Courageous Abraham chose the latter, but miraculously was unharmed by the fire. Afterwards, Abraham and Sarah actively publicized their newfound beliefs, and garnered a large following of believers in monotheism. Yet the Torah chooses not to tell us of Abraham and Sarah's great accomplishments, and instead begins recording their life story with G-d's command to embark on a journey.

Although Abraham and Sarah had a spiritually comfortable and fulfilling life before their journey to Israel, G-d demanded of them to drop everything and travel on an open-ended trip, intentionally neglecting to inform them of their destination. The mature couple's willingness to comply with this difficult request was extremely precious in G-d's eyes.

Our sages tell us that "the story of the fathers is a sign for the children." The first story the Torah relates about the first Jews is a powerful lesson for their descendants, teaching us how to approach our Jewish mission in life. And the lesson is that whilst we must celebrate and be proud of great past accomplishments, a Jewish person not be comfortable with his or her spiritual standing. The journey must always continue.

From last month celebration of inspiring Yomim Tovim and from last week's incredible spirit of Shabbat and unity we must build on to more and more wonderful events such as these!

Shabbat Shalom,  
Rabbi Binyamin Bar

### Thank You

Marilyn Salt would like to thank all those who helped make ShabbatUK such a wonderful success and hope that those who participated enjoyed it.

### Shabbat UK (One Shabbat One World)

Was A Great Success Story at S&WHC and those that did not participate certainly missed a wonderful occasion. There was a tremendous amount of planning which went into making it the great success that it was. Our sincere thanks must go to Marilyn and Stephen Salt, Rabbi Bar, Ladies Guild & Barry Jacobs and their teams (too many names to mention in case we miss somebody) But you all know who you are and you should give yourselves a pat on the back you were WONDERFUL. We are already looking forward to the next one  
Stanley Robinson

### We wish a hearty Mazeltov to:

Pauline & Joseph Patchick on the occasion of their Diamond (60<sup>th</sup>) Wedding Anniversary  
Dr John & Helen Frank on the birth of a granddaughter.  
Karen (nee Berman) and Martin Permutt, formerly of Westcliff, on the marriage of their daughter, Charlotte, to David Horowitz, and to grandparents, Ceily Permutt and Victor Berman

### This Shabbat

The Kiddush this week is jointly sponsored by Janette & Maurice Jacques and Susan & David Fine in celebration of their Golden Wedding Anniversaries.  
We also will be celebrating the Auf Ruf of Simon Levene.

### Exciting New Children's Service this Shabbat

This will be followed by a lovely Kiddush every Shabbos – Please see flier for further information.

### Shul Office Closure with effect from Sun 2<sup>nd</sup> Nov

Please note that with effect from Sunday 2<sup>nd</sup> November, the Shul Office will no longer be open on a Sunday.

### Shabbat 8<sup>th</sup> Nov - AJEX Shabbat

#### Shabbat Morning Remembrance Service – Finchley Road Synagogue

All Ex-Servicemen & Women, their families (including children/youth) & friends, are invited to attend this most important Service. A Kiddush will be provided by AJEX after the service.

### AJEX – Mayor's Annual Civic Cenotaph Service & Parade – Sun 9<sup>th</sup> Nov

Assemble at Prittlewell Square at 10.30am. Poppy Wreaths will be laid and after this Civic Service, AJEX members will proceed to Stock Rd Cemetery for the Service of Remembrance at our own Jewish War Memorial. Transport will be provided.

#### A Minyan is required please

### AJEX Annual National Parade & Reunion Rally – Sun 16<sup>th</sup> Nov

The Service at Whitehall Cenotaph commences at 2.30pm. FALL IN TIME at HORSE GUARDS PARADE GROUND 2pm. Transport to Whitehall is available PHONE 01702 343192 Jeffrey Barcan. AJEX again invites widows of Jewish Ex-Servicemen and their families to march with us but if that is not possible, then to line the pavements & wave flags.  
Remembrance is a MITZVAH.

### Jewish Genealogical Society - Balmoral Community Centre - Sun 16<sup>th</sup> Nov

2.30pm – 5.30pm Contact Anne Marcus for more info [avoceta@hotmail.com](mailto:avoceta@hotmail.com)

### Jewish Women's Circle with Rebbetzin Sufrin - Tues 18<sup>th</sup> Nov

At the home of Diane Cohen at 7.30pm. Please call the Shul Office if you would like to attend.

### 3 Course Shabbat Lunch – 22<sup>nd</sup> Nov

Guest Speaker, Penny Simons, Solicitor & High Court Advocate. Shul Hall. Donation £20.

### In memory of Barbara Newman (obm) – Charity Gala Choral Concert

#### Sun 7<sup>th</sup> Dec at 7.30 pm

In Aid of Cancer Charities & Israeli War Disabled. £10 donation.

Please reserve this date in your diary – in the Synagogue - in the company of Rabbi Lionel Rosenfeld and the Shabbaton Choir.