

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 the evening before:

Shabbat – 13 Sept/18 Ellul: Mrs Helena Graham, Mr Frank Linden, Mr Malcolm Rubin,

Mrs Sonia Burns

Sunday – 14 Sept/19 Ellul: Mrs Benita Speck, Mrs Rosalie Grant

Monday – 15 Sept/20 Ellul: Mr Martin Franks, Mr Michael Franks, Miss Jacqueline Michelow

Tuesday – 16 Sept/21 Ellul: Mr Jeffrey Gilbert, Mr Martin Neidus

Wednesday – 17 Sept/22 Ellul: Mr Gerry Gordon, Mr Mark Gordon, Mrs Fay Sober

Thursday – 18 Sept/23 Ellul: Mrs Shirley Shalet, Mr Morris King, Mrs Sarah Freedman,

Mrs Angela Cohen, Mrs Norma Anderson, Mr Geoffrey Singer

Friday – 19 Sept/24 Ellul: Mrs Brenda Feldman, Mrs Minn Rose

Saying Kaddish in Shul?

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

Monday Club-Talmud Torah For more info, call Maurice Symons 01702 351845.	SEED - Mon 22nd Sept 8.45pm in Beth Hamedrash	J.A.C.S. - Every Wed Call Allan Goldstein 01268 771978 for more info.
Dirshu Shiur Laws of Shabbat with Rabbi Bar Monday & Thursday night 30 mins before evening service. Men & women welcome.	Rabbis' Thursday 'Surgery' 1.00pm - 4.00pm In the Rabbi's Office	SJYC sjycbuzz@hotmail.com 5-11 yrs Thurs 4.30pm-6.30pm Call Debbie Linden 07912 259784 11+ yrs Thurs 7.00pm - 9.00pm Email barryjacobs200@hotmail.com
Raymond House Shabbat 1st Nov - 10.15am Call Derek Silverstone 01702 616153	POP IN - Tues 28th Oct 2.00pm - 4.00pm swhcgm@btconnect.com Call Janice 0775 2874065	Cheder begins Tues 16th Sept 4.45pm to 6.15pm Email Cheder.SWHC@hotmail.co.uk Refreshments served 4.30pm
connect@southend-Thurs Talmud Torah Call Chris Sternshine 334655 or csternshine@jcare.org	Toddler Group Tues 16th Sept Call Karen Jacobs 07887 847059	Bereavement Support Group Mon 20th Oct - 8.00pm 103 Vardon Drive Call Janice 07752 874065
AID Society Bridge Sun 5th Oct, 2nd Nov-7.30pm Thorpe Bay Bridge Club Call Geoff Cohen on 339601 or Jan Linden on 343289	VISITING THE SICK email swhcgm@btconnect.com or leonardshulton@live.com or call Janice 07752874065 or Shul Office 01702 344900	Cemetery Opening Times Winter: Sunday - Friday 10am - 3pm GMT Summer: Sunday - Friday 10am - 4pm BST

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

To announce your event on the Shul website email stan.stanrob@gmail.com



18 Ellul 5774 - 13 Sept 2014 ב"ס"ד

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

Website: www.swhc.org.uk

Rabbi: Rabbi Binyamin Bar

Wardens: Geoffrey Pepper & Stanley Robinson

Shabbat Ki Tavo Services

Shabbat begins Friday night 6.59pm

Mincha followed by Kabbalat Shabbat 7.00pm

Shacharit 9.15am

Followed by Extra Special Kiddush

Mincha followed by Seudah Shilishis 6.45pm

Guest Speaker - Roy Barnes

Ma'ariv when Shabbat ends 8.08pm

Service Times Weekdays

Sunday

Shacharit 8.30am

Mincha, Ma'ariv 7.00pm

Monday

Shacharit 8.00am

Mincha/Ma'ariv 6.45pm

Tuesday - Thursday

Shacharit 8.00am

Mincha/Ma'ariv 7.00pm

Next Friday – 19 Sept

Shacharit 8.00am

Service 6.40pm

Shabbat begins 6.43pm

This week's leaflet is kindly sponsored by Marilyn & Stephen Salt and Milly & Michael Nelkin in celebration of Marilyn & Milly's 70th Birthdays. Mazeltov!



Torah Reading
Haftarah
Anim Zemirot

Daryl Luder
Stephen Salt

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Questions and Answer on Shabbat VIII

Why do we eat Cholent on Shabbat?

In the 2nd Temple Era, there existed a sect of Jews known as the Sadducees (named after their leader: Saddok). This misguided sect denied the Divine origin of the Oral Law, and lived their lives by their own interpretation of the Scriptures.

One of their misinterpretations of the Scriptures concerned cooking on the Shabbat. The Torah says, "You shall not kindle fire in any of your dwelling places on the Sabbath day" (Exodus 35:3). The Sadducees understood this verse as a prohibition against having a fire burning on the Shabbat. Therefore, every Shabbat they would sit in the cold and darkness, and would eat only cold food.

In truth, the Torah is only banning the act of kindling a fire on Shabbat -- it is not prohibiting having on Shabbat a flame, which was ignited beforehand.

The Jews dubbed as The Pharisees -- literally: the "separationists," remained loyal to the Rabbinic Torah and separated themselves from the errant Sadducees -- demonstrated their allegiance to the Oral Law by making a point of eating a hot dish on Shabbat afternoon.

In fact, many argue that the word "Cholent" comes from the Hebrew word "Shelahn," which means that it "rested overnight" on the fire.

Some say that "Cholent" is a French word. Chau (pronounced show) means hot in french. Lent means slow in french. Hence the word means "slow-hot". Over years of translations and transliterations the word stuck -- cholent.

Aside for the technical reasons for eating Cholent, we also must note that it is a tasty dish (which in itself is a good reason for the custom...), and there's nothing like a Shabbat afternoon nap which follows a plate of Cholent!

As there is a Cholent Kiddush this Shabbat to celebrate Marilyn Salt and Milly Nelkin's special birthdays, we take this opportunity to wish them Mazal Tov! And whilst you are enjoying some lovely British made Cholent, Yitzchak, Miriam and I will be savouring some wonderful chaud-lent in France!

Shabbat Shalom,
Rabbi Binyamin Bar

We wish a hearty Mazeltov to:

Berni & Sass Zecharia on the engagement of their son, Adam, to Esther, daughter of Jacqui & Jeremy Marshall and Mazeltov to grandparents, Donald Cussen and Shirley & Barry Marshall.

Rochelle & Colin Samuel on the birth of another grandson in Israel. Another son for Esther & Lawrence

This Shabbat - 13th September

This week's Kiddush is jointly sponsored by Marilyn & Stephen Salt and Milly & Michael Nelkin in celebration of Marilyn's and Milly's 70th Birthday.

We also welcome back Daryl Luder who is leining on Shabbat.

Stone Settings - Sun 14th Sept

11.30am Doreen Brooke-Durrant (mother of Denise Pitch) – WALTHAM ABBEY
2.45pm Peter Denny – STOCK ROAD (Any gentlemen who can attend to help make up the Minyan would be greatly appreciated)

Launch of Brand New JLS (Jewish Learning Southend) Cultural Centre

Mon 15th Sept - Shul Hall - 7.00pm

A light supper followed by a choice of 3 sessions--Health is Wealth, Mendelssohn's Music, Jews at the outbreak of WW1--and finishing with a main speaker.

Silent Commentary Fashion Show - Wed 17th Sept - All tickets sold

Proceeds to Day Centre & Havens Hospice, Call Occasions Boutique to go on waiting list 01702 473115

Next Shabbat 20th Sept

Roy Barnes` Teenage Open Forum – 11.00am - For further details please contact Roy on:07850 377730 or email: 26@laraineandroy.com

Children's Service with Avi & Alex with Special Children's Ice Cream Kiddush

Midnight Selichot Service - Saturday Night 20th Sept - 11.30pm

The coach to London has been cancelled. Instead, we are having the service in our Shul, led by Rabbi Bar. This is a prelude to the awe inspiring days of Rosh Hashanah and Yom Kippur. Rabbi Bar will be speaking at 11.45pm. Free entry. No appeal.

Stone Settings - Sun 21st Sept - Stock Road

2.00pm Betty Wand

3.00pm Barbara Newman

The Big Event - Sun 21st Sept - Priory Park - 12.30pm - 5.30pm

Free Entry

Jewish Genealogical Society - Sun 21st Sept

2.30pm - 5.00pm Contact Anne Marcus at avoceta@hotmail.com for details

Rabbi Yisroel Newman over the Yamin Nora`im

We have pleasure in welcoming back Rabbi Newman who will be joining us for Rosh Hashanah & Yom Kippur. He will be helping Rabbi Bar with the davening & leining during the High Holyday Services.

"Choices" - Jewish Women's Circle with Rebbetzin Sufrin - Tues 30th Sept

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

Ladies' Guild Outing to BBC - Tues 21st Oct

Tickets from Ladies' Guild £35 per person including Coach & Guided Tour

The Shop - Opening/Closing Times for the High Holy Days

Tuesday 23 rd September	10am – 4.30pm
Wednesday 24 th September	9am-12.30pm
Sunday 28 th September	10am-midday
Thursday 2 nd October	10am-4.30pm
Friday 3 rd October	9am-12.30pm
Sunday 5 th October	10am-midday
Tuesday 7 th October	10am-4.30pm
Wednesday 8 th October	9am-12.30pm
Sunday 12 th October	10am-midday
Tuesday 14 th October	10am-4.30pm
Wednesday 15 th October	9am-12.30pm