

Sunday 18th Oct 2.00pm Elaine Freeman, 2.45pm Evelyn Tapperman, 3.30pm Geoffrey Singer
 Monday 19th Oct 12noon Bernard Metchick

YAHREZITS *Rabbi Bar and the whole community wish the following members, Long Life.*

(Yahrzeits begin the night before the date below)

Shabbat – 10 October / 27 Tishri Lord Gold, Mrs Sara Vandermolen, Mr Jack Saunders, Mr Roger Martin, Mr David Rayner
Sunday – 11 October / 28 Tishri Mrs Anne Barber-Herlitz, Mr Roger Martin, Mr Melvyn Peters
Monday – 12 October / 29 Tishri Mr Michael Assenheim, Mr Jack Burston, Mr Ian Lewis, Mr Lawrence Millstone, Mrs Angela Petrelis, Ms Marion Morris, Mr Martin Neidus, Mrs Sharon Somers, Mr Michael Phillips
Tuesday – 13 October / 30 Tishri Mrs Susan Turner, Mrs Sandra Symons, Mrs Sandra Caplan, Mrs Anne Meekings, Mr Stanley Robinson
Wednesday – 14 October / 1 Cheshvan Mrs Marsha Shulton, Mrs Louise Gershlick, Mrs Dawn Walters, Mrs Sylvia Rankoff
Thursday – 15 October / 2 Cheshvan No Yahrzeits
Friday – 16 October / 3 Cheshvan Mr Michael Engleman, Mrs Sherry Jacobs

Saying Kaddish in Shul? Please ensure you bring at least two relatives or friends to help with the Minyan.

REGULAR EVENTS AT SWHC

Monday Club Talmud Torah Call Maurice on 01702 351845	Pop-In Tuesday 13 th October Talmud Torah 2pm - 4pm Email Janice swhcfc@gmail.com	Little Latkes Toddler Group Tuesdays Call Karen on 07887 847059
Raymond House Shabbat 14 th November, 10:15am Call Derek Silverstone 01702 616153	Bereavement Support Group Monday 19 th October 8pm At the home Sophie Zetter Call Janice on 07752 874065	AID Society Bridge Sunday 11 th October Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289
Cemetery Opening Times Winter: Sunday - Friday 10am - 3pm GMT Summer: Sunday - Friday 10am - 4pm BST	connect@southend Thursdays, Talmud Torah Contact Chris Sternshine 01702 334655 / csternshine@jcare.org	Cheder & SJYC Tuesdays / Thursdays southendyouth@outlook.com or call Barry 07876 685826
J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info	SEED Monday 12 th October 8.45pm in Beth Hamedrash	To announce your event on the Shul website email: stan.stanrob@gmail.com

VISITING THE SICK If you know anyone who would like a hospital or home visit from Rabbi Bar or a member of the *Care Community Committee*, please email swhcfc@gmail.com or leonardshulton@live.com, call Janice 07752874065 or contact the Shul Office on 01702 344900.



10 October 2015 – 27 Tishri 5776

Rabbi Binyamin Bar
Rabbi

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This week's Newsletter is kindly sponsored by Linda & Ian Burns as they celebrate their Ruby Wedding Anniversary. Mazel Tov!



ראש חודש
ROSH CHODESH MARCHESHVAN
Tuesday 13th & Wednesday 14th Oct
New Moon Tuesday 13th Oct at 5:51am

SHABBAT BEREISHIS TIMES

FRIDAY NIGHT
Mincha, Ma'ariv **6:00pm**

SHABBAT MORNING
Shacharit **9:15am**
Children's Service **11:00am**
Kiddush after the Service
Mincha after Shabbat Bereishis Lunch

SHABBAT EVENING
Shabbat ends **7:05pm**
Ma'ariv **7:25pm**

WEEKDAY SERVICE TIMES

SUNDAY
Shacharit **8:30am**
Ma'ariv **7:00pm**

MONDAY
Shacharit **8:00am**
Ma'ariv **8:00pm**

TUESDAY & WEDNESDAY Rosh Chodesh
Shacharit **8:00am**
Ma'ariv **8:00pm**

THURSDAY
Shacharit **8:00am**
Ma'ariv **8:00pm**

NEXT FRIDAY
Shacharit **8:00am**
Shabbat commences **5:42pm**
Mincha / Ma'ariv **5:40pm**

Torah Reading	Rabbi Bar	(Soncino page 1)
Haftorah Bereishit	Lord Gold	(Soncino page 27)
Blessing for the New Month	Marcheshvan	(Sacks Singers page 424)
Anim Zemiroth	Louis-Henri Shapiro	(Sacks Singers page 458)

If you would like to repeat your Barmitzvah Haftorah, please contact the Gabbaim.

MAZEL TOV *A hearty Mazel Tov from the SWHC Community*

Charles Freedman on the occasion of his 90th Birthday

Sheila Byrne on the occasion of her 87th Birthday

Rhoda Waterman on the occasion of her 85th Birthday

Sheila Matthews on the occasion of her 80th Birthday

IS RELIGION TO BE BLAMED? *Thoughts on the Parasha*

“Cain said to his brother Abel and then, when they were in the field, he rose up and killed him... And God said to Cain, Where is Abel, your brother?” (Bereshis 4, 8-9)

We read in this week’s Parasha about Cain killing his brother Abel, mankind’s first homicide. It seems that sibling rivalry is as old as siblings themselves. Consider Cain and Abel. They only had each other (although the Midrash indicates that they also had sisters), yet look at how bitterly they fought.

You have to wonder how Cain, having been educated by parents who spoke to Hashem Himself, (in fact, Cain and Hashem chatted just before he killed his brother!) went so extremely off the rails and murdered his own brother! This may just have been the first of thousands of conflicts sparked by religion. After all, the Cain/Abel fallout started as a religious exercise, each bringing an offering to Hashem. They experienced the typical “my-way-to-G-d-is-better-than-your-way.” Only, in this case, Hashem took sides.

Cain offered a simple grain-offering. Abel sacrificed a prized animal. Hashem accepted Abel’s offering and turned away from Cain. Cain was furious – not with Hashem, but with his brother. Instead of contemplating why Hashem had ignored him, he shifted the blame to Abel.

Cain didn’t bring an offering to serve Hashem, but to satisfy himself. Cain wanted to get away with the bare minimum so he could say that that he had, essentially, serviced Hashem. But Abel happily stretched himself beyond his means to satisfy Hashem.

Commitment to Hashem that is based on the “what’s-in-it-for-me” philosophy can have devastating results. Religion and spirituality are about higher purpose, not self. If our world had more Abels and fewer Cains, we’d be living in peace.

Shabbat Shalom!

Rabbi Binyamin Bar

WHAT’S ON AT SWHC

Dirshu Bahalacha - Code of Jewish Law 15 minute interactive *Halacha Shiur* with Rabbi Bar. Monday, Tuesday, Thursday and Friday following the morning service.

Shabbat 17th October The Kiddush will be kindly sponsored by **Herta and Gyula Vari** to celebrate their grandson, Alexander Small, repeating his Barmitzvah Haftorah. The Seudah Shlishis will be kindly sponsored by **Andrea and Stanley Robinson** in loving memory of Stanley’s beloved Mother *obm* 33rd Yahrzeit on Tuesday 13th October and Brother *obm* 51st Yahrzeit on 24th October.

23rd / 24th October - SHABBAT UK Find more details in the Rosh Hashanah Community Voice Magazine or flyer. Friday night meal, Shabbat Lunch, Quiz and Seudah Shlishis. To be part of the worldwide experience, please call the Shul Office. Pre-Booking is essential.

Tuesday 27th October, 8:30pm - Dementia Awareness Evening

Shul Hall. Call Janice on 07752 874065 for more information. Refreshments served.

NOTICES

Kol Nidre Appeal 5776

By now you should all have received my letter regarding this year’s Kol Nidre Appeal.

Kindly call into the Shul office with your donation or go to:

<https://mydonate.bt.com/events/swhc> to donate online.

Thank You. *Derek Silverstone*, President

The Shul Office is now open each Sunday from 9am to 12 noon

Celebrating a Birthday or Anniversary? Why not celebrate in Shul, honour your relatives and friends and sponsor the Newsletter and/or Kiddush? Please contact the Shul Office to confirm availability, if you would like to book a Kiddush, contact **Lisa Berg on 07760 141162**.

THE SHOP

Opening hours this week

Sunday 10.00am – 2.00pm, Thursday 10.00am – 4:30pm, Friday 9.00am – 12:30pm.

Call (01702) 430307 (during opening hours).

For orders email: alanmarkovitch@yahoo.co.uk or leave a message on 07956 597271