

CONDOLENCES *May G-d comfort you among the other mourners of Zion and Jerusalem.*

We offer our heartfelt condolences to the family of the late **Marie Rothman**

STONE SETTINGS *Stock Road Cemetery, SS2 5QF*

Sunday 20th Sept 1.45pm **Audrey Goodman**, 2.30pm **Joan Pearl**, 3.15pm **Arnold Bilkus**

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

(Yahrzeits begin the night before the date below)

Shabbat – 19 September / 6 Tishri Mrs Beverley Miller, Mrs Rosalind Gregor, Mrs Josephine Pitch

Sunday – 20 September / 7 Tishri Mr Sonny Kosky, Mr Ronald Roback

Monday – 21 September / 8 Tishri Mr Jeffrey Hendrick, Mr Ivan Kanutin, Mr Royston Keizer, Mr Terry Mendoza, Mrs Vivien Klein, Mrs Marilyn Salt

Tuesday – 22 September / 9 Tishri Mr Colin Samuel, Mrs Sheila Byrne

Wednesday – 23 September / 10 Tishri Mrs Lily Bloch, Mr Jeffrey Phillips

Thursday – 24 September / 11 Tishri Mr & Mrs B Spector, Mrs Lyetta Witzenfeld, Mr David Sanders, Mrs Sheila Sekenofsy

Friday – 25 September / 12 Tishri Mr Gerry Gordon, Mr Sam Young

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 swhfc@gmail.com	Little Latkes Toddler Group Tuesdays Call Karen on 07887 847059
Raymond House Shabbat 3 rd October, 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 20 th September 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 Date to be advised 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 swhfc@gmail.com or leonardshulton@live.com, call Janice 07752874065 or contact the Shul Office on 01702 344900.



Vayelech

Newsletter No. 897

19 September 2015 – 6 Tishri 5776

SHABBAT COMMENCES 6.45pm

Rabbi Binyamin Bar

Rabbi

Stanley Robinson

Geoffrey Pepper

Gabbaim

Finchley Road
Westcliff-on-Sea
Essex
SS0 8AD

Telephone 01702 344900

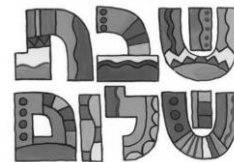
Fax 01702 391131

Email swhc@hotmail.co.uk

Website www.swhc.org.uk

Facebook facebook.com/swhc.org.uk

This week's newsletter is kindly sponsored by Cyril Levy as he celebrates his 83rd Birthday. Mazel Tov!



SHABBAT SHUVA SERVICE TIMES

FRIDAY NIGHT

Mincha, Ma'ariv **6:45pm**

SHABBAT MORNING

Shacharit **9:15am**

Children's Service **11:00am**

Kiddush after the Service

SHABBAT AFTERNOON

Shabbat Shuva Drasha **6.00pm**

Mincha then Seudah Shlishit **6.45pm**

Ma'ariv & Shabbat ends **7.53pm**

WEEKDAY SERVICE TIMES

Can be found in the Yom Tov Timetable

NEXT FRIDAY

Shacharit **8:00am**

Shabbat commences **6.29pm**

Mincha / Ma'ariv **6.30pm**

The Shul Office will be closed on Tuesday 22nd & Wednesday 23rd September

Torah Reading (Soncino page 1149) Rabbi Bar
Haftarah Shabbat Shuva (Soncino page 1155) Rabbi Bar
If you would like to repeat your Barmitzvah Haftarah, please contact the Gabbaim.

Mrs Milly Nelkin, would like to thank everyone for their kind wishes, messages, phone calls and visits on the recent loss of her sister.

MAZEL TOV! *A hearty Mazel Tov from the SWHC community.*

Valerie & Harvey Sperber on the occasion of their Golden (50th) Wedding Anniversary
Gillian & Jack De Metz on the occasion of their Sapphire (45th) Wedding Anniversary
Dawn & David Walters on the occasion of their Sapphire (45th) Wedding Anniversary
Ruth Kaye on the occasion of her 85th Birthday
Annette & Jeffrey Gilbert on the birth of a grandson

LAWS AND PRACTICES OF THE 10 DAYS OF TESHUVA *Thoughts on the Parasha.*

The period between Rosh Hashana and Yom Kippur are called the Ten Days of Teshuva. During the Ten Days of Teshuva, we engage in intense introspection for the purpose of self-improvement. We become more careful in the observance of Mitzvot. Here are some of the main laws and practices for the upcoming days leading up to Yom Kippur.

Charity: It is customary to give charity generously during all the days of Teshuva, but on the day before Yom Kippur this is even more the case, for *tzedakah* is a great source of merit and serves as protection against harsh decrees.

Shabbat Shuva: This coming Shabbat is called *Shabbat Shuvah*, because its special *haftarah* which begins with the words *Shuvah Yisrael* "Return O Israel". The Shabbat is a time for Torah study, prayer, charity and acts of kindness and respect to others.

Kaparot: If Hashem ruled the world by strict justice only, then we would not stand a great chance in Hashem judging us. Fortunately, Hashem also rules by mercy and allows us to gain atonement. One of the methods of atonement is through Kaparot. This is done by taking a chicken, or money, and waving it around your head three times. The chicken is then slaughtered and given to charity, the money is used in place of the chicken.

While swinging the chicken or money above our head, say: *"This is my exchange, this is my substitute, this is my atonement. This rooster is going to die, or this money will go to charity, but I am going to a good long life and to peace."*

Erev Yom Kippur: We are required to immerse in a Mikveh on the day before Yom Kippur in respect for the sanctity of the day. It is a mitzvah to eat and drink heartily on *Erev Yom Kippur*. After the afternoon Minchah Prayer, the concluding meal, is eaten. The meal can be eaten at any time but must be finished early enough to allow time for an unhurried, heartfelt recitation of the Grace after Meals.

If one's parents are not alive, one lights an additional 25-hour memorial candle in one's home. This candle is called "The Candle of the Soul". This is in addition to the candles for Yom Tov. Before entering the synagogue, it is customary for fathers to bless their children, we use the blessing printed in the beginning of the Machzor.

May I take this opportunity to wish you all an inspiring Yom Kippur, well over the fast and a Happy New Year.
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.

Simcha Announcements | Please notify the Shul office by phone or email should you wish to have a Simcha e.g. births, engagements etc announced in the weekly newsletter. Please note it is not the responsibility of the Gabbaim to ensure insertion or to compile the wording. Also, the Gabbaim cannot write anything down on a Shabbat and cannot always remember the many things told to them. Thank you.

Mi-shebeirachs – Sickness/Illness/Hospitalisation | Please do not wait until you are in Shul if you know of someone who is indisposed. Please either telephone or email the Shul Office, the Rabbi or the Gabbaim beforehand and if possible have available the Hebrew name of that person, named after the mother. Thank you

Tuesday 22nd September | CST Security Check for Yom Kippur. Please leave your lockers & seats unlocked to enable the CST to make their inspections. Many thanks.

Yom Tov Service Times & Candle Lighting Times

Please see separate Yom Tov Timetable

Tuesday 22nd September – Erev Yom Kippur Mincha 2.00pm/Kol Nidre Service 6.30pm

Wednesday 23rd September - Yom Kippur

Shabbat Ha'azinu – 26th September – "Birthday Cake" Kiddush

Rabbi Bar and Gabbaim invite everyone who is celebrating a birthday, especially during August and September. Discretion 100%. Everyone NOT celebrating a birthday is very welcome to attend as well! RSVP Shul office

Sunday 27th September | Erev Sukkot

Monday 28th September | 1st Day Sukkot

Tuesday 29th September | 2nd Day Sukkot

Thursday 1st October, 7:00pm | Sukkah Party See separate flyer

The Shul will be holding its annual Sukkah Party at 7.00pm after Ma'ariv in the Sukkah. An evening of fun, food, music, entertainment and guest speaker. Entry & food free.

Monday 5th October | Children's SIMCHAT TORAH PARTY

We have pleasure in inviting all our children as we celebrate Simchat Torah 5776 commencing at 6.00pm in the Talmud Torah, with entertainment from Papalarny & a 'Jelly & Ice Cream' Party. Goody bags with all kinds of everything. Afterwards, join the parents in the main Shul ready for singing and dancing round the Shul with the Torah.

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.**