

## STONE SETTINGS *Stock Road Cemetery SS2 5QF*

**MINYANIM ARE URGENTLY REQUIRED FOR ALL THESE STONE SETTINGS**

**Sunday 25<sup>th</sup> Oct** 2.00pm **Sid Pacter**

2.45pm **Hazel Harris**

**Sunday 1<sup>st</sup> Nov** 2.00pm **Brian Levy**

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

*(Yahrzeits begin the night before the date below)*

**Shabbat – 24 October / 11 Cheshvan** Mrs Frances Witzendorf, Mr Stanley Robinson

**Sunday – 25 October / 12 Cheshvan** Mrs Gillian Lang, Mr Neville Hyams, Mrs Jackaline Jay, Mr Martin Hyams, Mrs Carole Pelta, Mrs Felicia Lawrence, Mr Mark Miller, Mr Malcolm Rubin, Mrs Alyce Alexander

**Monday – 26 October / 13 Cheshvan** Mr Anthony Gower, Mr Murray Miller, Mr Gyula Vari, Mr Ronald Shinegold

**Tuesday – 27 October / 14 Cheshvan** Mr John Ellis, Mrs Ann Elman, Mr Richard Ellis, Mr Stephen Redstone, Mrs Frances Goldstein

**Wednesday – 28 October / 15 Cheshvan** Mrs Freida Goldstone, Mr Ronald Roback, Mr Gordon Rosenberg, Mr Cyril Rosenberg, Mrs Rita Phillips

**Thursday – 29 October / 16 Cheshvan** Mr Sid Berg, Mrs Joan Bryer, Mr Frank Linden

**Friday – 30 October / 17 Cheshvan** Mrs Gertie Riseman, Mrs Lillie Wand, Mr Chesney Lewis, Mr Gerald Walters

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

## REGULAR EVENTS AT SWHC

<b>Monday Club</b> Shul Hall Call Maurice on 01702 351845	<b>Pop-In</b> Tuesday 17 <sup>th</sup> November Talmud Torah 2pm - 4pm Email Janice swhcfc@gmail.com	<b>Little Latkes Toddler Group</b> Tuesdays Call Karen on 07887 847059
<b>Raymond House Shabbat</b> To be advised	<b>Bereavement Support Group</b> Monday 23 <sup>rd</sup> November 8pm At the home Barbara Black Call Janice on 07752 874065	<b>Cheder &amp; SJYC</b> Tuesdays / Thursdays <a href="mailto:southendyouth@outlook.com">southendyouth@outlook.com</a> or call Barry 07876 685826
<b>Cemetery Opening Times</b> Winter: Sunday - Friday 10am - 3pm GMT Summer: Sunday - Friday 10am - 4pm BST	<b>connect@southend</b> Thursdays, Talmud Torah Contact Chris Sternshine 01702 334655 / <a href="mailto:csternshine@jcare.org">csternshine@jcare.org</a>	<b>AID Society Bridge</b> Sunday 1 <sup>st</sup> November Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289
<b>J.A.C.S.</b> Wednesdays Call Allan Goldstein 01268 771978 for more info	<b>SEED</b> Monday 26 <sup>th</sup> October 8.45pm in Beth Hamedrash	To announce your event on the Shul website email: <a href="mailto:stan.stanrob@gmail.com">stan.stanrob@gmail.com</a>

**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](mailto:swhcfc@gmail.com) or [leonardshulton@live.com](mailto:leonardshulton@live.com), call Janice 07752874065 or Shul Office 01702 344900.



Newsletter No. 902

24 October 2015 | 11 Cheshvan 5776

**SHABBAT COMMENCES 5:28pm**

**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](mailto:swhc@hotmail.co.uk)

**Website** [www.swhc.org.uk](http://www.swhc.org.uk)

**Facebook** [facebook.com/swhc.org.uk](https://facebook.com/swhc.org.uk)

*This week's Newsletter is kindly sponsored by Jennifer & Geoffrey Pepper.*  
(See Inside)



## SHABBAT TIMES

### FRIDAY NIGHT

Mincha, then Kabbalat Shabbat **5:30pm**

### SHABBAT MORNING

Shacharit **9:15am**

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

*Kiddush after the Service*

Mincha, then Seudah Shlishit **5:00pm**

(See Inside)

Ma'ariv when Shabbat ends **6:37pm**

## WEEKDAY SERVICE TIMES

### SUNDAY

Shacharit **8:30am**

Ma'ariv **7:00pm**

### MONDAY - THURSDAY

Shacharit **8:00am**

Ma'ariv **8:00pm**

### NEXT FRIDAY

Shacharit **8:00am**

Shabbat commences **4:14pm**

Mincha then Kabbalat Shabbat **4:15pm**

**PLEASE REMEMBER THAT THE CLOCK CHANGES  
TONIGHT TO GMT AND WILL GO BACK ONE HOUR**



<b>Torah Reading</b>	Rabbi Bar	(Soncino page 60)
<b>Haftorah Lech Lecha</b>	Stanley Robinson	(Soncino page 82)

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

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

**Benita & Melvyn Speck** on the occasion of their Coral (35<sup>th</sup>) Wedding Anniversary  
**Louise & Alan Gershlick** on the occasion of their Sapphire (45<sup>th</sup>) Wedding Anniversary  
**Jack Burns** on the occasion of his 95<sup>th</sup> Birthday

## WHAT IS A JEW? *Thoughts on the Parasha*

According to the Oxford English Dictionary: A member of the people and cultural community whose traditional religion is Judaism and who trace their origins to the ancient Hebrew people of Israel. Judaism: The monotheistic religion of the Jews. But is this definition consistent with Judaism's definition of itself?

Nearly 3800 years ago there lived a man named Abram. Before his time there were righteous men and women, teachers and gurus, activists and do-gooders. But they were not Jews. Abram himself was, for many years, a teacher and spiritual guide, a champion of justice and truth, involved in charity and kindness. But he wasn't yet a Jew.

Then, in Abram's 75th year, he heard and responded to the divine call: "Go, you, from your land, from your birthplace, and from your father's house, to the land that I will show you." Hashem also said (as per the Kabbalistic interpretation of the above-quoted Hebrew words and phrases): "Go to your innermost self: move away from your will, from your feelings, and from your intellect, to the desire that I will reveal to you." Then Abram became Abraham, the first Jew.

To be a Jew is to be constantly moving from what you are to what you can be, and from what you have made of yourself to yet a deeper truth of what you are. To be a Jew is to be engaged in a perpetual quest to improve yourself and improve G-d's world; to transcend the world and transcend your self; to transcend even as you improve and to improve even as you transcend. In other words: A wondering Jew.

To be a Jew is to be engaged in a lifelong conversation with G-d: to daily present before G-d your questions and your needs, your grievances and your aspirations; and to listen carefully to what G-d desires of you. In other words: A prophet.

To be a Jew is to do good not only because it gains you material or spiritual reward; not only because it makes sense or feels right to do so; but, first and foremost, because G-d so commanded. In other words: A faithful servant.

I wish you all a Shabbat Shalom, on this special ShabbatUK Shabbat. May ShabbatUK be the impetus for us to progress towards keeping Shabbat even better and in a more meaningful way. And please Hashem, may it be "Shalom Al Yisrael" - peace unto Israel, Amen!

Shabbat Shalom!

*Rabbi Binyamin Bar*

## WHAT'S ON AT SWHC

**This Shabbat | SHABBAT UK** Friday Night Meal, Shabbat Lunch, Quiz, Activities for Children and Seudah Shlishit. **This week's Seudah Shlishit** Our final Seudah Shlishit of this year is generously sponsored by **Jennifer & Geoffrey Pepper** in memory of Geoffrey's parents (*obm*) whose Yahrzeits' fall on Shabbat 7<sup>th</sup> November & Sunday 15<sup>th</sup> November. We look forward to starting again next year when the clocks go forward.

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

**Tuesday 27<sup>th</sup> October, 8:30pm | Dementia Awareness Evening** The Community Care Committee invite you to join them at a 'Dementia Friends awareness raising session'. Guest speaker Michael Meehan from the Alzheimer's Society plus input from members faced with dealing with this condition in their families. There are approximately 850,000 people living with dementia in the UK. In South Essex alone there are approximately 3000 cases. A recent survey found that a third of people living with dementia feel completely isolated and not part of the community. Light refreshments will be served and the Committee will all be there to speak to anyone who would like assistance with anything. Call Janice on 07752874065 for more information.

**Shabbat 31<sup>st</sup> October** Next week's Kiddush is generously sponsored by **Louise & Alan Gershlick** in celebration of their 45<sup>th</sup> Wedding Anniversary. Mazel Tov!

### **Shabbat 7<sup>th</sup> November | AJEX Shabbat Remembrance is a Mitzvah**

Shabbat Morning Remembrance Service, Southend & Westcliff Hebrew Congregation  
All are invited to attend this most important Service. Kiddush sponsored by AJEX after the service.

### **Sunday 8<sup>th</sup> November | Mayor's Annual Civic Cenotaph Service and Parade**

Assemble at Prittlewell Square at 10:30am. Immediately after this Civic Service, AJEX will proceed to Stock Road Cemetery for the Service of Remembrance at our Jewish War Memorial.

### **Sunday 15<sup>th</sup> November | Annual National Parade and Reunion Rally**

Service at Whitehall Cenotaph, 2:30pm. FALL IN TIME at HORSE GUARDS PARADE GROUND 2pm.  
Transport to Whitehall is available, please call Jeffrey Barcan on 01702 343192.

**Sunday 22<sup>nd</sup> November | Mitzvah Day** is an annual day of social action that takes place in November each year. Community Groups and individuals undertake a range of volunteer projects for those in need in their local Community.

**Public Menorah Lighting** Sunday 6th December - Sunday 13th December

The Menorah will be situated at the Cliffs Pavilion, daily lighting times to be announced shortly.

## NOTICES

**Weekday Morning Minyan Rota** Enjoy approximately 1/20<sup>th</sup> of your day on behalf of the Community to keep the Minyan going – then when YOU need a Minyan it will be there to support YOU! If YOU would like to be added to the rota, please contact [geoffrey.pepper@hotmail.co.uk](mailto:geoffrey.pepper@hotmail.co.uk)

**Security and CST Volunteers** In light of the current situation we are urgently looking to recruit members of the community to join our Security Team. No experience necessary, full training given. Your community needs you! Please contact Kevin on 07855 257640.