

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

(Yahrzeits begin the night before the date below)

Shabbat – 29 August / 14 Elul Mrs Betty Harris, Mr Michael Assenheim, Mrs Sylvia Woolf, Mrs Brenda Hendrick, Mrs Ella-Myrtle Hyman
Sunday – 30 August / 15 Elul Mrs Joyce Baum, Mr Brian Burns, Mrs Marlene Binder, Mr Jack Burns, Mrs Rosalind Miller, Mrs Dorothy Young
Monday – 31 August / 16 Elul Mrs Betty Lesley, Mrs Adele Ramet, Mrs Natalie Rubin, Mrs Lauren Dobkins, Mr Anthony Silverstein, Mrs Evelyn Statman
Tuesday – 1 September / 17 Elul Mr Michael Engleman, Mrs Lillie Wand
Wednesday – 2 September / 18 Elul Mrs Helena Graham, Mr Frank Linden, Mr Malcolm Rubin, Mrs Sonia Burns
Thursday – 3 September / 19 Elul Mrs Benita Speck, Mrs Rosalie Grant
Friday – 4 September / 20 Elul Mr Martin Franks, Mr Michael Franks, Miss Jacqueline Michelow

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 8 th September Talmud Torah 2pm - 4pm	Little Latkes Toddler Group Resumes Tuesday 8 th September Call Karen on 07887 847059
Raymond House Shabbat 5 th September, 10:15am Call Derek Silverstone 01702 616153	Bereavement Support Group Monday 7 th September 8pm At the home Alan Gershlick 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 Closed for Summer, resumes Tues 8 th / Thurs 10 th September southendyouth@outlook.com or call Barry 07876 685826
J.A.C.S. Every Wednesday 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 swhcgm@btconnect.com or leonardshulton@live.com, call Janice 07752874065 or contact the Shul Office on 01702 344900.



29 August 2015 – 14 Elul 5775

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 Betty & Maurice Lesley to celebrate Maurice's 80th Birthday. Mazel Tov!



KI TETZE

Newsletter No. 894

SHABBAT COMMENCES 7.33pm

SHABBAT SERVICE TIMES

FRIDAY NIGHT

Mincha / Kabbalat Shabbat **7:30pm**

SHABBAT MORNING

Shacharit **9:15am**

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

Kiddush after the Service

SHABBAT AFTERNOON

Shabbat afternoon Shiur **6:40pm**

Mincha then Seudah Shlishit **7:25pm**

Ma'ariv & Shabbat ends **8:44pm**

WEEKDAY SERVICE TIMES

SUNDAY

Shacharit **8:30am**

Mincha / Ma'ariv **7:00pm**

MONDAY (Bank Holiday)

SHUL OFFICE CLOSED

Shacharit **8:30am**

Mincha / Ma'ariv **7:00pm**

TUESDAY - THURSDAY

Shacharit **8:00am**

Ma'ariv **8:00pm**

NEXT FRIDAY

Shacharit **8:00am**

Shabbat commences **7:18pm**

Mincha / Kabbalat Shabbat **7:15pm**

Torah Reading

(Soncino page 1098) Rabbi Bar

Haftorah

(Soncino page 1115) David Wine

*If you would like to repeat your Barmitzvah Haftorah, please contact the Gabbaim.***MAZEL TOV!** *A hearty Mazel Tov from the SWHC community.***Ann & David Wine** on the occasion of their Sapphire (45th) Wedding Anniversary**Felicia & Ronnie Lawrence** on the birth of a great granddaughter.**Denise & Stuart Pitch** on the birth of their 1st grandchild and **Josie Pitch** on the birth of her 4th great grandchild.**HELPING THOSE WHO HELP THEMSELVES** *Thoughts on the Parasha.*

"You shall not see the donkey of your brother or his ox falling on the road and hide yourself from them; you shall surely stand them up with him." (Devarim 22:4) The Talmud explains that "with him" is a condition. The owner cannot expect the helper to pack the animal while he himself stands idly by. Rather, as long as the owner is involved in the effort, the passerby is obligated to assist.

The Chafetz Chaim applies this concept to our spiritual journey. If we make the efforts to connect with Hashem then Hashem will assist our efforts and infuse them with holiness. We conclude the Amidah with the request *"guard my tongue from evil and my lips from speaking deceitfully."* If we put in the effort to restrain ourselves from bad speech then G-d will assist us toward success, however difficult it may be. But if we do not make any attempt, how can we ask for Divine intervention?

The Chafetz Chaim questions further. In the daily morning prayers we ask Hashem: *"enlighten our eyes in your Torah"*, but do we commit ourselves to study? He offers a parable of a person in desperate need of a loan who schedules an appointment to borrow funds from a colleague of significant financial means. If the borrower neglects to arrive for the scheduled appointment, does he have any credible complaint with the lender who did not give him the funds? So, too, Hashem is extremely desirous to fulfill our requests, but it is incumbent upon us to take the basic preliminary steps.

In these special days of Elul and as we approach Rosh Hashanah, when we formally declare and reaccept G-d's majesty over the universe - we are reminded by the Midrash that Hashem b us, *"My children, open for me in teshuva an opening the size of a needle's point and I will open for you openings that wagons can pass through."* Just as a parent watches with great joy as a toddler takes their first baby steps and stands back to let them take those steps on their own, so too Hashem awaits with great anticipation our taking our initial steps. Five-minutes of Torah study, exercising a little more restraint over a sharp comment to another or about another before it leaves our lips. After which He will draw us close to Him and infuse us with His holiness. But first, let us take that first step.

Shabbat Shalom!

Rabbi Binyamin Bar

WHAT'S ON AT SWHC**THIS SHABBAT 29th August** The Kiddush this week is kindly sponsored by **Ann & David Wine** to celebrate their 45th Wedding Anniversary. Mazel Tov!**Dirshu Bahalacha - Code of Jewish Law** 15 minute interactive *Halacha Shiur* with Rabbi Bar. Monday, Tuesday, Thursday and Friday following the morning service.**Come and hear the sound of the Shofar every weekday morning** - Come along to the Minyan and prepare mentally and spiritually for the forthcoming *Yomim Noraim*.**Friday 4th September from 6.15pm | "Friday Night Live" with Carlebach Service**

Friday Night Live will begin with a Scotch & Sushi evening. Please contact the Shul Office so we know numbers for the catering arrangements. Entry Free.

Starting Shabbat 5th September Learn more about Shabbat. Roy Barnes will be running a series of explanatory discussions. All are welcome to attend. Boardroom 10:45am.**Motzei Shabbat 5th September, 10:30pm | Choral Midnight Selichot Service**

Starting with a late Supper. A prelude to the awe inspiring days of the Yomim Noraim. "3 of the finest Chazanim in the UK." The Rinah Ensemble, with boy soloist, Benji Garfield, under the direction of Chazan Eliot Alderman with special Guest Chazan Adrian Alexander and harmonising with our own Rabbi Bar. Free entry.

Sunday 6th September, 10:30am - 12:30pm | Ladies' Guild Hat Sale, Shul Hall

£3.00 to include refreshments. Tickets from Lisa Berg, Sara Vandermolten or Shul Office.

Sunday 6th September | Richard Bennett will be doing a 54 mile bike ride for Leukaemia & Lymphoma research. To sponsor, go to www.justgiving.com/KingRichard-1976**Sunday 13th September | CST Security Check** Please leave your lockers & seats unlocked to enable the CST to make their inspections. Many thanks.**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.

Arba Minim – £24 - £30 - Orders must be in no later than 4th September fromDorothy Young on 01702 331218 (not Shabbat) or email Dorothy@dorothyyoung.co.uk

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 9.30am – 11.30am, Monday 12noon - 3pm (cash purchases only), Thursday 10am – 4.30pm, Friday 9am – 12.30pm. (01702) 430307 (during opening hours). **For orders** email: alanmarkovitch@yahoo.co.uk or leave message 07956 597271.