

Sunday 19th July 2.00pm **Nellie Lewis**

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

(Yahrzeits begin the night before the date below)

- Shabbat – 18 July / 2 Av** Mrs Louise Gershlick, Mr Geoffrey Woolf
Sunday – 19 July / 3 Av Mrs Myra Blayer, Mr David Garston, Mr Edward Garston
Monday – 20 July / 4 Av Mrs Audrey Barcan
Tuesday – 21 July / 5 Av Mr Colin Sinclair, Mrs Carol Gedda
Wednesday – 22 July / 6 Av Mrs Estella Brone, Mrs Betty Nathan, Mr Neville Peters, Mr Leslie Royston, Mrs Lila Jacobs, Mrs Brianna Welch, Mrs Georgina Baum
Thursday – 23 July / 7 Av No Yahrzeits
Friday – 24 July / 8 Av Mr Stephen Barnett, Mrs Edna Roseman

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 Maurice 01702 351845	Pop-In - Tuesday 21 st July Talmud Torah 2pm - 4pm	Little Latkes Toddler Group Tuesdays, Karen 07887 847059
connect@southend Thursdays, Talmud Torah Contact Chris Sternshine 01702 334655 / csternshine@jcare.org	Youth Kitchen For dates contact southendyouth@outlook.com Barry Jacobs 07876 685826	Cemetery Opening Times Winter: Sunday - Friday 10am - 3pm GMT Summer: Sunday - Friday 10am - 4pm BST
Raymond House Shabbat 1 st August – 10:15am Call Derek Silverstone 01702 616153	Cheder Tuesdays, 4.45pm to 6.15pm southendyouth@outlook.com Refreshments served at 4.30pm	SJYC The Buzz, 5 – 11 years Every Thursday 4.30pm-6.30pm southendyouth@outlook.com or call Barry 07876 685826
J.A.C.S. - Every Wednesday Call Allan Goldstein 01268 771978 for more info	SEED Monday 20 th July 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.



Matot-Masei

Newsletter No. 888

SHABBAT COMMENCES 8:00pm

18 July 2015 – 2 Av 5775

Rabbi Binyamin Bar

Rabbi

Stanley Robinson

Geoffrey Pepper

Gabbaim

Finchley Road
Westcliff-on-Sea
Essex
SS0 8AD

Telephone 01702 344900

Fax 01702 391131

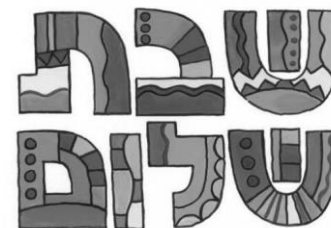
Email swhc@hotmail.co.uk

Website www.swhc.org.uk

POP-IN WELCOMES THE MAYOR!

Councillor Andrew Moring

Tuesday 21st July
Talmud Torah 2pm - 4pm



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 **8:05pm**

Mincha then Seudah Shlishit **8.50pm**

Ma'ariv & Shabbat ends **10:15pm**

WEEKDAY SERVICE TIMES

SUNDAY

Shacharit **8:30am**

Mincha / Ma'ariv **7.15pm**

MONDAY - THURSDAY

Shacharit **8:00am**

Mincha / Ma'ariv **8:00pm**

NEXT FRIDAY

Shacharit **8:00am**

Shabbat commences **8:00pm**

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

Torah Reading	Matot-Masei	(Soncino page 955)	Rabbi Bar
Haftorah	Masei Shimu	(Soncino page 984)	Anthony Larholt
2 nd Haftorah of the 3 weeks			
If you would like to repeat your Barmitzvah Haftorah, please contact the Gabbaim.			

JOURNEY OF EFFORTS *Thoughts on the Parasha.*

These are the journeys of the children of Israel who went out of the land of Egypt". On this, follows the succession of wanderings by the Israelites during their forty years' in the wilderness. The names of their camping-places in full and, at first glance, perhaps excessive detail.

This point is in fact taken up by Rashi who sees this detailed catalogue of place-names as a manifesto of G-d's kindness. In thirty-eight years the Jewish people made only twenty journeys. The purpose of these wanderings was to rehabilitate the people, morally and spiritually, to prepare them to enter the Holy Land in purity and strength. And it is in grateful recognition of this spiritual recovery that each stage of the journey is so lovingly named.

Rashi quotes an analogy of a king who took his sick son on a journey to recover from his illness. After he had been cured, and as they were returning home, the father pointed out every stopping-place on their journey. For him, these places signified stages in his son's journey to health, and were invested with an aura of gratitude and love.

The significance of the separate mention of each stopping-place, however, reaches even further than this historical insight, into the universal sphere of the human spirit.

Spiritual achievement and material achievement differ not only in their goals, but in their processes. In material affairs it is the end-product that is one's whole concern; economy of resources and effort, plentiful reward in production, that is the dream of the industrialist and the tiller of the soil, of the gold-digger and oil-well sinker.

As Kohelet exclaimed: 'What shall it benefit a man, all his labour, which he toils under the sun? Rashi explains "under the sun" to be referring to wordy labours which can be doomed to frustration if end product isn't achieved.

In the realm of the spirit, however, completion, realisation is no 'sine qua non'. Here, each motion, each effort is fraught with significance and value. Not only the final achievement, but also the process of achievement, is the object of the spiritual life. Here we say: 'Le'fum Tzara Ag'ra' — the reward and value are proportionate to the effort involved. And the Talmud says: "If someone tells you he has striven, but has not found, do not believe him,"

The long and weary progress of the Israelites through the wilderness is a paradigm of this truth. And the separate mention of each of their camping-stages illustrates the essential importance of each individual stage of the journey towards holiness.

Shabbat Shalom!
Rabbi Binyamin Bar

MAZELTOV! *A hearty Mazel Tov from the SWHC community.*

Joanna & Richard Linden on the birth of a daughter, **Jan & Howard Linden & Rosalind & Tito Serfaty** on the birth of a granddaughter and **Clare & Frank Linden** on the birth of a great granddaughter

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

WHAT'S ON AT SWHC

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

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

Saturday night 25th/Sunday 26th July | TISHA B'AV - FAST OF AV

Mincha Saturday night 8.40pm followed by discussion with Rabbi Bar on the history of Tisha b'Av Fast begins Saturday night at 8.57pm. Ma'ariv & Eicha when Shabbat ends at 10.03pm. Sunday Shacharit 8.30am followed by kinot & explanatory insights by Rabbi Bar 6.15pm Film Screening of the dramatic documentary "Stealing Klimt" Shul Hall Mincha/Ma'ariv Sunday 26th July at 8.00pm - Fast Ends Sunday Night at 10.01pm

Sunday 2nd August, 3pm | Emunah Garden Party at Porters, Mayors' Parlour

£15 inc High Tea & Entertainment. Tickets: Sue Baker 07885 183869 suebaker280@hotmail.com

Sunday 2nd August | AID Society Bridge

Thorpe Bay Bridge Club. Call Geoff Cohen on 339601 or Jan Linden on 343289.

Monday 3rd August, 8pm | Bereavement Support Group

At the home of Ivan Kanutin. Call Janice on 07752 874065.

Friday 4th September from 6.15pm | Roy Barnes GREAT "Friday Night Live"

Look out for details.

Starting Shabbat 5th September Learn more about Shabbat. Roy Barnes will be running a series of explanatory discussion. All are welcome to attend. Boardroom 10:45am.

Motzei Shabbat 5th September, Doors Open 10:45pm | Midnight Selichot Service

In the Shul – Refreshments – Free entry – No Appeal – with Rabbi Bar & Choir/Ensemble from London – a prelude to the awe inspiring days of Rosh Hashanah & Yom Kippur.

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

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

Calendars, Luachot & Diaries can be ordered ahead of Rosh Hashanah from Dorothy Young on 01702 331218 (not Shabbat) or email Dorothy@dorothyyoung.co.uk or ask in The Shop.

Kidz Kalender Anyone wishing to have an insertion in this years' Kidz Kalender, please contact Barry Jacobs on 07876685826 or email kidzkalendar@outlook.com