

TOMBSTONE CONSECRATIONS

Sunday 14th June at Stock Road Cemetery, SS2 5QF

2.00pm **Esther Leader** 2.45pm **Jacqueline Levy** 3.45pm **Kitty Hyams**

YAHARZEIT *The Rabbi and the whole community wish the following members, Long Life.*

(Yahrzeits begin the night before the date below)

Shabbat - 13 June / 26 Sivan Mr Leonard Belson, Mr Sammy Charker, Mrs Tina Jacobs, Mr David Jay, Mrs Fay Sober, Mrs Anita Salomon

Sunday - 14 June / 27 Sivan Mr Cyril Black, Mr David Garston, Mrs Marilyn Salt, Mrs Louisa Levy, Mr Ralph Schiller

Monday - 15 June / 28 Sivan Mr Simon Luton, Mr Harvey Symons

Tuesday - 16 June / 29 Sivan Mr John Ellis, Mrs Ann Elman, Mr Richard Ellis, Mr Anthony Jones, Mr Terry Leigh, Mrs Loretta Shulton, Mrs Doris Sim

Wednesday - 17 June / 30 Sivan Mrs Louisa Levy, Mr Lawrence Goldman, Mr Chesney Lewis

Thursday - 18 June / 1 Tammuz Mr Elliot Baker, Mr David Baker, Mr Michael Baker, Mr Jack Burston, Mrs Josée Lewis, Mr Andrew Roth

Friday - 19 June / 2 Tammuz Miss Anne Barber, Mr Brian Burns, Mrs Marlene Binder, Mr Terry Mendoza, Mrs Vivien Klein, Mr Martin Peters

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

Monday Club - Talmud Torah Maurice 01702 351845	Pop-In - Tuesday 16th June 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 4 th July – 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 15th June 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.



SOUTHEND & WESTCLIFF
HEBREW CONGREGATION

בס"ד

שְׁלַח-לֶחָא

Shelach Lecha
Newsletter No. 883

13th June 2015 – 26th Sivan, 5775

SHABBAT COMMENCES 8:00pm
SHABBAT TERMINATES 10:32pm

Rabbi Binyamin Bar

Rabbi

Stanley Robinson

Geoffrey Pepper

Wardens

Finchley Road
Westcliff-on-Sea
Essex
SS0 8AD

Telephone 01702 344900

Fax 01702 391131

Email swhc@hotmail.co.uk

Website www.swhc.org.uk

*This week's leaflet is kindly sponsored by **Betty & Ronnie Schwartz** on the occasion of their 21st Wedding Anniversary. Mazel Tov!*



רוש חודש

Rosh Chodesh Tammuz

Tuesday Eve, Wednesday, Thursday

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 **8:30pm**

Mincha then Seudah Shlishit **9:15pm**

Ma'ariv & termination of Shabbat **10:32pm**

WEEKDAY SERVICE TIMES

SUNDAY

Shacharit 8:30am

Mincha / Ma'ariv 7:15pm

MONDAY, WEDNESDAY & THURSDAY

Shacharit 8:00am

Mincha / Ma'ariv 8:00pm

TUESDAY

Shacharit 8:00am

Mincha / Ma'ariv

at the home of Roy Barnes 7:45pm

NEXT FRIDAY

Shacharit 8:00am

Shabbat commences 8:00pm

Mincha / Kabbalat Shabbat 7:30pm

Torah Reading (Soncino page 860)

Haftorah (Soncino page 875)

Blessing for the new Month of Tammuz (Sacks Singers page 424)

Barmitzvah Haftorah - If you would like to do your Haftorah, please contact the Wardens.

Rabbi Bar

Jeremy Symons

HEALTHY SELF ESTEEM

After returning from touring the Land of Israel, the spies reported that there were giants living in Israel. They said, "We saw ourselves as grasshoppers, and that's what they thought of us, too" (Bamidbar 13, 33). But how did they know what the inhabitants of Canaan thought of them?

After all, they were spying the land undercover and spoke to no one along the way.

If we take a closer look at what they said, the spies said that they saw themselves as grasshoppers, and then they say "that's also what the giants thought of us." In other words, they were taking what they thought of themselves and projecting it onto these giants. The giants may well not have looked at them as grasshoppers, but because the spies saw themselves that way, they could only imagine that was how others were seeing them, too.

We do this same all the time. People who think a lot of themselves believe that everyone is equally impressed. And people with low self-esteem think that nobody likes them. Neither is necessarily right, of course, but their own thinking becomes their personal reality.

The truth is, the people living in the Land of Canaan were intimidated by the Jewish people. The Jews may have been smaller than the Canaanites physically, but they had a great and awesome reputation. They had recently decimated the Egyptians, the most powerful empire the world had seen to date. They defeated the powerful Amalekites in battle. The Canaanites may have been giants, but they were actually afraid. The Jewish people could have swept into Canaan with no one to oppose them. But their own thinking about themselves would not allow them to see this possibility.

I recently saw a play that illustrated precisely the opposite. Golda Meir and those at the founding of the State of Israel were surrounded by five Arab armies -- larger and better equipped, intent on their destruction. But in the Israeli's own eyes, they were invincible. And so they were, with Hashem's help.

Limitations in life are often of our own creation. We think we cannot do something, and so we cannot. We must learn to see beyond the limits that our personal thinking imposes upon us. Only then will we begin to realize just how vast the human potential stored within each and every one of us really is.

Shabbat Shalom,
Rabbi Binyamin Bar

THE SHOP

OPENING HOURS THIS WEEK Monday 12noon - 3pm (Cash Purchases Only), Thursday 10am - 4.30pm, Friday 9am - 12.30pm, Sunday 9.30am - 11.30am

Telephone: 01702 430307 (only during opening hours). For orders please email: alanmarkovitch@yahoo.co.uk or leave a message on 07956 597271

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.

Sunday 14th June, 2:30pm - 5pm | Jewish Genealogical Society - Local Group

All welcome. Contact Anne Marcus for details at avoceta@hotmail.com.

Tues 16th June, 7:30pm for 8pm | Jewish Women's Circle in Partnership with Chabad of Ilford

At the home of Marilyn Salt. Rebbetzin Sufrin will again be enlightening us with her invaluable knowledge. Please contact Shul Office if you wish to attend.

Tues 16th June, 7:30pm for 8pm | Jewish Men's Circle in Partnership with Chabad of Ilford

At the home of Roy Barnes. Rabbi Sufrin will again be enlightening us with his invaluable knowledge. Please contact Shul Office if you wish to attend.

SHABBAT AT SWHC NEXT WEEK

Next week we celebrate the *Auf Ruf* of **Lewis Herlitz**. The Kiddush and Seudah Shilishit will be kindly sponsored by **Lewis Herlitz & Anne Barber**.

THE SHOP : CLOSED SUNDAY 21st June for Staff Holidays

Sunday 5th July | AID Society Bridge

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

Monday 6th July, 8pm | Bereavement Support Group

At the home of Florette. Call Janice - 07752 874065

Shabbat 11th July | AID Society Shabbat

Please come along and show your support for the AID Society.

Wednesday 15th July | The 11th Annual Charity Walk for JAMI

Sybil & Ralph Schiller and Larry Lisner will be walking 10 miles on the seafront to raise money for the Friday Night Dinners at the JAMI Centre in London. Please sponsor Larry generously.

Tuesday 21st July | WIZO Trip to the V&A Exhibition "SHOES: Pleasure & Pain"

A must for anyone who wears shoes! Call Adrienne, 333004 for more info & to book a place.

CALENDARS, LUACHOT & DIARIES can now be ordered ahead of Rosh Hashanah, preferably as soon as possible from Dorothy Young on 01702 3311218 (not Shabbat) or email

Dorothy@dorothyyoung.co.uk or ask in The Shop.

Do you want to know more about the Shabbat morning service? Starting Shabbat 5th

September Roy Barnes will be running a series of explanatory discussion groups - all are welcome to attend. Boardroom at 10:45am.

EMAIL ADDRESSES If you are on email and would like to be added to our email circulation list, please contact the Synagogue Office.

MAZELTOV!

Karen & Barry Jacobs on the birth of a son, Sidney Harrison Jacobs, a brother for Louis.

Celebrating a Birthday or Anniversary? Why not celebrate in Shul, honour your relatives and friends and sponsor the leaflet & Kiddush? Please contact the Shul Office to arrange booking.