

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

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

Saying Kaddish in Shul?

Please ensure you bring at least **Two relatives or friends** to help with the Minyan.

We wish the following members "Long Life" for their Yahrzeits commencing the evening before:

Shabbat – 23 May/5 Sivan: Mr Tony Dix, Mr Michael Franks, Mr Martin Franks, Mrs Sylvia Wand, Mr Leslie Lesser

Sunday – 24 May/6 Sivan: Mr David Alexander, Mr Leslie Kleinman, Miss Barbara Clements, Mrs Marion Sussman

Monday – 25 May/7 Sivan: Mrs Roberta Silver

Tuesday – 26 May/8 Sivan: Mr Martin Franks, Mr Michael Franks, Mrs Betty Kosky, Mrs Jeanette Cohen

Wednesday – 27 May/9 Sivan: Miss Diana Denny, Mr Antony Jacks

Thursday – 28 May/10 Sivan: Mr Melvyn Diskin, Mrs Sheila Byrne

Friday – 29 May/11 Sivan: Mrs Norma Ansell, Mrs Phyllis Fenton, Mrs Laura Lane, Mrs Sylvia Woolf

Monday Club Closed for Shavuot Call Maurice 01702 351845	Pop In - Tues 16 June Talmud Torah 2pm – 4pm	Toddler Group - Tues Call Karen 07887 847059
connect@southend-Thurs Talmud Torah Call Chris Sternshine 334655 or 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 6 Jun - 10.15am Call Derek Silverstone 01702 616153	Cheder 4.45pm to 6.15pm southendyouth@outlook.com Refreshments served at 4.30pm	SJYC 5-11yrs Every Thurs 4.30pm-6.30pm southendyouth@outlook.com or call 07876 685826
J.A.C.S. - Every Wed Call Allan Goldstein 01268 771978 for more info	SEED - Mon 1st June 8.45pm in Beth Hamedrash	To announce your event on the Shul website email stan.stanrob@gmail.com

The Shop

Usual opening hours:- Mondays 12noon to 3pm Cash Purchases Only

Thursdays 10.00am – 4.30pm: Fridays 9.00am – 12.30pm: Sundays 9.30am – 11.30am

Phone 01702 430307 (only during opening hours)

For orders please email: alanmarkovitch@yahoo.co.uk or leave a message on 07956 597271

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.

5 Sivan 5775 - 23 May 2015 ב"מ"ד



Email: swhc@hotmail.co.uk Tel: 01702 344900 Website: www.swhc.org.uk

Rabbi: Rabbi Binyamin Bar

Wardens: Stanley Robinson & Geoffrey Pepper

Shabbat Bemidbar Services

Shabbat begins Friday night at 8.00pm
Mincha followed by Kabbalat Shabbat 7.30pm
Shacharit 9.15am
Children's Service 11.00am

Kiddush after the Service

Erev Shavuot

Shabbat Afternoon Shiur 8.00pm
Mincha followed by Seudah Shilishis
Including Cheesecake Bonanza including programme of learning (see inside for more details) 8.30pm
Shabbat ends 10.03pm
Ma'ariv 10.15pm

Service Times

Sunday – 1st Day Shavuot

Shacharit 9.15am
with Children's Shavuot Ice Cream Kiddush (see inside)
Mincha/Ma'ariv 7.30pm

Monday – 2nd Day Shavuot

Shacharit 9.15am
Mincha 8.45pm
Ma'ariv & Yom Tov ends 10.07pm

Tuesday- Thursday

Shacharit 8.00am Mincha/Ma'ariv 8.00pm

Next Friday – 29 May

Shacharit 8.00am
Shabbat begins 8.00pm
Service 7.30pm

Soncino Torah Reading – Rabbi Bar - Page 793
Haftorah Bemidbar – Jeremy Symons - Page 810

Every Jew Counts

"Count the heads of the congregation of the Children of Israel, by their families, by the houses of their fathers, by the number of names, every male by their heads." [Numbers 1:2]

Rashi, Rabbi Shlomo Yitzchaki, says that it is because of Hashem's love for the Jewish people, because of how dear they were to Him, that He counted them constantly. When they came out of Egypt, He counted them, after the sin of the Golden Calf, He counted the fallen to know how many remained. And now, in our portion this week, He counts them again.

Every Jew is precious, but as we also see this week, we have many different roles to play. The People were divided by their flags, their tribes, and by their families. One person was part of the tribe of Dan, and camped in the North, under the flag of his own tribe. Another was a member of the tribe of Gad, which camped at the opposite end, in the South, under the flag of Reuven. But each one was a crucial part of the whole.

As Rabbi Yisrael Meir Kagan, the Chafetz Chaim, pointed out: the Tent of Meeting, with the camp of the Levites, traveled in the Center. Because the Torah was carried in the Aron, which was in the Tent of Meeting, it had to be "inside" the camps. It had to be in the center, not close to one but far from the other. The Chafetz Chaim compares the Torah to the human heart, which must be in the center of the human body, pushing blood out to all the extremities. So too, every Jew is nourished by Torah, and the Torah should be accessible to all.

Torah is close to every one of us, and every Jew has a unique portion in Torah. Kabbala teaches us that there are 600,000 letters in the Torah scroll correspond to the 600,000 souls of Israel (general souls, which can split into more souls). The Torah is here for us to learn, and find spiritual nourishment within it.

As we approach the holiday of Shavuot, when we received the Torah, let us take this opportunity to grasp hold of it, and fulfill our unique spiritual missions.

Shabbat Shalom and Chag Sameach,
Rabbi Binyamin Bar

Dirshu Bahalacha - Code of Jewish Law

15 Minute interactive Halacha Shiur with Rabbi Bar

Monday, Tuesday, Thursday and Friday following the morning service

Thank You

We would like to thank the Ladies' Guild, once again this year, for decorating our Shul so beautifully for Shavuot.

We wish a Hearty Mazeltov to:

Jill & Lawrence Collins together with Suzie & Phillip Okrent are delighted to announce the arrival of a beautiful granddaughter, Georgie Grace, to their children Lucy and Jason.

Clare Linden on the occasion of her 85th Birthday

Gyula Vari on the occasion of his 80th Birthday

Rochelle & Colin Samuel on the occasion of their 40th (Ruby) Wedding Anniversary

SHAVUOT

This year the festival commences after Shabbat

Shabbat – 23rd May - Erev Shavuot

Mincha 8.30pm followed by Seudah Shlishis refreshments, cheesecake including a programme of learning with Rabbi Bar "Why do we do this? Customs & Practices on Shavuot". & guest speakers: Dr. Arnold Azulay "The Consultation"; Roy Barnes "Why do we need to take the Tablets?" & Jeremy Symons "The customs of Shavuot – or lack of them – regarding Milky Products". Ma'ariv 10.15pm. Everyone welcome - free to attend. Late night learning at the home of Rabbi Bar from 10.45pm onwards with more cheesecake & coffee – men & women welcome.

.Shabbat ends and Shavuot begins at 10.03pm.
Shavuot Candles must not be lit before this time.

Sunday – 24th May - 1st day Shavuot

Morning Service 9.15am (including The Ten Commandments)
Children's service followed by Children's ice cream Kiddush. 11.00am
Haftorah – Dr Arnold Azulay
Mincha followed by Ma'ariv 7.30pm
2nd night candle lighting 10.05pm
Candles should not be lit before this time

Monday 25th May – 2nd day Shavuot
Shul Office will be closed

Morning Service 9.15am (including Yizkor)
Haftorah – Stephen Marcon
Mincha 8.45pm – Ma'ariv & Yom Tov ends at 10.07pm

Sun 7th June - AID Society Bridge

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

Mon 8th June - Bereavement Support Group - 8.00pm

At the home of Barbara Black. Call Janice – 07752 874065

Jewish Genealogical Society - Local Group - Sun 14th June

2.30pm to 5.00pm. Everyone welcome.
Contact Anne Marcus for details at avoceta@hotmail.com.

Tues 16th June - Jewish Women's Circle - At the home of Marilyn Salt

7.30pm for 8.00pm start. Rebbetzin Sufrin will again be enlightening us with her invaluable knowledge. Please contact Shul Office if you wish to attend.

WIZO Trip to the V&A-Tues 21 July Exhibition SHOES: Pleasure & Pain

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

Coming soon on Shabbat

The return of Roy Barnes' Discussion Group.