



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

(Yahrzeits begin the night before the date below)

- Shabbat – 12 August / 20 Av** Mrs Sybil Schiller, Mrs Rita Samuel
Sunday – 13 August / 21 Av Mrs Sylvia Shaw, Mr Barry Foreman
Monday – 14 August / 22 Av Mrs Dawn Shestopal, Mrs Anette Samuels
Tuesday – 15 August / 23 Av Mr Julian Lee-Harris, Mr Eric Harris, Mr Michael Joseph
Wednesday – 16 August / 24 Av Mrs Rochelle Samuel, Mrs Cynthia Simmons, Mr Maurice Tobias
Thursday – 17 August / 25 Av Mrs Yvette Eichen, Mr David Fine, Mrs Hilary Lee, Mr Anthony Larholt, Mrs Suzanne Rosehill, Mr David Ramet, Dr Arnold Azulay, Mrs Sonia Helper
Friday – 18 August / 26 Av Mr Michael Gershlick

VISITING THE SICK If you know anyone who would like a hospital or home visit from Rabbi Bar or a member of the *Community Care Committee*, please email swhcfc@gmail.com or call Janice on 07752874065 or the Shul Office on 01702 344900.

REGULAR EVENTS

<p>Monday Club Social club with card games 11:45 - 3:30pm, Shul Hall Call Maurice 01702 351845</p>	<p>Saying Kaddish in Shul? Please ensure you bring at least <u>two relatives</u> or friends to help with the Minyan.</p>	<p>Bereavement Support Group Monday 14th August at the home of Florette Call Janice on 07752 874065</p>
<p>Cheder Classes Term has ended, new term starts September, dates to be announced</p>	<p>Pop-in Talmud Torah Tuesday 22nd Aug 2pm-4pm Email Janice swhcfc@gmail.com</p>	<p>J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info</p>
<p>AID Society Bridge– 3RD Sept Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289</p>	<p>SJYC – Youth Club Closed for the summer youth@swhc.org.uk or call Barry 07876 685826</p>	<p>Jewish Museum til 24th Sept Amy Winehouse A Family Portrait For Info call 020 7284 7384</p>
<p>Stock Rd Cemetery, SS2 5QF Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST</p>	<p>Add your Simcha onto the Website! Contact Stanley Robinson stan.stanrob@gmail.com</p>	<p>Insights into the Weekly Sidrah Discussion Group on the Sidrah – returning soon</p>

THE SHOP *Kosher fresh, frozen, dry and baked goods available locally.*

Sunday | 9.30am-11am **Thursday** | 10am-4.30pm **Friday** | 9am-11am
 01702 430307 (during opening hours) / alanmarkovitch@yahoo.co.uk / 07956 597271



12 August 2017 | 20 Av 5777

Newsletter No. 996

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We extend a very warm welcome to everyone attending our services this Shabbat. We hope you enjoy the Services and you will join us again soon.

SHABBAT EKEV

FRIDAY NIGHT

Mincha/Carlebach-Style
 Kabbalat Shabbat 7:30pm
 Shabbat commences
 and Candle lighting 8:00pm

SHABBAT DAY

Shacharit 9:30am
 Children's Service 11:00am
followed by Kiddush
 Rabbi's Shiur 7:15pm
 Mincha *followed by* 8:00pm
 Seudah Shlishit
 Ma'ariv *when Shabbat ends* 9.25pm

WEEKDAY SERVICE TIMES

SUNDAY

Shacharit 8:30am
 Mincha *followed by Ma'ariv* 7:00pm

MONDAY - THURSDAY

Shacharit 8:00am
 Mincha *followed by Ma'ariv* 8:00pm

NEXT FRIDAY

Shacharit 8:00am
 Mincha *then Kabbalat Shabbat* 7:30pm
 Shabbat commences 7:55pm

Torah Reading	Rabbi Bar	Soncino pg 1032
Haftorah Ekev	Anthony Larholt	Soncino pg 1051
Anim Zemirot	Benjamin Gershlick	Sacks Siddur pg 458
<i>If you would like to repeat your Barmitzvah Haftorah, please contact the Gabbaim</i>		

THE MEZUZAH *Thoughts on the Parsha*

I once heard a story about an Israeli man who claimed to be anti-religious. His daughter had been born with a serious heart defect. After being told that she didn't have long to live, he wandered the streets of Jerusalem in a daze. Finally, he came across an old Yemenite man and poured out his heart to him. The Yemenite advised him to buy Mezuzot and put them on his doorposts immediately. Desperate for anything that could help his daughter, he ran to a religious neighborhood and bought several Mezuzot. After putting them up, he returned to the hospital where he was greeted with great news. Lo and behold, a miracle had occurred: His daughter's heart defect had disappeared!

The Yemenite man's advice to put up Mezuzot, as strange as it may sound, is consistent with Jewish tradition. In this week's Parsha, the verse dealing with the Mezuzah is juxtaposed with a verse promising long life to one's children (Devarim 11:20-21). Both these verses are written on the parchment of the Mezuzah, and many commentators therefore explain that Mezuzot help to protect children's health. But it is not children alone who benefit from the Mezuzah's presence. Written on the outside of each parchment is the name of Hashem, "*Sha-dai*." This is an abbreviation for the words "*Shomer Daltot Yisrael*" - "Guardian of the Gates of Israel." The Mezuzah, so to speak, guards the doors of a Jewish home.

Other sources see a different meaning to the Mezuzah. The Alshich notes that the Mezuzah is placed even upon the doors of rooms inside the house. Oftentimes, how a person appears in public can be very different to the way he/she acts in private. The Mezuzah therefore reminds us of the sanctity of the Jewish home. The Rambam presents the following understanding of Mezuzah. He explains that oftentimes people get so caught up in the hustle and bustle of making a living, that they lose their "Hashem consciousness." The Mezuzah, however, provides a wonderful solution to this problem.

The Mezuzah contains a declaration of our Love of Hashem and our commitment to observe His Mitzvot. As we pass through the door and look at (or kiss) the Mezuzah, we focus on Hashem's inspirational "instructions for living," posted on the wall. Maimonides says, the Mezuzah is a constant reminder "that nothing endures forever; nothing is eternal but knowledge of the Almighty. Upon reminding himself of this fact, a person will return to a proper consciousness and walk in a proper path."

Shabbat Shalom,
Rabbi Binyamin Bar

SPONSORSHIPS *Celebrate and commemorate your loved ones.*

Ladies Guild Kiddushim Contact Lisa Berg 07760141162 or swhc.org.uk/ladies-guild/#kiddush
Newsletter Contact the Shul Office £25 donation to sponsor our weekly Newsletter.
Mark your Simcha with a Leaf on our Tree of Life in the Shul Hall Each leaf will be £110.
Seudah Shlishit Contact geoffrey.pepper@hotmail.co.uk (minimum donation £30).

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

Marilyn & Stephen Salt on the birth of a granddaughter
Joanne & Stephen Marcon on the engagement of their son, **Joshua**, to **Madeleine Burns**, daughter of **Nicola & Gary Burns** (London), and to grandmother, **Lois Peltz**
Gordon Rosenberg on the occasion of his 95th Birthday
Doreen Reindorp on the occasion of her 90th Birthday
Arnold Baum on the occasion of his 83rd Birthday
Melvyn Shulton on the occasion of his 80th Birthday

THANK YOU

Westcliff & District WIZO would like to thank all those kind and generous donors who helped the Group raise £3,729.00 from their Jewish Women's Week House to House Collection this year. These funds will be sent immediately to help WIZO Israel help deprived families who use the Projects that WIZO run in Israel. Jackie Kalms Chairman

Annual 10 Mile Charity Walk for the Westcliff Jewish Community Centre's Dementia Group. Larry Lisner thanks everyone who sponsored the walk on Wednesday 5 July. If you pledged a donation and have not yet paid please pay at the Synagogue Office as soon as possible.

FORTHCOMING EVENTS

Sunday 13th August 9am | 10 mile (16 km) Sponsored Walk Jennifer Pepper, Rebbetzin Chaya Faigie and other ladies of the Community, are walking (along the seafront and pier) to raise funds towards a *Keilim* Mikveh to be sited in the Synagogue grounds. Tea reception in the Synagogue Hall afterwards approx 2pm. To sponsor, please visit the website: mydonate.bt.com/fundraisers/jenniferpepper

Sunday 3rd September, 3:30pm | Mark Regev, Israeli Ambassador to the UK will be speaking at our Shul. Doors open at 3:30pm for 4pm start. He is an excellent speaker and we are very honoured to have him attend our Community. For security reasons, please give your name(s) into the Synagogue Office as soon as possible to book a free place, as **entry will not be permitted unless your name has previously been supplied.** If you would like to stay for 'Afternoon Cream Tea' in the Shul Hall, where you will have an opportunity to meet the Ambassador, then please arrange payment when booking with the Synagogue Office, the cost will be £15 per person. **ADMISSION FOR THIS WILL BE STRICTLY BY TICKET ONLY DUE TO SECURITY ARRANGEMENTS.**

Thursday 7th September, 8pm | The New Foundations Concert Series at SWHC presents the authentic Motown, Soul and 1960s sound with this seven-piece band. Tickets selling fast, so reserve yours asap with Yael concertseries@swhc.org.uk / 07951 185933.

SAVE THE DATE!

Sunday 10th Sept | Ladies Guild Annual Hat Sale –10:30am to 12:30pm – Talmud Torah
Monday 25th Sept | Ladies Guild House of Lords Tour & Tea
Sunday 8th Oct | Succah Party Entertainment
Sunday 8th Oct | The Balfour Centenary, A Legal Conference, London 3pm-7pm. For details please contact 0208 202 0202
Thursday 12th Oct | Children's Simchat Torah Party
Tuesday 24th Oct | Ladies Guild Celebrity Lunch with Lord Michael Grade
Friday & Saturday 27th – 28th Oct | ShabbatUK