

**CONDOLENCES** *May G-d comfort you among the other mourners of Zion and Jerusalem.*

**Clare, Howard and Steven Linden** on the loss of a husband and father, **Frank Linden**

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

*(Yahrzeits begin the night before the date below)*

- Shabbat – 5 August / 13 Av** Mrs Nicki Collins
- Sunday – 6 August / 14 Av** Mr Lewis Herlitz
- Monday – 7 August / 15 Av** Mrs Janette Jacques, Mrs Joan Bryer, Mrs Hazel Hodis, Mrs Jackie Kalms, Mrs Geraldine Symons
- Tuesday – 8 August / 16 Av** Mrs Benita Speck, Mr Allen Goldenberg, Mrs Rita Samuel, Mr Stephen Redstone, Mr Martin Solomons,
- Wednesday – 9 August / 17 Av** Mrs Jeanette Cohen, Mrs Gillian Azulay, Mrs Susan Rakusen
- Thursday – 10 August / 18 Av** Mrs Irene Burns, Mrs Evelyn Elman, Mr Stuart Jacobs, Mrs Judith O'brart, Mrs Sandra Winston
- Friday – 11 August / 19 Av** Mrs Annette Samuels, Mrs Loretta De Haan, Mrs Clare Linden, Mr John Klein

**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 [swhfc@gmail.com](mailto:swhfc@gmail.com) or call Janice on 07752874065 or the Shul Office on 01702 344900.

**REGULAR EVENTS**

<p><b>Monday Club</b> Social club with card games 11:45 - 3:30pm, Shul Hall Call Maurice 01702 351845</p>	<p><b>Saying Kaddish in Shul?</b> Please ensure you bring at least <u>two relatives</u> or friends to help with the Minyan.</p>	<p><b>Bereavement Support Group</b> Monday 14<sup>th</sup> August at the home of Florette Call Janice on 07752 874065</p>
<p><b>Cheder Classes</b> Term has ended, new term starts September, dates to be announced</p>	<p><b>Pop-In   Talmud Torah</b> Tuesday 22<sup>nd</sup> Aug 2pm-4pm Email Janice <a href="mailto:swhfc@gmail.com">swhfc@gmail.com</a></p>	<p><b>J.A.C.S. Wednesdays</b> Call Allan Goldstein 01268 771978 for more info</p>
<p><b>AID Society Bridge– 6<sup>th</sup> Aug</b> Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289</p>	<p><b>SJYC – Youth Club</b> Closed for the summer <a href="mailto:youth@swhc.org.uk">youth@swhc.org.uk</a> or call Barry 07876 685826</p>	<p><b>Jewish Museum til 24<sup>th</sup> Sept</b> Amy Winehouse A Family Portrait For Info call 020 7284 7384</p>
<p><b>Stock Rd Cemetery, SS2 5QF</b> Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST</p>	<p><b>Add your Simcha onto the Website!</b> Contact Stanley Robinson <a href="mailto:stan.stanrob@gmail.com">stan.stanrob@gmail.com</a></p>	<p><b>Insights into the Weekly Sidrah</b> 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](mailto:alanmarkovitch@yahoo.co.uk) / 07956 597271



5 August 2017 | 13 Av 5777

**Rabbi Binyamin Bar**

*Rabbi*

**Stanley Robinson**

**Geoffrey Pepper**

*Gabbaim*

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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.*



Newsletter No. 995

**SHABBAT VA'ETCHANAN**

**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 7:30pm  
Mincha followed by 8:15pm  
Seudah Shlishit  
Ma'ariv when Shabbat ends 9.41pm

**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 8:00pm

<b>Torah Reading</b>	<b>Rabbi Bar</b>	Soncino pg 1008
<b>Maftir</b>	<b>Simon Belson</b>	Soncino pg 1027
<b>Haftorah Nachamu</b>	<b>Simon Belson</b>	Soncino pg 1028
<b>Anim Zemirot</b>	<b>Yitzchak Bar</b>	Sacks Siddur pg 458

*If you would like to repeat your Barmitzvah Haftorah, please contact the Gabbaim*

## SHEMA YISRAL *Thoughts on the Parsha*

“Listen O Israel, Hashem is our G-d, Hashem is one” (Deuteronomy 6:4). The words of the Shema constitute the most basic statement of Judaism: that Hashem is our G-d, a real presence in our lives; and that Hashem is one, the singular, absolute truth of our existence. According to the Talmud the Shema was first recited by the children of Yaakov at the time of his passing away. We use the words of the Shema for many things.

Mind: We study them and reflect on them. As the verse says, “Listen O Israel”, the Hebrew word for “listen” – *Shema* - also means “comprehend.”

Heart: Study and reflection give birth to emotion. Hence, “Listen O Israel” brings us to “You shall love Hashem with all your heart, all your soul and all your might” (6:5).

Speech: When “these words are upon your heart,” the next step is verbalization and communication. “You shall teach them diligently to your children; and you shall speak of them when you sit in your house, when you walk by the way, when you lie down and when you rise up” (6:7). The last words in this verse are the source of the mitzvah to recite the Shema every evening (“when you lie down”) and every morning (“when you rise up”).

Body: “You shall bind them for a sign upon your arm, and they shall be as tefillin between your eyes” (6:8). Like a marriage ring on a finger, the tefillin are a physically tangible bond on our bodies, embodying our bond with Hashem and our commitment to make Hashem’s oneness real in our world.

Environment: “You shall inscribe them on the doorposts of your home, and on your gates” (6:9). The mezuzah is a parchment scroll containing the verses of the Shema and fixed to the doorpost of the Jewish home. It defines both the sanctity of the environment within and its influence on the environment without.

Lastly, Shema Yisrael focuses our hearts and minds on the good and noble that lies within each one to achieve and accomplish. And perhaps just as importantly it serves to unite us with all of the past generations of Jews, all of the way back to our father Yaakov and his children, to the origins of Shema Yisrael itself. There can be no greater comforting thought for us on this Shabbat Nachamu - of consolation - than this reality of the bond of Jewish life over all of these centuries.

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](http://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](mailto:geoffrey.pepper@hotmail.co.uk) (minimum donation £30).

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

**Gill & Neville Hyams** on the birth of a grandson, Monty Lewis Ross, a son for Michelle & David Ross

**Linda Sanders** on the occasion of her 70<sup>th</sup> Birthday. Mazel Tov!

## FORTHCOMING EVENTS

**This Shabbat** | We extend a warm welcome to back to town to Rebbetzin Chaya Faigie’s parents, **Rabbi and Mrs Jundef**, who are spending Shabbat in our community.

**This Shabbat** | **Yitzchak Bar** is making his debut singing Anim Zemirot, for the first time on a Shabbat in our Community. Mazeltov!

**Monday 7<sup>th</sup> August 7:30pm** | **Film Club presents ‘The Zoo Keepers Wife’ at the Jewish Community Centre.** £6 Donation to Emunah including refreshments (Not under SWHC Kashrut Supervision). Tickets from Marilyn Salt 07771 534155/01702 476349 or Rochelle Spector 07585 226523/01702 436991.

**Sunday 13<sup>th</sup> 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](http://mydonate.bt.com/fundraisers/jenniferpepper)

**Sunday 3<sup>rd</sup> September, 3:30pm** | **Visit by Israeli Ambassador, Mark Regev** Southend & Westcliff Hebrew Congregation are honoured to present Mark Regev, the Israeli Ambassador to the UK, who 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 7<sup>th</sup> 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](mailto:concertseries@swhc.org.uk) / 07951 185933.

## SAVE THE DATE!

**Sunday 10<sup>th</sup> Sept** | Ladies Guild Annual Hat Sale –10:30am to 12:30pm – Talmud Torah

**Monday 25<sup>th</sup> Sept** | Ladies Guild House of Lords Tour & Tea

**Sunday 8<sup>th</sup> Oct** | Succah Party Entertainment

**Thursday 12<sup>th</sup> Oct** | Children’s Simchat Torah Party

**Tuesday 24<sup>th</sup> Oct** | Ladies Guild Celebrity Lunch with Lord Michael Grade

**Friday & Saturday 27<sup>th</sup> – 28<sup>th</sup> Oct** | ShabbatUK