



STONE SETTING *Stock Road Cemetery, SS2 5QF unless otherwise stated.*

Sunday 12th February 2:00pm **Norma Anderson**

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

(Yahrzeits begin the night before the date below)

- Shabbat – 11 February / 15 Shevat** Mr Lionel Barnett, Mrs Hazel Billyack
- Sunday – 12 February / 16 Shevat** Mr Robert Ereira, Mrs Rita Ereira, Mrs Dawn Walters
- Monday – 13 February / 17 Shevat** Mrs Betty Morton, Mr Melvyn Rosehill, Mr Nigel Rosehill, Mrs Helene Platman
- Tuesday – 14 February / 18 Shevat** No Yahrzeits
- Wednesday – 15 February / 19 Shevat** Mr Cyril Black, Ms Teresa Capp, Mrs Angela Ereira
- Thursday – 16 February / 20 Shevat** Mr Michael Aarons, Mr Geoffrey Basco, Mrs Hazel Fellowes, Mr Jeffrey Gilbert, Mrs Lily Kantor, Mr Lewis Herlitz, Mrs Adrienne Cordery, Mr Michael Konyn, Mrs Angela Kneller
- Friday – 17 February / 21 Shevat** Mrs Joyce Harris, Mrs Jacqueline Phillips

VISITING THE SICK If you know anyone who would like a hospital or home visit, please email swhcf@gmail.com or leonardshulton@live.com call Janice 07752874065 or Shul Office on 344900.

REGULAR EVENTS

<p>Pop-In Talmud Torah Tuesday 21st Feb 2pm-4pm Email Janice swhcf@gmail.com</p>	<p>Project SEED Date to be advised 8:45pm in Beit Hamidrash</p>	<p>Bereavement Support Group Monday 27th February At the home of Barbara Black Call Janice on 07752 874065</p>
<p>Add your Simcha onto the Website! Contact Stanley Robinson stan.stanrob@gmail.com</p>	<p>SJYC – Youth Club Thursdays 4:30 – 6:30pm youth@swhc.org.uk or call Barry 07876 685826</p>	<p>J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info</p>
<p>Cheder Classes Tuesdays, 4:30 – 6:15pm Age 5+. Bar/Bat Mitzvah lessons also available.</p>	<p>connect@southend Thursdays, Talmud Torah Chris Sternshine 334655 csternshine@icare.org</p>	<p>Monday Club Social club with card games 11:45 - 3:30pm, Shul Hall Call Maurice on 01702 351845</p>
<p>AID Society Bridge – 12th Feb Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289</p>	<p>Stock Rd Cemetery, SS2 5QF Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST</p>	<p>Little Latkes Baby & Toddler 28th February 10:30am - 12noon Call Karen on 07887 847059</p>

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

Opening Hours | Sunday 9:30am-11am, Thursday 10am-4:30pm, Friday 9am-11am
Telephone 01702 430307 (during opening hours)
For orders email: alanmarkovitch@yahoo.co.uk or leave a message on 07956 597271



11 February 2017 | 15 Shevat 5777

Newsletter No. 970

Rabbi Binyamin Bar
Rabbi

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*This week's Newsletter is kindly sponsored by **Geoffrey Pepper** in celebration of **Jennifer's** birthday. Mazeltov!*



We extend a very warm welcome to everyone attending our service this Shabbat. We hope you enjoy the Service and you will join us again soon. Visitors to our community are also very welcome.

SHABBAT BESHALACH SHIRA
Tu B'Shevat

FRIDAY NIGHT
Shabbat commences
and Candle lighting **4:44pm**
Mincha/Carlebach-Style
Kabbalat Shabbat **4:55pm**

SHABBAT DAY
Shacharit **9:30am**
Children's Service **11:00am**
followed by
Community Kiddush & Mincha
Shabbat ends **5:58pm**
Ma'ariv **6:30pm**

WEEKDAY SERVICE TIMES

SUNDAY
Shacharit **8:30am**
Mincha **1:45pm**
Ma'ariv **7:00pm**

MONDAY – THURSDAY
Shacharit **8:00am**
Mincha **1:45pm**
Ma'ariv **8:00pm**

NEXT FRIDAY
Shacharit **8:00am**
Shabbat commences **4:57pm**
Mincha then Kabbalat Shabbat **5:15pm**

Torah Reading
Haftorah

Rabbi Bar
Rabbi Bar

Soncino pg 407
Soncino pg 434

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

SPLITTING OF THE SEA *Thoughts on the Parasha.*

“Then Moshe stretched out his hand toward the sea, and Hashem turned back the sea by a strong east wind the whole night, and turned the sea into damp land, and the waters were divided. The Children of Israel went within the sea on the dry ground; and the waters were a wall of protection for them at their right hand and at their left”. (Exodus, 14:21)

The verse speaks of both of Moshe’s hand and of the east wind. Which actually caused the miracle? There are a few approaches. The plain meaning of the verse is that Moshe’s outstretched hand brought about the splitting of the sea, which Hashem caused to happen by means of the strong wind that divided the water (Ibn Ezra).

Hashem’s reason for bringing the miracle about by means of a wind, rather than through an undeniable obvious miracle was to allow the Egyptians room for doubt. Indeed, they insisted that the waters had been moved by the wind, not by Hashem, therefore they plunged into the seabed to their eventual doom (Ramban).

Or HaChaim comments that first the wind solidified the waters of the deep, so that the dry surface upon which the Jews walked was not the seabed, but the solidified deep, and then the water above it split. Had Hashem not caused the lower depths to harden, and instead caused the entire sea to split, the Jews would have been forced to walk down a very steep incline as they descended to the seabed, and then climb up on the other side to exit.

The Jews had to prove their loyalty by plunging into the water. Nachshon ben Aminadav, later the leader of the tribe of Judah, was the first to obey Moshe’s command; he walked forward until the water was up to his neck – then the sea split.

The verse states that the water formed a protective wall for them on their right and on their left R’ Bachya cites a Midrash that what protected them at the sea was the Torah — which the Sages liken to water and which Israel was ready to accept at Sinai. Since Torah literature regards the right as the favoured side and the one that symbolizes spiritual accomplishment — which is why commandments are generally performed with the right hand – the water on their right symbolizes the essence of the Torah, and their left symbolizes Tefillin, which is worn on the left arm. Thus, Israel’s ultimate protection, whether against raging waters or vicious armies, is the Torah and its commandments.

Shabbat Shalom,
Rabbi Binyamin Bar

MAZEL TOV! *A hearty Mazel Tov from the SWHC community.*

Sylvia Vandermolon on the Barmitzvah of her grandson, Josh (Norrice Lea)

FORTHCOMING EVENTS

This Shabbat 11th February | Simcha Kiddush for Rabbi Bar & Rebbetzin Chaya Faigie Bar also Tu B’Shevat, “New Year” for Trees. The Community will be celebrating the marriage of Rabbi Bar & Rebbetzin Chaya Faigie. Everyone is welcome to the morning service & the Simcha Kiddush afterwards. There will also be a special Children’s Service.

Wednesday 15th February | Ashley Blaker at the Palace Theatre For tickets contact the Palace Theatre or for more info go to www.ashleyblaker.com/tour.

Thursday 16th February | Kidz Kalendar Kafé, 10am-12noon in the Talmud Torah Building on the success of December’s coffee morning, we are selling Hot Drinks, Cakes & Doughnuts etc for 50p each to raise funds for the Kidz Kalendar with Little Latkes & Youth activities. Why not pop down have a nosh & natter. **The entire community is welcome!**

Sunday 19th February | SWHC General Meeting in the Shul. Signing in 9:30am. Meeting commences at 10am.

Sunday 26th February | AID Society Annual Quiz Shul Hall. Fish & Chip Supper. Doors open 6.00pm. Tickets from Rochelle O’Brart 01702 719297.

Monday 6th March | Film Club presents “The Pianist of Willesden Lane” at the Jewish Care Community Centre 8.00pm. £5 donation including refreshments to Emunah (Not under SWHC Kashrut Supervision). Tickets from Marilyn 476349 or Rochelle 436991.

Wednesday 8th March | Ladies Guild Celebrity Lunch with Anton du Beke Sold Out 12noon for 12:30pm. For waiting list, please email van38@blueyonder.co.uk or call 07813 824684.

Thursday 9th March | Fast of Esther Times of ‘Fast’ to follow

Motzei Shabbat 11th/Sunday 12th March | Purim & reading of Megilla. Details to follow.

NOTICES

Mezuzah and Tefilin Checking in Southend til 12th February Rabbi Bar senior is offering his services to check your Mezuzot and Tefilin. You can give them to him at the morning or evening services, bring them to 43 Finchley Road or call on 01702 393535. Having an experienced Sofer in town is a great opportunity to ensure your Mezuzot and Tefilin are Kosher.

Seudah Shlishit – Returning Soon! On Shabbat afternoons after Mincha. If you would like to sponsor a Seudah Shlishit – for example for a birthday, anniversary or a Yahrzeit, please contact geoffrey.pepper@gmail.co.uk.

SPONSORSHIP *Celebrate and commemorate your loved ones.*

Ladies Guild Kiddushim Contact Lisa Berg on 07760141162 or swhc.org.uk/ladies-guild/#kiddush
Newsletter To sponsor the weekly newsletter please contact Pam Freedman in the Shul Office.
Tree of Life in the Shul Hall For our 110th Anniversary, each leaf will be £110 for a limited period.