



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

Lila Jacobs, Earl Jacobs, Lynne Silver & Nicole Van Praagh on the loss of a husband and father, **Alan Jacobs**.

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

(Yahrzeits begin the night before the date below)

- Shabbat – 18 February / 22 Shevat** Mr Arnold Baum, Mrs Helen Birmingham, Mrs Betty Steel, Mr Gavin Simons
- Sunday – 19 February / 23 Shevat** Mrs Josephine Pitch, Mrs Hazel Fellowes, Miss Debbie Freeman, Mr Gordon Rosenberg, Mrs Doris Finesilver, Mrs Barbara Barnett
- Monday – 20 February / 24 Shevat** Dr Arnold Azulay, Mr Gerald Ward, Mr Ronald Kalmus, Mrs Sonia Helper
- Tuesday – 21 February / 25 Shevat** Mr Leonard Crystall, Mrs Irene Burns, Mrs Evelyn Elman, Miss Diana Denny, Mrs Ella-Myrtle Hyman, Mrs Nita Marcus, Mr Stanley Robinson
- Wednesday – 22 February / 26 Shevat** Mr Michael Engleman, Mr Roger Rapp, Mr Jonathan Rapp
- Thursday – 23 February / 27 Shevat** Mr Ronald Roback, Mrs Sally Gerstein
- Friday – 24 February / 28 Shevat** Mrs Lily Marks, Mr Sam Young, Mrs Roberta Silver

VISITING THE SICK If you know anyone who would like a hospital or home visit, please email swhfc@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 swhfc@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>SIYC – 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@jcare.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 Mar 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



18 February 2017 | 22 Shevat 5777

Rabbi Binyamin Bar

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This week's Newsletter is kindly sponsored by Vivien & John Klein who are delighted to announce the engagement of their younger son, Alan, to Raf, daughter of Izette & David Felthun of Sydney, Australia. Mazel Tov!



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 YITRO

FRIDAY NIGHT

Shabbat commences
and Candle lighting **4:57pm**
Mincha/Carlebach-Style
Kabbalat Shabbat **5:15pm**

SHABBAT DAY

Shacharit **9:30am**
Children's Service **11:00am**
followed by
Community Kiddush & Mincha
Shabbat ends **6:10pm**
Ma'ariv **6:40pm**

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 **5:10pm**
Mincha then Kabbalat Shabbat **5:25pm**

Torah Reading
Haftorah

Shlomo Fink
Anthony Larholt

Soncino pg 445
Soncino pg 464

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

ONLY MOSHE *Thoughts on the Parasha.*

Our Sages outline the transmission of the Torah from Moshe to future generations: *“Moshe received the Torah from Sinai, and passed it on to Yehoshua, and Yehoshua passed it on to the Elders, and the Elders passed it on to the Prophets, and the Prophets passed it on to the Men of the Great Assembly.”* (Ethics of the Fathers 1,1)

Why is it, the commentaries ask, that the word **“received”** is used only regarding Moshe, while for the others, it says that they **“passed it on?”** Apparently, as concerns the transmission of Torah from generation to generation, there is an important difference between Moshe and the others who followed him.

Moshe Rabbenu was a great prophet, a great leader, scholar, and teacher, and more. And yet, the Torah records only one word of praise: *“And the man Moshe was very humble, the most humble of all people on the face of the earth”* (Bamidbar 12:3). His perception of himself was, *“And what are we?”* (Shmot 16:7). In fact, it was specifically because of Moshe’s vast humility that he was chosen to receive the Torah from Sinai.

Humility is of paramount importance in Torah; it is one of the forty-eight ways by which Torah is acquired, and it is high on the list. (Avot 6:6). This is why the *mishnah* says that: *“Moshe received the Torah from Sinai,”* rather than *“from Hashem, Who revealed Himself at Sinai.”* Sinai itself is symbolic of humility: *“The Holy One, blessed be He, passed over all the mountains and hills and rested His Presence on Mt. Sinai, and Mt. Sinai was not high and mighty”* (Sotah 5a).

According to Kabbalistic teachings, the connection is even more profound. Moshe received the Torah not for himself alone, but for the entire Jewish nation, not just at that time, but for all generations to come. Moshe received six thousand years’ worth of Torah, enough for the entire Jewish people until the coming of *Mashiach*.

Torah is our guide for perfecting ourselves and the world as a whole, bringing the Creation to completion and fruition. *Torat Moshe* has within it enough to teach *everyone* how to achieve this lofty goal, until the end of time. Moshe was in fact the only human being capable of this enormous accomplishment.

This is also why Moshe **“received the Torah,”** while the others **“passed it on.”** Having received the Torah in its entirety, he was then able to pass it on as he had received it.

Shabbat Shalom,
Rabbi Binyamin Bar

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

Valerie Kutner on the occasion of her 85th Birthday

FORTHCOMING EVENTS

Sunday 19th February | SWHC General Meeting in the Shul.

Signing in 9:30am. Meeting commences at 10am.

Tuesday 21st February | Men’s & Women’s Shiur with Rabbi & Rebbetzin Sufrin at the home of Fiona & Neil Sapler, 52 Crosby Road, SS0 8LG. 7:45pm.

Shabbat 25th February | Return of the Seudah Shlishit 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.

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. Keep an eye out for information on the exciting programme coming up. Get your costumes ready!

Sunday 19th March | Southend Friends Of Israel (SFI), Synagogue Hall, 3pm - 4:30pm. The Centenary Of The Balfour Declaration. All are invited to a talk followed by discussion on the Balfour Declaration which led to the establishment of the modern State of Israel. Our guest speaker is Mr Michael McCann, Director of Israel Britain Alliance. For further information please contact Jack on 01702 391535.

Sunday 2nd April, 8pm | KIX Jazz Orchestra A marvellous 18-piece big jazz band along with their singer, Kate Daniels, are coming to perform at SWHC from London! Tickets £10 / £8 conc. available from Yael Bebb, 01702 346543, concertseries@swhc.org.uk.

SPONSORSHIP *Celebrate and commemorate your loved ones.*

Ladies Guild Kiddushim Would you like to sponsor a Kiddush? There are vacancies for sponsors of our regular weekly Kiddushim. Please contact Lisa Berg on swhc.org.uk/ladies-guild/#kiddush or 07760141162 if you are interested. You don’t have to have an occasion to mark!

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.

Breakfast / L’Chayim Would you like to sponsor a Breakfast or a L’Chayim on the anniversary of a Yahrzeit or to mark a birthday? If so, please contact geoffrey.pepper@hotmail.co.uk