

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

Elise Levy on the loss of her brother, **Derek Hyams**

Mirelle Walters and family on the loss of her mother, **Laura Mimun (Israel)**

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

(Yahrzeits begin the night before the date below)

Shabbat – 22 July / 28 Tammuz Mr Ian De Haan, Mrs Brenda Feldman,

Mrs Karen Barnett, Mrs Sherry Jacobs

Sunday – 23 July / 29 Tammuz Mr Antony Jacks, Mr Julian Nyman, Mr Derek Silverstone

Monday – 24 July / 1 Av Mrs Adele Dowell, Mrs Anne Meekings

Tuesday – 25 July / 2 Av Mrs Louise Gershlick, Mr Geoffrey Woolf

Wednesday – 26 July / 3 Av Mrs Myra Blayer, Mr David Garston, Mr Edward Garston

Thursday – 27 July / 4 Av Mrs Audrey Barcan

Friday – 28 July / 5 Av Mr Colin Sinclair, Mrs Carol Gedda

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 swhcf@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>Little Latkes Baby & Toddler Tuesday 25th July 10:30am - 12noon Call Karen on 07887 847059</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 25th July 2pm-4pm Email Janice swhcf@gmail.com</p>	<p>J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info</p>
<p>AID Society Bridge– 6th Aug 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



בס"ד



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22 July 2017 | 28 Tammuz 5777

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NEW MOON

Sunday 23rd July at 10pm

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 MATOT-MASEI

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 8:00pm

Mincha *followed by* 8:45pm

Seudah Shlishit

Ma'ariv *when* Shabbat ends 10:08pm

WEEKDAY SERVICE TIMES

SUNDAY

Shacharit 8:30am

Mincha *followed by* Ma'ariv 7:30pm

MONDAY (Rosh Chodesh) - 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

Torah Reading	Rabbi Bar	Soncino pg 955
Haftorah Shimu	Anthony Larholt	Soncino pg 984
Blessing the New Month	Menachem-Av	Sacks Siddur pg 424

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

WANDERING JEWS *Thoughts on the Parsha*

Ask any botanist about "Wandering Jews" and you will be told that it is a unique species of plant which despite receiving minimal sustenance it will nevertheless spread and grow. And if you cut out its roots and plant it in other soil, it will regenerate itself and start anew. "Wandering" is what Jewish history has been all about. The Patriarchs and Matriarchs were wanderers. The Jewish nation establish its identity in Egypt and while wandering through the Sinai desert. And for the past 2000 years we have been wandering the world.

This week's second Parasha, Massey, details the Jewish wanderings through their 42 encampments in the Sinai desert. However, the wanderings have been the subject of some misunderstanding, at times being portrayed as a "shlep" from one place to another. And it makes us ask the obvious question: why does the Torah need to mention the names of all 42 encampments?

The sages of the Kabbala explains that the number 42 alludes to the mystical 42-letter name of Hashem to indicates that the Jewish People acquired a greater spiritual awareness as they traveled through the desert. The Chatam Sofer offers examples: At *Kivrot Hata'ava* ("burial of desire"), they learned to deal with their desires. At *Chatzerot* ("courtyards"), they understood the concept that "this world is a courtyard to the next world." And so the entire desert experience was a journey of growth, with insights into the collective Jewish consciousness.

The Sfat Emet, a great 19th century Chassidic master, explains that each of these 42 places offered a unique challenge to the Jewish People. In each place, the Jews were to accomplish a specific "*tikkun*", a "spiritual repair." The Sfas Emes explains that we all have various stations, good and bad, as we travel through the "journey of life." Each has its unique purpose and challenge. And each can help us achieve the repairs we must accomplish on our souls.

As we travel on the various journeys that makes the tapestry of our lives, it is important to remain focused on the meaningful personal growth goals we are moving towards. And with Hashem's help, we will find the strength and courage to stand up to all of the challenges life may present.

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*

Minn Rose on the occasion of her 95th Birthday

FORTHCOMING EVENTS

Sunday 23rd July, 10am – 12noon | Southend Hospital Trust Community Engagement Event.

Synagogue Hall. Alan Tobias, OBE, Chairman of Southend University Hospital Trust, will be giving a presentation about the Success Regime and how this may affect hospital services in the near future. The hospital will have an information stall present. Looking forward to seeing you all on the day! The Ladies Guild will be providing refreshments.

Next Shabbat 29th July | Auf Ruf for Alex Rubin. The Kiddush will be generously sponsored by Linda & Tony Rubin in honour of the Auf Ruf of their son, Alex, prior to his wedding to Alixandra.

THE THREE WEEKS

From Mourning To Morning 3-part programme to explore the practical and theoretical meaning of the Three Weeks.

The Halachot of Mourning | Sunday 23rd July, 8:30pm

With Rabbi Binyamin Bar. Men and Women welcome.

Internalising The Mourning on a Personal Level | Sunday 30th July, 8:30pm

With Rebbetzin Chaya Faigie Bar. Women only shiur.

TISHA B'AV | Monday 31st July – Tuesday 1st August

Fast begins Monday 8:48pm. Fast Ends Tuesday 9:49pm.

Synagogue Office will open at 1pm.

Bridging The Gap To Mourning | Tuesday 1st August – Tisha B'Av

Men and Women welcome. Schedule and details to follow.

Monday 7th 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 226523/436991.

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. Proceeds will be ring-fenced. Tea reception in the Synagogue Hall afterwards approx 2pm. To sponsor, please visit the website: mydonate.bt.com/fundraisers/jenniferpepper

SAVE THE DATE!

Thursday 7th Sept | The New Foundations concert, 8pm. concertseries@swhc.org.uk

Sunday 10th Sept | Ladies Guild Annual Hat Sale –10:30am to 12:30pm – Talmud Torah

Motzei Shabbat 16th Sept | Midnight Selichot Service – refreshments from 10.30am

Monday 25th Sept | Ladies Guild House of Lords Tour & Tea

Tuesday 24th Oct | Ladies Guild Celebrity Lunch with Lord Michael Grade

Friday & Saturday 27th – 28th Oct | ShabbatUK