

(Yahrzeits begin the night before the date below)

Shabbat – 8 July / 14 Tammuz Mrs Carol Turansky, Mrs Sheila Matthews
Sunday – 9 July / 15 Tammuz Mrs Pamela Diskin, Mrs Sonia Scott, Mr Sasson Zecharia
Monday – 10 July / 16 Tammuz Mrs Marion Jones, Mr David Plaskow, Mrs Susan Baker, Mrs Doris Finesilver, Mrs Barbara Barnett, Mr Philip Walters, Mr Michael Walters
Tuesday – 11 July / 17 Tammuz Mrs Rosalyn Cohen, Mr David Fine, Mrs Frances Hauseberger, Mrs Minnie Silverton
Wednesday – 12 July / 18 Tammuz Mrs Jennifer Silver, Mrs Yvette Oakes, Mr Geoffrey Waterman, Mr Leslie Zeffie
Thursday – 13 July / 19 Tammuz Mr Cyril Levy
Friday – 14 July / 20 Tammuz Mrs Maxine Herman, Mrs Sophia Zetter

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 leonardshulton@live.com, 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 17th July at the home of Lawrie Call Janice on 07752 874065</p>
<p>Cheder Classes Tuesdays 4:30 – 6:15pm Age 5+ Bar/Bat Mitzvah lessons also available</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>Insights into the Weekly Sedra Gentlemen's discussion group. Wednesdays after Ma'ariv in Beth Hamedrash</p>	<p>SJYC – Youth Club Thursdays 4:30 – 6:30pm youth@swhc.org.uk or call Barry 07876 685826</p>	<p>AID Society Bridge– 9th July Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289</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>

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

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).



8 July 2017 | 14 Tammuz 5777

Rabbi Binyamin Bar

Rabbi

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Geoffrey Pepper

Gabbaim

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*This week's newsletter is kindly sponsored by Joseph Aspler of Montreal, Canada, commemorating the 100th anniversary of the birth of his uncle, **Flight-Sgt Jack Tritt, RCAF**, killed in a crash with the rest of his crew from 425 "Alouette" Squadron during a night training exercise near Southend, 16th November 1942.*



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 BALAK

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 8:25pm
Mincha *followed by* 9:05pm
Seudah Shlishit
Ma'ariv *when Shabbat ends* 10:28pm

WEEKDAY SERVICE TIMES

SUNDAY

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

MONDAY, TUESDAY (Fast of Tammuz – See inside), WEDNESDAY & 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
Haftorah

Rabbi Bar
Michael Rabinovitch

Soncino pg 915
Soncino pg 929

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

THE SECRET OF OUR SURVIVAL *Thoughts on the Parsha*

When we require an honest and unbiased appraisal of our strengths and weaknesses, we know that our mother is not the right person to objectively appraise us. There is a quote: "Your enemies have vital information which your friends are withholding from you." Friends withhold vital information for fear of hurting us by dwelling on our flaws, or just because the close relationship we share make our friends blind to our faults.

And that is what makes Bilaam's prophecies so unique. The Jewish people have had many prophets throughout our history whose words are been written in the Torah. But to a certain extent, their prophetic words were "tainted" by their "insiders" preconceived perspective, by their love and care for their Jewish brethren. Bilaam, on the other hand, was viciously anti-Semite and his most ardent wish was to bring about the demise of the Jewish people.

Let us reflect on Bilaam's words when he tried, unsuccessfully, to dwell on our weak points, our vulnerabilities. Balak the King of Moav listened in shock as Bilaam who was hired to curse the Jews began his prophetic speech with the following: "How can I curse whom Hashem has not cursed? How can I invoke anger when Hashem is not angry?"

Why are the Jewish people immune from Hashem's curses and wrath? Bilaam continues: "Because from their beginning, I see them as mountain peaks, and I behold them as hills; it is a nation that will dwell alone, and does not reckon with the nations." Our sages tell us that "mountain peaks" symbolize our Patriarchs, and the "hills" refer to our Matriarchs.

This is the secret of our people's survival. Our ability to withstand the curses, wrath and anti-Semitic evils of the Bilaam's of all the generations, is thanks to our Patriarchs and Matriarchs, the Jewish fathers and mothers who instill in their children that whilst we are respectful to all those around us, we are a nation whose destiny is to dwell alone. Parents who teach their children that "a nation who dwells alone" is not a curse or an inconvenience; it is not a blight which we must try to overcome, but it is a blessing, the blessing and secret of our survival.

Shabbat Shalom
Rabbi Binyamin Bar

FORTHCOMING EVENTS

THIS SHABBAT | CST & Security Stewards' Shabbat Honouring those who protect our Community. Welcoming honoured guest, **Alan Levy**, Security Director from Hendon.

Sunday 9th July 12noon – 3pm | Community Funday & BBQ All INCLUSIVE price of £10pp. Children under 3 go FREE! In aid of The Kidz Kalendar. Unlimited Barbeque, Ice-Cream, Popcorn & Candyfloss. New for this year, a Reptile Petting Zoo! More activities to be confirmed. Please contact Barry on 07876 685826 / youth@swhc.org.uk or leave cash/cheques made payable to "The Kidz Kalendar" with the Shul Office.

Tuesday 11th July | Fast of Tammuz Fast begins 4:07am, Fast ends 9:12pm. The 17th of Tammuz is a fast day commemorating the breach of the walls of Jerusalem before the destruction of the Second Temple and marks the beginning of the three-week mourning period leading up to Tisha B'Av.

15th July | AID Society Shabbat Please come and support the AID Society. Enhancing the quality of life of the more vulnerable Jewish people living in the town.

Tuesday 18th July, 10:30am – 12:30pm | Ladies Guild Coffee Morning At the home of Georgina & Colin Baum. Donation £5 to include coffee and cake. For more information, please contact Sara at van38@blueyonder.co.uk.

Tuesday 18th July 8pm | Men's & Women's Learning Circle with Rabbi & Rebbetzin Sufrin. Men at the home of Marc & Sharon Ordever, 269a Hamlet Court Rd SS0 7DD. Ladies venue to be confirmed.

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.

Sunday 23rd July – Tuesday 1st August | 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.

Bridging The Gap To Mourning | Tuesday 1st August - TISHA B'AV

Men and Women welcome. Schedule and details to follow.

Sunday 13th August | 10 mile (16 km) Sponsored Walk Jennifer Pepper & Rebbetzin Chaya Faigie are walking from 9am (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. "A huge Mitzvah, I want to be first in the queue" To sponsor: <https://mydonate.bt.com/fundraisers/jenniferpepper>