

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

(Yahrzeits begin the night before the date below)

- Shabbat – 18 March / 20 Adar** Mrs Barbara Black, Mr Ralph Ruvin, Mr Michael Herman, Mrs Angela Cohen, Mrs Ann Wine
- Sunday – 19 March / 21 Adar** Mrs Roberta Yaffe, Mrs Moira Dickson, Mr Jack Goldstein, Mrs Sheree Woolfson, Mr Ronald Lawrence
- Monday – 20 March / 22 Adar** Mrs Annette Samuels, Mr Brian Levene
- Tuesday – 21 March / 23 Adar** Mr Ivor Bennett, Mrs Hilary Lee, Mrs Norma Foreman, Mrs Cynthia Simmons
- Wednesday – 22 March / 24 Adar** Mrs Marion Rodol, Mrs Maxine Son, Mrs Helen Koppel
- Thursday – 23 March / 25 Adar** Mr Ray Turner, Mrs Annette Gilbert, Mrs Ruth Kaye, Mrs Helen Silver, Mrs Jill Collins, Mr Michael Son
- Friday – 24 March / 26 Adar** Mr Stephen Barnett, Mrs Renee Wallrock, Mrs Lilian Montsash, Mr Michael Yaffe

VISITING THE SICK If you know anyone who would like a hospital or home visit from a member of the *Community Care Committee*, please email swhfc@gmail.com or leonardshulton@live.com call Janice 07752 874065 or Shul Office on 01702 344900.

REGULAR EVENTS

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

SPONSORSHIPS *Celebrate and commemorate your loved ones.*

- Ladies Guild Kiddushim** Contact Lisa Berg on swhc.org.uk/ladies-guild/#kiddush or 07760141162
- Seudah Shlishit** Contact geoffrey.pepper@hotmail.co.uk (minimum donation £30).
- Newsletter** Contact the Shul Office £25 donation.
- Tree of Life in the Shul Hall** For our 110th Anniversary, each leaf will be £110 for a limited period.
- Breakfast &/or L`Chayim** Contact geoffrey.pepper@hotmail.co.uk



18 March 2017 | 20 Adar 5777

Rabbi Binyamin Bar
Rabbi

Stanley Robinson
Geoffrey Pepper
Gabbaim

Finchley Road
Westcliff-on-Sea
Essex
SS0 8AD

Telephone 01702 344900
Fax 01702 391131
Email shuloffice@swhc.org.uk
Website www.swhc.org.uk
Facebook facebook.com/swhc.org.uk



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.



Newsletter No. 975

SHABBAT KI TISSA PARAH

- FRIDAY NIGHT**
Shabbat commences
and Candle lighting **5:46pm**
Mincha/Carlebach-Style
Kabbalat Shabbat **5:55pm**
- SHABBAT DAY**
Shacharit **9:30am**
Children's Service *with Rebbetzin Bar* **10:30am**
followed by Kiddush
Mincha **5:40pm**
followed by Seudah Shlishit
Ma'ariv when Shabbat ends **6:58pm**

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 **5:58pm**
Mincha then Kabbalat Shabbat **6.15pm**

Torah Reading	Rabbi Bar	Soncino pg 540
Maftir	Rabbi Bar	Soncino pg 898 v1-22
Haftorah Parah	Anthony Larholt	Soncino pg 1194
Anim Zemirot	Sam/Rudy Alexander	Sacks Singers pg 458

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

THE NUMBER FORTY IN OUR TRADITION *Thoughts on the Parasha.*

The number forty always represents radical change from one extreme to another, and the following are examples of this:

1. During the forty days of the 'Flood' at the time of Noach, the world was cleansed of all the evil and underwent a radical change. The Ramban says that the axis of the earth was tilted and this caused our present climatic structure of four seasons. This provided a new beginning, similar to a new birth for mankind.
2. The Jewish people needed to be in the desert for forty years to undergo radical change in order to become a nation who would serve Hashem.
3. The Talmud says that only after forty days of gestation is a foetus considered to be an embryo. Forty days are needed for a foetus to achieve radical change and become a viable human being.
4. When Egypt was a leading nation the prophet prophesied that something major would happen to it. He prophesied that Egypt would be attacked and by being dispersed for forty days undergo a radical change. After this occurred Egypt never became a world power again.
5. The Talmud says that for certain transgressions a person is sentenced to have forty lashes. According to the *Talmud* The Court may only give him thirty nine lashes. This is because for him to achieve this radical change, the fortieth step is something he must do on his own.
6. Moshe Rabbeinu had to be at a higher spiritual level to be able to receive the Torah and he could not remain a regular person. He had to undergo radical change over a "full" period of forty days. This experience caused him to become similar to an 'angel'.

The Jews knew that it would make a significant difference if Moshe-Rabbeinu went up the mountain and had no contact with human beings for a "full" forty days or if he came back "on" the fortieth day.

Within forty days he would almost become a person of the higher world but he would still be someone 'enough of 'this world', for them to be able to relate to. If, however, he stayed for an additional day, he would go beyond being an 'Ish' – a man. They preferred to be led by someone, or something, closer to their level, *something more physical.*

Shabbat Shalom

Rabbi Binyamin Bar

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

Opening Hours | Sunday 9.30am-11am, Thursday 10am-4:30pm, Friday 9am-11am
Call 01702 430307 (during opening hours)

To order email: alanmarkovitch@yahoo.co.uk / call 07956 597271

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

Helen & Symon Davis on the Bar Mitzvah of their grandson, Joshua, at the New North London Synagogue. Mazel Tov to parents **Alison & Steven Davis.**

Mr Melvyn Peters on the occasion of his 80th Birthday

FORTHCOMING EVENTS

Sunday 19th March | Southend Friends of Israel (SFI), Synagogue Hall, 3:00pm - 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. Guest speaker, Mr Michael McCann, Director of Israel Britain Alliance. For more info, call Jack on 01702 391535.

Tuesday 21st March | Purim Pop In The "Pop In Team" invite you to join us at our Purim Pop In, 2pm - 4pm in the Talmud Torah to meet our special guest, Deputy Mayor, Cllr Fay Evans and her escort, Mr Ian Johnson MBE, and enjoy some delicious Hamantaschen.

Tuesday 21st March | Women & Men's Learning Circle 8:00pm With Rebbetzin Sufrin at the home of Cynthia Simmons – With Rabbi Sufrin at the home of Guy & Yael Bebb.

Next Shabbat 25th March | The Kiddush next week will be generously sponsored by **Sheila & Martin Solomons** in celebration of their grandson, **Sam Alexander's**, Bar Mitzvah. There will also be the 'Baby Naming' of **Jessica & Clifton Steinberg's** daughter, granddaughter of **Jennifer & Allan Silver.**

Shabbat 1st April | Kidz Kalendar Israeli Kiddush A special Israeli Style Kiddush, including Chocolate and Sass's Falafel. We will be joined by Youth representatives of Hanoar Hatzioni Worldwide, so come and join us for this special Kidz Kalendar Kiddush generously sponsored by Ann & David Wine, whose grandsons will be leining the Sidrah & our Youth will also be participating in the morning service.

Sunday 2nd April, 8pm | KIX Jazz Orchestra 18-piece swing jazz big band with Kate Daniels. **SOLD OUT.** Contact for waiting list 01702 346543 concertseries@swhc.org.uk.

Thursday 6th April | Film Club presents "Denial" Jewish Community Centre 7:30pm. £6 donation including refreshments to Emunah (Not under SWHC Kashrut Supervision). Tickets from Marilyn 01702 476349 or Rochelle 01702 436991.

Monday 10th April | Communal 1st Night Seder Synagogue Hall Ma'ariv 7:30pm, Seder 8:15pm. £20 Adults £10 children under 13. **Booking and payment by Monday 3rd April.**

Sunday 23rd April, 7pm | Yom Hashoah Mincha/Ma'ariv followed by Memorial Candle Lighting to the 6 million who perished in the Holocaust. Holocaust Survivor Guest Speaker. All Welcome. Donations to Association of Jewish Refugees.

Monday 1st May | Yom Hazikaron/Yom Ha'atzmaut Celebrations in the Synagogue Hall with entertainment from members of our community, and from London, the versatile Sidney Austin. Donation £5 in advance to include "Sass's Falafel". All proceeds to the Israeli War Disabled. Grand raffle on the night.

Tuesday 9th May | Westcliff & District WIZO Guided tour of the Wallace Collection Coach leaves Westcliff at 1:30pm, Tour 3:30pm with time in the West End. Returns about 7pm. Contact Adrienne for more info and to book your place on 333004.

Sunday 14th May | Lag B'Omer BBQ 33rd Day of the Omer. Further details to follow.