

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

Sunday 5th March 2:00pm **Jennifer O'brart**

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

(Yahrzeits begin the night before the date below)

Shabbat – 4 March / 6 Adar Mr Peter Baum, Mrs Yvette Eichen, Mr Jerrald Nathan, Mrs Betty Nathan, Mrs Susan Baker, Mr David Plaskow, Mr Sacha Small, Mrs Marilyn Belson

Sunday – 5 March / 7 Adar No Yahrzeits

Monday – 6 March / 8 Adar Mrs Norma Ansell, Mrs Gillian Azulay, Mrs Susan Rakusen, Mr Ronald Lawrence, Mr Alan Markovitch, Mr Anthony Green, Mrs Joan Green, Mrs Marilyn Lewis, Mrs Andrea Freedman,

Tuesday – 7 March / 9 Adar Mrs Estelle Luton, Mrs Ruth Leigh, Mr Andrew Levy, Mrs Freda Mickleson, Mr Melvyn Shulton, Mr Leonard Shulton

Wednesday – 8 March / 10 Adar Mrs Pamela Freedman, Miss Barbara Clements, Mr Michael Goldring, Mrs Joy Harris, Mrs Helen Koppel, Mrs Helen Birmingham, Mr Stephen Rosenthal

Thursday – 9 March / 11 Adar Ms Jacqueline Coleman, Mr Lionel Cordell, Mr Jeffrey Levy, Mr Michael Rodol, Mr Gavin Simons, Mrs Barbara Zybutz, Mrs Susan Stone

Friday – 10 March / 12 Adar Mr Kenneth Carter, Mrs Maxine Son, Mrs Ruth Kaye, Mr John Klein

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 Mar 2pm-4pm Email Janice swhcf@gmail.com</p>	<p>NEW Discussion Group on Weekly Sedra Each Wednesday after Ma'ariv in the Beit Hamedrash</p>	<p>Bereavement Support Group Monday 27th March At the home of Janice Steel 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 March 10:30am - 12noon Call Karen on 07887 847059</p>



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4 March 2017 | 6 Adar 5777

Rabbi Binyamin Bar

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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 TERUMAH

FRIDAY NIGHT

Shabbat commences
and Candle lighting **5:22pm**
Mincha/Carlebach-Style
Kabbalat Shabbat **5:35pm**

SHABBAT DAY

Shacharit **9:30am**
Children's Service **11:00am**
followed by Community Kiddush
Mincha **5:20pm**
followed by Seudah Shlishit
Ma'ariv when Shabbat ends **6:34pm**

WEEKDAY SERVICE TIMES

SUNDAY

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

MONDAY – THURSDAY (Fast of Esther)

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

NEXT FRIDAY

Shacharit **8:00am**
Shabbat commences **5:34pm**
Mincha then Kabbalat Shabbat **5:45pm**

Torah Reading	Rabbi Bar	Soncino pg 500
Haftorah	Derek Silverstone	Soncino pg 515
Anim Zemirot	Sam Alexander	Sacks Siddur pg 458

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

THE MISHKAN: GOOD AS GOLD *Thoughts on the Parasha.*

Gold is beautiful and sparkles. Gold is the only metal that does not corrode, rust or disintegrate. It symbolizes the beauty of the relationship between the Jewish people and Hashem which is eternal and everlasting.

The *Mishkan*, the portable Tabernacle, was adorned with precious materials, such as gold, silver and copper although gold seems to be the star material. The beams of 4 meters high were covered with gold, and so were the crossbars, the alter, the Ark, the Menorah, the table and most utensils.

The Midrash says that gold was created to beautify the Beit Hamikdash. The Talmud teaches us that if the community could afford to pave the floor of a synagogue with gold it should do so in order to create a beautiful dwelling place for the Hashem.

Similarly, the verse “*ze eli veanvehu*” – this is my G-d and I will beautify Him” teaches us to beautify all our Mitzvot (Talmud Shabbat 133b). A nice Menorah, a handsome *etrog* box, silver crowns for the Torah; these are but some of the ways we show respect for that which is sacred in our lives.

Hashem does not need our gold or silver. A synagogue can be a humble hut or luxurious, cathedral style, both are equally Kosher. But the Mitzva is to make that which is important and valuable to us as beautiful as possible. In the same vain, it is incumbent upon us to maintain our synagogues so that they remain clean and welcoming at all times, just like our own homes.

On the other hand, humility also has its place in the building of the Mishkan, Beit Mikdash or Synagogue. The beams in the Mishkan were covered with gold, but on the outside the beams were covered with skins of goat’s hair. All the great beauty of the Mishkan remained on the inside. The message here is that, whenever possible, we should avoid a display of wealth, so as not to arouse jealousy and hatred, and that beauty should remain on the inside to impress and inspire those who come to connect to Hashem.

Shabbat Shalom,
Rabbi Binyamin Bar

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

FORTHCOMING EVENTS

Sunday 5th March | Ladies Shiur with Rebbetzin CF Bar at 43 Finchley Road, 8:00pm.
Suggested donation £3.00. Please see flyer!

Monday 6th March | Film “The Pianist of Willesden Lane” Community Centre **Sold Out**

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

Wednesday 8th March | Gentlemen’s new weekly discussion group after Ma’ariv. Torah insights into the weekly Sedra in the Beit Hamedrash.

PURIM 5777 – “International Purim” *See poster for more details.*

Thursday 9th March | Fast of Esther Fast begins 4:45am and ends 6:42pm.

Motzei Shabbat 11th March, 7:30pm | Community Reading of the Megillah *followed by* Meal: Scotch Whisky, Japanese Sushi, Hamantaschen. Mystery Entertainment.

Sunday 12th March

8:15am | Shacharit & Community Reading of the Megillah, Hamantaschen.

4:45pm | Community Interactive Reading of the Megillah *followed by* Meal: Chinese Chicken, American Hot Dogs, French Fries, Salad *followed by* Fancy Dress Parade and “Buzz Has Got Talent” Show.

Cost for Both Meals: £8 adults, £4 children. Payment to Shul Office by Sunday 5th March.



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. Our guest speaker is Mr Michael McCann, Director of Israel Britain Alliance. For further information please contact 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.

Shabbat 1st April | Kidz Kalendar Israeli Kiddush We will be holding a special Israeli Style Kiddush, including Chocolate & Sass’ Falafel. We will also be joined by Youth representatives of Hanoar Hatzioni Worldwide, so come & join us for this special Kiddush.

Sunday 2nd April, 8pm | KIX Jazz Orchestra 18-piece swing jazz big band with Kate Daniels. Tickets £10/£8 conc from Yael Bebb 01702 346543 concertseries@swhc.org.uk

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

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

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

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