



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

(Yahrzeits begin the night before the date below)

- Shabbat – 6 May / 10 Iyar** Mrs Stacey Lichtenfeld, Miss Sharon Nelkin,
Mrs Sally Markovitch
Sunday – 7 May / 11 Iyar Mrs Edna Stuart
Monday – 8 May / 12 Iyar Mrs Gertie Denenberg
Tuesday – 9 May / 13 Iyar Mr Barry Linton
Wednesday – 10 May / 14 Iyar Mrs Roberta Yaffe, Mr Symon Davis, Mr Michael Goldring,
Mrs Helen Koppel, Mrs Lily Bloch, Mr Sam Young
Thursday – 11 May / 15 Iyar Mrs Judith O’brart, Mr Maurice Symons
Friday – 12 May / 16 Iyar Mr David Jay, Mrs Marie Royston

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 swhcf@gmail.com or leonardshulton@live.com call Janice 07752 874065 or 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 27th June 10:30am - 12noon Call Karen on 07887 847059</p>	<p>Bereavement Support Group Monday 8th May At the home of Ivan Kanutin 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 9th May 2pm-4pm Email Janice swhcf@gmail.com</p>	<p>J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info</p>
<p>Discussion Group on Torah insights into the weekly Sedra Every Wednesday after Ma’ariv in the Beit 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– 28th May 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.*

Opening Hours | Sunday 9.30am-11am, Thursday 10am-4:30pm, Friday 9am-11am
Call 01702 430307 (during opening hours) email: alanmarkovitch@yahoo.co.uk / call 07956 597271



6 May 2017 | 10 Iyar 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 thank **Rabbi Shlomo Fink** for stepping in to lein this Shabbat (in the absence of Rabbi Bar who is on holiday).*



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.

Newsletter No. 982

SHABBAT ACHAREI MOT KEDOSHIM	
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	
Mincha	8.10pm
followed by Seudah Shlishit	
Ma’ariv when Shabbat ends	9:30pm

WEEKDAY SERVICE TIMES

SUNDAY	
Shacharit	8:30am
Mincha followed by Ma’ariv	7:00pm
MONDAY – 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 Shlomo Fink	Soncino	pg 705
Haftorah Acharei Mot	Roy Barnes	Soncino	pg 720
<i>If you would like to repeat your Barmitzvah Haftorah, please contact the Gabbaim</i>			

COUNTING THE OMER *Thoughts on the Parsha*

From the second night of Passover until the day before the holiday of Shavuot, the Jewish people engage in a unique mitzvah called Sefirat HaOmer (counting of the Omer). The Torah commands us that during this time each year we count seven complete weeks, for a total of 49 days. At the end of the seven-week period we celebrate Shavuot, which means “weeks.”

During the times of the Holy Temple, at the beginning of the Omer count and on the following holiday of Shavuot, special grain offerings were brought. These offerings were waved in different directions, similar to how the *lulav* is waved during the holiday of Sukkot, to demonstrate Hashem’s all-encompassing presence.

Why do we count these days? We learn several reasons. The foremost is that the count demonstrates our thrill for the impending occasion of receiving the Torah, celebrated on Shavuot. Just as a child often counts the days until the end of school or an upcoming family vacation, we count the days to show our excitement at again receiving the Torah (as we do in fact receive the Torah in a renewed sense every year).

We also learn that this period is meant to spiritually prepare and refine ourselves. When the Jewish people were in Egypt they had assimilated many of the immoral ways of the Egyptian people and had sunk to an unprecedented level of spiritual defilement. At the last possible moment, they were miraculously redeemed. It was during that 49-day period that they underwent such a radical transformation. From the lowest lows to the highest heights in just seven weeks!

It is specifically during this time that we strive to grow and mature in our spiritual state. The growth that occurs during this time is akin to a marathon. We pace ourselves and seek to improve day by day until we reach the day that we again receive the Torah. In this process, we look deep within ourselves and work on all of our negative attributes. If we are challenged in the realm of acts of kindness, we go out of our way to do more charitable works. If we are lacking in the area of justice, we hold ourselves to the highest possible standards and are exacting and demanding in our personal behavior and habits. And so it goes for all of our traits.

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

Newsletter Contact the Shul Office £25 donation to sponsor our weekly Newsletter.

Tree of Life in the Shul Hall For our 110th Anniversary, each leaf will be £110 for a limited period.

Seudah Shlishit Contact geoffrey.pepper@hotmail.co.uk (minimum donation £30).

Breakfast &/or L`Chayim Contact geoffrey.pepper@hotmail.co.uk

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

Doris Sim on the occasion of her 90th Birthday

Stephen Redstone & Joanne Barnett on the birth of a granddaughter, Edie Belle, to their son Martyn & daughter-in-law, Leanne Redstone. A little sister for Polly. Mazel Tov too to grandparents Barbara & Johnny Barnett and Angela & Steven Samuels (Hove).

FORTHCOMING EVENTS

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 01702 333004.

Sunday 14th May, 12noon - 3pm | Lag B’Omer Community BBQ Barbeque food and drinks, children’s activities including face painting, live music and lots more. Early bird ticket prices, adult, £6, child (12 and under) £4, family ticket (2 adults and 2 children) £15. Book and pay with Shul Office by Sunday 30th April. Tickets on the door, £1 more each and no family tickets.

Tuesday 16th May 7:30pm | Film Club presents “Dough” Call Marilyn 01702 476349 or Rochelle 01702 436991 for tickets. Jewish Community Centre, Cobham Road.

Sunday 21st May 9:15am | SWHC AGM Shul Hall

9:15am for signing in and voting. Meeting commences at 10am

Tuesday 23rd May 2:30pm | Ladies Guild AGM You are cordially invited to the Ladies Guild AGM in the Shul Hall. For more information contact Sara van38@blueyonder.co.uk

SHAVUOT 5777

Tuesday 30th May | Erev Shavuot – Mincha 8:30pm – Candle lighting 8:44pm – Seudah Tikun Leil, a programme of learning for Men & Women with refreshments and cheesecake and special guest speakers. Join us for this traditional late night meal catering to both body and soul!

1st Night Shavuot – Ma’ariv 10:15pm – Learning Shiur following on at the home of Rabbi & Rebbetzin Bar. All are welcome.

Wednesday 31st May | 1st Day Shavuot – Shacharit 9:30am – Reading The Ten Commandments approx 10:15am – Children’s Service 11am – Kiddush with Cheesecake after service ends – Mincha/Ma’ariv 7:30pm – Candle lighting 2nd Day 10:17pm

Thursday 1st June | 2nd Day Shavuot – Shacharit 9:30am – Yizkor approx 11:30am – ‘Sit Down’ Kiddush after the service, sponsored Anonymously – Mincha 8:45pm. Ma’ariv when Shavuot ends 10:17pm.

Friday 2nd June 11am | Hilton Tel Aviv MDA Bike Dedication Ceremony. Meet in the Foyer

Thursday 15th June, 8pm | Shir Jewish Music A concert of Klezmer and other music from the Jewish tradition with 5 piece band, Shir. Tickets £10/£8 conc, free refreshments. Please purchase your tickets with Yael, concertseries@swhc.org.uk / 01702 346 543.

Wednesday 21st June, 8pm | Reverend Gary Newman Concert An evening with Reverend Gary Newman and the London Cantorial Singers at Sinclair House.

Monday 26th June | Diana: Her Fashion Story Ladies Guild trip to Kensington Palace. Coach leaves Riverside at 9am, £30 per person inc return coach and entrance. Contact Sara Vandermolen on van38@blueyonder.co.uk for tickets.