



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

Gerald, Andrew & Suzanne Walters on the loss of a wife and mother, **Evelyn Walters**

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

Sunday 12th November 2pm **Sonya (Sorrel) Hayeem** (late mother of Norman Hayeem)
Rainham Cemetery, RM13 9SB

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

(Yahrzeits begin the night before the date below)

Shabbat – 11 November / 22 Cheshvan Mr Boris Chajt, Mr Geoffrey Basco,
Mr Irvine Ford, Mr Howard Gibeon

Sunday – 12 November / 23 Cheshvan Mrs Roma Linton, Mr Danny Greenbaum,
Mrs Anne Green, Mrs Sheree Woolfson, Mrs Frances Witzendorf

Monday – 13 November / 24 Cheshvan Mrs Norma Ansell, Mrs Sheila Solomons,
Mr Henry Harris, Mr Martin Neidus, Miss Caroline Newman, Mr Gerry Russell

Tuesday – 14 November / 25 Cheshvan Mr Alan Cohen, Mrs Pamela Collin,
Mr Geoffrey Pepper, Mr Daniel Plaskow, Mrs Mandy Krisman, Mr Derek Solomon,
Mrs Sylvia Rankoff

Wednesday – 15 November / 26 Cheshvan Mrs Joyce Baum, Mrs Sandra Miller,
Mr Neville Hyams, Mr Martin Hyams, Mrs Nita Marcus, Mrs Patricia Krieger,
Mr Cyril Levy, Mr Ian Lewis

Thursday – 16 November / 27 Cheshvan Mrs Rhoda Waterman, Mrs Teri Arkus,
Mr Leslie Lesser, Mrs Anne Meekings

Friday – 17 November / 28 Cheshvan Mrs Angela Russell, Mr Stanley Serkin,
Mrs Janice Steel, Mr David Wallrock, Mrs Louise Nyman

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 swhcfc@gmail.com or call Janice on 07752874065 or the Shul Office on 01702 344900.

REGULAR EVENTS & NOTICES

<p>Monday Club Social club with card games 11:45 - 3:30pm, Shul Hall Call Maurice 01702 351845</p>	<p>Bereavement Support Group Monday 13th November at the home of Florette Call Janice on 07752 874065</p>	<p>Pop-In Talmud Torah Tuesday 21st Nov 2pm-4pm Email Janice swhcfc@gmail.com</p>
<p>Cheder Classes Every Tuesday rabbibar@gmail.com</p>	<p>J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info</p>	<p>SIYC – Youth Club New Sunday Club starting January 2018!</p>
<p>AID Society Bridge 10th Dec 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>Ladies Guild Kiddushim Contact Lisa Berg on 07760141162 or swhc.org.uk/ladies-guild/#kiddush</p>
<p>Seudah Shlishit Contact geoffrey.pepper@hotmail.co.uk (minimum donation £30)</p>	<p>Newsletter Sponsorship Contact the Shul Office £25 donation</p>	<p>Tree of Life - Shul Hall Mark your Simcha with a leaf on the tree for £110</p>

11 November 2017 | 22 Cheshvan 5778

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

*This week's newsletter is kindly sponsored by **Sonny & Betty Kosky** to celebrate **Sonny's 75th Birthday**. Mazel Tov!*



We are delighted to welcome all members and guests/visitors today. Everyone is invited to the Kiddush after the service which we hope you will enjoy.

SHABBAT CHAYEI SARAH

FRIDAY NIGHT

Mincha/Carlebach-Style
Kabbalat Shabbat 4:00pm
Shabbat commences
and Candle lighting 3:56pm

SHABBAT DAY

Shacharit 9:30am
Children's Service 11:00am
Kiddush & Mincha follows the main service
Shabbat ends 5:08pm
Ma'ariv 5:35pm

WEEKDAY SERVICE TIMES

SUNDAY

Shacharit 8:30am
Mincha 1:45pm
Ma'ariv (New Time) 8:45pm

MONDAY - THURSDAY

Shacharit 8:00am
Mincha 1:45pm
Ma'ariv (New Time) 8:45pm

NEXT FRIDAY

Shacharit 8:00am
Mincha then Kabbalat Shabbat 3:45pm
Shabbat commences
and Candle lighting 3:46pm

Torah Reading	Rabbi Bar	Soncino pg 118
Haftorah Chayei Sara	Derek Silverstone	Soncino pg 135
<i>If you would like to repeat your Bar Mitzvah Haftorah, please contact the Gabbaim.</i>		

A WHOLESOME EXISTENCE *Thoughts on the Parsha*

Eliezer, on a mission to find a suitable wife for Yitzchak, asks Rivka: "Whose daughter are you? Is there room in your father's house for us to spend the night?" She said to him, "I am the daughter of Bethuel..." And then she said, "Even straw and feed is plentiful with us as well as a place to lodge." (Bereshit 2:23 -25). She answered the first question first and the second question second (Rashi).

Even after Rivka had proved herself how kind she was by providing water for Eliezer, his attendees and ten camels as well, she still needed to pass this oral exam. The two questions were asked as a sort of test to see if she answers the questions in order, which she did indeed. Why was this test necessary?

The Peshiska Rebbe said that a Jew needs three things to be complete. 1) He should be clever. 2) He should be kindly. 3) He should be religiously devoted. He went on to explain that each one of the three attributes alone, without the counter force of the others could potentially produce more harm than good.

He said, "One who is only clever, is inclined to be a thief." Left to its own devices, brilliance and intelligence does not necessarily lead one to a decent and wholesome result. The human mind is a tool or a weapon, which if harnessed for selfish interests alone, can serve to perpetrate crimes justifying them all the while. The Nazi war machine was not lacking for unlettered men. "The one who is only kindly", the Rebbe said, "is at risk of becoming self-indulgent." Without boundaries and discipline and just a general motto of, "All you need is love!" one can start out loving his neighbour and eventually his neighbour's wife. Misapplied and misappropriated mercy and kindness can be as destructive. Love is not all that's needed.

And lastly "A devoted religionist runs a risk of being merely a monk-like ascetic." If moral discipline is the only tool available then "no" is always the only option. Pleasures are perceived as enemies and retreat from temptation becomes the best defence, life and love remain unengaged and unfulfilled.

By answering the second question secondly, Rivka demonstrated that her actions were a disciplined approach to her intellect and her kindness which made her worthy to be a mother of a great and holy nation.

On this AJEX Shabbat we commemorate the wholesome giving of the men and women of the British Armed Forces to protect King and Country. May we know of no more wars and may Hashem bless us with peace the world over, Amen!

Shabbat Shalom!
Rabbi Binyamin Bar

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

Open: Sunday | 9:30am-11am Thursday | 10am-4:30pm Friday | 9am-11am
01702 430307 (during opening hours) / alanmarkovitch@yahoo.co.uk / 07956 597271

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

Lord & Lady Gold on the birth of a grandson, born to **Alexander & Lynn Gold**, daughter of **Anat Doron & Ady Doron** of Israel.

FORTHCOMING EVENTS

Shabbat 11th November | AJEX Shabbat. This week's Kiddush is kindly sponsored by AJEX. We remember those who gave their lives in the World Wars and all subsequent Wars in defence of the UK & Israel. *Everyone is encouraged to come and support AJEX.*



Sunday 12th November | Mayor's Annual Civic Cenotaph Service & Parade. Assemble at Prittlewell Square at 10:15am. Immediately after the Civic Service, AJEX will proceed to Stock Road Cemetery for the Service of Remembrance at our Jewish War Memorial.

Wednesday 15th November, 7:30pm | Film Club presents 'Norman' at the Jewish Community Centre, Cobham Road. Call Marilyn 01702 476349 or Rochelle 01702 436991 for tickets

Shabbat 18th November | The Kiddush will be generously sponsored by **Rosalyn & Derek Silverstone** to celebrate **Rosalyn's** 70th Birthday. Mazel Tov!

Sunday 19th November | AJEX Annual National Parade and Reunion Rally Service at Whitehall Cenotaph, 2:30pm, conducted by the Chief Rabbi, Ephraim Mirvis. Fall-In at Horse Guards Parade Ground, London 1:45pm. Transport to Whitehall is available, call Derek Silverstone on 01702 616153, limited spaces.

Sunday 19th November 7:30pm | Balfour Declaration 100 Year Celebration An evening of Wine, Whisky and Canapés with music from Dana Likvornik in the Shul Hall. £15 per person payable to the Shul Office. This spellbinding Israeli songstress drops jaws with Soul, R&B music from Tel Aviv to London and recently also at the U.S with her recent project.

Sunday 3rd December 7:00pm | Southend & District AID Society presents an Antiques Evening featuring Trevor Cornforth of Chalkwell Auctions and Howard Linden of Linden & Co at the Community Centre, Cobham Road, Westcliff. You are invited to bring along an item of interest (one per household) ceramics, silverware, collectables. Light refreshments (Not under SWHC Kashrut Supervision). Donation £8 per person. Please contact Rochelle O'Brart 01702 719297 or Geoff Cohen 01702 339601.

Sunday 10th December 12 for 12:30pm SHARP | Lunch with Chief Rabbi Ephraim Mirvis. SWHC and The Office of the Chief Rabbi cordially invite you to a Grand Celebration Luncheon, marking our 111th Anniversary, with guest speaker Chief Rabbi Ephraim Mirvis. £25 per person. RSVP Synagogue Office. To mark this special occasion, SWHC are producing a Souvenir Brochure. If you would like to sponsor space within this brochure, kindly complete the booking form (sent out by email) or contact the Shul Office.

Public Menorah Lighting | Cliffs Pavilion 12th – 19th December

There will be a daily lighting, to which everyone is encouraged to attend with free doughnuts for all. After the lighting on Tuesday 19th, everyone is invited back to a reception at SWHC.

Tuesday	12th Dec	7:30pm	Saturday	16th Dec	6:15pm
Wednesday	13th Dec	7:30pm	Sunday	17th Dec	7:30pm
Thursday	14th Dec	7:30pm	Monday	18th Dec	7:30pm
Friday	15th Dec	3:15pm	Tuesday (Gala Night)	19th Dec	7:30pm

