

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

Sunday 1st October 2.00pm **Gertrude Essex** 2.45pm **Cyril Krieger**

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

(Yahrzeits begin the night before the date below)

Shabbat – 23 September / 3 Tishri Mr Barry Linton, Dr Gerald Peters
Sunday – 24 September / 4 Tishri Mr Mark Felman, Mrs Betty Morton, Mr Ronald Lawrence, Mrs Rosalind Cohen, Mr Jeffrey Simmons
Monday – 25 September / 5 Tishri Mrs Evelyn Walters
Tuesday – 26 September / 6 Tishri Mrs Beverley Miller, Mrs Josephine Pitch
Wednesday – 27 September / 7 Tishri Mr Sonny Kosky, Mr Ronald Roback
Thursday – 28 September / 8 Tishri Mr Jeffrey Hendrick, Mr Ivan Kanutin, Mr Royston Keizer, Mr Terry Mendoza, Mrs Vivien Klein, Mrs Marilyn Salt
Friday – 29 September / 9 Tishri Mr Colin Samuel, Mrs Sheila Byrne

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 16th October at the home of Barbara Call Janice on 07752 874065</p>	<p>Pop-In Talmud Torah Tuesday 31st Oct 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>SJYC – Youth Club Contact youth@swhc.org.uk or call Barry 07876 685826</p>
<p>AID Society Bridge– 1st Oct 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>Seudah Shlishit Contact geoffrey.pepper@hotmail.co.uk (minimum donation £30)</p>
<p>Ladies Guild Kiddushim Contact Lisa Berg on 07760141162 or swhc.org.uk/ladies-guild/#kiddush</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>

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

See attached notice re opening times over Yom Tov
 01702 430307 (during opening hours) / alanmarkovitch@yahoo.co.uk / 07956 597271



Newsletter No. 1002

23 September 2017 | 3 Tishri 5778

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SHABBAT HA'AZINU SHUVA

FRIDAY NIGHT
 Mincha/Ma'ariv 6:40pm
 Shabbat commences
and Candle lighting 6:36pm

SHABBAT DAY
 Shacharit 9:30am
 Children's Service 11:00am
followed by Kiddush
 Rabbi's Shabbat Shuva Shiur 6:00pm
 Mincha 6:40pm
followed by Seudah Shlishit
 Ma'ariv *when* Shabbat ends 7:44pm

WEEKDAY, SHABBAT, YOM TOV SERVICE TIMES AND CANDLE LIGHTING TIMES

Please see Yom Tov Timetable

YOM TOV OFFICE CLOSURE
 Friday 29th Sept, Thursday 5th Oct, Friday 6th Oct, Thursday 12th Oct, Friday 13th Oct.

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.

Torah Reading	Rabbi Bar	Soncino pg 1159
Haftorah Shabbat Shuva	Rabbi Bar	Soncino pg 1155

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

TESHUVA OF FEAR & TESHUVA OF LOVE *Thoughts on the Parsha*

The Shabbat between Rosh Hashanah and Yom Kippur is called Shabbat Shuva. This Shabbat offers us a unique opportunity to focus on Teshuva (repentance – returning to Hashem) in a way we cannot during the rest of the week. What are the mechanics of Teshuva?

Our Sages teach us that when one does teshuva out of fear of Hashem, then the sins he transgressed intentionally are considered as if they were committed accidentally, but if one repents from love of Hashem, then his sins are transformed to merits. How does this work?

Rabbi Eliyahu Dessler, in his book Michtav Me'Eliyahu, explains that one of the main components of teshuva is when we genuinely regret our past deeds and acquire a new perspective of life: we think about the greatness of Hashem and the impropriety of violating His will. As this perspective develops and our outlook changes, we will now view our past transgression as accidental. We simply did not grasp the ramifications of our actions.

Teshuva out of love is different. True love is about giving. In principle, we cannot give anything to Hashem, but we can appreciate and express our gratitude for all He does for us. When we develop our appreciation for Hashem's constant giving to us, from being able to breathe every minute of every hour of every day to the breathtakingly beautiful sunrise etc... we fortify our love relationship with Hashem. And, when we contemplate our past misdeeds and realizes that, despite them, Hashem continues His abundant benevolence, our gratitude is multiplied. The repentance borne of this sentiment is much more profound and builds an even greater bond. The development of this greater love is a result of the misdeed, so our repentance actually turned those misdeeds into something positive in generating a closer relationship with Hashem.

Shabbat is designed specifically to allow us time each week to appreciate Hashem and what He does for us. There is a specific mitzvah (commandment) to eat tasty foods that we do not have throughout the rest of the week to allow us to focus on His magnificent benevolence. Capitalizing on these opportunities to develop our consciousness of Hashem's love for us will facilitate our return to Him out of love. Shabbat Shuva offers us a unique opportunity for an elevated sense of gratitude to turn our misdeeds into merits.

May we all be sealed for a sweet year of peace, health and prosperity!

Shabbat Shalom,
Rabbi Binyamin Bar

Purchase Your Arba Minim (Lulav and Etrog) | If you would like to order your Arba Minim through the Shul Office, please call 01702 344900 asap. Price is £35.
Last date to order is Thursday 28th September.

CST SECURITY CHECK Please leave your lockers and seats unlocked to enable CST to make their inspections this coming week.



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

Judy and Sammy Charker on the occasion of their Golden (50th) Wedding Anniversary
Netta Harper on the occasion of her 90th Birthday

FORTHCOMING EVENTS

Sunday 24th September | Fast of Gedaliah Fast begins 5:08am Selichot followed by Shacharit 8am. Mincha/Ma'ariv 6:30pm. Fast ends 7:42pm.

Monday 25th September | Ladies Guild House of Lords Tour & Tea (Not under S&WHC Kashrut Supervision) Contact van38@blueyonder.co.uk

Friday 29th September | Yom Kippur/Shabbat/Kol Nidrei

Mincha 1:30pm. Fast commences 6:20pm (Service 6:30pm)

See separate Yom Tov timetable for candle lighting times and times of services.

Shabbat 30th September | Yom Kippur Shabbat Ladies Hour Beit Hamidrash 4pm. Our annual Ladies Hour discussion group. Should anyone wish to take a turn and join Rebbetzin Bar at giving a short speech then please contact Rochelle O'Brart on 01702 719297.

Shabbat 30th September/Yom Kippur Roy Barnes's Discussion Hour in the Beit Hamidrash. All are welcome to attend Roy Barnes's Discussion/Explanatory Service at approx 2pm after Yizkor.

Sunday 8th October 6pm | Pizza in the Hut. All families welcome. Please contact Rabbi Bar or Barry Jacobs to book your Free Place for this fun filled event.

Sunday 8th October 7.15pm | Simchat Beit Hashoeva The Shul will be holding its annual Sukkah Party after Ma'ariv. The entire Community is welcome to celebrate with us in our large Sukkah for an evening of joyful celebration with refreshments and surprise guest speaker. Free Entry.

Sunday 8th October | The Balfour Centenary A Legal Conference, London 3pm-7pm. For details please contact 0208 202 0202

Thursday 12th October 5pm | Children's Simchat Torah Party We have pleasure in inviting all our children as we celebrate Simchat Torah 5778 commencing at 5pm in the Talmud Torah, with a 'Jelly & Ice Cream' Party and Marko Sparko Magician. Afterwards, join the community and parents in the main Shul ready for singing and dancing with the Torah. Goody bags with all kinds of everything.

Friday 13th October | Simchat Torah Morning Celebrations Service 9:30am, dancing with the Torah and running Kiddush. "Sit Down" Brunch with lots of food & drink after Hakafot. Everyone invited to this Community Celebration, Open to all.

Tuesday 24th October | Celebrity Lunch with Lord Michael Grade Shul Hall 12pm for 12:30pm. £35 members, £40 non members. Contact van38@blueyonder.co.uk for tickets.

Friday 27th/Shabbat 28th October | ShabbatUK Please contact the Shul Office to book your place for this special Shabbat. See poster in foyer for more details. 01702 344900

Sunday 5th November | Centenary of the Balfour Convention Wine, Whisky & Canapes to celebrate the Centenary of the Balfour Convention. More information to follow.