

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

Sunday 1st October 2.00pm Gertrude Essex 2.45pm Cyril Krieger
Minyan Required Please For Both Stone Settings

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

(Yahrzeits begin the night before the date below)

Shabbat – 30 September / 10 Tishri Mrs Sarah Freedman, Mrs Lily Bloch,
Mr Jeffrey Phillips,
Sunday – 1 October / 11 Tishri Mr & Mrs Barry Spector, Mrs Lyetta Witzendorf,
Mr David Sanders, Mrs Sheila Sekenofsky
Monday – 2 October / 12 Tishri Mr Gerry Gordon, Mr Sam Young
Tuesday – 3 October / 13 Tishri Mrs Rochelle O’Brart, Mr David Riseman
Wednesday – 4 October / 14 Tishri Mrs Miriam Goldman, Mrs Laraine Barnes,
Mr Barry Kaiser, Mr Michael Phillips, Mr Robert Reid, Mrs Sonia Burns
Thursday – 5 October / 15 Tishri Mr Stewart Bronitt, Mrs Sybil Schiller
Friday – 6 October / 16 Tishri Mr Howard Cohen, Mr Michael Goldstein,
Mr Gerry Gordon, Mr Morris King, Mrs Helen Koor

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

Monday Club Social club with card games 11:45 - 3:30pm, Shul Hall Call Maurice 01702 351845	Bereavement Support Group Monday 16 th October at the home of Barbara Call Janice on 07752 874065	Pop-in Talmud Torah Tuesday 31 st Oct 2pm-4pm Email Janice swhcfc@gmail.com
Cheder Classes Every Tuesday rabbibar@gmail.com	J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info	SJYC – Youth Club Contact youth@swhc.org.uk or call Barry 07876 685826
AID Society Bridge– 1st Oct 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	Seudah Shlishit Contact geoffrey.pepper@hotmail.co.uk (minimum donation £30)
Ladies Guild Kiddushim Contact Lisa Berg on 07760141162 or swhc.org.uk/ladies-guild/#kiddush	Newsletter Sponsorship Contact the Shul Office £25 donation	Tree of Life - Shul Hall Mark your Simcha with a leaf on the tree for £110

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



בס"ד



30 September 2017 | 10 Tishri 5778

Newsletter No. 1003

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 Linda & Ian Burns to mark the birth of a 3rd grandchild, a 1st born son to Elarna & Daniel Mintz, a great grandchild to Sonia Burns. Mazel Tov to the entire family.



SHABBAT YOM KIPPUR

FRIDAY NIGHT – KOL NIDRE

Kol Nidre, Ma'ariv 6:30pm
Fast and Shabbat commences 6:20pm
This is also the latest time for Candle lighting

SHABBAT DAY – YOM KIPPUR

Please see inside for time of Yom Kippur Services. Also refer to the Yom Tov Timetable, copies available in the foyer.

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

Please see Yom Tov Timetable

YOM TOV OFFICE CLOSURE

Thursday 5th Oct, Friday 6th Oct,
Thursday 12th Oct, Friday 13th Oct.

We extend a very warm welcome to everyone attending our Yom Kippur, Shabbat & Sukkot services.

Rabbi & Rebbetzin Bar, Chairman, Board of Management and Synagogue Staff
WISH THE ENTIRE COMMUNITY

A Happy & Healthy New Year & Well Over the Fast

Davening	Rabbi Bar & Chazan Gedalya Alexander
Leining	Rabbi Bar
Yom Kippur Haftorahs	Stanley Robinson & Simon Belson
Succot Haftorahs 1 st & 2 nd days	Derek Silverstone & Jeremy Symons

Page numbers as per Yom Tov Sheets available in the Synagogue

YOM KIPPUR: LAWS AND PRACTICES

The day before Yom Kippur is a mixture of confident joy in Hashem's forgiveness and serious preparation for the awesome judgement of Yom Kippur itself.

The Meals: The joyful aspect of the day is expressed by the omission of Tachanun and Avinu Malkeinu and by the Mitzvah to feast as if it were a festival. It is customary to eat two festive meals on Erev Yom Kippur, one at midday and the other (called the seudah hamafseket) after Mincha, preparatory to the fast. One should dip his challah in honey and eat fish and meat at the first meal. However, one should be careful to eat only easily digestible foods and not overeat. It is meritorious to invite the needy to join in the meals.

Charity: It is customary to give charity generously on the day before Yom Kippur, for *tzedakah* is a great source of merit and serves as protection against harsh decrees.

Kaparot: If Hashem ruled the world by strict justice only, then we would not stand a great chance in Hashem judging us. Fortunately, Hashem also rules by mercy and allows us to gain atonement. One of the methods of atonement is through Kaparot. This is done by taking a chicken, or money, and waving it around your head three times. The chicken is then slaughtered and given to charity, the money is used in place of the chicken.

Mikveh: We are required to immerse in a Mikveh on the day before Yom Kippur in respect for the sanctity of the day. It is a mitzvah to eat and drink heartily on *Erev Yom Kippur*.

Seeking Forgiveness: Although sincere regret suffices to obtain forgiveness for sins committed against Hashem, no amount of remorse can atone for sins committed against one's fellow man. To gain atonement for sins against other human beings, one must first gain their forgiveness and repay them for any monetary damages and overdue debts.

Candles: If one's parents are not alive, one lights an additional 25-hour memorial candle in one's home. This candle is called "The Candle of the Soul". This is in addition to the candles for Yom Tov. Before entering the synagogue, it is customary for fathers to bless their children, we use the blessing printed in the beginning of the Machzor.

May I take this opportunity to wish you all an inspiring Yom Kippur, well over the fast and a Happy New Year.

Shabbat Shalom and Gut Yom Tov!

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 Monday 2nd October.

YOM KIPPUR APPEAL for Chai Cancer Care

Established over 25 years, Chai Cancer Care provides comprehensive, professional and expert services to any member of the Jewish community affected by cancer - patients, their families and friends. Chai operates from 11 sites across the UK and clients can attend these to receive services. Clients who are unable to go to a Chai site can receive one to one services in their own homes, providing they live within geographical reach of a site. Chai also provides telephone counselling. Please give generously.

Donations made payable to S&WHC or call Shul Office with card details.

All payments will be forwarded to Chai Cancer.



FORTHCOMING EVENTS

Friday 29th September | Yom Kippur/Shabbat Mincha 1:30pm. Fast commences 6:20pm.

This is also the latest time to light candles. Kol Nidre Service 6:30pm.

Shabbat 30th September/Yom Kippur Service 9:00am; Children's/Toddlers service 11:30am
Yizkor 12:30pm; Break 3:30pm; Mincha 4:30pm; Neilah 6:00pm, Fast Ends & Ma'ariv 7:28pm.

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

Shabbat 30th September | Yom Kippur - Shabbat Ladies Hour Annual Ladies Hour Discussion Group 4pm in the Beit Hamidrash.

Wednesday night, Thursday & Friday 4th, 5th and 6th October — Succot days one and two (see Yom Tov timetable for candle lighting & service times)

Sunday 8th October 6pm | Pizza in the Hut. For the Youth and their families. 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. Film "Sukkot around the World". All are welcome. Free entry.

Sunday 8th October | The Balfour Centenary A Legal Conference, London 3pm-7pm. For details please contact 0208 202 0202. For other events email <http://www.balfour100.org/rah/>

Thursday 12th October 5pm | Children's Simchat Torah Party We have pleasure in inviting all children to celebrate with a 'Jelly & Ice Cream' Party & Marko Sparko Magician. Then join the community & parents in the main Shul for singing & dancing with the Torah.

Friday 13th October | Simchat Torah Morning Celebrations Service 9:30am, dancing with the Torah and running Kiddush. "Sit Down" Brunch (sponsored anonymously) 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 – SOLD OUT If you have not yet paid, please pay by Tuesday 9th October to the Shul Office for Sue Konyon's attention marked 'MG lunch' as there is a waiting list. £35 pp. Many thanks Sara Vandermolen.

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 Declaration Wine, Whisky & Canapes to celebrate the Centenary of the Balfour Convention. More information to follow.

Shabbat 11th November | AJEX Shabbat. We remember those who gave their lives in the World Wars and all subsequent Wars in defence of the UK & Israel.