



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

Bernice Abrahams & Wendy Secunda on the loss of their mother, **Anita Salomon**.
Derek Hyams, Helen Grubert & Karen Bermange on the loss of a sister and mother,
Myra Solomons.
Helen Davis on the loss of her brother, **Jack Tropper**.

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

Sunday 11th February 2pm **Lawrence Sussman**

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

(Yahrzeits begin the night before the date below)

Shabbat –27 January / 11 Shevat Mrs Sue Abrahams, Mrs Valerie Kutner, Mrs Rochelle Spector, Mr Barry Riseman, Mrs Helena Rosenberg
Sunday – 28 January /12 Shevat Mr Dennis Baum, Mr Colin Baum, Mr Trevor Raye
Monday – 29 January / 13 Shevat Mrs Benita Speck, Mrs Joanne Marcon, Lord Gold, Mrs Sara Vandermolen, Mrs Marion Sussman, Mrs Maureen Hyams
Tuesday –30 January / 14 Shevat Mr David Alexander, Mrs Vivienne Lee, Mr Larry Lisner, Mrs Sharon Somers, Mr Alan Wand
Wednesday –31 January / 15 Shevat Mr Lionel Barnett, Mrs Hazel Billyack, Mrs Kathryn Cooper
Thursday – 1 February / 16 Shevat Mr Robert Ereira, Mrs Lila Jacobs, Mr Earl Jacobs, Mrs Lynne Silver, Mrs Dawn Walters, Mr Martin Solomons
Friday –2 February / 17 Shevat Mrs Betty Morton, Mr Melvyn Rosehill, Mr Nigel Rosehill, Mrs Helene Platman

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 29 Jan At the home of Martin Dorne Call Janice on 07752 874065	Easy Insights on the weekly Sedra, Thursdays after Ma'ariv with sumptuous hot food Men only
Cheder Classes Tuesdays rabbibar@gmail.com chayafbar@gmail.com	AID Society Bridge 4 Feb Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289	Pop-In Talmud Torah Tuesday 27 Feb 2pm-4pm Email Janice swhcfc@gmail.com
SJYC – Youth Club Sunday Club 18 Feb Call Sarah Miller 07818 412425	Stock Rd Cemetery, SS2 5QF Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST	Ladies Guild Kiddushim Contact Lisa Berg on 07760141162 or swhc.org.uk/ladies-guild/#kiddush
Tree of Life - Shul Hall Mark your Simcha with a leaf on the tree for £110	Newsletter Sponsorship Contact the Shul Office £25 donation	J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info

27 January 2018 | 11 Shevat 5778

Newsletter No. 1020

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Rabbi

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*This week's Newsletter is kindly sponsored **Cynthia & Jeffrey Simmons** to celebrate Jeffrey's 83rd 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 SHIRA BESHALACH

FRIDAY NIGHT
 Shabbat commences 4:17pm
 Mincha/Kabbalat Shabbat 4:15pm
SHABBAT DAY
 Shacharit 9:30am
 Children's Service 11:00am
 Kiddush & Mincha *follows the main service*
 Shabbat ends 5:33pm
 Ma'ariv 6:00pm

WEEKDAY SERVICE TIMES

SUNDAY
 Shacharit 8:30am
 Mincha 1:45pm
 Ma'ariv 8:45pm
MONDAY – TUESDAY
WEDNESDAY (Tu B'Shvat)
THURSDAY
 Shacharit 8:00am
 Mincha 1:45pm
 Ma'ariv 8:45pm
NEXT FRIDAY
 Shacharit 8:00am
 Shabbat commences 4:30pm
 Mincha/Kabbalat Shabbat 4:30pm

Torah Reading	Rabbi Bar	Soncino pg 407
Haftorah Beshalach	Lord Gold	Soncino pg 434
Anim Zemirot	Louis Jacobs & Saul Bebb	Sacks Singers pg 458

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

GRATITUDE TO THE EGYPTIANS *Thoughts on the Parsha*

And the Children of Israel were armed when they went up from Egypt.' (Exodus 13:18). It was necessary for the Children of Israel to be armed when they journeyed through the wilderness where one can encounter challenges and dangers at almost every step of the way. In addition, the seven pagan nations inhabiting the Land of Israel would certainly not be happy with the idea of being displaced by the Jewish People. The fact that Hashem promised the Land to the Jews had very little bearing on their mindset. On the other hand, the Jews, having been slaves for the past 210 years, were not a warrior nation. Thus, the people took along weapons as preparation for any possibilities.

Having understood this, we wonder why, when the people were being pursued by the Egyptians, Hashem resorted to the great miracle of the Splitting of the Sea. Why did Hashem not simply instruct them to use their weapons and fight?

Rabbi Moshe Sofer derives from this an important principle concerning our moral behaviour. From the point of ethical correctness, it was inappropriate for the Jewish people who had established residence in Egypt for 210 years to personally raise up their weapons and fight their "benefactors." This is the reason that the Torah instructs us not to hate Egyptians, for "we were resident in their lands. And "a well from which one drinks water, he should not throw stones." When one derives benefits from another fellow, regardless of its nature and the benefactor's motivation, he still owes him.

What a powerful statement! One would think that after 210 years of slavery, the Jews had repaid the Egyptians a thousand-fold for being their host country. But from a gratitude point of view it is not enough. Yes the Egyptians were cruel and morally bankrupt, who treated us in the most reprehensible manner. Logically we have every reason to despise them and want nothing to do with them. Jews however, understand that if someone benefits us, we owe him and to be grateful for their hospitality. Hashem will deal with the rest, their motivation, ill-treatment and punishment. This is what makes us different from the pagans and despots who have cruelly mistreated us throughout history.

Shabbat Shalom,
Rabbi Binyamin Bar

THE SHOP - NOW BEING SUPPLIED BY **KOSHER DELI**
Kosher fresh, frozen, dry and baked goods available locally Butchers & Delicatessen
Open: Thursday | 10am-4:30pm **Friday** | 8:30am-11:30am **Sunday** | 9:30am-11:30am
01702 430307 (during opening hours) / alanmarkovitch@yahoo.co.uk / 07956 597271

Thank You

We are so overwhelmed and touched by the generosity of the Southend and Westcliff community and truly appreciate all your support and enthusiasm. We are so very grateful. Our heartfelt thanks on behalf of all those who turn to Chai. Best wishes, **Melanie Levy, Chai Cancer Care**

FORTHCOMING EVENTS

Shabbat 27th January | The Kiddush this week is generously sponsored by **Cynthia & Jeffrey Simmons** to celebrate Jeffrey's 83rd Birthday. Mazel Tov!

Sunday 28th January, 3pm | Holocaust Day Commemoration Service, Council Chamber, Civic Centre. Music, reflections, poetry and an address by Holocaust survivor, Mr Manfred Goldberg. Free parking will be available in the Civic Centre car park off Carnarvon Road. There will also be an Exhibition on display.

Monday 29th January, 6:45pm Shul Hall | Tu B'Shvat JLS Evening Limmud-style event, catered by Suzanne Elman. 8-8:55pm Deputy Speaker of the House of Lords, Lord Monroe Palmer - "A view from The Lords". 9-9:50pm BBC Musical presenter Philip Hyman - 'Leonard Bernstein as a Jewish Musician' OR Charles Landau on "Anschluss, Munich, Evian, Kristallnacht. £12.50 per person, £22.50 per couple. For more info, call Rabbi Bar on 01702 393535.

Shabbat 3rd February | The Kiddush will be generously sponsored by **Anne & David Wine** in celebration of David's 82nd Birthday. Mazel Tov!

Sunday 4th February, 10am | Meeting in Shul Hall. If you have a question to pose, kindly send it in to the Shul Office no later than Tuesday 30th Jan. Questions received in advance will be addressed first before any questions from 'the floor'. The Shul Office and 'The Shop' will both close at 10am and 'The Shop' will reopen for half an hour once the meeting has closed.

Shabbat 10th February | Sit-down Cholent Lunch with Rabbi Ayreh Sufirin MBE and guest speaker, Chavi Sufirin. Rabbi Sufirin is leining whilst Rabbi Bar is on holiday. Chavi Sufirin is a Child, Adolescent & Adult Psychotherapeutic Counsellor, currently working for Chai Cancer Care, in Private Practice and as the School Therapist for the Royal Ballet School. **£10 adult, £7.50 children under 13.** Please make payment to the Shul Office.

Sunday 18th February 11am | Beth Hamedrash - MDA UK Southend & Westcliff, welcome Prof. Eilat Shinar, Director of Blood Services for Magen David Adom, Israel. Complementary Israeli Breakfast. Further details, Linda Burns 07968 103269 itburns@hotmail.co.uk

Tuesday 20th February, 8pm | Southend Learning Circles For more information, please contact Mrs Sufirin 020 8551 8604 / mrssufirin@chabadilford.co.uk.

Sunday 25th February 6:30pm | AID Society Music Quiz, Shul Hall. For details and tickets, please contact Rochelle O'Brart 01702 719297.

Thursday 1st March | Purim – Save the date

MEET THE RABBI in the Talmud Torah | Monday, Tuesday & Friday 10am-11am, Sunday 10.30am-11.30am. Members of the community are welcome to "drop in" to see the Rabbi if they so wish or to make appointments to see him in the office later in the day by mutual agreement.