



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

The family of the late **Joan Bryer**.

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

Sunday 11th March 2.00pm **Gloria Mitchell**
 2.45pm **Kenneth Carter**
 Sunday 25th March 2.30pm **Gertrude (Trudy) Greenbaum**

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

(Yahrzeits begin the night before the date below)

Shabbat – 10 March/23 Adar Mr Ivor Bennett, Mrs Hilary Lee, Mrs Norma Foreman, Mrs Cynthia Simmons

Sunday –11 March/24 Adar Mrs Marion Rodol, Mrs Maxine Son, Mrs Helen Koppel

Monday –12 March/25 Adar Mr Ray Turner, Mrs Annette Gilbert, Mrs Ruth Kaye, Mrs Helen Silver, Mrs Jill Collins, Mr Michael Son

Tuesday –13 March/26 Adar Mr Stephen Barnett, Mrs Lilian Montsash, Mr Michael Yaffe

Wednesday –14 March/27 Adar Mrs Julia Hyams, Mr Stephen Burstin, Mr Jeffrey Green, Mr Howard Cohen, Mrs Suzanne Rosehill, Mrs Angela Petrelis, Ms Marion Morris, Mr Ray Turner

Thursday –15 March/28 Adar Mr Geoffrey Caplan, Mrs Gina Dias, Mr Eddie Greene, Mrs Julie Baum, Mr Gyula Vari

Friday –16 March/29 Adar Mr Lawrence Collin, Lady Sharon Gold, Mrs Lilian Montsash, Mrs Suzanne Larholt, Mrs Judith Davy, Mr Harvey Sperber

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 26 March, 8pm At the home of Ivan Call Janice on 07752 874065</p>	<p>Easy Insights into the Weekly Sedra Thursdays after Ma'ariv with sumptuous hot food. Men only</p>
<p>Cheder Classes Tuesdays rabbibar@gmail.com chayafbar@gmail.com</p>	<p>J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info</p>	<p>Pop-In Shul Hall Tuesday 17 April 2pm-4pm Email Janice swhcfc@gmail.com</p>
<p>SIYC – Youth Club Sunday Club 18th March Call Sarah Miller 07818 412425</p>	<p>Stock Rd Cemetery, SS2 5QF Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST</p>	<p>AID Society Bridge 8 April Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289</p>
<p>Tree of Life - Shul Hall Mark your Simcha with a leaf on the tree for £110</p>	<p>Newsletter Sponsorship Contact the Shul Office £25 donation</p>	<p>Ladies Guild Kiddushim Contact Lisa Berg on 07760141162 or swhc.org.uk/ladies-guild/#kiddush</p>



10 March 2018 | 23 Adar 5778

Rabbi Binyamin Bar
Rabbi

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NEW MOON

Next Shabbat 17th March, 3:53am



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 VAYAKEL-PEKUDEI PARAH

FRIDAY NIGHT

Shabbat commences 5:32pm
Mincha/Kabbalat Shabbat 5:40pm

SHABBAT DAY

Shacharit 9:30am
Children's Service 11:00am
Kiddush *after the main service*
Mincha 5:45pm
Ma'ariv when Shabbat ends 6:44pm

WEEKDAY SERVICE TIMES

SUNDAY

Shacharit 8:30am
Mincha 1:45pm
Ma'ariv 8:45pm

MONDAY to THURSDAY

Shacharit 8:00am
Mincha 1:45pm
Ma'ariv 8:45pm

NEXT FRIDAY

Shacharit 8:00am
Shabbat commences 5:44pm
Mincha/Kabbalat Shabbat 5:45pm
HaChodesh on Rosh Chodesh

Torah Reading	Reb Yaakov Friedman	Soncino Page 573
Maftir Parah	Reb Yaakov Friedman	Soncino Page 898 V.1-22
Haftorah Parah	Anthony Larholt	Soncino Page 1194
Blessing the New Month	Nisan	Sacks Siddur Page 424
Anim Zemirot	Saul Bebb	Sacks Siddur Page 458

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

Rabbi Bar is still indisposed. In his absence, we thank Jeremy Symons for this D`var Torah

SHABBAT PARAH *Thoughts on this weeks Parsha*

Shabbat Parah marks the beginning of formal preparations for getting ready for Pesach. This special reading, which discusses the purification ritual involving a Parah Adumah (Red Heifer), was chosen to remind us of the purification process that was traditionally a part of the Pesach Pilgrimage to Jerusalem during the time when the Beit Hamikdash (Temple) stood in all of its glory. This is because one who was impure was not only forbidden from entering the Beit Hamikdash but was even forbidden from partaking in the Korban Pesach, as well.

Originally the Para Adumah ritual was intended to serve as an atonement for the Chet Haegel (sin of the Golden Calf) as a result of having toiled and danced around in the service to, of all intended purposes, a cow designated for idolatry. The reason why our sages obligated all of us to hear this reading of Parsha Para today is because it serves to recall the sin of the Egel which is a mitzvah in its own right. In fact, there are actually six events that one is required by Torah law to always remember and the incident of the Egel is one of them.

What is interesting however, is that despite being a Torah law, which in truth and reality only applied to the Kohanim (as they were the ones who would have to prepare the Para Adumah), the consensus of most authorities is that the requirement to hear this week's Maftir is only rabbinical in nature not like Parsha Zachor which was read a couple of weeks ago that clearly is a direct law prescribed in the Torah.

Many Rabbis speak of the ritual of Parah Adumah as being the greatest of all life's mysteries; as it makes those who were impure pure, and simultaneously turning those who performed the act impure. Yet I am sure if you discuss this with anyone who is heavily involved in their Pesach cleaning right now, they would claim there is no mystery in this at all. Everyone knows that when you clean a house, you start with a clean sponge and a dirty house and you end up with a dirty sponge and a sparkling clean house. So surely the same logic can be applied to the Parah Adumah.

May all your Pesach preparations go well so we can all be ready for the coming of Moshiach so we can all live the dream of Celebrating the Pesach festival 'NEXT YEAR IN JERUSALEM!'

Shabbat Shalom,

Jeremy Symons

Add your Simcha to the Website | Contact Stanley Robinson stan.stanrob@gmail.com

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

Laraine & Roy Barnes are delighted to announce the safe arrival of a baby boy to their children Chaya & Yaniv Hadar. A Purim baby Brother for Miryam & Moshe. **David & Ruth Wallrock** on the occasion of their Ruby (40th) Wedding Anniversary. **Rachel & Shlomo Fink** on the birth of a son, a brother for Eli, Feigy, Golby & Itzik.

FORTHCOMING EVENTS

Sunday 11th March 2:30pm | **Southend Friends of Israel** present Simon Barrett Broadcaster and Journalist with Revelation TV. Shul Hall. Subject: "Israel Matters". Entrance free. Refreshments. Contact Jack DeMetz for more info on 01702 391535.

Shabbat 17th March | **The Kiddush** will be generously sponsored by Sandra & Leslie Royston to celebrate Leslie's 83rd Birthday.

Sunday 18th March 6:30pm | **Film "Remember"** Please join Emunah for the Drama Thriller starring Christopher Plummer at the Westcliff Community Centre. Tickets £6 including refreshments (Not under SWHC supervision) Tickets available from Rochelle Spector 01702 436991 & 07585226523 or Marilyn Salt 07771534155.

Tuesday 20th March | **Cheder Mock Seder & End of Term**

Tuesday 20th March 11:30am | **Fashion Show.** In aid of S&W Jewish Community Centre & Havens Hospices. A few tickets left Please call Occasions Boutique 473115 or Rita 330806

Shabbat 31st March, 7:30pm | **2nd Night Communal Seder Shul Hall.** £25 adults, £12.50 children under 13. Contact Shul Office. Ticket deadline Monday 19th March.

Wednesday 11th April, 7pm | **Yom Hashoah** Memorial Candle Lighting to the 6 million who perished in the Holocaust. Donation £5 to AJR. This will be followed by the film "Murderers Among Us" starring Sir Ben Kingsley as Simon Weisenthal, an Austrian Jew interned in the Mauthausen concentration camp. When the camp is liberated, it is Weisenthal's testimony that leads to the capture of Mauthausen's escaped commandants. Weisenthal goes on to join the American War Crimes unit, collecting evidence for the Nuremberg trials and dedicating his life to tracking down Nazi war criminals, at great personal cost to himself and his family. THERE WILL BE A SHORT INTERMISSION FOR MA'ARIV & TEA & COFFEE AT 8.45PM. *First time shown in Southend!*

Wednesday 18th April - Yom Hazikaron/Yom Ha'atzmaut SAVE THE DATE! Celebrating Israel's independence in the Synagogue Hall with entertainment from members of our community. Donation £5 in advance to include "Sass's Falafel". Grand Raffle on the night. All proceeds to the British Friends of Israel War Disabled. Tickets from the Synagogue Office or Marilyn Salt.

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-11:00am **Sunday** | 9:30am-11:30am
01702 430307 (during opening hours) / alanmarkovitch@yahoo.co.uk / 07956 597271