



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

Sunday 15th April 2:30pm **Joyce Wagg (Minyan Required Please)**
 Sunday 22nd April 2.30pm **Doreen Novitt**

Yahrzeits *The whole community wish the following members, Long Life.*

(Yahrzeits begin the night before the date below)

Shabbat – 14 April/29 Nisan Mr Ian Woolf, Mrs Helene Rosehill
Sunday – 15 April/30 Nisan Mrs Adele Dowell
Monday – 16 April/1 Iyar Lady Sharon Gold
Tuesday – 17 April/2 Iyar Mr Julian Lee-Harris, Mrs Hazel Ward, Mr Stanley Serkin
Wednesday – 18 April/3 Iyar Mr Aubrey Cooper, Mr Anthony Jones, Mr Maurice Lesley, Mr Anthony Silverstein, Mrs Evelyn Statman
Thursday – 19 April/4 Iyar Mrs Betty Young, Mrs Sharon Bronitt
Friday – 20 April/5 Iyar Mrs Allison Lester, Mrs Shirley Reid

VISITING THE SICK If you know anyone who would like a hospital or home visit from 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 11:45am-3:30pm Shul Hall Call Maurice 01702 351845</p>	<p>Bereavement Support Group Monday 23 April, 8pm At the home of Janice Call Janice on 07752 874065</p>	<p>Cheder Classes resume Tuesday 17th April rabbibar@gmail.com chayafbar@gmail.com</p>
<p>Simchas On Our Website Contact Stanley Robinson Stan.stanrob@gmail.com</p>	<p>J.A.C.S. 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>SJYC – Youth Club Sunday Club 15 April 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 13 May 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>



14 April 2018 | 29 Nisan 5778

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NEW MOON
Sunday 15th April, 4:37pm



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 SHEMINI MACHOR CHODESH

FRIDAY NIGHT
Mincha/Kabbalat Shabbat 7:30pm
Shabbat begins & Candle Lighting 7:31pm

SHABBAT DAY
Shacharit 9:30am
Children's Service 11:00am
Kiddush *after the main service*
Mincha 7:35pm
Ma'ariv when Shabbat ends 8:47pm

WEEKDAY SERVICE TIMES

SUNDAY (1st Day Rosh Chodesh)
Shacharit 8:30am
Mincha 8:00pm
Ma'ariv 8:45pm

MONDAY (2nd Day Rosh Chodesh) to THURSDAY
Shacharit 8:00am
Mincha 8:00pm
Ma'ariv 8:45pm

NEXT FRIDAY
Shacharit 8:00am
Mincha *then* Kabbalat Shabbat 7:30pm
Shabbat commences 7:43pm

Torah Reading	Reb Yaakov Friedman	Soncino Page 651
Haftorah	Stanley Robinson	Soncino Page 1189
Blessing the New Month	Iyar	Sacks Siddur Page 424
<i>If you would like to repeat your Bar Mitzvah Haftorah, please contact the Gabbaim.</i>		

KASHRUT *Thoughts on this week's Parsha from Jeremy Symons*

This weeks' Sedra of Shemini contains within it one of the most central elements and lifeblood of our Jewish religion which without it would disrupt our entire rhythm of living a vibrant Jewish life. 'The Laws of Kashrut'.

Even though we have a vague, sometimes good rationale behind them, the Torah actually gives no justification for these dietary do's and don'ts. So much so throughout history our commentators and sages have struggled to understand the real reasons underlying eating Kosher. One explanation, popularized by the Rambam is found in his 'Sefer Ha-Hinnukh (The Book of Education)' He views Kashrut as an intricate medical plan ensuring the sustainability and health of the Jewish population both in a physical context and spiritually. Hashem knows that in all the foods prohibited for us to consume there contain elements that are injurious to our bodies and for this reason, Hashem removed them from our diet, so that our minds bodies and souls can function at their maximum level.

Not to tarnish the Rambam's viewpoint, I personally have a problem with it as it implies that Hashem doesn't care about the health of the rest of humanity. After all, Kashrut only applies to us. If Hashem is the creator of all humankind, then isn't it logical to expect him to care about everyone's health and not just our own? Therefore, it must be reasonable to assume it must be something else why certain foods are allowed to be consumed, whilst others are prohibited.

If not for health or physical well-being, what else could it be?

The answer is found in the Torah itself. "You shall sanctify yourselves and be holy, for I [the Lord] am holy."

Kashrut is a way of welcoming the holiness of Judaism into our daily lives. At each meal, we rededicate ourselves to the high standards of Jewish living and behaviour. Enhancing and strengthening our network of Jewish ideals and values, affirming our strong bond and connection to not only Hashem which goes without saying but with all of our Jewish brethren who are following the same path as us too. 'Establishing Hashem's dominion and rule over all mankind.'

Every form of effective education involves regular repetition and frequent exposure in our daily routines to keep them fresh. Since we eat three times each day (at a minimum!), Kashrut is the basic school to recall and reinforce a sense of living and abiding by our *brit* (covenant) with Hashem, in making the values of Judaism visible through our deeds, love and awe of him. May Hashem continue providing us with the sustenance to help us affirm our Jewish commitments in hearing and adhering to his divine commands so we can gain a greater awareness of him and eternalize our Torah values, nourishing our souls with holiness.

Good Shabbos,

Jeremy Symons

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

Bernie & Sass Zecharia celebrating their Ruby (40th) Wedding Anniversary

FORTHCOMING EVENTS

Sunday 15th April, 2pm – 5pm | SJYC Youth Club Ages 5-15, all welcome! £3, in the Talmud Torah. Crafts, activities and fun with a light meal. For more information, please contact Sarah Miller (07818 412425), Marcie Basco (07976 961745) or Ruth Solomons (07783 696460).

Wednesday 18th April 7pm | Yom Hazikaron/Yom Ha`atzmaut Celebrating 70 years of Israel's independence! Entertainment from members of our community. Donation £5 in advance to include "Sass's Famous Falafel". Grand Raffle on the night. All proceeds to the British Friends of Israel War Disabled. Tickets from the Synagogue Office or Marilyn Salt.

Tuesday 24th April, 8pm | Southend Learning Circles Led by Rabbi Aryeh Sufrin MBE and Mrs Sufrin of Chabad in association with SWHC. Our hosts this month are Marilyn and Stephen Salt. For more info, contact Mrs Sufrin 020 8551 8604.

Thursday 3rd May | Lag B'Omer Community BBQ More details to follow shortly.

Sunday 6th May, 3pm | Astronomy Lecture, "A Story of Lunar Discovery" The Concert Series at SWHC presents a very special lecture from Mrs Barbara Moont (S.M. Mech Eng, MIT, M.Sc. Astronomy, UCL). *A small step to the moon, but a giant leap in understanding of the Jewish calendar in it's day.* Cost £5, duration roughly 1 hour followed by free refreshments. Tickets from the Shul Office.

Sunday 13th May | SWHC Annual General Meeting In the Main Synagogue. Voting opens at 9am. AGM commences at 10am.

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