



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

Sunday 22nd April 2.30pm **Doreen Novitt**
Sunday 29th April 2.00pm **Ivor Lee**
 2.45pm **Frank Linden**

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

(Yahrzeits begin the night before the date below)

Shabbat – 21 April/6 Iyar Mrs Josephine Strubel, Mrs Clare Linden
Sunday – 22 April/7 Iyar Dr Gerald Peters, Mrs Linda Sanders
Monday – 23 April/8 Iyar Mr Paul Binder, Mr Myer Finegold, Mrs Sandra Royston
Tuesday – 24 April/9 Iyar Mrs Sylvia Shaw, Mrs Jackie Franks, Mrs Moira Dickson, Mr Anthony Gower, Mrs Susan Fine, Mrs Linda Rubin, Mr Gerald Ward
Wednesday – 25 April/10 Iyar Mrs Stacey Lichtenfeld, Miss Sharon Nelkin, Mrs Sally Markovitch
Thursday – 26 April/11 Iyar Mrs Edna Stuart
Friday – 27 April/12 Iyar Mrs Miriam Goldman

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 swhfc@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>Simchas On Our Website Contact Stanley Robinson Stan.stanrob@gmail.com</p>
<p>Cheder Classes Tuesdays chayafbar@gmail.com</p>	<p>J.A.C.S. Call Allan Goldstein 01268 771978 for more info</p>	<p>Pop-In Shul Hall Tuesday 15 May 2pm-4pm Email Janice swhfc@gmail.com</p>
<p>SJYC – Youth Club Sunday Club 13 May Call Sarah Miller 07818 412425</p>	<p>Stock Rd Cemetery, SS2 5QF Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST</p>	<p>Shul Library swhc.org.uk/facilities/library sonnykosky@blueyonder.co.uk 01702 589105</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>



21 April 2018 | 6 Iyar 5778

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



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 TAZRIA-METZORA

FRIDAY NIGHT
 Mincha/Kabbalat Shabbat 7:30pm
 Shabbat begins and Candle Lighting 7:43pm

SHABBAT DAY
 Shacharit 9:30am
 Children's Service 11:00am
 Kiddush *after the main service*
 Mincha 7:50pm
 Ma'ariv when Shabbat ends 9:00pm

WEEKDAY SERVICE TIMES

SUNDAY
 Shacharit 8:30am
 Mincha 8:00pm
 Ma'ariv 8:45pm

MONDAY - THURSDAY
 Shacharit 8:00am
 Mincha 8:00pm
 Ma'ariv 8:45pm

NEXT FRIDAY
 Shacharit 8:00am
 Mincha *then* Kabbalat Shabbat 7:30pm
 Shabbat commences 7:55pm

Torah Reading	Reb Yaakov Friedman	Soncino, Page 674
Haftorah Metzora	Michael Rabinovitch	Soncino, Page 702
Anim Zemirot	Saul Bebb	Sacks Siddur, Page 458

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

WORDS *Jeremy's Thoughts*

Going by our Jewish Cycle, we are living in exciting times. We have just liberated ourselves from our perceived limitations in Mitzraim and are counting up the days, engaging in a process of character refinement in preparation of receiving the Torah at Mount Sinai. It is no coincidence that the book of Vayikra is read during this illuminating period as it helps keep us focused in achieving our ultimate goal of becoming more holy and being as one with Hashem.

While last week's portion, Shemini, discussed the laws of animal purity and Kashrut, this week's double portion, Tazria-Metzora decants the laws of human purity. Here, holiness is directly linked to kind-hearted speech, and our sages even mention that the world was created with words in order to highlight the immense power that speech has to shape our reality!

Unfortunately, the downside is 'Words' have always been a catalyst for our obliteration and demise, breaking up the unity we as Jews are trying so desperately to strengthen and maintain. Today hate speech is increasingly prevalent, not only by our enemies but in-house too, tearing apart the very fabric of our communities in ever more violent and destructive ways.

Around the world, religious hostilities are at a six year high, with the number of hate groups rising up and increasing by a staggering and scary 42% in the UK and Europe alone since 2012. Lashon hara, meaning "evil speech" in Hebrew, directly confronts this impulse to speak negatively of others, destroying them with words. Intolerance, anti-Semitism, racism and discrimination are all by-products of this action. This is the reason I believe Lashon hara is considered one of, if not the gravest sin mentioned in the Torah. In my humble opinion even worse than committing murder.

Despite this, I cannot deny the truth that words have also always been a catalyst for our continuous survival and salvation too. Few people understood this better than Anne Frank, whose diary written during the tragic events of the holocaust both illuminated the consequences of inciting hatred through the power of speech and which also exemplified the power of words inspiring hope. "I can shake off everything as I write," she said, "my sorrows disappear, my courage is reborn."

Parsha Metzora expounds upon a physical and spiritual disease as a repercussion for slander. Called Tzara'at, this disease first manifests itself as a green or pink patch on one's home. If the afflicted person does not reflect on their behavior, the disease then spreads to white patches on their skin. The very word Metzora refers to a slanderer and derives from the words motzee-ra, "One who brings forth evil" (The physical blockage of blood that causes the skin to appear white represents a spiritual blockage of life and vitality in the body and soul.)

How does someone heal from this terrible affliction? The person appears before the Kohen for inspection and is encouraged to introspect on their ways; "All the days that he is afflicted with the disease he shall be unclean. He shall dwell alone outside of the camp." (Vayikra 13:46). Speech dramatically alters people's relationships and striving to be more compassionate will enhance both character traits and wellbeing!

With Hashem's help and guidance, instead of all the negativity which is surrounding and choking our very existence, let us communicate with words of positivity, encouragement and empowerment towards our fellow Jewish Brethren, whatever sect or level of observance they may be. Remember we are all Hashem's 'Holy Nation' after all. Good Shabbos, *Jeremy Symons*

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

Allan Greenstein celebrating his 80th Birthday

Gyula Vari celebrating his 83rd Birthday

FORTHCOMING EVENTS

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.

Shabbat 28th April | Leo Plaskow's Barmitzvah The Kiddush will be generously sponsored by the family. Mazel Tov!

Sunday 29th April 1pm – 4pm | Lag B'Omer Youth Community Outing To Priory Park. A fun filled afternoon with Lag B'Omer themed activities and games. Suitable for children age 5-13. Free for the Cheder children, or £3 including lunch and refreshments. Please email Chaya Faigie at chayafbar@gmail.com to book.

Thursday 3rd May, 6-8pm | Lag B'Omer Community BBQ Barbeque food and drinks, children's activities including live music and lots more.

Sunday 6th May | Astronomy Lecture "A Story of Lunar Discovery". In the Shul Hall. 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 its day.* Duration roughly 1 hour followed by free refreshments. Tickets £5 from the Shul Office.

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

Sunday 13th May | AID Society Bridge. Thorpe Bay Bridge Club. Call Geoff Cohen 339601 or Jan Linden 343289

Coming Soon...

SHAVUOT 5778

Programme of learning and tasty refreshments

Erev Shavuot – Shabbat 19th May

1st Day Shavuot – Sunday 20th May – The Ten Commandments

2nd Day Shavuot – Monday 21st May

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