

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

**Sharron Ordever** on the loss of her grandfather, Hyman Breger

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

Sunday 8<sup>th</sup> April            2pm    **Michael Assenheim**  
    3pm    **Joyce Harris**  
 Sunday 15<sup>th</sup> April        2:30pm **Joyce Wagg (Minyan Required Please)**

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

*(Yahrzeits begin the night before the date below)*

**Shabbat – 7 April/22 Nisan** Mr Stephen Redstone, Mr Stephen Salt, Mrs Marion Sussman, Mrs Simone Ridgewell, Mrs Stephanie Greenbaum  
**Sunday – 8 April/23 Nisan** Mrs Myra Gordon, Mrs Rochelle Samuel, Mrs Shirley Gibeon  
**Monday – 9 April/24 Nisan** Mrs Joyce Baum, Mr Barry Forman, Mr Mark Rubin, Mr Anthony Rubin  
**Tuesday – 10 April/25 Nisan** Mrs Jean Delmonte  
**Wednesday – 11 April/26 Nisan** Mr Ben Jay  
**Thursday – 12 April/27 Nisan** Mrs Beverley Kloos, Mr Colin Sinclair, Mrs Carol Gedda  
**Friday – 13 April/28 Nisan** Mrs Enid Isaacs, Mr Sonny & Mrs Betty Kosky, Mrs Rosalind Miller, Mr Maurice Symons, Mrs Sonia Helper

**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](mailto:swhcfc@gmail.com) or call Janice on 07752874065 or the Shul Office on 01702 344900.

**REGULAR EVENTS & NOTICES**

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| <p><b>Monday Club</b><br/>Social Club with Card Games<br/>11:45am-3:30pm Shul Hall<br/>Call Maurice 01702 351845</p>  | <p><b>Bereavement Support Group</b><br/>Monday 23 April, 8pm<br/>At the home of Janice<br/>Call Janice on 07752 874065</p> | <p><b>Simchas On Our Website</b><br/>Contact Stanley Robinson<br/>Stan.stanrob@gmail.com</p>  |
| <p><b>Cheder</b> Classes resume<br/>Tuesday 17<sup>th</sup> April<br/><a href="mailto:rabbibar@gmail.com">rabbibar@gmail.com</a><br/><a href="mailto:chayafbar@gmail.com">chayafbar@gmail.com</a></p> | <p><b>J.A.C.S.</b><br/>Call Allan Goldstein<br/>01268 771978 for more info</p>   | <p><b>Pop-In   Shul Hall</b><br/>Tuesday 17 April 2pm-4pm<br/>Email Janice <a href="mailto:swhcfc@gmail.com">swhcfc@gmail.com</a></p>                                     |
| <p><b>SJYC – Youth Club</b><br/>Sunday Club 15 April<br/>Call Sarah Miller<br/>07818 412425</p>   | <p><b>Stock Rd Cemetery, SS2 5QF</b><br/>Sunday – Friday<br/>Winter 10am – 3pm GMT<br/>Summer 10am – 4pm BST</p>           | <p><b>AID Society Bridge 8 April</b><br/>Thorpe Bay Bridge Club<br/>Call Geoff Cohen 339601<br/>or Jan Linden 343289</p>  |
| <p><b>Tree of Life - Shul Hall</b><br/>Mark your Simcha with a leaf<br/>on the tree for £110</p>  | <p><b>Newsletter Sponsorship</b><br/>Contact the Shul Office<br/>£25 donation</p>  | <p><b>Ladies Guild Kiddushim</b> Contact<br/>Lisa Berg on 07760141162 or<br/><a href="http://swhc.org.uk/ladies-guild/#kiddush">swhc.org.uk/ladies-guild/#kiddush</a></p> |



7 April 2018 | 22 Nisan 5778

Newsletter No. 1030

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*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 – Acharon Shel Pesach**

**FRIDAY NIGHT**  
 Shabbat begins & Candle Lighting 7:20pm  
*The candles must be lit before this time and must be lit from an existing flame.*  
 Mincha & Ma'ariv 7:20pm  
**SHABBAT DAY**  
 Shacharit 9:30am  
 Children's Service 11:00am  
 Yizkor approx 11:15am  
 Kiddush *after the main service*  
 Mincha 7:20pm  
 Ma'ariv when Shabbat & Yom Tov ends 8:34pm

**Weekday Service Times**

**SUNDAY**  
 Shacharit 8:30am  
 Mincha 8:00pm  
 Ma'ariv 8:45pm  
**MONDAY 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 7:31pm

## PESACH & THE OMER - *Thoughts from Jeremy Symons*

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Pesach may be almost over, but the count has already begun. Since the 2<sup>nd</sup> day of Pesach, we started performing the mitzvah of counting the Omer. 49 days linking Pesach to our next festival of Shavuot.

In his book titled the Sefer Hachinuch, written in the 13<sup>th</sup> century, the anonymous author explains the reasoning behind this mitzvah “We count daily because counting towards a certain date shows a person’s desire and longing to reach that time.” What yearning are we craving for? The excitement of reaccepting the Torah afresh, just like our ancestors felt in anticipation waiting at the foot of Mount Sinai for Hashem to reveal himself to them.

The evolution of the ritual of Counting the Omer as we know it today is itself a fascinating story. Originally the Omer was used to mark the unfolding of the spring agricultural season. This included a sacrifice with an *Omer*-measure of barley (Vayikra 23:15-16) and a verbal counting of each day of this extended harvest period.

With the destruction of the Second Temple in Jerusalem (70 CE) and the end of the Korbonot, the *Omer* increasingly came to be viewed as a time for spiritual and moral transformation. As our sages and commentators of the Torah explain: when B’nai Yisrael left Mitzraim, Moshe told them that 49 days later they would be receiving the divine Torah from Hashem. So, excited by the opportunity to enter into this new stage of religious maturity, the people enthusiastically counted each day until they reached the foot of Mount Sinai.

In an attempt to understand and grasp the full meaning behind this Mitzvor, I delve a little deeper in the two places in which the term *Omer* appears prominently in the Torah.

The basis for this *mitzvah* is found in Vayikra 23:15-21. It is noteworthy that in this context the Torah also speaks of the need to provide “for the poor and for the stranger.” Furthermore, later in the book of Devarim 24:19 the term *Omer* is again used explicitly to designate the amount to be left “for the stranger, for the fatherless and for the widow” as beautifully illustrated in Megilla Ruth which we read on Shavuot itself. This implies that although we are each undertaking our own spiritual journey during this period of time, we are all responsible to help and assist others in reaching that lofty height too.

The word, Omer, also appears repeatedly in Chapter 16 of the book of Shemot, where Hashem promises to sustain his beloved people in the midbar (wilderness) by providing them with Manna “bread from heaven.” In describing the procedure for gathering the manna, the term Omer is used to indicate how much each person should take to meet his or her physical needs. The manna that sustained our ancestors for 40 years was the ultimate gift any person could receive as it came down daily personally from Hashem himself. Therefore, the counting of the Omer can also be a very useful reminder to ourselves of that with which we have been blessed with and that for which we can be grateful to Hashem for providing us with.

During the 49-day journey from Pesach to Shavuot, from liberation to covenant, we all have been given this unique opportunity to truly cultivate the virtues of these gratitudes waiting for that momentous day, when we once again stand in front of Mount Sinai and accept the Torah into our hearts and souls, just like our Jewish brethren did at the conception of our newly founded nation with pride, honour and joy.

Good Shabbos, Hag Sameach

Jeremy Symons

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

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**Jackie & Martin Franks** celebrating their Emerald (55<sup>th</sup>) Wedding Anniversary

## FORTHCOMING EVENTS

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**Tuesday 10<sup>th</sup> April 7:30pm | Shlissel Challah Bake** in the Shul Hall with Chaya Faigie. Ladies and Girls welcome. To explore the significance behind “shlissel” Challah. Enjoy great company and stock your pantry with delicious Chametz food! RSVP to the Shul Office by Monday 9<sup>th</sup> April. £4 per person payable in advance to the Shul Office.

**Wednesday 11<sup>th</sup> April, 7pm | Yom Hashoah** Memorial Candle Lighting to the 6 million who perished in the Holocaust followed by a Film. THERE WILL BE A SHORT INTERMISSION FOR MA’ARIV & TEA & COFFEE AT 8.45PM. Donation £5 to AJR.

**Tuesday 17<sup>th</sup> April, 8pm | Men’s and Women’s Learning Circles** with Rabbi and Mrs Sufrin. Venue to be announced.

**Wednesday 18<sup>th</sup> April | 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 Falafel”. Grand Raffle on the night. All proceeds to the British Friends of Israeli War Disabled. Tickets from the Synagogue Office or Marilyn Salt.

**Thursday 3<sup>rd</sup> May | Lag B’Omer Community BBQ**

**Sunday 6<sup>th</sup> May | Astronomy Lecture – Shul Hall**

**Tuesday 8<sup>th</sup> May, 8pm | Men’s and Women’s Learning Circles** with Rabbi and Mrs Sufrin. Venue to be announced.

**Sunday 13<sup>th</sup> May | S&WHC AGM** In the Synagogue.

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• 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](mailto:alanmarkovitch@yahoo.co.uk) / 07956 597271  
• .....