

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

Sunday 17th June 11.00am **Renee Wallrock**

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

(Yahrzeits begin the night before the date below)

- Shabbat – 2 June/19 Sivan** Mr Lionel Barnett, Mrs Sarah Roseman
Sunday – 3 June /20 Sivan Mr Robert Ereira, Mr Danny Greenbaum, Mr David Wine
Monday – 4 June /21 Sivan Mrs Pamela Diskin
Tuesday – 5 June /22 Sivan Mrs Janette Jacques, Mr Sammy Dias, Mr Alan Hoff, Mrs Elise Levy, Mr Arnold Lieberman, Mrs Rosalyn Silverstone, Mrs Florette Lieberman, Mr Stewart Somers, Mrs Myrtle Hyman
Wednesday – 6 June /23 Sivan Mr Joseph Patchick
Thursday – 7 June /24 Sivan Mr Lionel Cordell, Mrs Rosalyn Silverstone, Mr Andrew Roth
Friday – 8 June/25 Sivan Mrs Philippa David, Mr Keith Fenton, Mrs Cynthia Simmons, Mr Derek Solomon

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 4 June, 8pm At the home of Florette Call Janice on 07752 874065</p>	<p>Ladies Guild Kiddushim Contact Lisa Berg on 07760141162 or swhc.org.uk/ladies-guild/#kiddush</p>
<p>Cheder Classes Tuesdays 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 19 June 2pm-4pm Email Janice swhcfc@gmail.com</p>
<p>SIYC – Youth Club Sunday Club 17 June 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>Simchas On Our Website Contact Stanley Robinson Stan.stanrob@gmail.com</p>

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



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2 June 2018 | 19 Sivan 5778

Rabbi Binyamin Bar
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This week's newsletter is kindly sponsored by Gillian & Jack DeMetz in celebration of Jack's 80th 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 BEHA'ALOTECHA

FRIDAY NIGHT
 Mincha/Kabbalat Shabbat 7:30pm
 Shabbat begins & Candle Lighting 8:00pm

SHABBAT DAY
 Shacharit 9:30am
 Children's Service 11:00am
 Kiddush after the main service
 Mincha 9:00pm
 Ma'ariv when Shabbat ends 10:20pm

WEEKDAY SERVICE TIMES

SUNDAY
 Shacharit 1 8:30am
 Shacharit 2 9:30am
 1st Mincha followed by Ma'ariv 8:00pm
 2nd Mincha 8:45pm
 2nd Ma'ariv 9:45pm

MONDAY - THURSDAY
 Shacharit 1 8:00am
 Shacharit 2 9:00am
 1st Mincha followed by Ma'ariv 8:00pm
 2nd Mincha 8:45pm
 2nd Ma'ariv 9:45pm

NEXT FRIDAY
 Shacharit 1 8:00am
 Shacharit 2 9:00am
 Mincha then Kabbalat Shabbat 7:30pm
 Shabbat commences 8:00pm

Torah Reading	Rabbi Bar	Soncino	Page 838
Haftorah Beha'alotecha	Derek Silverstone	Soncino	Page 857
Anim Zemiroth	Saul Bebb	Sacks Siddur	Page 458

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

THE MENORAH – A LESSON IN PARENTING

Lighting the Menorah in the Temple seems to be a straightforward matter. It seems that one needs little skill or training to light the Menorah. Yet the Torah's emphasis in this week's Parasha about a deeper meaning to this seemingly simple act.

Rashi mentions this idea by his comment that the obligation of the Kohen was to keep his fire at the candelabra's wicks, "until they caught and burned brightly on their own." This is a rule not only in lighting the Menorah but also in life – in raising and educating children, in inspiring others with ideals, skills and knowledge.

The ability to let the "wick" catch fire and light on its own is necessary for successful parenting and teaching. It can be emotionally difficult to let go of a child and a student. But the truth is that only by letting go and allowing the "wick" – child, student – to flame on its own is one's parental and educational responsibility fulfilled. We cannot live another person's life for that person. We can only attempt to provide that other person with the tools to succeed and accomplish.

On the other hand, the Kohen may not remove the flame from the wick prematurely. He must make certain that the flame of the wick will not sputter out when he removes his flame from the wick. The responsibility of parents and teachers remains as long as the child or student is still unable to light on its own. Many times in life it is difficult to light the flame in others. The tendency is for the flame giver to despair and eventually give up on the effort.

Parents may sometimes feel that their parenting method is not working. Students can have trouble going through school. No two instances in life are alike and there are therefore no real general rules that can be imposed. Some children/students are late bloomers and thus the flame should be kept to the wick longer than usual, with infinite patience and untiring efforts.

Perhaps that is why the Torah emphasizes this seemingly ordinary act of lighting the menorah in the Temple because it highlights the correct balance for a most important achievement in life, successful parenting and wonderful education.

Shabbat Shalom,
Rabbi Binyamin Bar

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

Stacey Lichtenfeld on the marriage of her son, **Robert Goldstein**, to **Emma Sherling**. Mazel Tov too, to grandparents, **Milly & Michael Nelkin**. The Chupa will be in London on 3rd June.

Ruth & Alec Messulam on the forthcoming Chupa of their daughter **Marisa** to **Jonny Wynbourne** on 3rd June

Rod Levin celebrating his 75th Birthday

Angela Davis celebrating her 75th Birthday

FORTHCOMING EVENTS

This Week's Kiddush is generously sponsored by **Gillian & Jack De Metz** in celebration of Jack's 80th Birthday & their daughter **Hannah** & husband **Nick's** wedding anniversary and **Gillian & son, Asher's** birthdays. Mazel Tov!!

Sunday 3rd June 7.30pm | AID Society Bridge Thorpe Bay Bridge Club.
Call Geoff Cohen 339601 or Jan Linden 343289.

Shabbat 9th June | The Kiddush will be generously sponsored by **Rosalind & Geoffrey Cohen** to celebrate Geoffrey's 70th Birthday.

Shabbat 16th June | The Kiddush will be generously sponsored by **Laraine & Roy Barnes** to celebrate Roy's 70th Birthday.

Sunday 17th June 4pm | Father's Day Tea Youth Club for children aged 5-15 starting at 2pm. This will be followed by a Father's Day Tea at 4pm. Fathers, grandfathers and all the community are invited to join them! *Raising money to plant a tree in Jerusalem with the JNF.*

Tuesday 19th June, 8pm | Southend Learning Circles Led by Rabbi Aryeh Sufrin MBE and Mrs Sufrin of Chabad in association with SWHC. Our hosts are Marilyn and Stephen Salt. For more info, contact Mrs Sufrin 020 8551 8604.

Shabbat 23rd June | The Kiddush will be generously sponsored by **Stephanie & Lawrie Millstone** to celebrate Lawrie's 80th Birthday.

Tuesday 26th June 2pm | The AID Society present A Tour & Talk by Trevor Cornforth around his Auction House. £5 donation. Please meet at 2 Baron Court, Chandlers Way, Temple Farm SS2 5SE. For tickets & further info, please contact Marcia & Michael Goldberg 07887 847482
mandmgoldberg@gmail.com.



Shabbat 30th June | Board of Management Shabbat There will be a Cholent Kiddush, thanking those who serve our Community.

Til 30th Sept | Jewish Museum – Asterix in Britain: The Life & Work of René Goscinny. For more information please contact Andrew Thompson at Andrew.Thompson@jewishmuseum.org.uk