

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

The family of the late **Ruth Leigh**

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

(Yahrzeits begin the night before the date below)

Shabbat – 19 May/5 Sivan Mr Tony Dix, Mr Michael Franks, Mr Martin Franks, Mrs Sylvia Wand, Mr Leslie Lesser

Sunday – 20 May/6 Sivan Mr David Alexander, Mr Leslie Kleinman, Mr Simon Belson, Mr Seth Belson, Mrs Laura Burns, Miss Barbara Clements, Mrs Marion Sussman

Monday – 21 May /7 Sivan Mr Anthony Green, Mrs Joan Green, Mrs Roberta Silver

Tuesday – 22 May/8 Sivan Mr Michael Franks, Mr Martin Franks, Mrs Betty Kosky, Mrs Jeanette Cohen

Wednesday – 23 May/9 Sivan Miss Diana Denny, Mr Anthony Jacks

Thursday – 24 May/10 Sivan Mr Melvyn Diskin, Mrs Sheila Byrne

Friday – 25 May/11 Sivan Mrs Caron Brandajs, Mrs Margaret Althasen, Mrs Norma Ansell, Mrs Phyllis Fenton, Mrs Laura Lane, Mr Gerald Walters, Mrs Sylvia Woolf

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

Monday Club No Club this week - Shavuot Call Maurice 01702 351845	Bereavement Support Group Monday 4 June, 8pm At the home of Florette Call Janice on 07752 874065	Ladies Guild Kiddushim Contact Lisa Berg on 07760141162 or swhc.org.uk/ladies-guild/#kiddush
Cheder Classes Tuesdays chayafbar@gmail.com	J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info	Pop-In Shul Hall Tuesday 19 June 2pm-4pm Email Janice swhcfc@gmail.com
SJYC – Youth Club Sunday Club 17 June Call Sarah Miller 07818 412425	Stock Rd Cemetery, SS2 5QF Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST	Shul Library swhc.org.uk/facilities/library sonnykosky@blueyonder.co.uk 01702 589105
Tree of Life - Shul Hall Mark your Simcha with a leaf on the tree for £110	Newsletter Sponsorship Contact the Shul Office £25 donation	Simchas On Our Website Contact Stanley Robinson Stan.stanrob@gmail.com

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** | Closed Shavuot
01702 430307 (during opening hours) / alanmarkovitch@yahoo.co.uk / 07956 597271



בס"ד



19 May 2018 | 5 Sivan 5778

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*This week's Newsletter is kindly sponsored by **Natalie & Simon Belson.***



We are delighted to welcome all members and guests/visitors today and on Shavuot. Everyone is invited to the Kiddush after the service which we hope you will enjoy.

SHABBAT BAMIDBAR

FRIDAY NIGHT

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

SHABBAT DAY & SHAVUOT

See inside for service times

WEEKDAY SERVICE TIMES

SUNDAY & MONDAY Shavuot

See inside for service times

TUESDAY - THURSDAY

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

THE SHUL OFFICE WILL BE CLOSED ON:
Sunday 20th & Monday 21st May (Shavuot)

Torah Reading	Reb Ya'akov Friedman	Soncino	Page 793
Haftorah Bamidbar	Simon Belson	Soncino	Page 810
Anim Zemirot	Saul Bebb	Sacks Siddur	Page 458
<i>If you would like to repeat your Bar Mitzvah Haftorah, please contact the Gabbaim.</i>			

SHAVUOT *Jeremy's Thoughts*

Shavuot is the holiday on which we celebrate the giving of the Torah to the nation of Israel. This holiday is not merely the commemoration of an anniversary, rather, it is the day upon which we commit ourselves once again to accept the Torah and treat it, through study, with the honour and dignity this precious gift deserves.

As opposed to the general minhag of eating meat on all the other festivals, the custom for Shavuot is to eat dairy products on this holiday; and yet this minhag is steeped in mystery and conjecture; no one really knows why we do it.

On a pragmatic level you could claim that, as this is the time in agricultural societies, when the majority of the farmers produced their finest cheese, fresh dairy products were easily accessible and in abundance around Shavuot to be enjoyed. However, the most accepted reasoning is as follows:

The *Mishnah Berura* explains that when B'nai Yisrael received the Torah and became aware of the laws of *Kashrut*, they quickly realized that they were ill equipped to prepare any food containing meat. Therefore, until they were able to cleanse and Kosher their utensils and teach themselves how to shecht an animal properly, they subsisted entirely on dairy food. Hence to commemorate their dedication to the Torah, we too now have the custom to consume milk products on Shavuot.

Other interesting reasons I have come across while researching this are as follows:-

Firstly, the eating of dairy foods on Shavuot commemorates an event in the early life of Moshe, which occurred on the sixth of Sivan, the day on which Shavuot falls. To prevent Moshe being found and killed at birth, he was placed in the Nile River on that very day and was later rescued by Pharaoh's daughter, who adopted and took Moshe to live in Pharaoh's palace. Right away a problem arose: Moshe refused to drink anything. In those days there was no bottled baby formula, so if the birth mother wasn't available, a wet nurse was then hired to breast feed the child. In the case of Moshe, he kept refusing to nurse from Egyptian women; as the Talmud explains 'his mouth needed to be kept totally pure, as it would one day communicate directly with Hashem'. Finally, Pharaoh's daughter found one woman who Moshe did agree to nurse from, Yocheved, Moshe's biological mother!

Also worthy of mentioning is that the gematria of the Hebrew word for milk, *chalav*, is 40. We eat dairy foods on Shavuot to commemorate the 40 days that Moshe spent on Mount Sinai receiving instruction on the entire Torah.

Another fascinating fact is that there is a quote in Shir HaShirim (Song of Songs) chapter 4, verse 11, which compares the Torah to milk, "Like honey and milk [the Torah] lies under your tongue" Just as milk has the ability to fully sustain and nourish the body of a human being, so too the Torah provides all the "spiritual nourishment" necessary for the Neshama (soul).

Whatever the reason you find, this Holiday of Shavuot is a great excuse to forget about your calorie intake and healthy diets and dig into those blintzes, bourekas, cheesecakes, and numerous other dairy dishes, without having to feel guilty about during so.

Have a very enjoyable Shavuot.

Chag sameach!

Jeremy Symons

A Huge "Thank You" to our wonderful Ladies Guild for decorating our Shul, once again, so beautifully.

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

Natalie & Simon Belson on the engagement of their daughter, **Rebecca**, to **Danny Latner**, son of **Shelley & Gary Latner** (Loughton)

Sylvia Rankoff celebrating her 95th Birthday

Amanda & Lee Dobkins celebrating their Silver (25th) wedding anniversary

SHAVUOT 5778

Shabbat 19th May

Shacharit
Torah Reading
Shabbat Mincha

Erev Shavuot

9:30am *followed by* **Community Ice Cream & Chocolate Kiddush**

Reb Ya'akov Friedman

8:15pm *followed by*

Seudah Tikun Leil, a programme of learning for Men & Women with refreshments, cheesecake and Guest Speakers.

1st Night Shavuot Shabbat ends and start of Shavuot

9:56pm (candles may not be lit before this time)

10pm

Sunday 20th May

Shacharit
Torah Reading
Haftorah
Children's Service

1st Day Shavuot

9:30am

Samuel Gillary, Grandson of Myra & David Gordon

Reading of the Ten Commandments approx 10:15am

Dr Arnold Azulay

11am *followed by* a special Ice-Cream Kids Kiddush!

Community Cheesecake Kiddush when service ends.

Mincha/Ma'ariv

7:30pm

Candle lighting 2nd Day

9:58pm

Monday 21st May

Shacharit
Torah Reading
Haftorah
Yizkor approx 11:30am

2nd Day Shavuot

9:30am

Reb Ya'akov Friedman

Stephen Marcon

Community Cheesecake Kiddush when service ends.

Mincha

9pm

Ma'ariv

10pm when Yom Tov ends



Shavuot Flowers Our Shavuot flowers will be on sale in the Foyer of the Shul from Tuesday 22nd May from 10am. £3 per pot donation to Ladies Guild.

FORTHCOMING EVENTS

Tuesday 22nd May 2pm | Ladies Guild AGM in the Shul Hall.

Sunday 3rd June 7.30pm | AID Society Bridge. Thorpe Bay Bridge Club.

Call Geoff Cohen 339601 or Jan Linden 343289.

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