



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

Sunday 6th May 12 noon **Alayne Marks** *Rainsough Cemetery, Manchester*

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

(Yahrzeits begin the night before the date below)

- Shabbat – 5 May/20 Iyar** Mrs Janice Pitch
- Sunday – 6 May/21 Iyar** Mrs Roberta Rose
- Monday – 7 May /22 Iyar** No Yahrzeits
- Tuesday – 8 May/23 Iyar** Mr Keith Fenton, Mr Adam Shapiro, Mrs Robyna Shinegold
- Wednesday – 9 May/24 Iyar** Mrs Brenda Feldman, Mr Gerry Russell, Mr Jeffrey Greenstein
- Thursday – 10 May/25 Iyar** Mrs Valerie Sperber, Mr Brian Moss, Mrs Fay Muller, Mr Gavin Simons
- Friday – 11 May/26 Iyar** Mr Norman Lapp, Mrs Barbara Lee, Mrs Penny Simons, Ms Corinne Lee, Mr Michael Nelkin, Mrs Freda Harris, Mr Richard Raphael, Mrs Linda Burns

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>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 swhcfc@gmail.com</p>
<p>SIYC – 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>



5 May 2018 | 20 Iyar 5778

Rabbi Binyamin Bar
Rabbi

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*This week`s Newsletter is kindly sponsored by **Natalie & Simon Belson** in celebration of the marriage of their daughter, **Hannah**, to **Lance Omsky**, son of **Michelle Omsky** and grandson of **Mayer Manushewitz**. We wish Mazeltov to all the family on this joyous occasion.*



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 EMOR

FRIDAY NIGHT

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

SHABBAT DAY

Shacharit 9:30am
Children`s Service 11:00am
Kiddush after the main service
Mincha 8:30pm
Ma`ariv when Shabbat ends 9:28pm

WEEKDAY SERVICE TIMES

SUNDAY & MONDAY (Bank Holiday)

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

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

Please note that the Shul Office will be closed on Monday 7th May (Bank Holiday)

Torah Reading	Reb Ya'akov Friedman	Soncino,	Page 740
Haftorah Emor	Anthony Larholt	Soncino,	Page 761
Anim Zemirot	Saul Bebb	Sacks Siddur,	Page 458

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

Rest Day *Jeremy's Thoughts*

I happened to be conversing with a female patient who attended the ward I work in at Southend Hospital for some treatment. Although not of the Jewish faith, this person was well read in the Torah scriptures about Judaism in general, as she had studied and wrote a thesis about it whilst in University.

Due to recent troubles and ailments, our Jewish traditions, laws and social values once again materialized to the fore in the patient's conscience and she made the courageous decision of giving up on her old downward spiral of secular living and begin embracing, enhancing and strengthening her own religious beliefs by becoming more observant in her particular faith.

Due to not finding enough time during the week because of her busy working schedule, the patient informed me that every Sunday morning, she always used to sleep in very late, get up, eat breakfast, read the newspaper, trying to catch up on all the world events of the previous week she may have missed. The patient then went on to say that it did not dawn on her, until after recalling the passage she learnt all those years before, 'six days work may be done, but on the seventh day there shall be a Sabbath of complete rest', that by taking time out and reflecting on the previous week's events, she was unwittingly keeping one of the most essential commandments of our Torah; Keeping Shabbat!

Ever since that small revelation, the patient has now been arising up earlier each Sunday, attending her place of worship on a regular basis and more importantly in her opinion, benefiting and getting more, spiritually, from keeping her own version of what the Sabbath day should be about because she now strongly believes that is what her G-d wanted her to do in order to better herself mentally, physically and spiritually.

This week's Parsha of Emor contains sixty-three of the Torah's six hundred and thirteen mitzvot we are duty bound to follow, many of which direct us on how to sanctify our time and observing Shabbat and festivals properly. Yet, buried within this lavishly detailed Sedra is one of the most famous commandments of the Torah - The mitzvah of pe'ah (leaving the corners of our fields for the poor). Why is this injunction to feed the impoverished juxtaposed between how to celebrate the Sabbath and festivals?

The placement of this verse offers insight into the true meaning of Judaism. The Hebrew word for holiness is Kedusha, literally sanctifying ourselves. By putting aside our daily occupations and designating Shabbat and all the Jewish festivals as days of Kedusha, we are enabling ourselves to become more 'holy' fulfilling the commandment which Hashem told us to perform in last week's Sedra.

Just by putting aside the corners of our "field" (giving charity) for those in need due to poverty or estrangement, inviting them to sit with us around our Seder table on Pesach, or ensuring they have wine and challah so they can make Kiddush for example, is like taking our first steps towards fulfilling the vision of this Parsha, making Kedusha part of our reality.

To really appreciate the true values of the Torah we should always bind together our celebrations of Shabbat, holy days and other joyous occasions by giving tzedaka to help those in need. In the coming year, may our holidays be holy in the fullest sense of the word so we too (just like the lady I was speaking to) can express and rekindle our fire of passion, and embrace and enhance our own Jewish faith to become a better person.

Good Shabbos, *Jeremy Symons*

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

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

Lilian Montsash celebrating her 95th Birthday

Harvey Symons celebrating his 83rd Birthday

FORTHCOMING EVENTS

Sunday 6th May 3pm | 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 6th-13th May | Jewish Women's Week WIZO celebrating their Centenary – caring for deprived and needy families in Israel. Please give generously when your smiling collector calls this year. It is the only Jewish house-to-house collection authorised by the Home Office. Westcliff & District WIZO will also be holding a function on Tuesday 19th June with guest speaker, Stephen Burstin, to celebrate this milestone. Please contact Jackie Kalms for details at jackiekalms@live.co.uk.

Shabbat 12th May | The Kiddush will be generously sponsored by Rod Levin to give thanks for his son's return to good health after an 8 month illness.

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.

SHAVUOT 5778

Shabbat 19 th May	Erev Shavuot	Ice Cream & Chocolate Kiddush
Shabbat Mincha	8:15pm	followed by Seudah Tikun Leil, a programme of learning for Men & Women with refreshments, Cheesecake and Guest Speakers.
Motzei Shabbat	1st Night Shavuot	– Shabbat ends & start of Shavuot
Candle lighting	21:56pm	(candles may not be lit before this time)
Ma'ariv	10pm	
Sunday 20 th May	1st Day Shavuot	
Shacharit	9:30am	Reading The Ten Commandments Approx 10:15am
Children's Service	11am	
Cheesecake Kiddush when service ends.		
Mincha/Ma'ariv	7:30pm	Candle lighting 2 nd Day 21:58pm
Monday 21st May	2nd Day Shavuot	
Shacharit	9:30am	Yizkor approx 11:30am
Cheesecake Kiddush after the service		
Mincha	9pm	Ma'ariv when Yom Tov ends 10pm

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