

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

**Howard & Steven Linden** on the loss of their mother, **Clare Linden**

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

**Sunday 17<sup>th</sup> June** 11.00am **Renee Wallrock**  
**Sunday 24<sup>th</sup> June** 2.45pm **Jack Burns**

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

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

**Shabbat – 9 June/26 Sivan** Mr Sammy Charker, Mrs Tina Jacobs, Mr David Jay  
**Sunday – 10 June /27 Sivan** Mr Cyril Black, Mr David Garston, Mrs Marilyn Salt, Mrs Cynthia Simmons, Mrs Louisa Levy, Mr Ralph Schiller  
**Monday – 11 June /28 Sivan** Mr Simon Luton, Mr Harvey Symons  
**Tuesday – 12 June /29 Sivan** Mr John Ellis, Mrs Ann Elman, Mr Richard Ellis, Mr Anthony Jones, Mr Terry Leigh, Mrs Caron Peters, Mrs Sheila Matthews, Mrs Loretta Shulton, Mrs Ruth Rubins, Mrs Doris Sim, Mr Rod Levin  
**Wednesday – 13 June /30 Sivan** Mrs Louisa Levy, Mr Lawrence Goldman, Mr Chesney Lewis,  
**Thursday –14 June /1 Tammuz** Mr Elliot Baker, Mr David Baker, Mr Michael Baker, Jack Burston, Mrs Josée Lewis, Mr Andrew Roth  
**Friday – 15 June/2 Tammuz** Mr Brian Burns, Mrs Marlene Binder, Mr Terry Mendoza, Mrs Vivien Klein, Mr Martin Peters

**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

<b>Monday Club</b> Social Club with Card Games 11:45am-3:30pm Shul Hall Call Maurice 01702 351845	<b>Bereavement Support Group</b> Monday July 2, 8pm at the home of Norman Karobik Call Janice on 07752 874065	<b>Ladies Guild Kiddushim</b> Contact Lisa Berg on 07760141162 or <a href="http://swhc.org.uk/ladies-guild/#kiddush">swhc.org.uk/ladies-guild/#kiddush</a>
<b>Cheder</b> Classes Tuesdays <a href="mailto:chayafbar@gmail.com">chayafbar@gmail.com</a>	<b>J.A.C.S. Wednesdays</b> Call Allan Goldstein 01268 771978 for more info	<b>Pop-In   Shul Hall</b> Tuesday 19 June 2pm-4pm Email Janice <a href="mailto:swhcfc@gmail.com">swhcfc@gmail.com</a>
<b>SJYC – Youth Club</b> Sunday Club 17 June Call Sarah Miller 07818 412425	<b>Stock Rd Cemetery, SS2 5QF</b> Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST	<b>Shul Library</b> <a href="http://swhc.org.uk/facilities/library">swhc.org.uk/facilities/library</a> <a href="mailto:sonnykosky@blueyonder.co.uk">sonnykosky@blueyonder.co.uk</a> 01702 589105
<b>Tree of Life - Shul Hall</b> Mark your Simcha with a leaf on the tree for £110	<b>Newsletter Sponsorship</b> Contact the Shul Office £25 donation	<b>Simchas On Our Website</b> Contact Stanley Robinson <a href="mailto:Stan.stanrob@gmail.com">Stan.stanrob@gmail.com</a>



בס"ד



9 June 2018 | 26 Sivan 5778

Newsletter No. 1039

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*This week's newsletter is kindly sponsored by*  
**Rosalind & Geoffrey Cohen**  
*in celebration of Geoffrey's 70<sup>th</sup> Birthday. Mazel Tov!*



NEW MOON

Wednesday 13<sup>th</sup> June, 6:05am

*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 SHELACH LECHA

### FRIDAY NIGHT

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

### SHABBAT DAY

Shacharit 9:30am  
Children's Service & Kiddush 11:00am  
Kiddush after the main service  
Shabbat Mincha 9:00pm  
Ma'ariv when Shabbat ends 10:28pm

## WEEKDAY SERVICE TIMES

### SUNDAY

Shacharit 1 8:30am Shacharit 2 9:30am  
1<sup>st</sup> Mincha followed by Ma'ariv 8:00pm  
2<sup>nd</sup> Mincha 8:45pm  
2<sup>nd</sup> Ma'ariv 9:45pm

### MONDAY & TUESDAY

### WEDNESDAY & THURSDAY (2 Days Rosh Chodesh)

Shacharit 1 8:00am Shacharit 2 9:00am  
1<sup>st</sup> Mincha followed by Ma'ariv 8:00pm  
2<sup>nd</sup> Mincha 8:45pm  
2<sup>nd</sup> 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	<b>Rabbi Bar</b>	Soncino	Page 860
Maftir Verses	<b>Geoffrey Cohen</b>	Soncino	Page 874
Haftarah Shelach Lecha	<b>Geoffrey Cohen</b>	Soncino	Page 875
Blessing the New Month	<b>Tammuz</b>	Sacks Siddur	Page 424
Anim Zemiroth	<b>Saul Bebb</b>	Sacks Siddur	Page 458

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

## HEALTHY SELF-ESTEEM

After returning from touring the Land of Israel, the spies reported that there were giants living in Israel. They said, "We saw ourselves as grasshoppers, and that's what they thought of us, too" (Bamidbar 13, 33). But how did they know what the inhabitants of Canaan thought of them? After all, they were spying the land undercover and spoke to no one along the way.

If we take a closer look at what they said, the spies said that they saw themselves as grasshoppers, and then they say "that's also what the giants thought of us." In other words, they were taking what they thought of themselves and projecting it onto these giants. The giants may well not have looked at them as grasshoppers, but because the spies saw themselves that way, they could only imagine that was how others were seeing them, too.

The truth is, the people living in the Land of Canaan were intimidated by the Jewish people. The Jews may have been smaller than the Canaanites physically, but they had a great and fearsome reputation. They had recently destroyed the Egyptians, the most powerful empire the world had seen to date. They defeated the powerful Amalekites in battle. The Canaanites may have been giants, but they were actually afraid. The Jewish people could have swept into Canaan with no one to oppose them. But their own thinking about themselves would not allow them to see this possibility.

I recently saw a play that illustrated precisely the opposite. Golda Meir and those at the founding of the State of Israel were surrounded by five Arab armies -- larger and better equipped, intent on their destruction. But in the Israeli's own eyes, they were invincible. And so they were, with Hashem's help.

Limitations in life are often of our own creation. We think we cannot do something, and so we cannot. We must learn to see beyond the limits that our personal thinking imposes upon us. Only then will we begin to realize just how vast the human potential stored within each and every one of us really is.

Shabbat Shalom,  
Rabbi Binyamin Bar

THE SHOP AT THE SHUL *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

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

**Annette and Jeffrey Gilbert** on the birth of a grandson on 26<sup>th</sup> May, 2018

## FORTHCOMING EVENTS

**This Shabbat 9<sup>th</sup> June | The Kiddush this week** is generously sponsored by **Rosalind & Geoffrey Cohen** to celebrate Geoffrey's 70<sup>th</sup> Birthday. Mazeltov!

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

**Sunday 17<sup>th</sup> 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 19<sup>th</sup> 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 23<sup>rd</sup> June | The Kiddush** will be generously sponsored by **Stephanie & Lawrie Millstone** to celebrate Lawrie's 80<sup>th</sup> Birthday.

**Tuesday 26<sup>th</sup> 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](mailto:mandmgoldberg@gmail.com).



**Tuesday 26<sup>th</sup> June 8pm | Cambridge Analytica...Facebook... Do you have privacy?** Venue to be announced. Shiur with Rabbi Bar. All welcome to this free event. (see poster).

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

**Sunday 1<sup>st</sup> July | Fast of Tammuz** Fast begins 3.32am; Fast Ends 10.10pm.

**Start of the 3 weeks 1<sup>st</sup> – 22<sup>nd</sup> July** Building the Beit Hamikdash, brick by brick. Community 3 week programme to build a Beit Hamikdash wall with our good deeds. Email [chayafbar@gmail.com](mailto:chayafbar@gmail.com) or [rabbibar@gmail.com](mailto:rabbibar@gmail.com) (see poster).

**Sunday 1<sup>st</sup> July 7.30pm | AID Society Bridge** Thorpe Bay Bridge Club. Call Geoff Cohen 339601 or Jan Linden 343289.

**Friday 6<sup>th</sup> July | Youth Friday Night Dinner** £5 per person or £17.50 per family. Games, songs, stories & food. Please contact Rabbi Bar or Rebbetzin Bar.

**Tuesday 10<sup>th</sup> July 8pm | Rabbi & Rebbetzin Bar** invite everyone to an interactive Shiur, Sushi & Whisky evening. £4. Please book with the Shul Office by 3<sup>rd</sup> July (see poster).

**Shabbat 14<sup>th</sup> July | AID Society Shabbat**

**Sunday 22<sup>nd</sup> July | Tisha B'Av Programme** (see poster).