

CST SECURITY CHECK Please leave your lockers and seats unlocked to enable CST to make their inspections this coming week.



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

Sunday 16th September 11am **Lily Marks** (Late mother of **Rita Roth**)
 Sunday 16th September 2:30pm **Barbara Rayleigh**
 Sunday 7th October 2:00pm **Roy Jacobs**

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

(Yahrzeits begin the night before the date below)

Shabbat – 15 September /6 Tishrei Mrs Beverley Miller, Mrs Josephine Pitch,
Sunday – 16 September /7 Tishrei Mr Sonny Kosky, Mr Ronald Roback
Monday – 17 September /8 Tishrei Mr Audrey Cooper, Mr Jeffrey Hendrick, Mr Barry James, Mr Ivan Kanutin, Mr Royston Keizer, Mr Terry Mendoza, Mrs Vivien Klein, Mrs Marilyn Salt
Tuesday – 18 September /9 Tishri Mr Colin Samuel, Mrs Sheila Byrne, Mrs Roberta Yaffe
Wednesday – 19 September/10 Tishri Mr Alan Gershlick, Mr Jeffrey Phillips, Mr Michael Yaffe
Thursday – 20 September /11 Tishri Mr & Mrs B. Spector, Mrs Lyetta Witzendorf, Mr David Sanders, Mrs Sheila Sekenofsky
Friday – 21 September /12 Tishri Mr Gerry Gordon, Mr Sam Young

VISITING THE SICK If you know anyone who would like a hospital or home visit from Rabbi Bar or a member of the *Community Care Committee*, please email swhcf@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 11:45 - 3:30pm, Shul Hall Call Maurice 01702 351845</p>	<p>Bereavement Support Group Monday 8th October at the home of Sophie Zetter 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 chayafbar@gmail.com Cheder starts 16th September</p>	<p>J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info</p>	<p>Pop-In Shul Hall Tuesday 16th Oct, 2pm-4pm Email swhcf@gmail.com</p>
<p>SJYC Save the Date! 27th Sep, 5pm Pizza in the Hut 1st Oct, 5:30pm Simchat Torah Party</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>AID Society Bridge – 16th Sept Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289</p>



בס"ד



Newsletter No. 1053

15 September 2018 | 6 Tishrei 5779

Rabbi Binyamin Bar
Rabbi

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SHABBAT SHUVA VAYELECH

FRIDAY NIGHT
Mincha/Maariv 6:55pm
Shabbat begins & candle lighting 6:55pm

SHABBAT DAY
Shacharit 9:30am
Children's Service & Kiddush 11:00am
Kiddush after the main service

Shabbat Shuva Drasha(talk) 6:30pm
Mincha, then Seudah Shlishit 7:00pm
Guest Speaker Alexander Small
Ma'ariv when Shabbat ends 8:03pm



This week's Newsletter is kindly sponsored by Joy & Eric Harris in celebration of their Golden Wedding Anniversary. Mazel Tov!

WEEKDAY, SHABBAT, YOM TOV SERVICE TIMES AND CANDLE LIGHTING TIMES
Please see Yom Tov Timetable

YOM TOV OFFICE CLOSURE
Yom Kippur Wednesday 19th Sep
Sukkot Monday 24th & Tuesday 25th Sep
Shemini Atzeret Monday 1st Oct
Simchat Torah Tuesday 2nd Oct

Rabbi & Rebbetzin Bar, Chairman, Board of Management and Synagogue Staff
WISH THE ENTIRE COMMUNITY

A Happy & Healthy New Year & Well Over the Fast

Torah Reading	Rabbi Bar	Soncino, Pg 1149
Haftorah Shabbat Shuva	Rabbi Bar	Soncino, Pg 1155
Anim Zemirot	Saul Bebb	Sacks Siddur, Pg 458

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

LAWS & PRACTICES OF THE TEN DAYS OF TESHUVA

The period between Rosh Hashanah and Yom Kippur are called the Ten Days of Teshuva. During the Ten Days of Teshuva, we engage in intense introspection for the purpose of self-improvement. We become more careful in the observance of Mitzvot. Here are some of the main laws and practices for the upcoming days leading up to Yom Kippur.

Charity: It is customary to give charity generously during all the days of Teshuva, but on the day before Yom Kippur this is even more the case, for *tzedakah* is a great source of merit and serves as protection against harsh decrees.

Shabbat Shuva: This coming Shabbat is called *Shabbat Shuvah*, because it's special *haftarah* which begins with the words *Shuvah Yisrael* "Return O' Israel". The Shabbat is a time for Torah study, prayer, charity and acts of kindness and respect to others.

Kaparot: If Hashem ruled the world by strict justice only, then we would not stand a great chance in Hashem judging us. Fortunately, Hashem also rules by mercy and allows us to gain atonement. One of the methods of atonement is through Kaparot. This is done by taking a chicken, or money, and waving it around your head three times. The chicken is then slaughtered and given to charity, the money is used in place of the chicken. While swinging the chicken or money above our head, say: "*This is my exchange, this is my substitute, this is my atonement. This rooster is going to die, or this money will go to charity, but I am going to a good long life and to peace.*"

Erev Yom Kippur: We are required to immerse in a Mikveh on the day before Yom Kippur in respect for the sanctity of the day. It is a mitzvah to eat and drink heartily on *Erev Yom Kippur*. After the afternoon Minchah Prayer, the concluding meal, is eaten. The meal can be eaten at any time but must be finished early enough to allow time for an unhurried, heartfelt recitation of the Grace after Meals.

If one's parents are not alive, one lights an additional 25-hour memorial candle in one's home. This candle is called "The Candle of the Soul". This is in addition to the candles for Yom Tov. Before entering the synagogue, it is customary for fathers to bless their children, we use the blessing printed in the beginning of the Machzor.

May I take this opportunity to wish you all an inspiring Yom Kippur, well over the fast and a Happy New Year.

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

See attached notice about opening times over Yom Tov

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

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

Rachel & Shaul Kornbluh and the entire family on the birth of a daughter.
Victor Berman on his 90th Birthday.
Annette & Jeffrey Gilbert on their **Sapphire Wedding Anniversary**.

FORTHCOMING EVENTS

THIS SHABBAT 15th September | The Kiddush is kindly sponsored by **Joy & Eric Harris** in celebration of their Golden Wedding Anniversary. Mazeltov!

Tuesday 18th September Erev Yom Kippur, Kol Nidre Mincha 1:30pm. Fast Commences 6:45pm. This is the latest time to light the candles. Kol Nidre, Ma'ariv approx. 6:45pm.

Wednesday 19th September Yom Kippur. Service commences at 9:30am. See Yom Tov timetable for full programme and service times.

Wednesday 19th September, 4pm | Yom Kippur Ladies Hour There will be our annual Ladies Hour discussion group in the Beit Hamedrash. If anyone wishes to take a turn at giving a short talk then please contact Rochelle O'Brart on 01702 719297.

SUKKOT

Sunday Night 23rd, Monday 24th & Tuesday 25th September | We have the greatest of pleasure in welcoming to our community **Rabbi Dovid Sher & family**, from Israel. Rabbi Sher will be leading the services over Yom Tov & two days Chol Hamoed (whilst Rabbi Bar is on holiday). We also have pleasure in welcoming his brother-in-law, **Benji Fine** known for the beauty of his voice, together with the **Fine family**, from Manchester.

Thursday 27th September, 5pm | Pizza in the Hut SJYC Sukkah Party! Book your child's free place with the Shul Office. Pizza, chips and games!!

Thursday 27th September, 7pm | Simchat Beit Hashoeva The Shul will be holding its annual Sukkah Party after Ma'ariv. Everyone is welcome to celebrate with us in our large Sukkah for an evening of celebration with refreshments and guest speaker. Free Entry.

SIMCHAT TORAH

Monday 1st October, 5:30pm | Children's Simchat Torah Party We have pleasure in inviting all our children to see Papalarny followed by 'Jelly & Ice Cream' Party. After join the main Shul for singing & dancing with the Torah. Flags & goody bags for all!

Tuesday 2nd October | Simchat Torah Morning Celebration Service from 9.30am dancing with the Torah and running Kiddush. Afterwards "Sit Down" Communal Brunch that everyone is invited to!

Sunday 14th October, 10:45am | MDA Brunch, The Green Prince Come and hear his full story. A gripping account of terror, betrayal, political intrigue and unthinkable choices. Please contact Simon Belson 0774778383 / simonbelson@aol.com or Linda Burns 07968103269 / itburns@hotmail.co.uk.

Tuesday 23rd October | Ladies Literary Lunch with Fiona Cummins, former Show Business Editor of the Daily Mirror turned Crime Fiction author. A rare chance to hear about her interesting life meeting celebrities including Michael Jackson and why she became a Crime Fiction Author with her debut novel, "Rattle". Please contact Sara Vandermolen van38@blueyonder.co.uk / 07813824684. £25, Men & Women welcome.