

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

(Yahrzeits begin the night before the date below)

Shabbat – 19 January/13 Shevat Mrs Benita Speck, Mrs Joanne Marcon, Lord David Gold, Mrs Sara Vandermolen, Mrs Marion Sussman, Mrs Maureen Hyams

Sunday – 20 January /14 Shevat Mr David Alexander, Mrs Vivienne Lee, Mr Larry Lisner, Mrs Sharon Somers, Mr Alan Wand

Monday – 21 January /15 Shevat Mr Lionel Barnett, Mrs Hazel Billyack, Mrs Kathryn Cooper,

Tuesday – 22 January /16 Shevat Mr Robert Ereira, Mrs Lila Jacobs, Mr Earl Jacobs, Mrs Lynne Silver, Mrs Dawn Walters, Mr Martin Solomons

Wednesday – 23 January /17 Shevat Mrs Betty Morton, Mr Melvyn Rosehill, Mr Nigel Rosehill, Mrs Helene Platman

Thursday – 24 January /18 Shevat No Yahrzeits

Friday – 25 January/19 Shevat Mr Cyril Black, Ms Teresa Capp, Mr Ian Lieberman, Mrs Angela Ereira

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 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 28th January at the home of Angela & Robert Ereira Contact Janice Steel on 07752 874065</p>	<p>AID Society Bridge Sunday 3rd February Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289</p>
<p>Cheder Sunday 10:15am-12:15pm Talmud Torah yael@moont.com</p>	<p>SJYC Thursdays 4:30-6:30pm £3 with Sarah and Shira in the Talmud Torah</p>	<p>J.A.C.S. Wednesdays Call Allan Goldstein 01268 771978 for more info</p>
<p>Shul Library swhc.org.uk/facilities/library sonnykosky@bluevonder.co.uk 01702 589105</p>	<p>Stock Rd Cemetery, SS2 5QF Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST</p>	<p>Ladies Guild Kiddushim Contact Lisa Berg on 07760141162 or swhc.org.uk/ladies-guild/#kiddush</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>Pop-In Shul Hall Tuesday 22nd Jan 2019, 2-4pm Email Jan swhcfc@gmail.com</p>



Newsletter No.1071

19th January 2019 | 13th Shevat 5779

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*This week's Newsletter is kindly sponsored by **Rosalyn & Derek** on the occasion of the Barmitzvah of their grandson **Adam Silverstone** on Shabbat Beshalach, and to parents **Michael & Helene Silverstone** of Borehamwood. Mazel Tov to all the family!*



We extend a warm welcome to those attending our services this week and hope we will see you again soon.

SHABBAT SHIRA BESHALACH

FRIDAY NIGHT

Mincha *then* Kabbalat Shabbat 4:00pm
Shabbat begins/candle lighting 4:04pm

SHABBAT DAY

Shacharit 9:30am
Children's Service & Kiddush 11:00am
Kiddush *after the main service then*
Mincha *after the Kiddush*

Shabbat ends 5:21pm
Ma'ariv 5:45pm
(Shul car park gates will be open)

WEEKDAY SERVICE TIMES

SUNDAY

Shacharit 8:30am
Ma'ariv 8:00pm

MONDAY – TU B'SHEVAT

(New Year for Trees)
Shacharit 8:30am
Ma'ariv 8:00pm

TUESDAY-THURSDAY

Shacharit 8:30am
Ma'ariv 8:00pm

NEXT FRIDAY

Shacharit 8:30am
Mincha *then* Kabbalat Shabbat 4:15pm
Shabbat begins/candle lighting 4:16pm

Kabbalat Shabbat (Friday Eve)	Eli Hepner	Green Siddur
Shacharit & Musaf (Shabbat Day)	Eli Hepner	Green Siddur
Torah Reading	Dovid Chalk	Soncino Pg 407
Guest Speaker & Haftorah Beshalach	Alex Krausher	Soncino Pg 434
Anim Zemirot	Saul Bebb	Sacks Singers Pg 458

THANK YOU

Sylvia Murray with Helen & Simon Joseph, would like to thank the Community for their kind messages and condolences on the sad passing of **Leon Murray**.

THOUGHTS ON THIS WEEK'S PARSHA *From Jeremy Symons*

This week's Torah portion is called *Beshalach*. It is one of the more famous Torah passages. It contains a poem called, "The Song of the Sea," which is comprised of the *Mi Chamocha* prayer we sing at each service. These words first appear in the Torah after Moshe and Miriam lead the Israelites across the split sea, miraculously parted by Hashem, narrowly escaping Pharaoh's army chasing behind them.

Initially, to get the sea to split, it took great courage of one particular Israelite named Nachson Ben-Ami who was the first one to begin the march from slavery into freedom, plunging himself into the sea. Nachson did not think of himself or his self-fulfilment, whether material or spiritual; he was conscious of only one thing - Hashem's commandment to proceed no matter what obstacle stood in the way in order to be presented with the Torah at Mount Sinai.

In this manner, our spiritual service reflects the cycle of historical events experienced by our people. The miracle at the Reed Sea completed the process begun by the Exodus from Mitzraim and prepared the New Jewish nation for the Giving of the Torah. By the same token, each person's individual "exodus from Mitzraim" is reinforced by their recognition of Hashem's constant presence and recognition of the kindness represented by the Splitting of the Sea. This sense of presence brings about a renewed commitment to the Torah and of its mitzvos.

Taking a leap of faith can be called a Nachson moment. We have all been in situations when we feel trapped. We know what has led us to a place, but not how we will be able to continue on our journey. Fear can hold us back. So, can uncertainty. Nachson teaches us that all it takes is faith, courage and a willingness to step into the unknown to get to the place your heart truly desires. All we need is to believe in ourselves that Hashem will be guarding and protecting us on our unknown journey that lies ahead and to dig deep inside ourselves to find the strength to move forward.

In our own lives, recalling the Splitting of the Reed Sea teaches us to strive for selfless determination. The exile in Mitzraim prepared our people for the revelation of the Torah at Mt. Sinai; this present exile is also a preparation, readying us for the revelation of new dimensions within the Torah at the time of the future construction of the third temple. Nachshon's steadfast commitment brought about a miraculous salvation for the Jewish people. Emulating his commitment will likewise prepare us for the miracles of the Era of the Redemption, which will include a parallel to the miracle of the Splitting of the Sea.

May we, like Nachson and Avraham, have been given a mission - to prepare the world for the coming of the Moshiach by disseminating the knowledge of the Torah and its mitzvos. Amen

Shabbat Shalom

MAZEL TOV! *A hearty Mazel Tov from the SWHC community.*

Rita & Andrew Roth on their **Sapphire Wedding Anniversary**

FORTHCOMING EVENTS.

This Shabbat Beshalach 19th January | Join us for "Klunch" Kiddush-Lunch including cholent, kugel, and viennas. Welcoming from Gateshead **Dovid Chalk, Eli Hepner & Alex Krausher** who will be leading the services over Shabbat. They were last here nearly 2 years ago and created a vibrant atmosphere in Shul, leaving the congregation wanting to hear more.

Sunday 20th January, 7:30pm | Comedy Evening with Rachel Creeger, celebrating Tu B'Shevat (New Year for Trees). Tickets £10 members / £12.50 non members, to include fruit and tea refreshments and a Grand Raffle. 01702 344900 / shuloffice@swhc.org.uk

Thursday 24th January, 6pm | Holocaust Memorial Day Civic Centre, Victoria Avenue, Southend-on-Sea, SS2 6ER. Guest speaker Dr Martin Stern OBE, a Holocaust Survivor, will be introduced by Rabbi Sufrin. There will also be music, poetry and readings. The event is free to attend and will be followed by refreshments provided by the Ladies Guild. Parking on site will be free for this event.

Friday 25th January, 12 noon | Holocaust Memorial Tree Planting Ceremony The Worshipful the Mayor, Councillor Derek Jarvis will plant a tree at the junction of Maplin Way North & Bishopsteignton, SS3 8AD.

Shabbat Yitro 26th January | Ann & David Wine will be celebrating David's second Barmitzvah, Mazel Tov! We also have pleasure in welcoming the return of **Rabbi Eli Brunner**.

Tuesday 29th January, 8pm | Southend Learning Circles Led by Rabbi Aryeh Sufrin MBE and Mrs Sufrin of Chabad in association with SWHC. Venues to be announced. To volunteer to host an evening or for more info, contact Mrs Sufrin 020 8551 8604.

DATES FOR YOUR DIARY:

Wednesday 20th March | Fast of Esther

Wednesday & Thursday 20th & 21st March | Purim Megilla Reading.

Further details to follow.

Tuesday 2nd April | WIZO trip to the new **Blockbuster Exhibition, Christian Dior: Designer of Dreams** at the V & A Museum. All details please contact Adrienne Moss, Tel: 01702 333004.

Tuesday 13th August | Ladies Guild have tickets for "**On Your Feet**", a musical direct from Broadway about the life story of Gloria Estefan. If you have put your name down for tickets, please bring payment into the Shul Office in an envelope marked "Ladies Guild" for £42.50 pp plus £15 pp coach.

COMMUNITY VOICE DEADLINE FOR PESACH EDITION Please supply any articles, photographs etc. into the Synagogue Office by **Friday, 25th January 2019.**

Just Kosher SWHC

Your one-stop Kosher Shop!

If you want to place an order for collection:

EMAIL justkosherswhc@gmail.com PHONE/TEXT 07780 449081

OPENING HOURS
 Monday 10am-1pm Wednesday 10am-1pm
 Thursday 11am-5pm Friday 9am-1pm Sunday 9.30am-12.30pm

Orders for ALL GOODS for Thursday collection MUST be placed by Monday 12 noon latest!