



**Just Kosher SWHC FOR ALL YOUR PESACH GOODS**

If you want to place an order for collection:

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**PESACH OPENING HOURS** Monday - Thursday 10am-5pm  
Friday & Sunday 10am-1pm

Orders for ALL GOODS for Pesach MUST be placed by **Sunday 14<sup>th</sup> April 12 noon latest!**  
Goods will be available for collection from **Wednesday 17<sup>th</sup> April 10am.**



13<sup>th</sup> April 2019 | 8<sup>th</sup> Nisan 5779

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

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

- Shabbat – 13 April/8 Nisan** Mrs Rita Raye, Mr Terry Dowell, Mrs Sheila Waterman  
**Sunday – 14 April/9 Nisan** Mr John Barnett, Mrs Norma Foreman,  
 Mr Ronald Shinegold, Mr Melvyn Speck  
**Monday – 15 April /10 Nisan** Mrs Norma Peters, Mr David Ramet, Mrs Valerie Kutner,  
 Mr Stewart Somers, Mrs Linda Sanders  
**Tuesday – 16 April /11 Nisan** Mr Lawrence Millstone  
**Wednesday – 17 April /12 Nisan** Mr Royston Keizer, Mrs Rosalyn Silverstone,  
 Mrs Ella-Myrtle Hyman  
**Thursday – 18 April /13 Nisan** Mrs Evelyn Assenheim, Mr Gavin Dias, Mr Richard Ellis,  
 Mr Sammy Dias, Mrs Betty Kosky, Mrs Sylvia Rankoff, Mrs Barbara Zybutz  
**Friday – 19 April/14 Nisan** Mr Allen Goldenberg, Mr Jeffrey Hendrick, Mrs Jackie Kalms,  
 Mrs Sharon Bronitt

**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**

<p><b>Shalom Friendship Club</b>  <b>"The Monday Club"</b>                  Closed for Pesach                  Resumes 29<sup>th</sup> April                  Call Maurice 01702 351845</p>	<p><b>Bereavement Support Group</b>                  Monday 15<sup>th</sup> April  <u>Change of Venue:</u> now at the                  home of Sophie Zetter                  Call Janice 07752 874065</p>	<p><b>AID Society Bridge</b>                  Sunday 5<sup>th</sup> May                  Thorpe Bay Bridge Club                  Call Geoff Cohen 339601 or                  Jan Linden 343289</p>
<p><b>Sunday Cheder</b>                  Resumes after Pesach                  Sunday 5<sup>th</sup> May  <a href="mailto:yael@moont.com">yael@moont.com</a></p>	<p><b>SJYC Youth Club</b>                  Ages 5-15 in the Talmud Torah                  Resumes after Pesach                  Thursday 2<sup>nd</sup> May</p>	<p><b>J.A.C.S. Wednesdays</b>                  Closed for Pesach                  Resumes 1<sup>st</sup> May                  01268 771978</p>
<p><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</p>	<p><b>Stock Rd Cemetery, SS2 5QF</b>                  Sunday – Friday                  Winter 10am – 3pm GMT                  Summer 10am – 4pm BST</p>	<p><b>Ladies Guild Kiddushim</b>                  Contact Sara Vandermolen on                  01702 344900  <a href="http://swhc.org.uk/ladies-guild/#kiddush">swhc.org.uk/ladies-guild/#kiddush</a></p>
<p><b>Tree of Life - Shul Hall</b>                  Mark your Simcha with a                  leaf on the tree for £110</p>	<p><b>Newsletter Sponsorship</b>                  Contact the Shul Office                  £25 donation</p>	<p><b>Pop-in Shul Hall</b>                  Tuesday 21<sup>st</sup> May, 2-4pm                  Email Jan <a href="mailto:swhcfc@gmail.com">swhcfc@gmail.com</a></p>

**Stanley Robinson**  
**Geoffrey Pepper**  
*Gabbaim*

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**Facebook** [facebook.com/swhc.org.uk](https://facebook.com/swhc.org.uk)



**Shabbat Shalom! We are delighted to welcome all members and guests today. Everyone is invited to the Kiddush following the service.**

**SHABBAT METZORA HAGADOL**

**FRIDAY NIGHT**  
 Shabbat begins/candle lighting 7:30pm  
 Mincha *then* Kabbalat Shabbat 7:30pm

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

Mincha *followed by*  
 Seudah Shlishit (including  
 Shabbat Hagadol Drosha) 7:15pm  
 Ma'ariv *when Shabbat ends* 8:45pm

**WEEKDAY SERVICE TIMES**

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

**MONDAY - THURSDAY**  
 Shacharit 8:30am  
 Ma'ariv 8:00pm

**NEXT FRIDAY**  
**(Bank Holiday – Shul Office Closed)**  
 Shacharit 8:30am  
 Mincha followed by Ma'ariv 7:30pm  
 Shabbat/Yom Tov/ Pesach begins/candle lighting 7:41pm

Torah Reading Metzora	<b>Rabbi Geoffrey Hyman</b>	Soncino Page 689
afterah Hagadol	<b>Rabbi Geoffrey Hyman</b>	Soncino Page 1197
Anim Zemirov	<b>Saul Bebb</b>	Sacks Siddur Page 458
<i>If you would like to repeat your Bar Mitzvah Haftorah, please contact the Gabbaim.</i>		

## THOUGHTS ON THIS WEEK'S PARSHA *from Jeremy Symons*

Today, the Shabbat before Pesach, is known as "Shabbat HaGadol," the Great Shabbat. There are many spiritual reasons given for calling today Shabbat HaGadol. However, as our great Rabbis point out, in truth every Shabbat is indeed "Gadol" otherwise why would the Birkat Hamazon, the grace after meals prayer recite, לפניך **כי יום זה גדול וקדוש הוא לפניך** "for this great and holy day is before you" as a reminder of this fact every Shabbat. So, what is it that makes this Shabbat in particular so great that it has the prestige of being called "HaGadol," THE greatest Shabbat of all the great Shabbats of the year?

There is a famous teaching which claims that our future redemption would come immediately if only Israel would truly observe two Shabbats properly. This philosophy is based on a verse in the Torah which says *et Shabtotai tishmeru*, if Israel will observe my Sabbaths...all sorts of blessings will follow. Unfortunately, I can't remember which one of our commentators said it, but he said the word Shabtotai, "my Sabbath's," alludes not to just any two Shabbats, but to two different aspects of the Sabbath, namely *Shamor* (to guard) and *Zachor* (to remember).

*Shamor* and *Zachor* refer to the fact that we have two different versions of the 10 Commandments written in the Torah, one in the book of Shemot (Exodus) and one in the book of Devarim (Deuteronomy.) In the book of Shemot we are told to remember the Shabbat day, and in Devarim we are told to guard the Shabbat day.

Our Sages understand the term 'guarding' is dealing with what are called the *lo ta'aseh* commandments, the negative commandments, things we are commanded to refrain from doing, reflecting the side of our relationship with Hashem that is grounded in *yirah* (fear or awe) - Such as the different forms of *melacha* (work) that we abstain from doing on the Shabbat. Whereas the other term 'To remember' is understood to be dealing with the positive Commandments, the things we do to make Shabbat special, such as reciting Kiddush, reflecting the side of our relationship with Hashem that is grounded in *ahava* (love).

These two sides of our relationship with Hashem, *yirah* and *ahava* (awe and love), each have a particular Shabbat in which they are influential. On Shabbat Shuva, the Shabbat before Yom Kippur, the awe and fear is represented by the mighty Day of Atonement, the day when our *neshamas* (souls) are held in judgment. Today is the other side of the equation: drawing down the love associated with the holiday of Pesach.

Why is this festival associated with love? Because it reaffirms Hashem's love for us and the land of Israel. Skipping over the houses of the Jewish people on Passover, rescuing us from the hands of bondage in Mitzraim and leading us to the Promised Land.

Redeeming our ancestors from slavery was a true sign of Hashem's constant devotion he bestows upon us. There is a Midrash which tells us that during their days in Mitzraim, B'nai Yisrael had descended to the 49<sup>th</sup> level of spiritual impurity. If they had dropped down one more level, the 50<sup>th</sup>, then they would have been spiritually destroyed and ceased to exist for ever. Our ancestors were as unworthy as they could be and yet Hashem still redeemed them.

In my mind this is a clear demonstration of the unconditional nature of Hashem's love. Hashem shows His devotion for us in many different forms, even if we happen to be so busy, living our lives that we don't even recognize it.

This is why today is called Shabbat HaGadol. If every Jewish person took some time out and observed these two sides of our relationship with Hashem '*yirah* and *ahava*' on two Shabbats, then we would be immediately redeemed and brought into a world of peace and harmony.

May this Pesach be a time filled with love—love for your friends and family, love for our community, love for all of mankind and most importantly Love of Hashem, so that when the prophet Elijah visits our houses next week on Seder night, he will herald the age of love and prosperity and the beginning of the messianic era. Amen.

*Good Shabbos.*

**Geoffrey Pepper & Stephen Salt would like to thank all those who have sponsored the Emunah "Condiment Walk."** Over £4500 has been raised so far. If you have pledged or would still like to make a donation, visit [www.justgiving.com/fundraising/pepper4emunah](http://www.justgiving.com/fundraising/pepper4emunah) or by cheque payable to British Emunah Fund, and leave in the Shul Office, or contact Geoffrey Pepper or Stephen Salt.

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

**Josephine Pitch** on her 85<sup>th</sup> Birthday

## FORTHCOMING EVENTS

**This Shabbat 13<sup>th</sup> April | Shabbat HaGadol.** We have pleasure in welcoming back guest **Rabbi Geoffrey Hyman** and his wife, **Michelle.**

### PESACH 5779 / 2019

**Friday 19<sup>th</sup> April | Erev Pesach & Fast of First Born** (*Bank Holiday - Shul Office Closed*)

Morning Service followed by Siyum & L'chayim for the firstborn	8:30am
<b>Chametz can be eaten until 10:34am</b>	<b>Burning of Chametz until 11:45am</b>
Mincha followed by Ma'ariv	7:30pm
<b>Shabbat / Yom Tov Pesach begins &amp; Candle Lighting</b>	<b>7:41pm</b>

**Shabbat 20<sup>th</sup> April | 1st Day Pesach**

Morning Service	9:30am	Musaf 'Tefilat Tal' - Prayer for Dew	11:30am
<i>followed by Kiddush which is sponsored anonymously</i>			
Mincha followed by Ma'ariv	7:40pm	<b>2nd Night Communal Seder - Shul Hall</b>	<b>8:00pm</b>
<b>Candle Lighting</b>			<b>8:58pm</b>
<i>The candles should not be lit before this time. Candles should be lit from an existing flame</i>			

**Sunday 21<sup>st</sup> April | 2nd Day Pesach**

Morning Service			9:30am
Mincha	7:50pm	Ma'ariv & Yom Tov ends	9:00pm

### CHOL HAMOED

**Monday 22<sup>nd</sup>** (*Bank Holiday - Shul Office Closed*) **Tuesday 23<sup>rd</sup> & Wednesday 24<sup>th</sup> April**

Morning Service	8:30am	Mincha & Ma'ariv	7:55pm
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**Thursday 25<sup>th</sup> April | Erev Shevii Shel Pesach**

Morning Service	8:30am	<u>Reminder: Eruv Tavshilin</u>	
Mincha followed by Ma'ariv	7:50pm	<b>Candle Lighting</b>	<b>7:51pm</b>

**Friday 26<sup>th</sup> April | Erev Shabbat / Shevii Shel Pesach**

Morning Service	9:30am	Mincha followed by Ma'ariv	7:50pm
<b>Candle Lighting</b>			<b>7:53pm</b>

*The candles must be lit by this time. Candles should be lit from an existing flame*

**Shabbat 27<sup>th</sup> April | Acharon Shel Pesach**

Morning Service	9:30am	'Yizkor' Memorial Service approx.	11:15am
Mincha followed by Seudah Shlishit			7:50pm
Ma'ariv, Shabbat / Yom Tov ends			<b>9:12pm</b>

**Wednesday 1<sup>st</sup> May, 7pm | Yom HaShoah** (begins Sundown) Guest Speaker **Evelyne Raphael.**

Film **Forgotten Soldier** & Memorial Candle lighting to the 6 million who perished in the Holocaust.

**Tuesday 7<sup>th</sup> May | Yom HaZicharon** (begins Sundown)

**Wednesday 8<sup>th</sup> May | Yom HaZicharon** *leading into Yom Ha'atzmaut*

**Sunday 12<sup>th</sup> May | "Salt Beef & Latke Takeaway"** from *"Just Kosher SWHC."*

**Sunday 19<sup>th</sup> May | SWHC AGM** 9:30am voting commences. 10:30am AGM commences.