

Just Kosher SWHC YOUR ONE STOP KOSHER SHOP

If you want to place an order for collection:

EMAIL justkosherwhc@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!**

STONE SETTINGS

Sunday 12th May 10am **Joseph Aarons** (Late father of Michael Aarons) **Waltham Abbey**
Sunday 19th May 12.30pm **Susan Finer** (née Harris) **Edgwarebury Lane**
Sunday 19th May 2.30pm **Claire Linden** **Stock Road**

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

(Yahrzeits begin the night before the date below)

Shabbat – 4 May/29 Nisan Mr Ian Woolf, Mrs Helene Rosehill
Sunday – 5 May/30 Nisan Mrs Adele Dowell
Monday – 6 May /1 Iyar Lady Gold
Tuesday – 7 May /2 Iyar Mr Julian Lee-Harris, Mrs Hazel Ward, Mr Stanley Serkin
Wednesday – 8 May /3 Iyar Mr Aubrey Cooper, Mr Anthony Jones, Mr Maurice Lesley, Mr Anthony Silverstein, Mrs Evelyn Statman
Thursday – 9 May /4 Iyar Mrs Betty Young, Mrs Sharon Bronitt
Friday – 10 May/5 Iyar Mrs Allison Lester, Mrs Shirley Reid

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 swhcf@gmail.com or call Janice on 07752874065 or the Shul Office on 01702 344900

REGULAR EVENTS & NOTICES

Shalom Friendship Club "The Monday Club" Call Maurice 01702 351845	Bereavement Support Group Monday 20 th May <u>Change of Venue:</u> now at the home of Florette Lieberman Call Janice 07752 874065	AID Society Bridge Sunday 5 th May Thorpe Bay Bridge Club Call Geoff Cohen 339601 or Jan Linden 343289
Sunday Cheder yael@moont.com	SJYC Youth Club - Thursdays Ages 5-15 in the Talmud Torah	J.A.C.S. Wednesdays 01268 771978
Shul Library swhc.org.uk/facilities/library sonnykosky@blueyonder.co.uk 01702 589105	Stock Rd Cemetery, SS2 5QF Sunday – Friday Winter 10am – 3pm GMT Summer 10am – 4pm BST	Ladies Guild Kiddushim Contact Sara Vandermolten on 01702 344900 swhc.org.uk/ladies-guild/#kiddush
Tree of Life - Shul Hall Mark your Simcha with a leaf on the tree for £110	Newsletter Sponsorship Contact the Shul Office £25 donation	Pop-In Shul Hall Tuesday 21 st May, 2-4pm Email Jan swhcf@gmail.com

SWHC

SOUTHEND & WESTCLIFF HEBREW CONGREGATION

4th May 2019 | 29th Nisan 5779

Stanley Robinson
Geoffrey Pepper
Gabbaim

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NEW MOON

Shabbat 4th May at 2.10pm

*This week's Newsletter & Kiddush are generously sponsored by **Josie Pitch**, who is celebrating her 85th birthday & **Dr Arnold Azulay**, who is celebrating his 2nd Barmitzvah. Mazel Tov!*

Shabbat Shalom!

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

בס"ד



Newsletter No.1085

SHABBAT ACHAREI MOT

FRIDAY NIGHT

Mincha then Kabbalat Shabbat 7:30pm
Shabbat & Candle lighting 8:00pm

SHABBAT DAY

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

Mincha *followed by*

Seudah Shlishit 8:00pm
Ma'ariv *when Shabbat ends* 9:26pm

WEEKDAY SERVICE TIMES

SUNDAY (1st Day Rosh Chodesh)

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

MONDAY (2nd Day Rosh Chodesh)

Bank Holiday (Office Closed)

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

TUESDAY

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

WEDNESDAY

Shacharit 8:30am
Mincha then Ma'ariv **7:00pm**
(See inside for details)

THURSDAY

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

NEXT FRIDAY

Shacharit 8:30am
Mincha then Kabbalat Shabbat 7:30pm
Shabbat begins/candle lighting 8:00pm

Torah Reading	Tzvi Chaim Freylich	Soncino Pg 705
Haftorah Machor Chodesh	Dr Arnold Azulay	Soncino Pg 1189
Blessing the New Month	Iyar	Sacks Singers Pg 424
Anim Zemirot	Saul Bebb	Sacks Singers Pg 458

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

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

We are now amongst the daily mitzvah of counting the Omer leading up to the festival of Shavuot. Normally, when we are excited for something like a forthcoming concert or holiday we count down towards the event. So; why, then, when it comes to Sefirat HaOmer, do we count upwards?

On Pesach, B'nai Yisrael was on the 49th level of Tumah which was the lowest of the low. During Pesach a Korban Omer, which consists of barley, was offered up. There is only one other Korban given in the Beit Hamikdash that consists of barley. The Sotah! The lowest, most embarrassing of sins committed. Why Barley?

Barley is considered animal food. Just like the Sotah, B'nai Yisrael too had dropped down to the 49th level whilst in Mitzraim, which is why they were comparable to animals. However, starting from Pesach, where they were taken out of Mitzraim, every day leading up to the giving of the Torah, they went from being on par with the animals to becoming the most beloved nation in the entire world.

Each and every day this uplifting process has its own importance and unique opportunity of being able to get closer to, and reconnect with, Hashem, culminating in reaching the level of being fit enough to receive the Torah that Hashem chose to give to us and not to anyone else.

Knowledge of Hashem is a prerequisite to building a relationship with Him! We have to know Hashem in order to be able to form an everlasting bond with Him. The reason why we count the Omer upwards: 1, 2, 3, 4... is because every day is another opportunity to perform more mitzvors - in effect, connecting ourselves with Hashem more and more. So, by the 49th day we have now reached a level suitable for re-accepting His Torah this forthcoming Shavuot.

May we be blessed to follow the ways of B'nai Yisrael and take the days we have left of counting the Omer to really work on strengthening our relationship with Hashem.

Good Shabbos.

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

Ella-Myrtle Hyman on the occasion of her 90th birthday

Janet & Brian Levene on the birth of a grandson, **Oliver Alexander** to **Simon & Belinda Levene** in London

FORTHCOMING EVENTS

This Shabbat 4th May | We welcome back **Tzvi Chaim Freylich** who will be leining for us.

Sunday 5th-12th May | Jewish Women's Week It is that time of the year when your smiling voluntary JWW Collector will be making you a visit! JWW is the only Jewish House to House Collection authorized by the Home Office. WIZO supports and cares for Israel's vulnerable children and families regardless of race, nationality and religion. Thank you in advance of your support. Jackie Kalms, Chairman Westcliff & District WIZO.

Tuesday 7th May | Yom HaZicharon (begins Sundown)

Wednesday 8th May 7pm | Yom HaZicharon *leading into Yom Ha'atzmaut.*

Entertainment from Israeli singer Yossi Yoffe, Shirim Ladies Choir and members of our Community. Donation £10 Adults. Children Free. Tickets to be obtained in advance and includes Sass's Famous Falafel. Further Falafel & fruit will be available to purchase and Grand Raffle, on the night. All proceeds to the British Friends of Israel War Disabled.

Shabbat 11th May | The Kiddush will be generously sponsored by Stanley Serkin in celebration of his 80th birthday.

Sunday 12th May | "Salt Beef & Latke Takeaway" from "Just Kosher SWHC." Pre-order available only. Come in to the shop and purchase a food voucher by Thursday, 9th May. Salt Beef Sandwich & Pickle £7 each, Potato Latkes 50p each.

Sunday 19th May | SWHC AGM 9:30am voting commences. 10:30am AGM commences.

Thursday 23rd May | Lag B'Omer Barbeque Details to follow.

Shabbat 8th June – Monday 10th June | Shavuot

We have a very exciting programme planned for Shavuot with the welcome return of guest Rabbi, Dovid Sher (here last Sukkot).

COMMUNITY VOICE DEADLINE FOR SHAVUOT EDITION EXTENDED TO FRIDAY 3RD MAY. Please supply any articles, photographs etc. into the Synagogue Office ASAP.

- KIDZ KALENDAR -

The Kidz Kalendar is back for another year and starting to take entries. Any previous entries will continue unless informed otherwise. Please contact the Shul Office with your entries, amendments or questions as soon as possible. Calendar goes to print the second week of June.

Seudah Shlishit If anyone would like to sponsor a Seudah Shlishit for a Birthday, Anniversary etc. or to commemorate a Yahrzeit, kindly contact geoffrey.pepper@hotmail.co.uk (minimum donation £30).