



Just Kosher SWHC YOUR ONE STOP KOSHER SHOP

If you want to place an order for collection:

EMAIL justkosherstwhc@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!**

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

Sunday 7th July 2.30pm **Stephen Shaw** (Minyan Required)
 3.15pm **Geoff Newman** (Minyan Required)

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

(Yahrzeits begin the night before the date below)

Shabbat – 22 June/19 Sivan Mr Lionel Barnett, Mrs Sarah Roseman,
Sunday – 23 June/20 Sivan Mr Robert Ereira, Mr Danny Greenbaum, Mr David Wine
Monday – 24 June /21 Sivan Mrs Pamela Diskin
Tuesday – 25 June /22 Sivan Mrs Janette Jacques, Mr Sam Dias, Mrs Elise Levy,
 Mr Arnold Lieberman, Mrs Florette Lieberman, Mr Howard Linden, Mr Steven Linden
 Mrs Rosalyn Silverstone, Mr Stewart Somers, Mrs Ella-Myrtle Hyman
Wednesday – 26 June /23 Sivan Mr Joseph Patchick
Thursday – 27 June /24 Sivan Mrs Rosalyn Silverstone, Mr Andrew Roth
Friday – 28 June/25 Sivan Mrs Philippa David, Mr Keith Fenton, Mrs Cynthia Simmons,
 Mr Derek Solomon

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

<p>Shalom Friendship Club "The Monday Club" Social club with card games. Call Maurice 01702 351845</p>	<p>Bereavement Support Group Monday 24th June at the home of Norman Karobik Call Janice 07752 874065</p>	<p>AID Society Bridge Sun, 7th July Thorpe Bay Bridge Club. Call Geoff Cohen 339601 or Jan Linden 343289</p>
<p>Cheder This Sunday 10:15am-12:15pm mossadrienne@outlook.com</p>	<p>SJYC Youth Club - Thursdays Ages 5-15 in the Talmud Torah yael@moont.com</p>	<p>J.A.C.S. Wednesdays 01268 771978</p>
<p>Shul Library swhc.org.uk/facilities/library sonnykosky@blueyonder.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 Sara Vandermolen on 01702 344900 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 16th July, 2-4pm Email Jan swhcf@gmail.com</p>



22nd June 2019 | 19 Sivan 5779

Geoffrey Pepper
Maurice Symons
Gabbaim

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

SHABBAT BEHA'ALOTECHA

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

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

Mincha *followed by*
 Seudah Shlishit 9:00pm
 Ma'ariv *when Shabbat ends* 10:36pm

WEEKDAY SERVICE TIMES

MONDAY-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	Yosef Yehoshua Freylich	Soncino Pg 838
Haftorah Beha'alotecha	Stephen Salt	Soncino Pg 857
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*

No matter how blessed we may be, it is always easy to see someone else who seems to have more. They may be richer than you, they may have managed to achieve something great you were not able to do, or maybe you are envious of them because they have something that you wanted to have possessed also.

In a world where very little is still private, there are TV shows that give tours of people's huge estates, newspapers and magazines that reports annual salaries, and various social networking sites that give us lengthy details of people's lives etc. It can be hard to live without looking over one's shoulder to see who has more than we do. But I think maybe it is even harder to look over your other shoulder and appreciate the things you already have or achieved.

In this week's Torah portion, the Israelites are hungry in the desert and are craving for meat. Instead of being thankful for what Hashem kindly gifted them each day, they complained to Moshe that the manna, which although was tasty and sustaining, was not enough. They desired something more, Meat!

Ethics of our Fathers (Pirkei Avos) teach us. 'Who is rich? Someone who is happy with their lot.' In this world there will always be those who have more than we do and there will always be those who have less. The challenge is to be happy with our portion, and to be grateful and appreciative for what we do have.

I strongly believe, an important part of being content is to stop comparing ourselves to one another. Which is why I also believe why 'Thou shall not covet' is one of the Ten Commandments given by Hashem himself at Mount Sinai. This does not mean that we cannot be ambitious or work hard to try and achieve our desires or goals, but it must be done in the right way - Thoughtfully and with the gratitude towards Hashem of what we already have.

Good Shabbos!

JAMI - The 15th Annual 10 Mile Charity Walk on Southend Pier

To raise much-needed funds for JAMI – The Mental Health Service for the Jewish Community – was completed successfully on 18 June by Sybil Schiller and friends.

Please donate generously to this important charity by sponsoring online at

<https://uk.virginmoneygiving.com/southendwalkforjami>. Thank you.



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

Hazel Fellowes on her 90th Birthday

Michael Konyn on his 85th Birthday

Julie & Arnold Baum on their 60th (Diamond) Wedding Anniversary

Jill & Lawrence Collins on their 55th (Emerald) Wedding Anniversary

Danny & Stephanie Greenbaum on the Barmitzvah of their grandson, **Jordan Martin** on Shabbat 22nd June at Mill Hill United Synagogue. Much nachus to Jordan's parents, **Joanne & Jeff** and to grandparents **Sandra & Michael Martin**.

FORTHCOMING EVENTS

Shabbat 29th June | Armed Forces Day This Shabbat the Kiddush will be generously sponsored by **Sue & Michael Konyn** in celebration of **Michael's 85th Birthday**.

Shabbat 13th July | AID Society Shabbat Please come and support the Aid Society committee. Funds raised locally, stay local, helping vulnerable Jewish people in the town.

Sunday 14th July 11am-1pm | Salt Beef & Latke Takeaway from "Just Kosher SWHC" Pre-order available only. Come into the Shop and purchase a food voucher. Salt Beef Sandwich (6 slices of meat inside!) with Pickle £7 each, Potato Latkes 50p each.

Sunday 14th July 7pm for 7.30pm | Aid Society Sing Along Bingo at Southend & Westcliff Jewish Community Centre £10pp Tickets from Marcia Goldberg 07887847482 / Geoff Cohen 07969991209 (Not under SWHC Kashrut Supervision)

FUTURE DATES

Shabbat 20th July | Saul Bebb Barmitzvah and welcoming back Rabbi and Mrs Sufrin.

Sunday 21st July | Fast of Tammuz

Shabbat 27th July | Lewis Briggs Barmitzvah / Stewart Somers Birthday Celebration

Talmud Torah Activities **NEW**

From September 2019, we are delighted to announce new activities for the whole community taking place in the Talmud Torah. If you are interested in any of the classes below, and have not yet contacted the Shul Office, please do so as soon as possible. Telephone: 01702 344900 or email shuloffice@swhc.org.uk

Day	Weekly Classes	Start Date	Time	Cost
Monday	Pilates <i>with Joggy</i>	9 th September	1pm – 2pm	£5 per class
Tuesday	Drawing & Art <i>with Rosalind</i>	10 th September	1pm – 3pm	£5 per class
Wednesday	Ivrit <i>with Lital</i>	23 rd October	1pm – 2pm	£5 per class

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).