

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 – 29 June/26 Sivan Mr Sammy Charker, Mrs Tina Jacobs, Mr David Jay
Sunday – 30 June/27 Sivan Mr Cyril Black, Mr David Garston, Mrs Marilyn Salt, Mrs Cynthia Simmons, Mrs Louisa Levy, Mr Ralph Schiller
Monday – 1 July /28 Sivan Mr Simon Luton, Mr Harvey Symons
Tuesday – 2 July/29 Sivan Mr John Ellis, Mrs Ann Elman, Mr Richard Ellis, Mr Anthony Jones, Mr Terry Leigh, Mr Rod Levin, Mrs Caron Peters, Mrs Sheila Matthews, Mrs Loretta Shulton, Mrs Ruth Rubins, Mrs Doris Sim
Wednesday – 3 July/30 Sivan Mrs Louisa Levy, Mr Lawrence Goldman, Mr Chesney Lewis
Thursday – 4 July/1 Tammuz Mr Elliot Baker, Mr David Baker, Mr Michael Baker, Mr Jack Burston, Mrs Josée Lewis, Mr Andrew Roth
Friday – 5 July/2 Tammuz Mr Brian Burns, Mrs Marlene Binder, Mr Terry Mendoza, Mrs Vivien Klein, Mr Martin Peters

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 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 22nd July at the home of Sophie Zetter 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 Monday 5pm – 6.30pm 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 swhcfc@gmail.com</p>

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).



Newsletter No.1092

29th June 2019 | 19 Sivan 5779

Geoffrey Pepper
Maurice Symons
Gabbaim

Finchley Road
 Westcliff-on-Sea
 Essex SS0 8AD

Telephone 01702 344900
Fax 01702 391131
Email shuloffice@swhc.org.uk
Website www.swhc.org.uk
Facebook facebook.com/swhc.org.uk



NEW MOON
 Tuesday 2nd July at 3.38pm



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

SHABBAT SHELACH LECHA

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* 10:35pm

WEEKDAY SERVICE TIMES

MONDAY-TUESDAY

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

WEDNESDAY-THURSDAY (2 DAYS Rosh Chodesh)

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 Chayim Freylich	Soncino Pg 860
Haftorah Shelach Lecha	Anthony Larholt	Soncino Pg 875
Blessing of the New Month	Tammuz	Sacks Siddur Pg 424
Anim Zemirot	Saul Bebb	Sacks Siddur 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*

I am guessing as children or growing up as young adults, every one of our lives were filled with plenty of melodramatic dramas, which at the time probably had made you feel as if the world was going to end. We may laugh about some of them now but that is not always because as adults now, we realised they were not really major life-changing issues because at the time they certainly were. Truth is we may be faced with some of the same issues today or they might not have gone away at all, but now we've learned how to tackle them better, get over them and move on.

Parsha Shelach Lecha, our Torah portion this week, teaches us about the nature of change and the emotions that come with it. The text begins with Moshe sending out twelve men, one from each tribe, to look at the land of *Canaan*. As the spies venture out, one can imagine Moshe standing and watching them fade into the distance, hoping they will come back with a positive report. Like a parent or teacher, he knows they might be nervous or scared, and he hopes that they represent their community with good faith and integrity.

The spies check out the land and all but two come back with a doom and gloom report of what lies ahead. New places can be scary, and the spies admittedly see that. However, new places are also full of possibility; only Joshua and Caleb have eyes to see that. As the spies share their negative experience of the Promised Land, the Israelites, like the melodramatic teenagers they are, react negatively. "If only we had died in the land of Egypt," the whole of the community shouted at Moshe and Aaron. Yes, rather than take on the new challenge in a new land, the Israelites, tired, overwhelmed, and scared, would have rather died.

In life there are moments where we feel helpless, inadequate, and unable to deal with things. The challenge however is to find the appropriate reaction to our circumstances. The trick is you don't have to try and resolve them alone. We all have families. We are all part of a community, and together, we can support one another through these stressful moments and press on. Parsha Shelach Lecha reminds us that we always possess the power to do just that.

Good Shabbos!

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!](#)

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

Judith O'Brart on her 80th Birthday
Angela & Robert Ereira on their Golden (50th) Wedding Anniversary
Natalie & Simon Belson on their Coral (35th) Wedding Anniversary
Rosalind & Richard Raphael on the marriage of their son, **Howard to Katie Newman**.
Mazel Tov too, to grandparents **Miriam & Leslie Kleinman**.

FORTHCOMING EVENTS

Shabbat 29th June | 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).
Wednesday 17th July, 8pm | Southend Learning Circles Led by Rabbi Aryeh Sufrin MBE and Mrs Sufrin of Chabad in association with SWHC. Venues TBA, to volunteer to host an evening or for more info, contact Mrs Sufrin 020 8551 8604.

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

THANK YOU! Westcliff & District WIZO would like to thank all those kind members and supporters who came to our recent Function with John Benjamin from Antiques Roadshow and helped us raise the total of £1,579.00 towards WIZO Projects in Israel.

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