

CONDOLENCES *May G-d comfort you among the other mourners of Zion and Jerusalem.*

The family of the late **Estella Brone**

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

(Yahrzeits begin the night before the date below)

- Shabbat – 14 September/14 Elul** Mrs Sylvia Woolf, Mrs Brenda Hendrick, Mrs Ella-Myrtle Hyman
Sunday – 15 September/15 Elul Mrs Rosalind Miller, Mrs Irene Burns, Mrs Barbara Nathan, Mrs Marlene Binder, Mr Brian Burns, Mrs Dorothy Young
Monday – 16 September/16 Elul Mrs Betty Lesley, Mrs Adele Ramet, Mrs Lauren Dobkins, Mr Anthony Silverstein
Tuesday – 17 September/17 Elul **No Yahrzeits**
Wednesday – 18 September/18 Elul Mrs Helena Graham, Mr Malcolm Rubin, Mrs Sonia Burns, Mrs Linda Bennett
Thursday – 19 September/19 Elul Mrs Benita Speck, Mrs Rosalie Grant
Friday – 20 September/20 Elul Mr Martin Franks, Mr Michael Franks, Miss Jacqueline Michelow

VISITING THE SICK If you know anyone who would like a hospital or home visit from the Rabbi or a member of the *Community Care Committee*, please email Rabbi Hyman rabbi@swhc.org.uk or Janice Steel 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 7th October at the home of Barbara Black Call Janice 07752 874065</p>	<p>AID Society Bridge Sun 6th Oct Thorpe Bay Bridge Club. Geoff Cohen 01702 339601 / Jan Linden 01702 343289</p>
<p>Cheder Monday Resumes 16th September mossadrienne@outlook.com</p>	<p>SJYC Youth Club Details inside barryjacobs200@hotmail.com</p>	<p>J.A.C.S. Wednesdays Call Allan Goldstein 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 17th September 2-4pm Email Jan swhcfc@gmail.com</p>

Your Shop At The Shul

If you want to place an order for collection: justkosherswhc@gmail.com / 07780 449081

NEW SHOP OPENING HOURS:

Monday 10am–1pm, Thursday 11am–5pm, Friday 9.30am–1pm, Sunday 9.30am–12.30pm
CLOSED: Tuesday & Wednesday PLEASE PLACE YOUR YOM TOV ORDERS EARLY!



14th September 2019 | 14 Elul 5779

Rabbi Geoffrey Hyman

Rabbi

Geoffrey Pepper

Maurice Symons

Gabbaim

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This week's Newsletter is kindly sponsored by Marilyn & Stephen Salt in celebration of Marilyn's 'special' birthday. Mazel Tov!

Marilyn & Stephen wish Rabbi & Rebbetzin Hyman and all The Community, a Happy & Healthy New Year.



SHABBAT KI TEITZEI

FRIDAY NIGHT

Mincha *then* Kabbalat Shabbat 7:00pm
 Shabbat & Candle lighting 6:56pm

SHABBAT DAY

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

Mincha followed by

Seuda Shlishit 6:45pm
 Ma'ariv *when Shabbat ends* 8:05pm

WEEKDAY SERVICE TIMES

SUNDAY - THURSDAY

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

NEXT FRIDAY

Shacharit 8:30am
 Mincha *then* Kabbalat Shabbat 6:40pm
 Shabbat begins/candle lighting 6:40pm

We are delighted to welcome everyone today. If visiting, please make yourself known to the Wardens and the Shul Board of Management. Everyone is invited to the Kiddush following the service.

Torah Reading	Ya'akov Friedman	Soncino Pg 1098
Haftorah Ki Tetze & Re'eh	Jeremy Symons	Soncino Pg 1115/6 & 1076/7
Anim Zemirot	Saul Bebb	Sacks Siddur Pg 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*

I enjoy reading during my spare time, yet I often get annoyed with the authors when they use oxymorons. However, having found one in the last three verses of this week's Sedra relating to Amalek, I now have to possibly take a different stance to these inherent contradictions and try to discover what messages the author is trying to convey to me; the reader!

We are told, on the one hand, zachor, "remember," and lo tishkach, "do not forget." But we also are commanded to timcheh et zecher, "blot out the memory." How does Hashem expect us to do both?

Zachor is something we seem to do naturally. Marking anniversaries and building monuments and museums, detailing the darkest times in our people's history so that humanity will never forget what great evil humans can do to prevent it from happening again. But what about the other extreme? What if we forget about zachor and focus only on the command to timcheh et zecher, "blot out the memory"? What happens when we pretend as though something tragic and frightening has never happened at all? Holocaust denial is the most obvious illustration, but with anti-Semitism on the rise we are faced with two options, we can pretend it doesn't exist and allow it sneak up on us as Amalek did or be mindful of what is going on and do something to help combat against it.

I think the secret to perform this oxymoron is to understand them as one single command and not two, which is what our Rabbis did, when they selected these three verses as the special reading for Shabbat Zachor; the Sabbath of Remembrance, when we tell our stories of danger, liberation, and freedom under G-d's covenant. (The book of Esther at Purim and the Haggadah at Pesach.)

Amalek is no longer an individual, but an archetype that can, if we let it, represent something inside each one of us. Call it 'a disease of the mind' — depression or fear of failure on one hand, arrogance or immodesty on the other. Or perhaps it is a disease, like cancer. Amalek strikes — not when we are at our most vulnerable — but when we think we are doing okay, and drop our guard down a bit.

Hashem wasn't contradicting himself; he was delivering a very strong message of how to ensure our survival: timcheh et zecher — blot out the memory — as it exists as an obstacle to pursuing your goals and your dreams, but at the same time, zachor, lo tishkach. "Remember, do not forget," that it is this very memory of challenge and triumph that makes you strong and gives your life purpose.

In summary, timcheh et zecher . . . v'lo tishkach. is not an oxymoron, but a comprehensive plan of action: If we obsess on Amalek's hold over us, or if we try to deny his very presence, then the Amalek inside us will win. Only by following the spirit of the Torah — to remove Amalek as an obstacle to the rest of our lives **and** never to forget the battle we have waged against him — can we possibly defeat him.

Good Shabbos

CST Security Check

Please leave your lockers & seats unlocked to enable CST to make their inspections prior to Rosh Hashanah.

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

Michael Franks on his 80th Birthday

FORTHCOMING EVENTS

Shabbat 14th September | The Seudah Shlishit is sponsored by Rochelle & Colin Samuel

Monday 16th September 2pm-3pm | Pilates with Joggy in the Talmud Torah £5 per class

Tuesday 17th September 10am-11am | Pilates with Joggy in the Talmud Torah £5 per class
1pm-3pm | Art with Rosalind in the Talmud Torah £5 per class

Next Shabbat 21st September | The Kiddush will be generously sponsored by **Brenda & Michael Franks & family** in celebration of Michael's 80th birthday. Mazel tov!

Motzei Shabbat 21st September | Midnight Selichot Service. Doors open at 10:30pm. Enjoy late night refreshments & drinks. Introduction 11:45pm. Ladies & gentlemen welcome. Free entry.

Sunday 22nd September 10am-12 noon | Family Coffee Morning. For all families and children with special games laid on for the little ones age 0-5. So bring your babies and toddlers, free entry with fresh cakes and drinks for sale in the Talmud Torah. Contact: Barry Jacobs 07876 685826 / barryjacobs200@hotmail.com

Sunday 22nd September | AID Society welcomes the **Southend Boys & Girls Choir** Shul Hall. Doors open 7:30pm. Tickets £10 pp. Please call Marcia on 07887 847482.

Thursday 26th September | Youth Club 10-15 year olds £5 per session with exciting activities! Contact: Barry Jacobs 07876 685826 / barryjacobs200@hotmail.com

Rosh Hashanah & Yom Kippur | We are delighted to welcome back Chaim Weissman who will once again be our guest Chazan over the High Holy Days.

Monday 7th October | Ladies Guild trip to "Fiddler on the Roof." £60 stalls, £15 coach. Contact Sara Vandermolen 07813 824684 / van38@blueyonder.co.uk

Thursday 17th October 7pm | Simchat Beit Hashoeva. The Shul will be holding its annual Sukkah Party after Ma'ariv. Everyone is welcome to celebrate with us in our large Sukkah for an evening of celebration with refreshments. Special guest **Chazan Reverend David Rome** who has performed nationally and internationally, "*one of the finest in his field*". An inspiring evening in store. He will be talking about Yiddish, Hebrew and Ladino songs, give some history and information about the composer, the song and the meaning. Free Entry

Wednesday 23rd October | Ivrit (Modern Hebrew language) **with Lital. Talmud Torah** £5 per class

Thursday 14th November, 12:30pm | Ladies Guild "Celebrity Luncheon with Laurence Marks" Call Sara Vandermolen 07813 824684 / email: van38@blueyonder.co.uk for full details.