

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

Sunday 25th August 2.30pm **Marie Royston** **Minyan Required**

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

(Yahrzeits begin the night before the date below)

Shabbat – 24 August/23 Av Mr Alain Brandajs, Mr Julian Lee-Harris, Mr Eric Harris, Mr Michael Joseph

Sunday – 25 August/24 Av Mrs Rochelle Samuel, Mrs Cynthia Simmons, Mr Maurice Tobias

Monday – 26 August /25 Av Dr Arnold Azulay, Mrs Yvette Eichen, Mrs Hilary Lee, Mr Anthony Larholt, Mrs Suzanne Rosehill, Mr David Ramet, Mrs Sonia Helper

Tuesday – 27 August/26 Av Mr Michael Gershlick

Wednesday – 28 August/27 Av Mrs Karen Hyams, Mr Lawrence Collins, Mrs Sheila Solomons, Mrs Louise Nyman, Mr David Wallrock

Thursday – 29 August/28 Av Mr Richard Bennett, Mr Ivan Kanutin

Friday – 30 August/29 Av Mr Gordon Rosenberg, Mr David Sanders, Mr Leonard & Mrs Loretta Shulton, Mr Jonathan Shulton, Mr Jeffrey Simmons

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 2nd September at the home of Geoffrey Basco Call Janice 07752 874065</p>	<p>AID Society Bridge Sunday 8th September Thorpe Bay Bridge Club. Geoff Cohen 339601 / Jan Linden 343289</p>
<p>Cheder Monday Resumes 16th September mossadrienne@outlook.com</p>	<p>SJYC Youth Club Club will continue after the summer yael@moont.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

OPENING HOURS: Monday 10am – 1pm Wednesday 10am – 1pm
Thursday 11am – 5pm Friday 9.30am – 1pm Sunday 9.30am - 12.30pm

Orders for ALL GOODS for Thursday collection MUST be placed by Monday 12 noon latest!



24 August 2019 | 23 Av 5779

Rabbi Geoffrey Hyman
Rabbi

Geoffrey Pepper
Maurice Symons
Gabbaim

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NEW MOON

Friday 30th August, 5.06pm

Shabbat Shalom! 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.



Newsletter No.1100

SHABBAT EKEV

FRIDAY NIGHT

Mincha *then* Kabbalat Shabbat 7:30pm
Shabbat & Candle lighting 7:44pm

SHABBAT DAY

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

Mincha followed by

Seuda Shlishit 7:35pm
Ma'ariv *when Shabbat ends* 8:57pm

WEEKDAY SERVICE TIMES

SUNDAY

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

MONDAY (Bank Holiday)-THURSDAY

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

NEXT FRIDAY

Shacharit 8:30am
Mincha *then* Kabbalat Shabbat 7:15pm
Shabbat begins/candle lighting 7:29pm

The Shul Office will be closed on Monday 26th August – Bank Holiday.

Torah Reading	Rabbi Hyman	Soncino	Pg 1032
Haftorah Ekev	Anthony Larholt	Soncino	Pg 1051
Blessing the New Month	Ellul	Sacks Siddur	Pg 424
Anim Zemirov	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*

In this week's Sedra, we have the second chapter of the daily Shema. The text of the Shema is so profound that one small Divrei Torah would not do it any proper justice and the respect it deserves. Therefore, I am only going to break down and concentrate on one verse. (Devarim, 11; 15) "I shall provide grass in your field for your animal, and you will eat, and you will be satisfied". I believe this verse is one of the most beautiful ones mentioned in the Torah and often rushed or glanced over when reciting. This is a shame because each word connotes a blessing which enhances and adds to the words preceding it.

The meaning of the first word וְנָתַתִּי; "I will give" or "I will provide" is the most fundamental. It is the building block of our relationship with Hashem. We must acknowledge that Hashem is the source of everything. While we may theoretically accept Hashem's mastery of the world and everything in it, too often we attribute our successes to our own efforts and our failures to other people's shortcomings when it is really Hashem who is the one who is providing.

The next word עֵשֶׂב – grass; is written in the singular tense. Grass symbolizes the fruit of our labor. This comes to teach us that even one blade of grass is provided by Hashem, so his blessings range from the smallest to the largest items for our benefit.

וְנָתַתִּי – in your field; this is a blessing that our "grass" the fruit of our labor will come from our own fields. Too often people's daily commute to work can be time consuming; time, from Hashem's standpoint that could be put to better use. learning Torah etc. Hence, the blessing here is that may we find our parnassa (livelihood) closer to home.

וְלַבְּהֵמָה – to our animals; This is also a blessing. We learn from this 'The kindness of Hashem' and for showing compassion to others including one's animals. The benefits we receive doesn't diminish because we fed our animals first before ourselves, actually the opposite happens. Farmers will tell you, produce grows better when the fodder, in which they have fed their livestock with, has now been removed.

Next, there is the word וְאָכַלְתֶּם – and you will eat. The ability to eat what we produce is an enormous blessing. The message of the "eating" is not just literal – it is symbolic as well. The blessing here is that we should be able to partake and consume of that which we produce and that we should spend our earnings on things we are able to consume and not, G-d forbid, on other things.

Finally, the verse concludes with the word וְשָׂבַעְתֶּם – and you will be satisfied; this last blessing is the perfect blessing to end this verse of blessings. We must constantly take stock and look at all we have and realize the kindness that Hashem has bestowed on us and are completely contented. When we are satisfied with what we have, we can now move on to what really matters: The ability to look beyond ourselves towards others and assist them with their needs.

May we all merit receiving all the blessings in this verse in abundance and many more for evermore.

Good Shabbos

FORTHCOMING EVENTS

This Shabbat 24th August | The Seudah Shlishit is sponsored anonymously.

Next Shabbat 31st August / Sunday 1st September | 2 Days Rosh Chodesh The Kiddush will be generously sponsored by Gillian & Dr Arnold Azulay in celebration of Gillian's 'Special' birthday.

Sunday 1st September Ellul | Hear the Shofar. Each weekday morning during the month of Ellul come and hear the sound of the Shofar. Please join us in the Minyan at 8:30am to prepare mentally and spiritually for the Yomim Noraim

Sunday 1st September 7:30pm | An Evening with Mark Miller, who after his fascinating talk at Shabbat UK, will be recounting more of his amazing stories as a Detective Inspector with the Police Force. Plus musical entertainment from **Sidney Austin!** Delicious savouries, mini-bagels, fruit and drinks. Tickets from the Shul Office, Members £12.50/Non-Members £13.50

Sunday 8th September 7pm | Emunah Film Show "The New York Cantors" Shebson Lodge Day Centre, Cobham Road. Donation £6 inc refreshments (not under SWHC Kashrut Supervision) from Rochelle Spector 436991 / Marilyn Salt 476349.

Monday 9th September 8pm | Cheder Meeting for Parents in the Talmud Torah. We look forward to welcoming all current parents, and parents of prospective new Cheder children, to an informal registration evening. Contact Adrienne Moss for further details. mossadrienne@outlook.com

Tuesday 10th September 7:30pm | The Israeli Breakfast Club Cheese & Wine Evening with speaker Benjamin Anthony. Shul Hall. £15 tickets from Linda Burns iturns@hotmail.co.uk / 07968103269 or Simon Belson simonbelson@aol.com / 07774778383.

Sunday 15th September 3pm | "New Members" Tea Party sponsored by, and at the home of, Brenda & Michael Franks. If you know of anyone who has moved to the area, or is thinking about moving here, this is a perfect opportunity to get to know SWHC and to also be introduced to our new Rabbi & Rebbetzin, Geoffrey & Michelle Hyman together with the President, Vice President, Honorary Officers and some of the members who work so tirelessly behind the scenes in the running of our Community. Please contact the Shul Office to reserve your place.

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

Monday 7th October | Ladies Guild trip to "Fiddler on the Roof." £60 stalls, £15 coach. Contact Sara Vandermolten 07813824684 / van38@blueyonder.co.uk

Thursday 14th November, 12:30pm | Ladies Guild "Celebrity Luncheon with Laurence Marks" Call Sara Vandermolten 07813824684 / email: van38@blueyonder.co.uk for full details.

Talmud Torah Activities ^{**NEW**} Starting 9th September in the Talmud Torah

If you are interested in any of the classes below call 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	Pilates <i>with Joggy</i> Drawing & Art <i>with Rosalind</i>	10 th September	10am-11am	£5 per class
		10 th September	1pm – 3pm	£5 per class
Wednesday	Ivrit <i>with Lital</i>	23 rd October	1pm – 2pm	£5 per class