



**Shabbat, April 29th, 2023 / Iyar 8th, 5783 / 23rd Day Omer
Acharei Mot-Kedoshim / Pirkei-Avot: Chapter 3**

Service Times

Mincha followed by Kabbalat Shabbat **7.15pm**
Shacharit followed by Kiddush 9.30am

No Mincha or Ma'ariv service

Shabbat Ends 9.14pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at **7.15pm**. Candle lighting at **7.40pm (8.16pm)**.

We are open for **Shacharit** services, On **Sunday** at **8.15am**, **Monday** at **8.15am**, **Thursday** at **7.05am** and **Friday** at **7.15am**.

If you can help with the Minyan on Pesach Sheni, Friday 5th May, please speak to Simon 07546 014939 or Rev Gary 07882 054321.

We are open for **Mincha followed by Ma'ariv** on **Tuesday - Thursday** at **7.30pm**.

2023/24 Cranbrook Synagogue Calendar



Once again, we are producing the Cranbrook Synagogue Calendar in order to raise funds for the Synagogue. You can use it to celebrate birthdays, Bar and Bat Mitzvahs, Anniversaries and the Yahrzeits of loved ones. You can also use it to send New Year greetings to the Community as well.

The form to add birthdays, wedding anniversaries and yahrzeit insertions in the 2023/24 Cranbrook Synagogue calendar were recently sent out in your Pesach mailing; if you have mislaid the form, it can be downloaded from the synagogue website.

Return the completed form to the synagogue office. These need to be returned by **May 21st**.

Torah Reading

Leyning: Acharei Mot-Kedoshim

Rabbi Mendel Muller

Sefer Vayikra: 16:1-20:27

Artscroll p 636, Hertz p 480, Cohen/Soncino p 705

Haftarah: Amos 9:7-15

Stuart Coslover

Artscroll p 1173, Hertz p 509, Cohen/Soncino p 735

This week's Cranbrook News is kindly sponsored by the Abrahams and Chessis families in loving memory of Leila Abrahams, Leah bas Moshe z"l and Betty Calmus, Baila bas Beral Leib z"l.

Children's Service: 10.30am

Regular Weekday Services in the Main Synagogue

Shacharit: Sunday & Public Holidays at 8.15am.

Shacharit: Monday and Thursday at 7.05am.


Rosh Chodesh Shacharit: Monday to Friday at 7am; Sunday at 8.15am.

Mincha followed by Ma'ariv: Monday, Tuesday, Wednesday & Thursday at 7.30pm.

Dates for the Diary

May

Monday 1 st		<i>Bank Holiday</i>
Tuesday 2 nd	@ 3.30pm	<i>Coffee & Chat with Rev Newman</i>
	@ 8pm	<i>Music Trivia Quiz</i>
Thursday 4 th	@ 3.30pm	<i>Ladies Tea and Chat</i>
Friday 5 th		<i>Pesach Sheni</i>
Shabbat 6 th		<i>Coronation Shabbat Kiddush</i>
Monday 8 th		<i>Bank Holiday</i>
Tuesday 9 th		<i>Lag B'Omer</i>
	@ 12.30pm	<i>Lunch N' Learn with Rabbi Dansky</i>
Wednesday 10 th	@ 10am	<i>Rabbi Dansky Weekly Shiur</i>
	@ 8pm	<i>AGM</i>
Monday 15 th	@ 4pm	<i>Men's Virtual Happy Hour</i>
Tuesday 16 th	@ 3.30pm	<i>Coffee & Chat with Rev Newman</i>
Wednesday 17 th	@ 10am	<i>Rabbi Dansky Weekly Shiur</i>
Shabbat 20 th		<i>Mevarachim Hachodesh</i>
Sunday 21 st		<i>Rosh Chodesh Sivan</i>
Tuesday 23 rd	@ 12.30pm	<i>Lunch N' Learn with Rabbi Dansky</i>
Wednesday 24 th	@ 10am	<i>Rabbi Dansky Weekly Shiur</i>



**SO
YOU
THINK
YOU
KNOW
MUSIC**

**JOIN US ONLINE FOR A
MUSIC TRIVIA QUIZ**

FROM MR SINATRA TO MR BLOBBY...
WITH SOME FAVOURITES LIKE ADELE.

TUESDAY 2ND MAY 2023
8:00PM - 9:30PM
HOSTED BY MARTIN SUMMERS

ZOOM DETAILS:
ID 823 7234 9872
PASSCODE 157750
[HTTPS://TINYURL.COM/MUSICEXTRAVAGANZA](https://tinyurl.com/musicextravaganza)

**NOTE: NO MUSIC WILL BE PLAYED. GOT A QUESTION?
CONTACT ROBIN ON 07956 617669**

We wish the following members, who have Yahrzeit in the coming week, a long life: -

Ruth Abrahams, Robin Abrahams, Bernice Bass, Malcolm Becker, Betty Bernard, Michelle Bolle, Sheila Brand, Allan Brett, Barry Brett, Adrienne Burnley, Marilynne Chyte, Barry Cohen, Freda Cowan, Zelma Cowan, Helen Duncan, Linda Eleini, Alexander Fagelson, Philip Fagelson, Ian Fenton, Austin Friddin, Marilyn Gladstone, Gloria Goldberg, Karen Grossman, Rita Grossman, Victoria Joffe, Alan Kaizer, Graham Kaufman, Joseph Kaye, David Lee, Roger Leigh, Elena Levene, Lionel Levine, Denise Mallach, Joy Mallach, Harold Marco, Anita Miller, Diana Neslen, Diane Rankoff, Janice Rebak, Howard Robbins, Patricia Russell, Betty Saunders, Sheryl Saunders, Anne Schlesinger, Irene Silverman, Aubrey Siteman, Michael Trainis, Ronald Weinberg and Raisa Yufit.



Clive & Sandra Filek on their 50th wedding anniversary.

Barbara Bass, Michael Belson, Barry Berg, Alan Cooper, Natalie Curtis, Hilary Epstein, Michael Gold, Cyril Keizner, Gloria Marks, Michael Pizer, Enid Rozelaar, Harvey Saunders and Henry Waldman on their respective birthdays.

Clarification regarding the Shabbat times during the summer months

Ordinarily Shabbat begins 18 minutes before sunset. However, as we enter the long days of summer in our community, we will be bringing Shabbat in at the earlier time of **7.40 pm**.

This will allow our members to have their Friday night meal at a more convenient hour. For the benefit of our members who are unable to light candles with the rest of the community at **7.40 pm**, we have put the latest time for candle lighting in brackets.

Kabbalat Shabbat will take place at 7.15pm throughout the summer.

Join us at Cranbrook Synagogue for
LUNCH 'N LEARN
 WITH RABBI DANSKY
12:30PM START
 £8 for lunch per session

25 APRIL 2023	9 MAY 2023 LAG B'EOMER	23 MAY 2023
6 JUNE 2023	20 JUNE 2023	4 JULY 2023

PLEASE RSVP BY THURSDAY BEFORE THE SESSION VIA EMAIL AT
 ADMIN@CRANBROOKSYNAGOGUE.ORG.UK
 OR CALLING 020 8629 2780
 VEGETARIAN OPTIONS ARE AVAILABLE UPON REQUEST

Please call or e-mail the Office to book for **Tuesday, 9th May** by lunchtime on **Thursday, 4th May**.

Call 020 8629 2780 or e-mail admin@cranbrooksynagogue.org.uk

Forthcoming stone-settings

30th April 2023	Rosalyn Herman	Waltham Abbey	11.30am
Mother of Peter Herman			
30th April 2023	Norman Whyte	Waltham Abbey	Noon
Father of Judith Gold			
7th May 2023	Annette Collins	Waltham Abbey	11.30am
Mother of Andrew Collins			
7th May 2023	Helen Tisser	Waltham Abbey	12.30pm
Mother of Nadia McMahon			
7th May 2023	Cyril Marks	Waltham Abbey	4pm
Uncle of Angela Roberts			

News and Views

It's Not That We Fall, It's How We Get Back Up

This week's parasha deals extensively with the service which the *Kohen Gadol* (High Priest) carried out on the holiest day of the Jewish calendar - Yom Kippur.

We read as follows: *"He shall gain forgiveness for the impurities of the Jewish people, and for their unintentional transgressions and their intentional sins, and so should he do in the Tent of Meeting, which dwells with them in the midst of their impurity"* (Vayikra 16:16). The simple meaning of the verse is that the High Priest has the ability to achieve removal of the sins and impurity of the Jewish people, while he is in the Tent of Meeting.

The Talmud (Yoma 57a) states that this verse can be understood in relation to G-d, rather than to the High Priest. Even though we are impure, that does not prevent G-d's relationship with us; the Divine presence rests on us in the midst of our impurity. It would seem from this that G-d sees our lack of perfection and nevertheless dwells together with us.

The Midrash (early rabbinic teachings) comes to a different conclusion. The verse in *Shir Hashirim* (Song of Songs 1:5) states: *"I am dark and yet beautiful"*. The darkness in this verse is not to be understood literally; the Midrash (*Shir Hashirim Raba* 1:5:1) explains that it refers to the Jewish people's view of themselves.

They know that they have sinned, yet they are "beautiful" in the eyes of their Creator. This provides us with a different perspective. G-d dwells with us in our impurities, because He sees us as being beautiful as we are, warts and all. This seems to be a difficult interpretation. If G-d does not see our failings, how can we ever be judged unfavourably on Yom Kippur? We should all pass the test of the High Holy Days with flying colours because G-d does not see our faults!

Perhaps what is being said here can be interpreted in a different way. The very fact that the Jewish people know that they are not perfect is the reason that G-d sees them in a positive light. Humans are imperfect. We have flaws. We make mistakes. The question is not whether we make a mistake, but rather whether we see that mistake as an opportunity to grow and develop as human beings. *Mishlei* / Proverbs 24:16 states, *"Seven times a righteous person falls and gets up"*. Rabbi Chaim Shmuelevitz (1902-1979) explains that the righteous person is righteous not just because they get up after falling down several times, but rather because they use their fall as a motivation to get up once again.

This can be a very powerful principle for Yom Kippur in particular. We go into the holiest of days knowing that we have not been perfect over the past year. That is not in question. The question is how the shame of what we have done will motivate us into action. Inaction will occur either because we erroneously believe that we have gone too far and are beyond salvation, or because we accept our current behaviour as the "new normal". The Midrash suggests that the best and most meaningful way of approaching Yom Kippur is to use our imperfection as a springboard to help us become the people we aspire to be. In this way, may G-d rest His Divine presence upon us, and grant us the year we so very much desire.

I wish you all a good Shabbos.

Rabbi Steven, Siobhan, Maya and Talia Dansky

