



**Shabbat, July 23, 2022 / Tammuz 24, 5782  
Pinchas / Mevarachim HaChodesh / Pirkei-Avot Chapter 1**

**Service Times**

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit followed by Kiddush	9.30 am
Shabbat ends	10.01 pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at <b>7.15pm</b> . Light Candles at 7.40pm	

**Shacharit services: Sunday 24<sup>th</sup> July at 8.15am, Monday 25<sup>th</sup> July at 7.05am and Thursday 29<sup>th</sup> July at 7.05am and **Friday 29<sup>th</sup> July (Rosh Chodesh Av) at 7am.****

We need your help in making a minyan for Rosh Chodesh on Friday 29<sup>th</sup> if you can help, please speak to Harold, Simon, or Rabbi Dansky, or call the Shul Office 020 8629 2780.

**Mincha followed by Ma'ariv on Monday - Thursday at 7.30pm.**

**If you can help, make up the weekday minyanim in Shul please let the Wardens or Shul Office 020 7629 2780 know.**

**Tisha B'Av - August 6<sup>th</sup> – 8.40pm - Fast Begins**

**Motzei Shabbat - 9.45pm - Ma'ariv followed by Eicha in Shul and on Zoom**

There will be a full **Tisha B'Av** programme on **Sunday, August 7<sup>th</sup>**. Shacharit (no tallis/tefilin) will be at **8.30am**, followed by leyning and selected Selichot and Kinnot; the morning finishes at around 11.30am.

**Mincha (tefilin) at 5pm, Film presentation of "The Song of Names" at approx. 5.30pm, Ma'ariv at 7pm, Fast ends at 9.27pm.**



**Torah Reading**

Leyning: Pinchas  
Sefer Bamidbar: 25:10-30:1  
Artscroll p 876, Hertz p 686, Cohen/Soncino p 932  
Haftorah: Jeremiah 1:1-2:3  
Artscroll p 1192, Hertz p 710, Cohen/Soncino p 968

**Rabbi Steven Dansky**

**John Kent**

*If you would like to mark a birthday or Simcha, or want to commemorate a Yahrzeit, this can be done by sponsoring Cranbrook News. In the forthcoming weeks, there are many dates that are available. The cost of sponsoring Cranbrook News is £15. Please call the shul office for more information.*

**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

#### July

Shabbat 23<sup>rd</sup> *Mevarachim HaChodesh*  
Monday 25<sup>th</sup> *Cranbrook Monday Club*  
Tuesday 26<sup>th</sup> *Lunch N' Learn with Rabbi Dansky*  
*Coffee & Chat with Rev Newman*  
Friday 29<sup>th</sup> *Rosh Chodesh Av*  
Sunday 31<sup>st</sup> *Sunday Brunch*

#### August

Monday 1<sup>st</sup> *Cranbrook Monday Club*  
*Men's Virtual Happy Hour @ 4pm*  
Shabbat 6<sup>th</sup> *Shabbat Chazon*  
*Erev Tisha B'Av (begins at 8.40pm)*  
Sunday 7<sup>th</sup> *Tisha B'Av (ends at 9.27pm)*  
Monday 8<sup>th</sup> *Cranbrook Monday Club*  
Tuesday 9<sup>th</sup> *Coffee & Chat with Rev Newman*  
Shabbat 13<sup>th</sup> *Shabbat Nachamu*  
Sunday 14<sup>th</sup> *Quiz Night*  
Monday 15<sup>th</sup> *Cranbrook Monday Club*  
*Men's Virtual Happy Hour @ 4pm*  
Tuesday 16<sup>th</sup> *Music Extravaganza @ 8pm*

Ladies Tea & Chat will be taking a break until Thursday, 1st September at 3.30pm.



The poster features the Cranbrook United Synagogue logo at the top left. The main title 'CRANBROOK Monday CLUB' is prominently displayed in the center. Two diamond-shaped callouts specify the time '10.30AM TO 3.00PM' and the frequency 'EVERY MONDAY FROM 11TH JULY'. A red banner below the title reads 'BOOK NOW CALL 020 8629 2780'. Three polaroid-style photos show a table tennis racket, an elderly couple at a table, and a board game. At the bottom, a dark blue box states 'ADMISSION £5 PER PERSON' and another box lists activities: 'SPEAKERS, QUIZZES, CHAIR EXERCISES, BOARD GAMES & TABLE TENNIS'. A final line of text says 'ADMISSION INCLUDES REFRESHMENTS ON ARRIVAL PLUS SANDWICHES, TEA & COFFEE AT LUNCH TIME. WE LOOK FORWARD TO WELCOMING YOU!'.

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

Kitty Adleman, Cynthia Ballin, Barry Berg, Barbara Brodie, Kelly Burack, Rosalind Burns, Alexandra Clements, Barbara Cohen, Sandra Coren, Peter Davis, Harry Fenton, Stephen Freeder, Murray Gaynor, Carole Gaynor, Donna Gold, Shirley Gold, Nina Goldberg, Renee Graham, Rita Haberman, Sara Harris, Gerald Harris, Ferdoussa Hassbani, Shirley Herst, Pauline Jelen, Barbara Joseph, Sandra Keller, Deanna Klein, Hugh Koslover, Gloria Kovler, Laurence Lacombe, Maxine Levene, Betty Levine, Lindsey Levison, Rochelle Levy, Sadie Levy, Laura Lewis, Gerald Luton, Alan Malina, Louise Malina, Brian Marks, Jan Meyer, Sandra Miller, Anita Miller, Rhona Morris, Sheila Penfield, David Rosenberg, Lilian Rosenberg, Leon Russell, Ruth Russell, Betty Schneider, Stephen Selby, Philip Shamplina, Keith Shenker, Hilary Stanton, Andrew Stern and Barbara Stone.



Stuart & Rosalind Stirling on their wedding anniversary.

Henry Esterton, Anne Green, Hugh Koslover, Sidney Lever, Edna Shutz, and Ronald Winberg on their respective birthdays.

Mazel Tov to all those graduating from University.



**Rosh Chodesh Av** is next **Friday, July 29th (Yom Shishi)** and we bless the new month today.

The *Molad* (the time of the first sighting of the moon in Jerusalem) is on Thursday, July 28th, at 7.32pm and 4 *chalakim*.

Shacharit on Friday morning will be at the slightly earlier time of **7am**.

We need your help in making a minyan for Rosh Chodesh if you can help, please speak to Harold, Simon or Rabbi Dansky, or call the Shul Office.

CRANBROOK UNITED SYNAGOGUE

# QUIZ Night

With Quiz Master, Michael Finger

**Sunday, August 14**  
in the Mark Lewis Hall  
starting at: 7:30pm

*A fun night for everyone!*

Tickets: £10 pp including light refreshments

**WITH A RAFFLE!!!**

**To book your tickets:**  
Visit <https://www.theus.org.uk/CranbrookQuiz2022>  
Call 020 8629 2780  
Email [admin@cranbrooksynagogue.org.uk](mailto:admin@cranbrooksynagogue.org.uk)

Bookings close on Monday, 1<sup>st</sup> August

Please call the Office to book your table. Please also let the Office know if you are able to donate any prizes for the Raffle.

### Forthcoming stone-settings

<b>21<sup>st</sup> August 2022</b>	<b>Ivor Wagner</b>	Waltham Abbey	11am
Father of Beverley Wagner			
<b>21<sup>st</sup> August 2022</b>	<b>Evelyn Raine</b>	East Ham	2.00pm
Sister of Renee Bravo			
<b>28<sup>th</sup> August 2022</b>	<b>Stanley Faw</b>	Waltham Abbey	3.30pm
Husband of Rosalind Faw			

On Tisha B'Av, **Sunday, 7<sup>th</sup> August**, the Alderney Road, Brady Street, Lauriston Road, Plashet and West Ham (Buckingham Road) Cemeteries will be open between approximately 11am and 3pm, East Ham (Marlow Road) will open from 9am and 3pm for visitors.

## News and Views

Last Sunday, we marked the beginning of the three weeks, a time of mourning for the Jewish people, reaching a climax of sadness with the advent of the 9th of Av, the day in which the two temples were destroyed.

The day that started this period of mourning is the 17th of Tammuz, the day in which the Romans surrounded the temple and broke its walls, and we mark this day by fasting for 13 hours. This is exceedingly strange. Sure, the walls are important, but the walls pale in comparison to what it was protecting. The temple is the all-important element. Why bother crying about the walls, when it is all about the temple itself?



I think that the answer lies in a very beautiful verse in Isaiah. In Chapter 62, Isiah talks about the rebuilding of the temple, and he says: "on your walls Jerusalem, I will appoint guards all day and all night, and they will never be quiet day or night". The Radak, Rabbi David Kimchi provides two explanations for this verse. The first is that the guards here are referring to the angels who themselves are the guards of the future Jerusalem, and their talking refers to their prayers to G-d that Jerusalem be quickly rebuilt. The second explanation is that the guards are the Jewish people who mourn Jerusalem and pray for its rebuilding.

Why do we need two explanations? Surely one would have sufficed. The answer for this is quite beautiful. When a Jew performs a Mitzvah, he or she creates a force of good, and that force is an angel. Therefore, when the Jewish people pray for the rebuilding of Jerusalem, they are the ones to create the angels, positive forces of energy and it is they that protect the walls of Jerusalem.

The walls of Jerusalem are therefore guarded by the prayers of those Jews who for thousands of years have prayed 3 times a day, every single day without fail for the rebuilding of Jerusalem BONEH YERUSHALAYIM. If you go the Kotel any time of day or night 24/7 sitting and praying for its rebuilding, Jews from the destruction of the temple until this very day have been praying for this moment.

With this in mind, we look at the one remaining wall in Jerusalem, the Kotel Hama'aravi - the Western Wall. Why is it so very important? Why do we treat it as the holiest place in the world?



Yes, it is the last remaining vestige of the temple, but we are being told something extra from this verse in Isaiah. We are being told that the holiness of the walls comes not from its stones, or its exquisite construction. We treat it as holy, because we understand that the last of the walls of the temple stands ONLY because of our prayers, and the prayers of our mothers and fathers and their tears which have created angels which constantly remind G-d that WE have not forgotten, and we will never forget.

Shabbat Shalom from  
Rabbi Steven, Siobhan, Maya and Talia Dansky.

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