



# CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, 5<sup>th</sup> August 2023 / 18<sup>th</sup> Menachim Av 5783  
Eikev / Pirkei-Avot: Chapter 4

## Service Times

Mincha followed by Kabbalat Shabbat

7.15pm

Shacharit followed by Kiddush

9.30am

**No Mincha or Ma'ariv service**

Shabbat Ends

9.37pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at **7.15pm**.

Candle lighting at **7.40pm (8.17pm)**.

We welcome back to Cranbrook Synagogue this morning Rabbi Muller who will be leyning for us today.



Barry & Eleanor Rosenbloom (40th),  
Marc & Joanne Green (35th) and  
Matthew & Ellayne Noble (35th) on their respective  
wedding anniversaries.

Bernice Barber, Beatrice Baxter, Gerald Braman,  
Bertram Clapper, Phillip Cohen, Marion Frankel,  
Elka Golding, Betty Levine, Brian Mitchell and  
Hilda Rogoff on their respective birthdays.

Karen and Howard Sterne on the birth of a 2<sup>nd</sup> grandson Aiden Jesse (Godel Shragger).

## Torah Reading

Leyning: Eikev

Devarim: 7:12-11:25

*Rabbi Muller*

Artscroll p 980, Cohen/Soncino p 1032, Hertz p 780

Haftorah: Isaiah 49:14-51:3

*Joe Rose*

Artscroll p 1197, Cohen/Soncino p 1051, Hertz p 794



This week's Cranbrook News is kindly sponsored in loving memory of Leslie Mervish,  
Lazer Ben Dovid zt"l, Sadly missed by all his family.

**Children's Service:** 10.30am

**Regular Weekday Services:** Sunday, Monday, and Tuesday at **Iford Federation Synagogue**; Wednesday, Thursday, and Friday at **Cranbrook United Synagogue**.

**Shacharit:** Sunday & Public Holidays at **8.30am**.

**Shacharit:** Monday & Thursday at **7.20am**. Tuesday, Wednesday, and Friday at **7.30am**.

**Rosh Chodesh Shacharit:** Sunday at **8.30am**; Monday to Friday at **7.10am**.

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

### Dates for the Diary

#### August

Shabbat 12 <sup>th</sup>		<i>Mevarachim HaChodesh</i>
Thursday 17 <sup>th</sup>		<i>Rosh Chodesh Ellul</i>
Friday 18 <sup>th</sup>		<i>Rosh Chodesh Ellul</i>
Monday 28 <sup>th</sup>		<i>Bank Holiday</i>

#### September

Tuesday 5 <sup>th</sup>	@ 3.30pm	<i>Coffee and Chat with Rev Newman</i>
Thursday 7 <sup>th</sup>	@ 3.30pm	<i>Ladies Tea &amp; Chat</i>
Shabbat 9 <sup>th</sup>		<i>Selichot Service</i>
Friday 15 <sup>th</sup>		<i>Erev Rosh Hashanah</i>
Shabbat 16 <sup>th</sup>		<i>1<sup>st</sup> Day Rosh Hashanah</i>
Sunday 17 <sup>th</sup>		<i>2<sup>nd</sup> Day Rosh Hashanah</i>
Monday 18 <sup>th</sup>		<i>Fast of Gedaliah (4.59am – 7.49pm)</i>
Shabbat 23 <sup>rd</sup>		<i>Shabbat Shuvah</i>

Online Music Appreciation Extravaganza returns on Tuesday, 26<sup>th</sup> September at 8pm.

Rabbi Dansky's Weekly Shiur will return on Wednesday, 11<sup>th</sup> October at 10am.

### Chatanim and Eshet Chayil

We are delighted to be honouring **Simon Stern** and **Michael Silver** as Chatan Torah and Chatan Bereishis respectively.

We are also delighted to be honouring **Norma Levinson** as our Eshet Chayil and look forward to celebrating with them over Simchat Torah.

Details about our Simchat Torah celebrations and our presentation lunch will follow over the next few weeks.



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

Karla Austin, Helen Bannister, Lilian Black, Karen Brent, Norma Burns, Nicole Callaghan, Alan Coleman, Howard Crammer, Frances Darwin, Mildred Davies, Raymond Duskwick, Hilary Finney, Donna Gold, Barbara Goldman, Joanne Green, David Greenberg, Betty Herman, Rita Isaacs, Irene Kaye, Lillian Kirsch, Deanna Klein, Jeffrey Leader, Susan Levine, Esther Michaels, Anita Miller, Rhona Morris, Henry Moss, Rose Nathan, Leonard Nessick, Ellayne Noble, Betty Pam, Stuart Pessok, Stephanie Powell, David Reed, Geoffrey Riesel, Betty Schneider, Rita Shenker, Kevin Shine, Lisa Shine, Brenda Shinett, Cynthia Simmons, Jeffrey Smith, David Sopher, Marie Sopher, Phyllis Stillerman, Eleanor Taylor, Harvey Tibber, Doreen Wajchandler, Derek Wigul and Sylvia Zilesnick.

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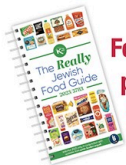
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## Clarification regarding the Shabbat times during the summer months

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

## Forthcoming stone-settings

<b>20<sup>th</sup> August 2023</b>	<b>Paul Grant</b>	Waltham Abbey	12.30pm
Father of Loraine Kayser			
<b>20<sup>th</sup> August 2023</b>	<b>Lawrence Michaels</b>	Waltham Abbey	1pm
Father of Stephanie Lakin			
<b>3<sup>rd</sup> September 2023</b>	<b>Arnold Abrahams</b>	Waltham Abbey	1pm
Father of Mark Abrahams			
<b>3<sup>rd</sup> September 2023</b>	<b>Sinclair Frydland</b>	Waltham Abbey	3.30pm
Husband of Sylvia Frydland			
<b>3<sup>rd</sup> September 2023</b>	<b>Emanuel Levene</b>	Waltham Abbey	4pm
Husband of Carla Levene			

## News and Views

The Ten Commandments which were read last week in the Synagogue are important for various reasons.

The first of which is that these commandments were issued from G-d's mouth and were heard by the entire Jewish nation. The 10 Commandments contain various fundamental laws between man and G-d, such as the belief in One G-d, not taking G-d's name in vain, and keeping the Sabbath day. There are also commandments between man and man, including the laws not to murder or to kidnap, not being a false witness and not coveting the things which belong to our neighbours. Yet, there are some who have argued that it is missing the most fundamental commandment of all - "Love your neighbour as you love yourself". Surely such a commandment is the basis of the entire Torah.

This question was posed in a recent article but has its roots in a statement made in the Medrash and Talmud in which no less a personality than Rabbi Akiva said that the most important verse in the Torah is "Love your neighbour as yourself". The Talmud relates that when a proselyte wished to convert and wanted a basic precis of the entire Torah, Hillel the Elder recommended the dictum: "What you don't want done to yourself, don't do to your fellow", which many understand as another way of saying "Love your neighbour as yourself". Why miss out such an important verse from the Ten Commandments?

I would like to suggest that the 10 commandments do something far more intrinsic than just laying out the most important of the commandments. It gives us a deep understanding of the nature of all commandments between man and man. We know that the 10 Commandments had two columns, one containing the commandments between man and G-d and the other between man and man. These two paragraphs were parallel to one another to teach us the most vital lesson possible - that within each commandment between man and man, we need to understand that there is a G-dly element. For example, the reason that we do not murder is not only because it is morally unacceptable. We do not murder because when you kill another person, you are destroying an element of G-dliness in the world. (It is for this reason that when a person unfortunately becomes bereaved, they recite Kaddish - an element of Spirituality epitomised by the deceased who has left this world, and we need to fill that vacuum with something spiritual).



This principle guides us throughout the Torah. Everything that we are told not to do to our fellow man is not only a commandment on a moral imperative to ensure that society works properly. It is because harming our fellow man in any way is in some way a desecration of G-d's name, and this we learn from the 10 Commandments.

So, in answer to this claim - the most important verse may very well be "love your neighbour as yourself". However, the purpose of the 10 Commandments is not to give us the most important laws, but rather to express the rationale of all the laws including loving your neighbour as yourself, because when you love another person, you can in the words of Les Miserables "see the face of G-d". That is the ultimate purpose of the 10 Commandments.

I wish you all a good Shabbos

Rabbi Steven, Siobhan, Maya and Talia Dansky.

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