



Shabbat, 29th January 2022 / 27th Shevat, 5782
Mishpatim / Mevarachim HaChodesh

Service Times

Mincha followed by Kabbalat Shabbat	4.25 pm
Shacharit	9.30 am
Mincha follows kiddush after the service	after 12.37 pm
Shabbat Ends	5.34 pm

No Ma'ariv Service

Sunday – Mincha/Ma'ariv at Ilford Federation, 2A Clarence Ave, Ilford, IG2 6JH @ 4.25pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at 4.40pm.

Booking is now open for [Kabbalat Shabbat](#) on Friday, 4th February at 4.40pm, and for [Shabbat](#) Terumah on 5th February at 9.30am. **Bookings will close at 6pm on Wednesday, 2nd February.**

We are open for [Shacharit](#) services, **On Sunday at 8.15am, Monday at 7.05am, Tuesday & Wednesday at 7am, Thursday at 7.05am and Friday at 7.15am. Ma'ariv on Monday - Thursday at 7.30pm.**

For [Kabbalat Shabbat](#), [Shabbat](#), [Shacharit](#) and [Ma'ariv](#) services; members with internet access should be booking in online via the United Synagogue Website using the following link: <https://myus.theus.org.uk/events>. select Cranbrook United Synagogue and tick Prayer Services.

If you are not **able** to book online, then please contact the Shul office on 020 8629 2780 to book in for the services you wish to attend.

Rosh Chodesh Adar Rishon is next **Tuesday, February 1** and **Wednesday, February 2** (B'Yom Shlishi Uv'Yom Revi'i). The Molad (the time of the first sighting of the moon in Jerusalem) for Adar Rishon is on Tuesday, February 1 at 15:07 and 6 *chalakim*.

Shacharit on Tuesday and Wednesday morning will be at the slightly earlier time of 7 am

Torah Reading

Leyning: Mishpatim

Sefer Shemot: 21:1-24:18

Artscroll p 416, Cohen p 471, Hertz p 306

Rabbi Steven Dansky

Haftarah: Jeremiah 34:8 - 34:22; 33:25 - 33:26

Rabbi Steven Dansky

Artscroll p 1156, Cohen p 497, Hertz p 323

This week's Cranbrook News is kindly sponsored by the Abrahams and Chessis families in loving memory of Dennis Abrahams, Dovid ben Reuven zt"l.

Children's Service: 10.30am

Regular Weekday Services in the Main Synagogue

Shacharit: Sunday & Public Holidays – 8.15am

Shacharit: Monday and Thursday at 7.05am

Tuesday, Wednesday, and Friday at 7.15am

Rosh Chodesh Shacharit: Monday to Friday at 7am; Sunday at 8am

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

Dates for the Diary

January

Shabbat 29th *Mevarachim HaChodesh*

Monday 31st *Men's Virtual Happy Hour*

February

Tuesday 1st *Rosh Chodesh Adar 1*
Coffee & Chat with Rev Newman
Music Extravaganza @ 8pm

Wednesday 2nd *Rosh Chodesh Adar 1*
Rabbi Shiur @ 10am

Thursday 3rd *Ladies Tea & Chat @ 3.30pm*

Monday 7th *Men's Virtual Happy Hour*

Tuesday 8th *Coffee & Chat with Rev Newman*

Wednesday 9th *Rabbi Shiur @ 10am*

Monday 14th *Men's Virtual Happy Hour*

Tuesday 15th *Coffee & Chat with Rev Newman*
Music Extravaganza @ 8pm

Wednesday 16th *Rabbi Shiur @ 10am*

Thursday 17th *Ladies Tea & Chat @ 3.30pm*

Monday 21st *Men's Virtual Happy Hour*

Tuesday 22nd *Coffee & Chat with Rev Newman*

Wednesday 23rd *Rabbi Shiur @ 10am*

COVID-19 OMICRON - PLAN B UPDATE

MASKS MUST BE WORN IN SHUL
PLEASE WASH YOUR HANDS FREQUENTLY

PLEASE LEAVE 1 SEAT BETWEEN EACH PERSON

- **Keep building well ventilated**
- **Avoid hand shaking or contact greeting**
- **Cloakrooms remain closed, keep belongings with you**

The United Synagogue requires all attendees at services to take a lateral flow test prior to attending any service. (Just before the start of Shabbat in that case), and only attend if their test is negative.

Service leaders and speakers who do not wear a face mask must do a lateral flow test and maintain additional distancing from congregants.

Notify Office if you tested positive after attending a Service.

For Security, please vacate forecourt as soon as possible.

STAY SAFE from the SECURITY DEPARTMENT

We wish Long Life to everyone who is observing a Yahrzeit this week:

Daniel Abrahams, Edward Adler, David Baars, Gabriel Barzilai, Michael Bien, Kenneth Black, Maurice Conway, Suzanne Coulton, June Davis, Bruria Eisen, Stephanie Field, Vanessa Freedman, Barbara Goldman, Valerie Goldsmith, Renee Graham, Steven Graham, Morris Huberman, Martin Jacobs, Victoria Joffe, Freda Katz, Sheila Keizner, Suzanne Leigh, Stephen Levy, Anita Macatonia, Maureen Marcus, Esther Michaels, David Michaels, Allan Osborne, Michelle Osborne, Adele Pearl, Mandy Perez, Victor Reuben, Jacqueline Scott, Rita Shaw, Simon Shaw, Carole Shine, Carol Silverman, Anita Sluys, Paul Stein, Cyril Vancliff, Helen Walters, Annette Waxman, Loretta Zack and Michelle Zubary.

Pesach 5782 - Shalom Magazine

Many thanks to everyone who submitted articles for the Rosh Hashanah Edition of the Shalom Magazine. We have had some excellent feedback from our readers.

I am now working on the Pesach 5782 Edition of the Shul Magazine.

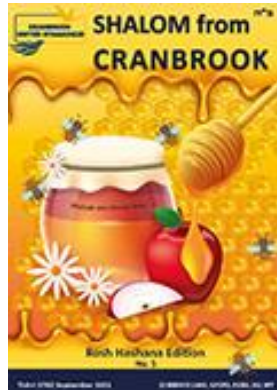
If you have any interesting or amusing articles with a Jewish content that you would like us to include, please email them as soon as possible to me at stanton.philippa@gmail.com.

All articles, pictures and stories must be received by 18 February 2022.

I have already started collecting new articles, so please e-mail me as soon as you can!

I look forward to hearing from you.

Philippa Stanton - Editor

The poster is for an 'ONLINE MUSIC APPRECIATION EXTRAVAGANZA'. It features a large black treble clef on the right side, set against a background of colorful paint splatters in blue, yellow, and pink. The text is bold and black, with some elements in pink. The event is scheduled for 'TUESDAY 1ST FEBRUARY' and will feature 'COVERS- THE GOOD THE BAD AND THE UGLY' and 'ORIGINAL AND COVER VERSIONS OF WELL KNOWN SONGS'. The time is '8.00PM - 9.30PM'. It is hosted by 'STEPHEN COLMAN & TONY KAYE'. Contact information includes 'src2008a@gmail.com', a Zoom link, and a phone number. The Cranbrook United Synagogue logo is in the bottom right corner.

**ONLINE
MUSIC APPRECIATION
EXTRAVAGANZA**

TUESDAY 1ST FEBRUARY

COVERS- THE GOOD THE BAD AND THE UGLY

**ORIGINAL AND COVER VERSIONS OF
WELL KNOWN SONGS**

8.00PM - 9.30PM

Hosted by: **STEPHEN COLMAN & TONY KAYE**

*Different Theme each time
Email Stephen with your suggestions*

src2008a@gmail.com
Queries to Robin Abrahams - 07956617663
Zoom: <https://tinyurl.com/musicextravaganza>
ID: 823 7234 9872 Passcode: 157750

CRANBROOK
UNITED SYNAGOGUE

Made with PosterMyWall.com

Mazel Tov
מזל טוב

Cissie Ackerman, Terence Chyte, Barry Cohen,
Lara Cooper, Melinda Jason, Frank Jackson,
Rita Lebetkin, Vera Miller, Hannah Myers and Ivor Perl
on their respective birthdays.

Save the Date

The logo for 'SHABBAT UK' features three lit candles, a wine glass, and a loaf of challah bread. The text 'SHABBAT UK' is in large, bold, red letters. Below it, the dates '13-14 MAY 2022' and the text 'Supported by the Wohl Legacy' are displayed.

SHABBAT UK 13-14 MAY 2022
Supported by the Wohl Legacy

News and Views

Helping a Jew in Need

There is a commandment in our parashah of giving out loans to those people in our community who are in need. The Torah tells us: "If you will need to lend money to those in our community who are less wealthy and well off than you, then you have a responsibility to help them out". The verse sounds like it is an optional commandment. If you feel like giving money to those who are less well off than you, well and good. However, **if** you don't, and there is a good chance that you may not want to, you don't have any responsibility to loan the money. Rashi quotes Rabbi Yishmael, who says that this is not an optional commandment. This is a **MUST**.



The commandment here is not to give charity, but to provide a loan to those people who cannot afford to live.

The book of Ruth tells us the story of Ruth the Moabite girl, who accompanies Naomi, her mother-in-law, back to the land of Israel. After having lived in Moab for 10 years, Naomi and Ruth return as complete paupers to the land of Yehuda. Ruth, who was the daughter of kings, is now forced into a situation of asking for charity. She goes to the fields in the hope that someone will help her, and indeed, it is BOAZ who gives her plenty of grain. When she returns to her mother-in-law and shows her what she has gathered her mother-in-law asks her who her benefactor was; she responds: "The man that I did something for or to is BOAZ". There seems to be something strange about this statement. Surely the verse should read the man who did **something for me**, not the man who I did something for is BOAZ. BOAZ is the benefactor, not Ruth. From here, the Talmud says something quite counter-intuitive: The receiver of kindness does more for the benefactor than the benefactor does for the receiver of kindness. The person who receives kindness definitely gets what he needs to survive. What does the benefactor get? What did BOAZ get from the interaction with Ruth?

Rabbi Sacks of blessed memory answers this question. He says that when we receive things, we feel beholden to others, but when we give things we become nobler through the act of giving. When we give to others, we are aware of the potential that we have to change the world. We realise that we are needed, that we make a difference. This is why giving to others is essentially the greatest gift of all.

Shabbat Shalom - Rabbi Steven, Siobhan, Maya, and Talia.

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