



Shabbat, July 16, 2022 / Tammuz 17, 5782
Balak / Pirkei-Avot Chapter 6

Service Times

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit followed by Kiddush	9.30 am
Shabbat ends	10.12 pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at 7.15pm . Light Candles at 7.40pm	

Shacharit services:

Sunday 17th July (Fast of Tammuz) at 8.15am, Monday 18th July at 7.05am and Thursday 21st July at 7.05am.

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.

Fast of Tammuz - Sunday 17.07.22

The Fast of Tammuz commemorates the breach of the walls of Jerusalem before the destruction of the Second Temple. It also marks the beginning of the three-week mourning period leading up to Tisha B'Av.

Advice for Fasting During a Heatwave:

As higher than normal temperatures are forecast for the Fast of Tammuz this year (Sunday 17.07.22), particular care should be taken when fasting. Hydration prior to the fast and remaining in cooler areas throughout the day should be prioritised. Furthermore, anyone feeling unwell or finding themselves dehydrated should not continue fasting. If anyone has pre-existing health conditions, they should seek medical advice before fasting during a heatwave. This advice applies to Tisha B'Av this year as well. It should be noted that different laws apply regarding Yom Kippur.

Fast begins 2.07am

Fast Terminates 10.05pm.

Torah Reading

Leyning: Balak

Sefer Bamidbar: 22:2-25:9

Artscroll p 856, Cohen/Soncino p 915, Hertz p 669

Haftarah: Micah 5:6-6:8

Artscroll p 1189, Cohen/Soncino p 929, Hertz p 682

Rabbi Steven Dansky

Stuart Coslover

***This week's Cranbrook News is kindly sponsored by Barbara Mervish and Family
in loving memory of her mother Annie Symons, Channa bat Benjamin zt"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

July

Sunday 17th *Fast of Tammuz (2.07am – 10.05pm)*

Monday 18th *Cranbrook Monday Club
Men's Virtual Happy Hour @ 4pm*

Wednesday 20th *Rabbi Shiur @ 10am*

Shabbat 23rd *Mevarachim HaChodesh*

Monday 25th *Cranbrook Monday Club*

Tuesday 26th *Coffee & Chat with Rev Newman
Lunch N' Learn with Rabbi Dansky*

Friday 29th *Rosh Chodesh Av*

August

Monday 1st *Cranbrook Monday Club
Men's Virtual Happy Hour @ 4pm*

Shabbat 6th *Erev Tisha B'Av (Fast Begins 8.40pm)*

Sunday 7th *Tisha B'Av (Fast Ends 9.27pm)*

Monday 8th *Cranbrook Monday Club*

Tuesday 9th *Coffee & Chat with Rev Newman*

Shabbat 13th *Shabbat Nachamu*

Sunday 14th *Quiz Night*

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



CRANBROOK
Monday
CLUB

10.30AM TO 3.00PM

EVERY MONDAY FROM 11TH JULY

BOOK NOW CALL 020 8629 2780

ADMISSION £5 PER PERSON

SPEAKERS, QUIZZES, CHAIR EXERCISES, BOARD GAMES & TABLE TENNIS

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: -

- Cissie Ackerman, Geoffrey Basco, Laurence Basco, Martin Baskin, Henry Berman, Barbara Besbrode, Gerald Braman, Stanley Brattman, David Bresh, Philip Burke, David Carron, Annette Colman, Helena Davis, Joan Dobin, Deborah Epstein, Barbara Goldman, Edna Graham, Estelle Gudde, Myra Hilton, Irene Hyams, Sylvia Jay, Rosalind Jessener, Michael Kenner, Philippa Land, Anthony Lane, Ida Lawrence, Anthony Levine, Stanley Levy, Leonard Lewis, Mervyn Lyndon, Eleanor Lyndon, Gilda Melnick, Barbara Mervish, Bradley Mervish, Angela Morris, Sandra Nerden, Sandra Robins, Gerald Robins, Emanuel Robinson, Gerda Rosenberg, Diane Roth, Jacqueline Scott, Mark Serkes, Rita Shaw, Shirley Slipman, Victor Wallen and Martin Wickers.



Grant & Suzanne Conway on their wedding anniversary.

Gerald Fox, Barbara Grew, Curtis Lesser, Edna Shutz and Victor Wallen on their respective birthdays.

Rosh Hashanah 5783 - Shalom Magazine No. 7

Many thanks to everyone who submitted articles for the Pesach 5782 Edition of the Shalom Magazine. We have had some excellent feedback from our readers.

I am now working on the Rosh Hashanah 5783 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 **Wednesday, July 20th**

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

We will be producing a Yizkor Book as in previous years – please call the Shul Office 020 8629 2780 if you want names included in this year’s book. Closing date for entries is **Thursday, 21st July**.

Forthcoming stone-settings

17th July 2022	Elizabeth Elvins	Waltham Abbey	11am
Mother of Joanne Rose			
21st August 2022	Ivor Wagner	Waltham Abbey	11am
Father of Beverley Wagner			
21st August 2022	Evelyn Raine	East Ham	2.00pm
Sister of Renee Bravo			
28th August 2022	Stanley Faw	Waltham Abbey	3.30pm
Husband of Rosalind Faw			

News and Views

This week's parasha deals with the story of Bilaam. He is hired by Balak, King of Moav to curse the Jewish people who are a threat to him and his people. After much effort he finally arrives at a place where he can see the whole Jewish people and is about to curse them.

As he introduces what he thinks are going to be curses against the Jewish people, he says: NEUM HAGEVER SHESUM HA'AYIN – the words of the man who has prophecy in his one “eye”. The Talmud in Sanhedrin tells us that Bilaam was actually a man who only had one eye – he was blind in one eye.



Why is it important for us to know that Bilaam had only one eye that works?
What practical ramifications does him saying this have to his ability to curse the Jewish people?

The Mishna in Ethics of our Fathers says that the students of Bilaam have an AYIN RA – a “bad eye”, while the students of Abraham have a good eye. Bilaam had only one perspective, and that perspective was an eye that looked only critically at the world. He could look at anything and find the negative aspect in it. He was so negative that it enabled him to curse as effectively as he did.

Our sages explain that you can only curse a thing if you can accentuate the negative which already exists in it. Bilaam's purpose was to find that chink in the amour of the Jewish people, find out where they were weak, and direct G-d's attention to that weakness in that spot, and G-d would then focus His judgment against that weak spot. This was what made Bilaam so talented at cursing - he was capable of seeing only the negative in what he saw.



All of humanity has the need to judge others. We all discriminate between what is good and what is bad, what is needed and what is wasteful. Bilaam only chose to see the negative in people, but we have the capacity to see with both of our eyes. We have the capacity to see holistically. In Ethics of our Fathers, we instructed to judge “all of a person” favorably - to see what makes others shine. Yes, there is darkness in people, but our job is to find the light as well, to see with both of our eyes to the core of any given matter.

Shabbat Shalom from

Rabbi Steven, Siobhan, Maya and Talia Dansky.

Cranbrook United Synagogue, Beehive Lane, Ilford, Essex. IG1 3RT, Tel: 020 8629 2780
email: admin@cranbrooksynagogue.org.uk Website: www.cranbrooksynagogue.org.uk