



CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, July 15th, 2023 / Tammuz 26th, 5783

Mattot-Masei / Mevarachim HaChodesh / Pirkei-Avot Chapter 1

Service Times

Mincha followed by Kabbalat Shabbat

7.15pm

Shacharit followed by Kiddush

9.30am

No Mincha or Ma'ariv service

Shabbat Ends

10.13pm

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

Candle lighting at **7.40pm (8.51pm)**.

Rosh Hashanah 5784 - Shalom Magazine No. 9



Many thanks to everyone who submitted articles for the Pesach Edition of the Shalom Magazine.

Once again, we have had some excellent feedback from our readers.

I am now working on the Rosh Hashanah 5784 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 Philippa Stanton at stanton.philippa@gmail.com. All articles, pictures and stories must be received

by **17th July 2023**.

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

I look forward to hearing from you.

Philippa Stanton – Editor

The Shul Office will be closed on Monday 17th July and Friday 21st July.

On all other days it will be open 10am – 2pm.

Torah Reading

Leyning: Mattot-Massei

Rabbi Steven Dansky

Sefer Bamidbar: 30:2-36:13

Artscroll p 900, Hertz p 702, Cohen/Soncino p 955

Haftorah: Jeremiah 2:4-28, 3:4

Monty Goldstein

Artscroll p 1193, Hertz p 725, Cohen/Soncino p 984

This week's Cranbrook News is kindly sponsored by Rhoda and Monty Goldstein on the occasion of Monty's birthday.

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

July

Shabbat 15 th	<i>Mevarachim HaChodesh</i>
Wednesday 19 th	<i>Rosh Chodesh Menachem Av</i>
Shabbat 20 th	<i>Shabbat Chazon</i>
Wednesday 26 th	<i>Erev Tisha B'Av</i> <i>Fast Begins at 8.58pm</i>
Thursday 27 th	<i>Tisha B'Av</i> <i>Fast Ends at 9.49pm</i>
Shabbat 28 th	<i>Shabbat Nachamu</i>

August

Wednesday 2 nd	<i>Tu B'Av</i>
Thursday 3 rd	@ 3.30pm <i>Ladies Tea & Chat</i>
Shabbat 12 th	<i>Mevarachim HaChodesh</i>
Thursday 17 th	<i>Rosh Chodesh Ellul</i>
Friday 18 th	<i>Rosh Chodesh Ellul</i>

Coffee and Chat with Rev Newman resumes on Tuesday, 5th September at 3.30pm

Online Music Appreciation Extravaganza returns on Tuesday, 26th September at 8pm.

Rabbi Danksy's Weekly Shiur will return in October.



Tisha B'Av

Wednesday 26 July 2023
7.30pm - Mincha
8.58pm - Fast Begins
9.45pm - Ma'ariv
10pm - Rabbi Danksy and Rabbi Singer to speak about Eicha
11.15pm - Finish

Thursday 27 July 2023 (Morning)
7.30am Shacharit (no tallis/tefillin)
8.30am Kinnot
12 noon Finish

Thursday 27 July 2023 (Evening)
7.00pm - Talk from Yaffa Nathan on Exodus: 1947 followed by a Q&A session. All are welcome.
8.15pm - Mincha (tefillin)
9.30pm - Ma'ariv
9.49pm - Fast ends
9.50pm - Refreshments

At Cranbrook United Synagogue



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

Daniel Abrahams, Kitty Adleman, Martin Altman, Cynthia Ballin, Barry Berg, Peter Braham, Kelly Burack, Rosalind Burns, Alexandra Clements, Sandra Coren, Peter Davis, Harry Fenton, Freda Fineberg, Carole Gaynor, Donna Gold, Shirley Gold, Renee Graham, Alan Greenberg, Rita Haberman, Gerald Harris, Ferdoussa Hassbani, Pauline Jelen, Sandra Keller, Jessie Kenton, Deanna Klein, Hugh Koslover, Gloria Kovler, Laurence Lacombe, Stuart Lasky, Jeffrey Leader, Sheila Leaderman, Maxine Levene, Betty Levine, Lindsey Levison, Sadie Levy, Laura Lewis, Karen Lichkin, Gerald Luton, Solomon Macatonia, Alan Malina, Louise Malina, Brian Marks, Jan Meyer, Shirley Millar, Anita Miller, Sheila Penfield, David Rosenberg, Lilian Rosenberg, Leon Russell, Ruth Russell, Betty Schneider, Philip Shamplina, Hilary Stanton, Andrew Stern, Barbara Stone and Beverley Wagner.



Norma Burns, Gerald Fox, Barrie Gold, Alexis Grant, Barry Greenberg, Malcolm Perez, David Rosenberg and Victor Wallen on their respective birthdays.

Mazel Tov to all those graduating from University.



Rosh Chodesh Menachem Av is next **Wednesday, July 19th** (B'Yom Revi'i) and we bless the new month today.

The *Molad* (the time of the first sighting of the moon in Jerusalem) is on Tuesday, July 18th, at 4.20am and 16 *chalakim*.

Shacharit on Wednesday morning will be at the slightly earlier time of **7.10am**.



Cemetery opening times for Tisha B'Av

Please note the opening times for cemeteries on Thursday 27th July 2023.

Bushey Old and New Cemeteries, Waltham Abbey Cemetery and Willesden Cemetery 09.00 – 17.00

East Ham Cemetery, 09.00 – 15.00

Alderney Road, Brady Street and Lauriston Road Cemeteries, 11.00 – 15.30

Forthcoming stone-settings

30th July 2023	Rachelle Rose	Waltham Abbey	10.30am
Mother of Anthony Hohenstein			
20th August 2023	Paul Grant	Waltham Abbey	12.30pm
Father of Loraine Kayser			
20th August 2023	Lawrence Michaels	Waltham Abbey	1pm
Father of Stephanie Lakin			
3rd September 2023	Arnold Abrahams	Waltham Abbey	1pm
Father of Mark Abrahams			
3rd September 2023	Sinclair Frydland	Waltham Abbey	3.30pm
Husband of Sylvia Frydland			
3rd September 2023	Emanuel Levene	Waltham Abbey	4pm
Husband of Carla Levene			

News and Views

This week's parasha, Parshat Mattot - Massei tells us of all the journeys that the Jews took as they wandered in the desert, until finally, after 40 years of wandering, they arrive at the borders of Israel.

Why did it take them so very long? What was G-d's plan in making them move from one destination to another? Furthermore, in the first verse, we are told that they left Egypt. Surely that too is obvious! Why bother mentioning this?



The Malbim explains that the journey from Egypt was more than just a physical journey. It was a process of removing the Egyptian philosophies and beliefs from the Jewish people, of making the Jewish people realise that Egypt and its mode of living was not the be-all and end-all of life, and that their dependence was purely upon G-d.

This journey didn't take one year - it couldn't. G-d needed to acclimatise them to a different way of being. The Malbim provides a parable of a camel who is used to the heat of the Sahara and putting him into a much colder environment, say the Antarctica Zoo. If you move the Camel directly from the heat and aridness of the Sahara into Antarctica, the Camel is very likely to die on the first night of its arrival. The answer therefore is to acclimatise the camel, to move slowly from one environment to the next, slowly to ensure that the animal can actually live in its final environment.

It was the same with the Jews. They needed to travel slowly into the new environment, and sometimes, even though they were in new and different environments, they slipped back a step, thinking back as to how things were better in Egypt, how good the food was, how little their responsibilities were.



It was only after 40 years that they acclimatised, and it is at this moment that G-d tells them - "G-d didn't give you eyes to see, and ears to hear and a heart to understand until this day".

This is the day that you are free from your past and you are ready to go into the future.

I wish you all a Good Shabbos.

Rabbi Steven, Siobhan, Maya and Talia Dansky

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