



**Shabbat, May 21st, 2022 / Iyar 20th, 5782 / Omer Day 35
Behar / Pirkei-Avot Chapter 4**

Service Times

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit followed by Kiddush	9.30 am
Shabbat Ends	9.54 pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at 7.15pm . Light Candles at 7.40pm (8.48pm)	

We would like to thank the following: Claire, Harold, Jeff, Mike, Joanne, Philip, Stephanie, Helena, Norma, Angela, Lisa, Belinda, Vicky, Sandra, and Yaffa, who helped make Shabbat UK such a successful event.



We thank Valerie and Gaby Barzilai for the beautiful new flower arrangements outside the Shul.

Shacharit services, On Sunday 22nd at 8.15am, Monday 23rd at 7.05am and Thursday 26th at 7.05am.

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



We will be producing the Cranbrook Synagogue Calendar to raise funds for the synagogue. Even though printing costs have risen, we have been able to keep the charge for personal entries at the same level for the past few years. Please fill in the form that was in the recent shul mailing and send, together with your payment by cheque, made payable to Cranbrook United Synagogue, please send your completed application forms to Ruth Lyndon c/o Cranbrook United Synagogue, 22

Beehive Lane, Ilford, Essex. IG1 3RT. You can call the Shul Office 020 8629 2780 to pay by credit/debit card. Closing date for applications is **May 31st**.

Torah Reading

Leyning: Behar
Sefer Vayikra: 25:1-26:2
Artscroll p 696, Hertz p 531, Cohen/Soncino p 764
Haftorah: Jeremiah 32:6-32:27
Artscroll p 1177, Hertz p 539, Cohen/Soncino p 774

Rabbi Steven Dansky

Joe Rose

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

May

Monday 23rd *Men's Virtual Happy Hour @ 4pm*
Wednesday 25th *Rabbi Shiur @ 10am*
Shabbat 28th *Mevarachim HaChodesh*
Tuesday 31st *Rosh Chodesh Sivan*
Lunch and Learn with Rabbi Dansky
Coffee & Chat with Rev Newman

June

Thursday 2nd *Bank Holiday*
Friday 3rd *Bank Holiday*
Sunday 5th *1st Day Shavuot*
Monday 6th *2nd Day Shavuot*
Yizkor
Tuesday 7th *Music Extravaganza @ 8pm*
Wednesday 8th *Rabbi Shiur @ 10am*
Thursday 9th *Ladies Tea and Chat @ 3.30pm*
Monday 13th *Men's Virtual Happy Hour @ 4pm*
Tuesday 14th *Coffee & Chat with Rev Newman*
Wednesday 15th *Rabbi Shiur @ 10am*
Tuesday 21st *Music Extravaganza @ 8pm*
Wednesday 22nd *Rabbi Shiur @ 10am*
Shabbat 25th *Mevarachim HaChodesh*
Monday 27th *Men's Virtual Happy Hour @ 4pm*
Tuesday 28th *Coffee & Chat with Rev Newman*



Shabbat 4th June

Shacharit at 9.30am
Evening – No Service
Shabbat Ends / Light Candles – 10.15pm

Sunday 5th June – 1st Day Shavuot

Shacharit at 9.30am
Shiur at 6pm followed by Suedah and Mincha.
Evening – No Service
Light Candles – 10.17pm

Monday 6th June – 2nd Day Shavuot

Shacharit at 9.30am
Yizkor – 11.30am
Evening – No Service
Yom Tov Ends – 10.18pm

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

Ruth Abrahams, Natalie Alter, Sharon Basco, Carol Berliner, Henry Berman, Yvonne Block, Suzanne Bloom, Jessie Cherkoff, Barbara Cohen, Mavis Danziger, Simon Devan, Raymond Duskwick, Robert Eisner, Sylvia Fletcher, Marion Frankel, Laurence Freedman, Saul Freedman, Stacey Glazer, Raymond Glazer, Muriel Godfrey, Elka Golding, Miriam Granby, Pamela Harris, Carole Harris, Maurice Hart, Bernie Hyatt, Dorothea Jacobs, Lionel Kranat, Susan Lasky, Sheila Leaderman, Betty Levine, Lilian Levy, Leslie Linder, Estelle Luton, Sandra Mack, Perry Melnick, Shirley Palmer, Gerda Rosenberg, Shirley Rosenthal, Irving Rozansky, Jean Sanett, Anita Sears, Barbara Shamplina, Ruth Sherman, Shirley Shine, Lorraine Silver, Aubrey Siteman, Paul Tobe, Adele Trainis, Stuart Trayman, Michael Vincent, Pearl Wallman, Annette Waxman, David Winton and Jonathan Winton.



Angela & Barry Cohen on their wedding anniversary.

Aubrey Corran, Pearl Crawford, Susan Faber,
Vanessa Freedman and Martin Kay on their respective birthdays.

Pamela and David Grant on the engagement of their son Ian, to
Hannah Stephenson.

Ian Grant and Hannah Stephenson on their engagement.

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.

Plant a tree for the Jubilee!

To mark the Queen's Jubilee, the United Synagogue and the Office of the Chief Rabbi are collaborating with the Woodland Trust to plant groves of trees as a gift to Her Majesty. Today we're inviting you to buy trees to support The Queen's Green Canopy. Every tree will contribute to a dedicated Jewish community grove within a Norfolk Forest which can also be visited.

Trees cost £20 each and can be bought in any number. The Woodland Trust who will plant each tree on our behalf, dedicate the space to the United Synagogue and maintain our grove as place that can be visited and enjoyed. Communities which collectively buy more than 750 trees will have theirs planted together in a dedicated grove of their own.

We aim to plant some 37,000 trees over three years – one for every adult member of the United Synagogue. **Trees can be bought now via www.theus.org.uk/trees**



Forthcoming stone-settings

22nd May 2022	Lorraine Karat	Waltham Abbey	10.30am
Sister of Sandra Keller			
22nd May 2022	Phyllis Morgan	Waltham Abbey	11am
Mother of Andrew Morgan			
22nd May 2022	Brenda Berkley	Waltham Abbey	12.30pm
Wife of Ralph Berkley			
22nd May 2022	Minnie Kogan	Waltham Abbey	3.30pm
Mother of Lee Kogan			
29th May 2022	Maisie Barnett	Waltham Abbey	12.30am
Mother of David Barnett			
29th May 2022	Cyril Hyman	Waltham Abbey	12.30pm
Father of David Hyman			
30th May 2022	Reeva Silverstein	Bushey Old	Noon
Mother of Alan Silverstein			

News and Views

The period of the Omer which lasts from Pesach to Shavuot is characterised by a sombre mood. We are not allowed to get married during this period, and we are not allowed to get our hair cut. This follows the laws of mourning which state that after a loved parent has passed away, it is forbidden to cut one's hair or to shave for at least 30 days (sometimes more until it becomes physically uncomfortable, and the person looks too dishevelled as a result). The reason for this mourning is because it is during the Omer period that the students of Rabbi Akiva passed away.



The Talmud tells us that they all died from one illness and suggests on a spiritual level that their death was the result of their lack of respect for one another.

This air of mourning ends on the 33rd day of the Omer (which corresponds this year to the 19th of May). Some say that this day corresponds to the passing of one of Rabbi Akiva's greatest students, Rabbi Shimon Bar Yochai. Rabbi Shimon Bar Yochai is accredited with the writings of the Zohar, the mystical secrets of the Torah. We celebrate the life of this sage and allow marriages as well as haircuts and shaving.

Other sages suggest that this was not the day that Rabbi Shimon Bar Yochai died. Rather, the 33rd day of the Omer corresponds to a day of joy which relates to Rabbi Shimon Bar Yochai, but in a different way. The Talmud tells us that after the 24 thousand students of Rabbi Akiva died, the whole world was desolate because no Torah was being studied.

Rabbi Akiva, instead of despairing that his life's work of teaching these students had come to an end, started to find new students, and one of the students that he found was Rabbi Shimon Bar Yochai. According to this, the 33rd day of the Omer is not solely a celebration of Rabbi Shimon Bar Yochai and the brilliant ideas that he brought into the world.

Rather it is about the resilience of his teacher, Rabbi Akiva.



To lose everything is tragic. Rabbi Akiva could have easily given up his role as teacher. He had failed with 24,000 students, students who he had developed. He might have thought that he no longer had the strength or the determination to nurture a new class of students. Rabbi Akiva dusted himself off of the feelings of failure and depression and started again, this time with only 5 students. It was these students, Rabbi Shimon Bar Yochai amongst them, who reinvigorated Jewish life, and reanimated the Mishna with their discussions, for centuries to come.

This is a true celebration showing the power of the human spirit never to give up or give in, no matter how hard you have been pushed down to the ground.

I wish you all a good Shabbos

Rabbi Steven, Siobhan, Maya, and Talia.

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