



CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, 27th January 2024 / 17th Shevat 5784
Beshalach / Shabbat Shirah

Service Times

Mincha followed by Kabbalat Shabbat	4.24pm
Shacharit followed by Kiddush	9.30am
Mincha follows Kiddush	after 12.36pm
No Ma'ariv service	
Shabbat Ends	5.31pm

Next Friday: Mincha followed followed by Kabbalat Shabbat at **4.36pm**

We welcome Sholom Winer to Cranbrook, he will be leyning for us today.



Cissie Ackerman, Sienna Cohen, Irene Collins, Rita Grossman, Rita Lebetkin, Patricia Lewis, Marcia Rose and Sandra Young on their respective birthdays.

Do you know of any member who would appreciate a call or a visit from Reverend Gary Newman or his Welfare Volunteer Team? If so, please contact Rev Newman as follows:

Call 07882 054321 or Email

revnewman@cranbrooksynagogue.org.uk

Torah Reading

Sefer Shemot: 13:17-17:16 *Sholom Winer*

Artscroll p 366, Hertz p 265, Cohen/Soncino p 407

Haftorah: Judges 4:4-5:31 *Simon Stern*

Artscroll p 1152, Hertz p 281, Cohen/Soncino p 434



On Shabbat Shirah we read *Az Yashir Moshe* - the song of praise and gratitude the Children of Israel sang to Hashem after the splitting of the sea - and the Song of Deborah from the Book of Judges in the Haftorah.

This week's Cranbrook News is kindly sponsored by Howard Sterne in loving memory of his parents, Brenda and Lewis Sterne, Brundel Rivka bat Yosel Zundel and Label ben Nachem z"l.

Children's Service: 10.30am
Regular Weekday Services: Sunday, Monday, and Tuesday at **Ilford 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: Monday to Thursday at 1.30pm at **Chabad Gants Hill**
Mincha: Sunday at 4.22pm; Ma'ariv: Monday, Tuesday, Wednesday & Thursday at **7.30pm.**

Dates for the Diary

January		
Shabbat 27 th		<i>Shabbat Shirah</i>
Wednesday 31 st	@ 10am	<i>Rabbi Danksy Weekly Shiur</i>
	@ 3.30pm	<i>Cranbrook Culture Club</i>
February		
Shabbat 3 rd		<i>Mevarachim Hachodesh</i> <i>10 Commandments</i>
Monday 5 th	@12.30pm	<i>Lunch & Learn with Rabbi Danksy</i>
Wednesday 7 th	@10am	<i>Rabbi Danksy Weekly Shiur</i>
Friday 9 th		<i>Rosh Chodesh Adar 1</i>
Shabbat 10 th		<i>Rosh Chodesh Adar 1</i>
Wednesday 14 th	@10am	<i>Rabbi Danksy Weekly Shiur</i>
Monday 19 th	@12.30pm	<i>Lunch & Learn with Rabbi Danksy</i>
Tuesday 20 th	@ 8pm	<i>Music Extravaganza Night</i>
Wednesday 21 st	@10am	<i>Rabbi Danksy Weekly Shiur</i>



Lunch & Learn



Please call or e-mail the Office to book for **Monday, 5th February** by **2pm on Thursday, 1st February.**

Call 020 8629 2780 or e-mail admin@cranbrooksynagogue.org.uk

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

Robin Abrahams, Kitty Adleman, Martin Altman, Geoffrey Basco, Catherine Benjamin, Edwina Berg, Bernice Berg, Michelle Bolle, Harvey Bourne, Renee Bravo, Sandra Carson, Terence Chyte, Anthony Cohen, Phyllis Cohen, Freda Cowan, Sylvia Craft, Susan Crammer, Howard Diamond, Linda Eleini, Janice Glazer, Priscilla Gold, Harvey Golding, Barbara Goldman, Monty Goldstein, Joseph Gordon, Stephen Green, Sheila Green, Anita Haring, Derek Hooker, Ivor Ingram, Frank Jackson, Dorothea Jacobs, Rosalind Jessener, Sidney Kaye, Stella Landsberg, Angela Levene, Carla Levene, Elizabeth Levison, Shelley Lewis, Estelle Luton, Edmond Mandell, Harold Marco, Esther Michaels, Deborah Miller, Sidney Moss, Sandra Nerden, Rev Gary Newman, June Noah, Frances Nyman, Marion Oberman, Pearl Palmer, Ivor Perl, Hilda Rogoff, Daniel Rose, Elaine Schaverien, Milly Scott, Anita Sears, Philip Shaw, Rachel Shaw, Stuart Sherman, Shirley Shine, Jacqueline Silver, Alan Singer, Philip Spencer, Susan Wells and Nicole Zelmanovits.

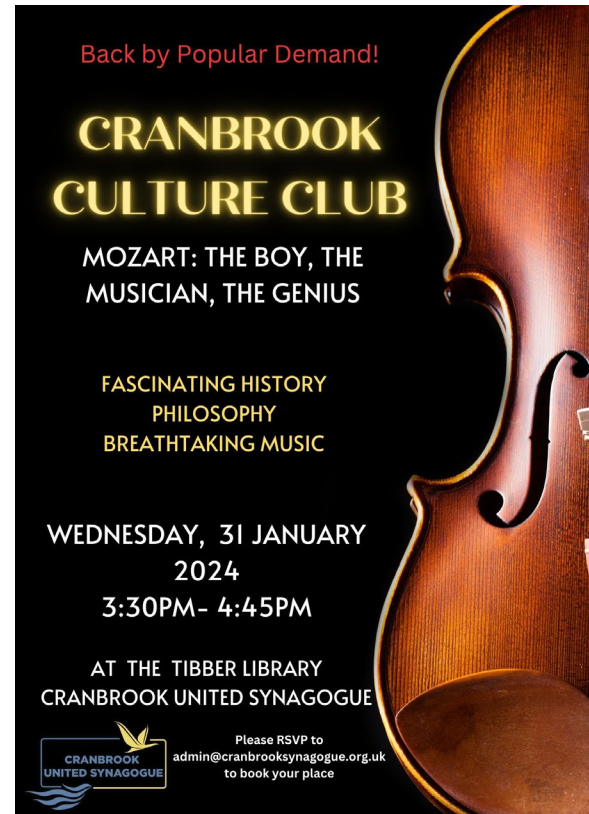
Cranbrook Culture Club

We are pleased to announce the return of the Culture Club with Rabbi Dansky.

Please call or email the Office to book your place.

Phone: 020 8629 2780

Email: admin@cranbrooksynagogue.org.uk



Back by Popular Demand!


CRANBROOK CULTURE CLUB

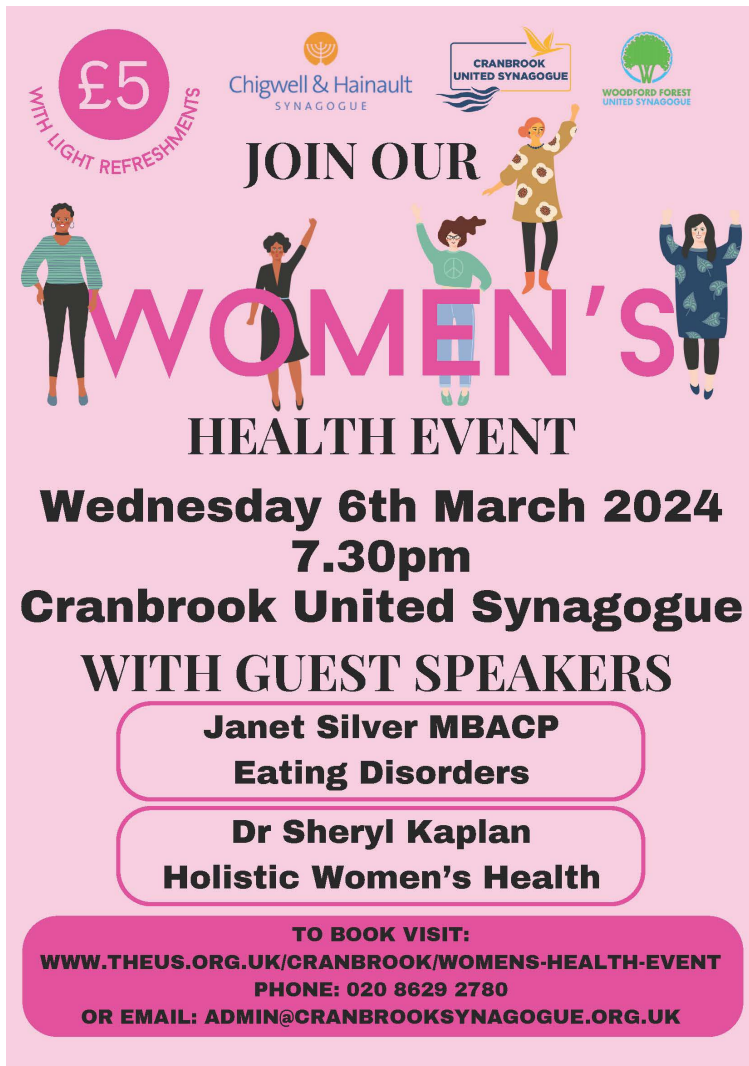
MOZART: THE BOY, THE MUSICIAN, THE GENIUS

FASCINATING HISTORY
PHILOSOPHY
BREATHTAKING MUSIC

WEDNESDAY, 31 JANUARY
2024
3:30PM- 4:45PM

AT THE TIBBER LIBRARY
CRANBROOK UNITED SYNAGOGUE

 Please RSVP to admin@cranbrooksynagogue.org.uk to book your place



£5 WITH LIGHT REFRESHMENTS

Chigwell & Hainault SYNAGOGUE

CRANBROOK UNITED SYNAGOGUE

WOODFORD FOREST UNITED SYNAGOGUE

JOIN OUR WOMEN'S HEALTH EVENT

Wednesday 6th March 2024
7.30pm
Cranbrook United Synagogue

WITH GUEST SPEAKERS

Janet Silver MBACP
Eating Disorders

Dr Sheryl Kaplan
Holistic Women's Health

TO BOOK VISIT:
WWW.THEUS.ORG.UK/CRANBROOK/WOMENS-HEALTH-EVENT
PHONE: 020 8629 2780
OR EMAIL: ADMIN@CRANBROOKSYNAGOGUE.ORG.UK

The shul website is now password protected please e-mail webmaster@cranbrooksynagogue.org.uk or WhatsApp 07956 617669 to get the password.

Condolences to: The family of Gerald Weiland.

Forthcoming stone-settings

28th January 2024	Vera Miller	Waltham Abbey	Noon
Mother of Wendy Skolnick			
17th March 2024	Ivor Miller	Waltham Abbey	11.00am
Husband of Anita Miller			
17th March 2024	Martin Mercer	Waltham Abbey	11.30am
Father of Michael Mercer			
17th March 2024	Gabriel Shine	Waltham Abbey	Noon
Husband of Shirley Shine			

News and Views

This week's parasha sees the Jewish people as they escape from the clutches of Pharaoh and his armies. They see the miracle of the Red Sea splitting, and after singing praise to G-d in their famous song AZ YASHIR, the Jews now find themselves free.

However, this freedom does not equate to happiness. The Jewish people continually complain to Moses about their lack of food and water - in fact there are three moments in time when they complain in this parasha alone, and unsurprisingly for Jews, their complaints are about food.

The first time, they find water, but the water is tainted, and Moses performs a miracle turning the bitter waters to sweet ones. The second, the Jewish people experience hunger and thirst, and G-d gives them Manna and quails, and the third time, at Masa and Meriva they again thirst for water, and again, a miracle occurs and water gushes forth after Moshe hits the rock.

I can understand that the Jewish people would have complained at these occasions - after all they have arrived in the Sinai desert, a place not known for its bountiful food. How are they to survive? It is reasonable to expect that they would complain to G-d. Yet, the Torah counts these moments as moments of rebellion against G-d, and number amongst the 10 occasions where they test G-d's ability to take care of them. Why should this be? What else could they do but beseech Moshe to act on their behalf!

There are many answers to this question, but the one that caught my eye is provided by the succinct words of Rabbi Avraham, the son of Maimonides. He argues that there is nothing wrong with their request, but their fault lies in the fact that they moaned, they complained. If you have something that you need, there is nothing wrong in asking for it. The Jews lacked all food and water and providing them with it is a reasonable request. But their requests were not polite; rather they expressed dissatisfaction with what G-d had provided them with to that point. It is this which frustrates Moshe and by proxy, G-d himself.



We live in a culture of complaints. Unless things are provided for us in exactly the way we want it, we will return it and get it back, whether it is the Amazon order which isn't to our liking or the restaurant food which isn't hot enough. There is nothing wrong with the request, but there is something wrong with the complaint, because it reflects not only dissatisfaction with the present, but with the past moments which allowed us to get to this moment in time. If we are here in a certain situation, we are meant to be

where we are. We can pray for change, but we can't complain, because if we do, it implies a lack of faith in our Creator, who put us there in the first place.

This is a challenge that we all face - the challenge not to slip into an angry complaint about our past, but rather to request instead for a better future, with politeness, with humility and with hope for a better Tomorrow.

I wish you all a good Shabbos.

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