



**Shabbat, 20th August 2022 / 23rd Menachim Av 5782
Eikev / Mevarachim HaChodesh / Pirkei-Avot: Chapter 4**

Service Times

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit followed by Kiddush	9.30 am
Shabbat ends	9.04 pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at 7.15pm. Light Candles at 7.40pm

We welcome back to Cranbrook Synagogue this morning Rabbi Yaakov Singer who will be davening and leyning for us today.

Weekday Services this week.

**Sunday 21st August at 8.15am, Monday 22nd August at 7.05am and Thursday 25th August at 7.05am.
Mincha followed by Ma'ariv on Monday - Thursday at 7.30pm.**



Torah Reading

Leyning: Eikev

Devarim: 7:12-11:25

Artscroll p 980, Cohen/Soncino p 1032, Hertz p 780

Haftorah: Isaiah 49:14-51:3

Artscroll p 1197, Cohen/Soncino p 1051, Hertz p 794

Rabbi Yaakov Singer

Simon Schlazer

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 6.50am; Sunday at 8.15am.

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

Dates for the Diary

August

Shabbat 20 th	<i>Mevarachim HaChodesh</i>
Monday 22 nd	<i>Cranbrook Monday Club</i>
Shabbat 27 th	<i>Rosh Chodesh Ellul</i>
Sunday 28 th	<i>Rosh Chodesh Ellul</i>
Monday 29 th	<i>Bank Holiday</i>
Tuesday 30 th	<i>Music Extravaganza @ 8pm</i>

September

Thursday 1 st	<i>Ladies Tea and Chat</i>
Monday 5 th	<i>Cranbrook Monday Club</i>
Tuesday 6 th	<i>Coffee and Chat with Rev Newman</i>
Monday 12 th	<i>Cranbrook Monday Club</i>
	<i>Men's Virtual Happy Hour</i>
Tuesday 13 th	<i>Music Extravaganza @ 8pm</i>

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

Coffee and Chat with Rev Newman will be taking a break until Tuesday, 6th September at 3.30pm.

Men's Virtual Happy Hour will be taking a break until Monday, 12th September at 4pm.



The poster for Cranbrook Monday Club features a light blue background. At the top left is the Cranbrook United Synagogue logo. The main title 'CRANBROOK Monday CLUB' is prominently displayed in large, bold, blue letters. Two dark blue diamond shapes on either side of the title contain the text '10.30AM TO 3.00PM' and 'EVERY MONDAY FROM 11TH JULY'. A red banner with white text reads 'BOOK NOW CALL 020 8629 2780'. Below this are three Polaroid-style photos: a table tennis paddle and ball, an elderly couple sitting at a table, and a collection of board games. At the bottom, a dark blue box contains the text 'ADMISSION £5 PER PERSON' and another dark blue box lists activities: 'SPEAKERS, QUIZZES, CHAIR EXERCISES, BOARD GAMES & TABLE TENNIS'. A final line of text states '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: -

Helen Bannister, Ashley Bean, Shirley Bernstein, Samuel Blitz, Rosalind Burns, Nicole Callaghan, Monica Cohen, Rachel Crabbe, Kevin Craine, Frances Darwin, Maureen Diamond, Barbara Goldman, Alma Goodman, David Greenberg, Helena Helman, Betty Herman, Sylvia Jay, Jacqueline John, Carol Kent, Jeffrey Leader, Daniella Lesser, Rose Lewis, Mervyn Lyndon, Denise Martin, Anita Miller, Henry Moss, Avi Myers, Ellayne Noble, Martin Perceval, Stuart Pessok, Angela Roberts, Sandra Robins, Betty Schneider, Kevin Shine, Lisa Shine, Brenda Shinett, Michael Silver, Leonard Silver, Cynthia Simmons, Jeffrey Simmons, Jeffrey Smith, Sheila Solomons, Philip Spencer, Peter Spill, Rita Stevens, Phyllis Stillerman, Alan Tartes, Doreen Wajchendler and Lynne Worth.



Mark & Janine Bossick, Philip & Ronit Herst and Stephen & Mandy Messias on their respective wedding anniversaries.

Vera Aarons, Martin Altman, Hilary Green, Melvyn Windsor and Louisa Zubary on their respective birthdays.

To all students who collected their A-level results.

Leyning and Haftorah

Gentlemen would you please let Harold know your Barmitzvah Sedra and if you just leined or recited Maftir and Haftorah.

Please don't be shy we would love to have more of our members take part in the service on a Shabbat morning.

Rosh Chodesh Ellul is next **Shabbat, August 27th (B'Yom Shabbat Kodesh) and Sunday, August 28th (B'Yom Rishon)** and we bless the new month today.

The *Molad* (the time of the first sighting of the moon in Jerusalem) is on Shabbat, August 27th at 08.16 am and 5 *chalakim*.

Shacharit on **Sunday, August 28th** will be at the slightly earlier time of **8 am**.

Quiz Night – Sunday 14th August

This was the first function that the Shul has held since Covid and took place last Sunday, selling 16 tables, it was a great success.

Our thanks go to the following members who worked tremendously hard.

Rose and Barry Blitz, Helena and Harold Marco, Sylvia and Cyril Stoller, Sandra and Brian Angel and Gillian Newman.

A very special thank you goes to Jeff for all his hard work and to the Caretakers.

Forthcoming stone-settings

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			
11th September 2022	Joan Masters	Waltham Abbey	10.30am
Mother of Stephen Masters			
11th September 2022	Peter Mendel	Waltham Abbey	11.30am
Husband of Marlene Mendel			
11th September 2022	Corinne Fishman	Waltham Abbey	Noon
Mother of Louise Malina			
11th September 2022	Colin Emden	Waltham Abbey	12.30pm
Husband of Carol Emden, father of Michelle & Richard Emden			
11th September 2022	Leila Conn/Leslie Shaw	Waltham Abbey	1.30pm
Mother of Danny Conn			
11th September 2022	Audrey Allen	Waltham Abbey	3.30pm
Mother of Wendy Ockrim			

The Torah says what? “The most important Commandment is missing from the Ten Commandments”

The Ten Commandments which were read last week in Synagogue are important for various reasons. The first of which is that these commandments were issued from G-d's mouth and were heard by the entire Jewish nation. The 10 Commandments contain various fundamental laws between man and G-d, such as the belief in One G-d, not taking G-d's name in vain, and keeping the Sabbath day. There are also commandments between man and man, including the laws not to murder or to kidnap, not being a false witness and not coveting the things which belong to our neighbours. Yet, there are some who have argued that it is missing the most fundamental commandment of all - “Love your Neighbour as you love yourself”. Surely such a commandment is the basis of the entire Torah.



This question was posed in a recent article but has its roots in a statement made in the Medrash and Talmud in which no less a personality than Rabbi Akiva said that the most important verse in the Torah is “Love your Neighbour as yourself”. The Talmud relates that when a proselyte wished to convert and wanted a basic precis of the entire Torah, Hillel the Elder recommended the dictum: “What you don't want done to yourself, don't do to your fellow”, which many understand as another way of saying “Love your Neighbour as yourself”. Why miss out such an important verse from the Ten Commandments?

I would like to suggest that the 10 commandments do something far more intrinsic than just laying out the most important of the commandments. It gives us a deep understanding of the nature of all commandments between man and man. We know that the 10 Commandments had two columns, one containing the commandments between man and G-d and the other between man and man. These two paragraphs were parallel to one another to teach us the most vital lesson possible - that within each commandment between man and man, we need to understand that there is a G-dly element. For example, the reason that we do not murder is not only because it is morally unacceptable. We do not murder because when you kill another person, you are destroying an element of G-dliness in the world. (It is for this reason that when a person unfortunately becomes bereaved, they recite Kaddish - an element of Spirituality epitomised by the deceased who has left this world, and we need to fill that vacuum with something spiritual).

This principle guides us throughout the Torah. Everything that we are told not to do to our fellow man is not only a commandment on a moral imperative to ensure that society works properly. It is because harming our fellow man in any way is in some way a desecration of G-d's name, and this we learn from the 10 Commandments.

So, in answer to this claim - the most important verse may very well be “love your neighbour as yourself”. However, the purpose of the 10 Commandments is not to give us the most important laws, but rather to express the rationale of all the laws including loving your neighbour as yourself, because when you love another person, you can in the words of Les Miserables “see the face of G-d”. That is the ultimate purpose of the 10 Commandments.

I wish you all a good Shabbos
Rabbi Steven, Siobhan, Maya and Talia Dansky.

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