



**Shabbat, June 25, 2022 / Sivan 26, 5782**  
**Shelach Lecha / Pirkei-Avot Chapter 3 / Mevarachim HaChodesh**

**Service Times**

Mincha followed by Kabbalat Shabbat	<b>7.15 pm</b>
Shacharit followed by Kiddush	9.30 am
Shabbat ends	10.28pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at <b>7.15pm</b> . Light Candles at 7.40pm	

**Shacharit services:**

**Sunday 26<sup>th</sup> June at 8.15am, Monday 27<sup>th</sup> June at 7.05am, Rosh Chodesh on Wednesday 29<sup>th</sup> June at 7am and Rosh Chodesh on Thursday 30<sup>th</sup> June at 7am.**

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

**Rosh Hashanah 5783 - Shalom Magazine No. 7**

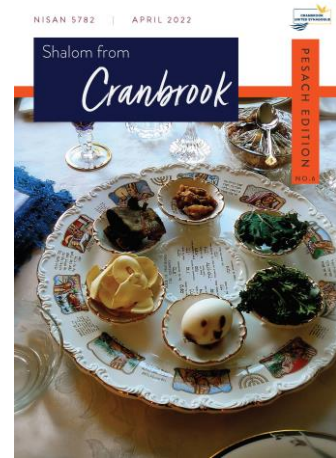
Many thanks to everyone who submitted articles for the Pesach 5782 Edition of the Shalom Magazine. We have had some excellent feedback from our readers.

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](mailto:stanton.philippa@gmail.com).

All articles, pictures and stories must be received by the **20th July 2022**. 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



**Torah Reading**

Leyning: Shelach Lecha  
 Sefer Bamidbar: 13:1-15:41  
 Artscroll p 798, Hertz p 623, Cohen/Soncino p 860  
 Haftarah: Yehoshua 2:1 - 2:24  
 Artscroll p 1184, Hertz p 635, Cohen/Soncino p 875

**Rabbi Steven Dansky**

**John Kent**

***This week's Cranbrook News is kindly sponsored by Michael Griver in loving memory of his mother Ada bas Mordechai z"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

#### June

Shabbat 25 <sup>th</sup>	<i>Mevarachim HaChodesh</i>
Tuesday 28 <sup>th</sup>	<i>Lunch N' Learn with Rabbi Dansky</i> <i>Coffee &amp; Chat with Rev Newman</i>
Wednesday 29 <sup>th</sup>	<i>Rosh Chodesh Tammuz</i> <i>Rabbi Shiur @ 10am</i>
Thursday 30 <sup>th</sup>	<i>Rosh Chodesh Tammuz</i>

#### July

Shabbat 2 <sup>nd</sup>	<i>Over 8's Children's Service</i>
Monday 4 <sup>th</sup>	<i>Men's Virtual Happy Hour @ 4pm</i>
Tuesday 5 <sup>th</sup>	<i>Music Extravaganza @ 8pm</i>
Wednesday 6 <sup>th</sup>	<i>Rabbi Shiur @ 10am</i>
Tuesday 12 <sup>th</sup>	<i>Lunch N' Learn with Rabbi Dansky</i> <i>Coffee &amp; Chat with Rev Newman</i>
Wednesday 13 <sup>th</sup>	<i>Rabbi Shiur @ 10am</i>
Sunday 17 <sup>th</sup>	<i>Fast of Tammuz (2.07am-10.05pm)</i>
Monday 18 <sup>th</sup>	<i>Men's Virtual Happy Hour @ 4pm</i>
Wednesday 20 <sup>th</sup>	<i>Rabbi Shiur @ 10am</i>
Shabbat 23 <sup>rd</sup>	<i>Mevarachim HaChodesh</i>

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

CRANBROOK UNITED SYNAGOGUE

# QUIZ Night

With Quiz Master, Michael Finger

## Sunday, August 14

in the Mark Lewis Hall  
starting at: 7:30pm

*A fun night for everyone!*

Tickets: £10 pp including light refreshments

**WITH A RAFFLE!!!**

**To book your tickets:**  
Visit <https://www.theus.org.uk/CranbrookQuiz2022>  
Call 020 8629 2780  
Email [admin@cranbrooksynagogue.org.uk](mailto:admin@cranbrooksynagogue.org.uk)

CRANBROOK UNITED SYNAGOGUE

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

Vera Aarons, Marian Arbiter, Bernice Barber, Anne Barber-Herlitz, Marian Becker, Ruth Berg, Yvonne Block, Anthony Cirsch, Marian Conway, Natasha Cripps, Mildred Davies, Joy Debenham-Burton, Hilary Finney, David Flaum, Jillian Gold, Doreen Golding, Danielle Goldman, Gerald Goodman, Barbara Gordon, Barbara Grew, Richard Grew, Lauren Herst, Sylvia Jay, Adele Judt, Irene Kaye, Ingrid Lancod, Anthony Lane, Stuart Lasky, Norma Leigh, Pauline Lester, Angela Levene, Gary Levene, Adele Lewis, Leslie Martin, Gary Mazin, Marion Mazin, Gilda Melnick, Estelle Mendoza, Michelle Mervish, Janet Mitchell, Kay Nathan, David Nathan, Ellayne Noble, Mandy Perez, Stuart Pessok, Bernice Phillips, Gary Phillips, Diane Rankoff, Victor Reuben, Joseph Richman, Sarah Roat, Betty Rothfarb, Rosalind Rozansky, Ann Russell, Lisa Shaw, Cynthia Simmons, Marie Sopher, Astrid Tartes, Robert Torz, Serena Torz, Helen Tranis, Doreen Wajchandler, Susan Wells, Melvyn Windsor, Diane Windsor and Lynne Worth.



Leonard & Sandra Nessick, Warren & Jacqueline Maslin, David & Karen Saunders, Jonathan & Sharon Harris, Laurence & Susan Freedman on their respective wedding anniversaries.

Sylvia Fletcher, Martin Jacobs, Carol Kent, Andre Pinkerton, Bert Smiler, Maxine Stean, Frances Wallace on their respective birthdays.

Pamela and David Grant on the birth of their first grandson, Grayson, in America.

Liz Levison on the birth of a great grandson in Israel.

**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.



Rosh Chodesh Tammuz is next **Wednesday, June 29 (Yom Revi'i)** and **Thursday, June 30 (Yom Chamishi)** and we bless the new month today.

The *Molad* (the time of the first sighting of the moon in Jerusalem) is on Wednesday, June 29 at 6.38 and 3 *chalakim*.

Shacharit on both mornings will be at the slightly earlier time of **7am**.

**If you can help, make the Minyan on Wednesday or Thursday morning at 7am please speak to Harold or Simon or call the Shul Office.**



**Forthcoming stone-settings**

<b>3rd July 2022</b>	<b>Doreen Curtis</b>	Waltham Abbey	11am
Mother of Alan Curtis			
<b>3rd July 2022</b>	<b>Trudy Benson</b>	Waltham Abbey	1.00pm
Mother of Nik Benson			
<b>11th July 2022</b>	<b>Herman Rothman</b>	Waltham Abbey	11am
Husband of Shirley Rothman			
<b>17th July 2022</b>	<b>Elizabeth Elvins</b>	Waltham Abbey	11am
Mother of Joanne Rose			
<b>21st August 2022</b>	<b>Ivor Wagner</b>	Waltham Abbey	11am
Father of Beverley Wagner			
<b>21st August 2022</b>	<b>Evelyn Raine</b>	East Ham	2.00pm
Sister of Renee Bravo			



## News and Views

This week's parsha deals with the spies, and how they are sent into the land of Canaan to bring back a report for the Jewish people. The Torah tells us that 10 out of the 12 spies returned with a negative report about the land of Israel. They said that the land of Canaan has strong armies, that they were barricaded by defences up to the heavens. There are giants in the land, the spies claimed, and the land will literally consume them all.

The Jewish people hear this negative report, and they cry. They say: It is because G-d hates us that He took us out of Egypt, only to get us destroyed by the Emori", one of the nations that live in the Land of Canaan.



There is a major question which needs to be dealt with here. G-d had promised the Jewish people that they would be able to conquer the land of Israel from their enemies. They had seen G-d's power- his ability to crush the most powerful nation in the known world of the time -the Egyptians were completely wiped out as a military force single-handedly by G-d. Why did the Jewish people not trust that G-d would do the same thing again? Did they lack faith in G-d? After everything that they had seen, everything that they had experienced, why did they lack faith? The spies themselves were not people who lacked faith. They are described as men of stature, the heads of Israel. The future leaders of Israel were included amongst these 12 spies. Joshua only featured at number five in the list, which means that 5 others had greater potential than he did. Yet Joshua becomes the leader of the Jewish people after Moshe's passing. Where did they go wrong?

The commentators all pick up on one issue - the spies were scared. They were frightened of going from the known - the comfortable, into the unknown. In the desert, as miraculous as their existence was, it was comfortable - it was known - it was the status quo. Now, they were being asked to move to a place in which they no longer got food from heaven, no longer had clothes which never needed washing, no longer had direct contact with G-d. They were moving into the unknown, and this caused them to have incredible terror.



The spies' reaction shows what happens when fear hits. First off, they turn assumptions into facts. They assume that they can't defeat their enemies, and that becomes a fact. Their ability to think logically - to know that they have a superpower on their side like G-d, gets thrown out of the window - the enemy is so strong, they say, it can defeat even G-d! They start to spread lies which links into their beliefs about themselves - the land will eat us up. Lastly, and most importantly - their confidence in themselves gets shot to pieces. They

say: We were like locusts in the eyes of the people of Canaan - so small and insignificant that we could never mount an attack against them, and therefore there is no way we could contend with them.

Fear debilitates. It weakens us. It stops us thinking. It stops us being logical. It destroys our sense of self-worth. It is so powerful. Controlling our fear when it hits can literally change our lives. It helps us to think clearly. It helps us make the right decisions. It allows us to know we have overcome something that could have debilitated us, and that should give us confidence as we move into the future.

Shabbat Shalom from  
Rabbi Steven, Siobhan, Maya and Talia Dansky.

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