

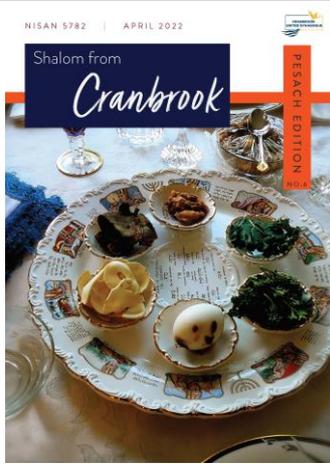


**Shabbat, June 18, 2022 / Sivan 19, 5782
Beha'alotecha / Pirkei-Avot Chapter 2**

Service Times

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit followed by Kiddush	9.30 am
Shabbat ends	10.27pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at 7.15pm . Light Candles at 7.40pm	

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.

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

Shacharit services:

Sunday 19th June at 8.15am, Monday 21st June at 7.05am and Thursday 23rd June at 7.05 am.

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

Torah Reading

Leyning: Beha'alotecha
Sefer Bamidbar: 8:1-12:16
Artscroll p 774, Hertz p 605, Cohen/Soncino p 838
Haftarah: Zechariah 2:14-4:7
Artscroll p 1182, Hertz p 620, Cohen/Soncino p 857

Rabbi Steven Dansky

Harold Marco

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

June

Tuesday 21st *Music Extravaganza @ 8pm*
Wednesday 22nd *Rabbi Shiur @ 10am*
Shabbat 25th *Mevarachim HaChodesh*
Tuesday 28th *Lunch N' Learn with Rabbi Dansky*
Coffee & Chat with Rev Newman
Wednesday 29th *Rosh Chodesh Tammuz*
Rabbi Shiur @ 10am
Thursday 30th *Rosh Chodesh Tammuz*

July

Monday 4th *Men's Virtual Happy Hour @ 4pm*
Tuesday 5th *Music Extravaganza @ 8pm*
Wednesday 6th *Rabbi Shiur @ 10am*
Tuesday 12th *Lunch N' Learn with Rabbi Dansky*
Coffee & Chat with Rev Newman
Wednesday 13th *Rabbi Shiur @ 10am*
Sunday 17th *Fast of Tammuz (2.07am-10.05pm)*
Monday 18th *Men's Virtual Happy Hour @ 4pm*

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

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.

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

Karla Austin, Vivienne Berlin, Mavis Bonham, Helen Brownstone, Elaine Chaplin, Shirley Collett, Martine Conway, Leila Fields, David Flaum, Hilary Goldstein, Alan Graham, Dawn Graham, Marina Graham, Sheila Graham, Elizabeth Greene, Michael Griver, Joyce Halperin, Myrtle Holman, Sharon Joseph, Sheila Keizner, Marilyn Mandel, Harold Marco, Cyril Marks, Linda Mishkin, Diana Neslen, Stuart Pessok, Mandie Preston, Francklyn Rabin, Gerald Reisman, Harold Rosenberg, Laurence Rosenberg, Sidney Schlesinger, Rosalie Shaffron, Doris Sheril, Shirley Silver, Cynthia Simmons, Linda Stanton, Philippa Stanton, Harvey Student, Martin Taylor, Raisa Yufit and Yakov Yufit.



David & Mavis Pinner, Ellard & Barbara Swillman, Laurence & Valerie Goldsmith, Russell & Heather Prince, Howard & Erica Alter and David & Elaine Reed on their respective wedding anniversaries.

Hannah Adler, Elaine Austin, Rosalind Faw, Sheila Keizner, Gloria Krist, Edward Leon, Annette Luder, Karen Molava, Beverley Myers, Chloe Santaub and Stanley Stevens on their respective birthdays.

Rebbetzin Broder on the birth of twin great grandsons in Israel.

Paul and Allegra Goldman on son Adam's marriage to Emma on 19th June.

Barbara Goldman on grandson Adam's marriage to Emma on 19th June.

ONLINE MUSIC APPRECIATION EXTRAVAGANZA

TUESDAY 21ST JUNE

A HISTORY OF UK NO T's - 1952-2009

PART 1 - 1952-1973

8.00PM - 9.30PM

Hosted by: **STEPHEN COLMAN & TONY RAYE**

Different Theme each time
Email Stephen with your suggestions

src2008a@gmail.com

Queries to Robin Abrahams - 07956617669
Zoom: <https://tinyurl.com/musicextravaganza>
ID: 823 7234 9872 Passcode: 157750

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Office of the Chief Rabbi, dorot, b

Forthcoming stone-settings

19th June 2022	Cyril Hyman	Waltham Abbey	12.30pm
Father of David Hyman			
19th June 2022	Stuart Pentol	Waltham Abbey	1.00pm
Husband of Lesley Pentol			
3rd July 2022	Doreen Curtis	Waltham Abbey	11am
Mother of Alan Curtis			
3rd July 2022	Trudy Benson	Waltham Abbey	1.00pm
Mother of Nik Benson			
11th July 2022	Herman Rothman	Waltham Abbey	11am
Husband of Shirley Rothman			
17th July 2022	Elizabeth Elvins	Waltham Abbey	11am
Mother of Joanne Rose			

News and Views - What does the Torah say about rose tinted glasses?

As the year continues, the cost of petrol keeps getting more expensive, with experts saying that the cost of a full tank will be more than £100. As this fuel crisis deepens, many are looking back in nostalgia to the days when a tank cost less than half of what we are currently paying. What is the Torah's view on looking back with nostalgia to the good old days?

In this week's Torah portion, we are told about the rabble who complained about the constant diet of Mannah that they were receiving in the desert. They wanted a diet of meat instead. These people looked back on their existence as slaves in Egypt and preferred it to their current status. They complained: "We remember the fish that we ate for free in Egypt, the cucumbers, and the leeks and the melons. Now our souls are empty, it is only to the Mannah that we look." Rashi understands that their rosy memories of the past in Egypt were manufactured. If Pharaoh would not even give them the straw that they needed for bricks, why on earth would he give them food? Rather, says Rashi, they were looking for an excuse to complain about their treatment by the Almighty.



If you were to ask an Israelite in the wilderness whether he was lying, I am sure that they would deny such a claim vociferously. They must have truly believed that this was how they were fed - with fish, leeks and watermelons. Perhaps this shows the strength of having rose tinted glasses. When we are dissatisfied with our present, we are so sure that things were better that our mind creates scenarios which prove how much better things used to be, even if they never happened.

This occurrence is actually a psychological phenomenon called "rosy retrospection", a cognitive bias when looking at the way we think about our lives now, in comparison to the past. In fact, some scientists suggest that because the past is seen as being better than the present, the present and future *must* be much worse, leading to a mindset that while things were wonderful in the past, things are now going from bad to worse. If we look in the verse in our Torah portion this is exactly what happens. They no longer have their imagined food; now, they have the Mannah, which may have been the beginning of the end. Nachmanidies comments that this complaint wasn't even that the Mannah didn't taste as good as the food that they ate in Egypt. Instead, they were commenting that the Mannah itself was an uncertain commodity. If it came today, who is to say that it would fall the next? They felt unsure of their future survival, never certain that they would have food.



This uncertainty about their next meal equates to a high level of stress that the Israelites were experiencing. The Mannah's arrival at their doorstep was not something over which they had any agency. This could have led them to make the complaint to Moses for meat, and doubt that G-d had their best interests at heart.

Perhaps the lesson from this episode is to understand that we need to look objectively at our lives and see that while things may be more expensive, that doesn't mean that everything is beyond salvation. It requires management of our stress, and that may enable us to look more clearly in our lives.

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

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