



Shabbat, June 3rd, 2023 / Sivan 14th, 5783
Naso / Pirkei-Avot Chapter 1

Service Times

Mincha followed by Kabbalat Shabbat	7.15pm
Shacharit followed by Kiddush	9.30am
No Mincha or Ma'ariv service	
Shabbat Ends	10.14pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at 7.15pm. Candle lighting at 7.40pm (9.02pm).	

Weekday Services

Shacharit – at Ilford Federation Synagogue

Sunday at 8.30am, Monday at 7.20am and Tuesday at 7.30am.

Shacharit – at Cranbrook United Synagogue

Wednesday at 7.30am, Thursday at 7.20am and Friday at 7.30am.

Mincha followed by Ma'ariv – at Ilford Federation Synagogue

Sunday, Monday and Tuesday at 7.30pm.

Mincha followed by Ma'ariv – at Cranbrook United Synagogue

Wednesday and Thursday at 7.30pm.

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.

Torah Reading

Leyning: Naso

Sefer Bamidbar: 4:21-7:89

Artscroll p 748, Hertz p 586, Cohen/Soncino p 814

Haftorah: Judges 13:2 - 13:25

Artscroll p 1181, Hertz p 602, Cohen/Soncino p 835

Rabbi Steven Danksy

Leslie Linder



***This week's Cranbrook News is sponsored by Rose and Barry Blitz
on the occasion of their Golden Wedding.***

Children's Service: 10.30am

Regular Weekday Services: Sunday, Monday, and Tuesday at **Ilford Federation**;
Wednesday, Thursday and Friday at **Cranbrook United**.

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

Dates for the Diary

June

Tuesday 6 th	@ 3.30pm	Coffee & Chat with Rev Newman
Wednesday 7 th		Rabbi Shiur @ 10am
Thursday 8 th		Ladies Tea & Chat @ 3.30pm
Monday 12 th		Men's Virtual Happy Hour @ 4pm
Wednesday 14 th		Rabbi Shiur @ 10am
Shabbat 17 th		Mevarachim HaChodesh
Monday 19 th		Rosh Chodesh Tammuz
Tuesday 20 th		Rosh Chodesh Tammuz
	@ 12.30pm	Lunch N' Learn with Rabbi Danksy
Wednesday 21 st		Rabbi Shiur @ 10am
Tuesday 27 th		Online Music Extravaganza @ 8pm
Wednesday 28 th		Rabbi Shiur @ 10am

July

Tuesday 4 th	@ 12.30pm	Lunch N' Learn with Rabbi Danksy
Wednesday 5 th		Rabbi Shiur @ 10am
Thursday 6 th		Fast of Tammuz 1.06am – 10.17pm

Join us at Cranbrook Synagogue for

LUNCH 'N' LEARN

WITH RABBI DANKSY

£8 for lunch per session

12:30PM START

25 APRIL 2023 | 9 MAY 2023 LAG B'EOMER | 23 MAY 2023

6 JUNE 2023 | 20 JUNE 2023 | 4 JULY 2023

PLEASE RSVP BY THURSDAY BEFORE THE SESSION VIA EMAIL AT
ADMIN@CRANBROOKSYNAGOGUE.ORG.UK
OR CALLING 020 8629 2780
VEGETARIAN OPTIONS ARE AVAILABLE UPON REQUEST

CRANBROOK UNITED SYNAGOGUE

Please call or e-mail the Office to book for **Tuesday, 20th June by noon on Thursday, 15th June**.

**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: -

Deborah Allen, Millie Allen, Stephen Bloom, Frances Bronzite, Sandra Carson, Elaine Chaplin, Marilynne Chyte, Irene Collins, Martine Conway, Alan Cooper, Joseph Coram, David Decker, Ian Duque, Nigel Fidlan, Leila Fields, David Fineberg, Irving Freed, Andrew Freedman, Vivienne Gold, Gerald Gold, Shirley Gold, Hilary Goldstein, Rita Haberman, Susan Hahn, Joyce Halperin, Myrtle Holman, Gary Hyman, Freda Katz, Jonathan Kent, Simone Kramer, Michael Levene, David Lindner, Frances Litkin, Anita Macatonia, Marilyn Mandel, Sandra Miller, Karen Molava, Paula Molava, Malcolm Nathan, Melanie Nathan, Mark Serkes, Doris Sheril, Julian Silver, Shirley Silver, Leslie Simons, Linda Stanton, Philippa Stanton, Paul Stein, Alan Tartes, Daniel Taylor, Iris Taylor, Alan Turner, Henry Waldman and Martin Wickers.

Mazel Tov מזל טוב

Cyril & Shirley Berkeley (65th), Terence & Marilynne Chyte (55th), Barry & Rose Blitz (50th) and Adam & Stacey Brill (30th) on their respective wedding anniversaries.

Kenneth Black, Howard Goldsmith, Roma Goldsmith, Eunice Green, Peter Kay, Stephen Mendel, Victor Rueben, Scott Silver, June Stevens, Helen Tranis and Janet Winton on their respective birthdays.

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 Hashanah 5784 - Shalom Magazine No. 9



Many thanks to everyone who submitted articles for the Pesach Edition of the Shalom Magazine. Once again, we have had some excellent feedback from our readers. I am now working on the Rosh Hashanah 5784 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 Philippa Stanton at stanton.philippa@gmail.com.

All articles, pictures and stories must be received by **17th July 2023**. I have already started collecting new articles, so please email me as soon as you can!

I look forward to hearing from you.

Philippa Stanton - Editor

Forthcoming stone-settings

4th June 2023	Neil Curtis	Waltham Abbey	Noon
Father of Ricky Curtis			
11th June 2023	Peter Rudd	Waltham Abbey	3.30pm
Father of Stuart & Howard Rudd			
18th June 2023	Anne Green	Waltham Abbey	11.30am
Mother of Frances Bronzite			
25th June 2023	Philip Pinkerton	Waltham Abbey	Noon
Husband of Simone Pinkerton			
25th June 2023	Philip Helman	Bushey New	1.30pm
Husband of Helena Helman, Father of Richard & Annabel Helman			

News and Views

In this week's parasha we are told about the priestly blessing, and the final element of the blessing is for peace. The one thing that Jews pray all over the world for is peace, peace for Jews and peace for Israel.

The Talmud in Brachot 56B tells us that if a person dreams about a well he should expect peace. Why does dreaming about a well bring us to a state of peace, and what do they tell us about a halting to the conflict in our holy land?



The first idea that peace can be compared to a well comes from Genesis. Isaac and Avimelech, the king of the Plishtim had been involved in a conflict around water. Finally, the servants of Isaac dig and find water. This well of water is something that Isaac and Avimelech did not fight over and therefore is considered to be a harbinger of peace if seen in a dream.

The verse which is used by the Talmud is telling because it doesn't describe the reconciliation between Isaac and Avimelech but rather the finding of the well itself. The verse tells us as follows: But Isaac's servants, digging in the valley, they found there a well of spring water,

This verse tells us two important things about peace. The first is that peace needs to be a Metziya - something that you find, something unexpected. In Yiddish, if you find a bargain, you say that you have found a Metziya. Peace needs to be seen as a bargain - something so completely worthwhile that you would be a fool not to want to accept it. If you are not excited by the prospect of peace with another party, if you don't see it as a bargain, far more than you ever could expect otherwise, then peace is going to elude you.



The second thing that we learn about peace from this verse is that the water that was dug was Chayim - it was pure water drawn deep from the ground. Its source was not from other wells or rivers which fed it. This shows us the powerful concept that peace must be something which originates from within, and from deep within one. There must be a deep and profound desire for peace. It shouldn't just be a surface statement - a surface request which has been borrowed from other nations in order to achieve something. It needs to come from deep within.

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

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