



Shabbat, 15th January 2022 / 13th Shevat, 5782

Beshalach

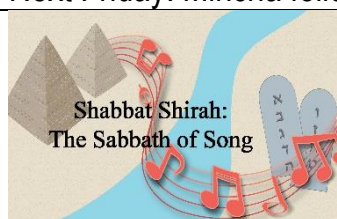
Service Times (Shabbat Shirah)

Mincha followed by Kabbalat Shabbat 4 pm
 Shacharit 9.30 am

Due to the current Covid situation there will not be a Kiddush or a Mincha or Ma'ariv service

Shabbat Ends 5.13 pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at 4.15pm.



We welcome Rabbi Yaakov Singer to Cranbrook, he will be davening and leyning for us today.

Booking is now open for [Kabbalat Shabbat](#) on Friday, 21st January at 4.15pm, and for [Shabbat](#) Yitro on 22nd January at 9.30am.

Bookings will close at 6pm on Wednesday, 12th January.

We are open for [Shacharit](#) services, **On Sunday at 8.15am, Monday at 7.05am, Tuesday at 7.15am, Wednesday at 7.15am, Thursday at 7.05am and Friday at 7.15am.**

Ma'ariv on Monday - Thursday at 7.30pm.

For [Kabbalat Shabbat](#), [Shabbat](#), [Shacharit](#) and [Ma'ariv](#) services; members with internet access should be booking in online via the United Synagogue Website using the following link: <https://myus.theus.org.uk/events>. select Cranbrook United Synagogue and tick Prayer Services.

If you are not **able** to book online, then please contact the Shul office on 020 8629 2780 to book in for the services you wish to attend.

Torah Reading

Sefer Shemot: 13:17-17:16
 Artscroll p 366, Cohen p 407, Hertz p 265
 Haftarah: Judges 4:4-5:31
 Artscroll p 1152, Cohen p 434, Hertz p 281

Rabbi Yaakov Singer

Martin Bloomberg

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 Haftarah.



This week's Cranbrook News is kindly sponsored in memory of Harry Griver, Hershel Ben Eliezer zt"l.

Children's Service: 10.30am

Regular Weekday Services in the Main Synagogue

Shacharit: Sunday & Public Holidays – 8.15am

Shacharit: Monday and Thursday at 7.05am

Tuesday, Wednesday, and Friday at 7.15am

Rosh Chodesh Shacharit: Monday to Friday at 7am; Sunday at 8am

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

Dates for the Diary

January

Monday 17 th	<i>Tu B'Shevat</i> <i>Men's Virtual Happy Hour</i>
Tuesday 18 th	<i>Coffee & Chat with Rev Newman</i> <i>Music Extravaganza @ 8pm</i>
Wednesday 19 th	<i>Rabbi Shiur @ 10am</i>
Thursday 20 th	<i>Ladies Tea & Chat @ 3.30pm</i>
Monday 24 th	<i>Men's Virtual Happy Hour</i>
Tuesday 25 th	<i>Coffee & Chat with Rev Newman</i>
Wednesday 26 th	<i>Rabbi Shiur @ 10am</i>
Thursday 27 th	<i>Holocaust Memorial Day</i>
Shabbat 29 th	<i>Mevarachim HaChodesh</i>
Monday 31 st	<i>Men's Virtual Happy Hour</i>

February

Tuesday 1 st	<i>Rosh Chodesh Adar 1</i> <i>Coffee & Chat with Rev Newman</i> <i>Music Extravaganza @ 8pm</i>
Wednesday 2 nd	<i>Rosh Chodesh Adar 1</i> <i>Rabbi Shiur @ 10am</i>

COVID-19 OMICRON - PLAN B UPDATE

MASKS MUST BE WORN IN SHUL
PLEASE WASH YOUR HANDS FREQUENTLY

PLEASE LEAVE 1 SEAT BETWEEN EACH PERSON

- **Keep building well ventilated**
- **Avoid hand shaking or contact greeting**
- **Cloakrooms remain closed, keep belongings with you**

The United Synagogue requires all attendees at services to take a lateral flow test prior to attending any service. (Just before the start of Shabbat in that case), and only attend if their test is negative.

Service leaders and speakers who do not wear a face mask must do a lateral flow test and maintain additional distancing from congregants.

Notify Office if you tested positive after attending a Service.

For Security, please vacate forecourt as soon as possible.

STAY SAFE from the SECURITY DEPARTMENT

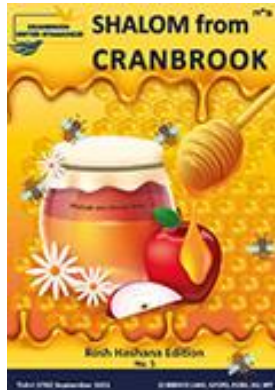
We wish Long Life to everyone who is observing a Yahrzeit this week:

Stephen Arbiter, Edwina Berg, Harvey Bourne, Sandra Carson, Hilary Clapper, Anthony Cohen, Phyllis Cohen, Jacquelyn Conner, Betty Cooper, Freda Cowan, Sandra Curran, Peter Davis, Linda Eleini, Barbara Evans, Susan Faber, Philip Fagelson, Rosalind Faw, Sonny Finberg, Marilyn Finegold, Howard Foreman, Gerald Fox, Michael Freed, Susan Gadian, Beryle Ginsberg, Gerald Gold, Barbara Goldman, Monty Goldstein, Frederick Goodman, Joseph Gordon, Pamela Grant, Jeanette Grant, Sheila Green, Ernest Green, Saul Green, Stephen Green, Sara Harris, Ivor Ingram, Frank Jackson, Rosalind Jessener, Sidney Kaye, Bernard Klinger, Angela Levene, Elizabeth Levison, Shelley Lewis, Hetty Liborwich, Estelle Luton, Louise Malina, Norma Manning, Harold Marco, Cyril Marks, Deborah Miller, Sandra Nerden, Pearl Palmer, Ivor Perl, Sharon Portnoy, Debra Rein, Hilda Rogoff, Betty Rothfarb, Josephine Russell, Milly Scott, Barbara Seider-Benson, Helen Selner, Ruth Sherman, Anita Sluys, Martin Solomons, Rita Stedman, Howard Sterne, Harvey Tibber, Jean Tondy, Yvonne West and Nicole Zelmanovits.

Pesach 5782 - Shalom Magazine

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

I am now working on the Pesach 5782 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 18 February 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



Aubrey & Katherine Hoffman on their 65th wedding anniversary.

Rita Isaacs, Eva Meyer, Ruth Mitchell, Walter Owen, Sandra Pearman, Andrew Rein, Carole Sholem, Harvey Tibber and Norman Whyte on their respective birthdays.

Save the Date



Forthcoming stone-settings

23rd January	Montague Garson	Waltham Abbey	11.30am
Uncle of Ruth Abrahams			
27th January	Diana Molava	Waltham Abbey	Noon
Mother of Pauline & Karen Molava			

Although at the moment we are NOT having Mincha on Shabbat, however, we are being asked as to what time we can Daven Mincha. Below we are listing the earliest times for the next 2 months.

January 15th Earliest Mincha 12:32 / 22nd - 12:35 / 29th - 12:37

February 5th Earliest Mincha 12:39 / 12th - 12:40 / 19th - 12:41 / 26th - 12:41

At the end of February, we will give you the times for March & April

This week's Haftorah

The Haftorah this week deals with Deborah, one of the first Judges of the Jewish people, following the demise of Joshua. The Israelites have turned away from G-d and they are sold into the hands of Sisera, the king of Chatzor. Deborah, together with Barak, create an army from the tribes of Zevulun and Naftali in order to defeat him. Even though Sisera had many chariots (which today might translate to superior weapons) Barak is able to defeat his armies.

Sisera flees the battlefield and seeks sanctuary from Yael, who comes from the Keini family, who are related to Jethro, Moses' father-in-law. She offers him milk and food, and while he sleeps, she kills him with a tent-peg. After this, both Barak and Devorah sing a song in which they express their thanks to the Almighty for delivering them from the enemy, and in which they praise the valour of Yael who killed a tyrant.

The Haftorah itself is chosen to accompany this week's Torah portion because it also deals with the defeat of the Egyptians after the Jews had been given leave by Pharaoh to leave Egypt.



The Torah tells us how they were chased by Pharaoh, who has changed his mind about letting them go free. The Jews are chased all the way to the Red Sea. G-d then performs a miracle splitting the sea, allowing the Jews to pass through unscathed. The Egyptians are not so lucky, and they and their powerful cavalry are all drowned by the sea. The Jewish people then sing a song to G-d, one which has become part of the liturgy that we read every day. Both the Haftorah and the Torah portion have within them a song which is sung after their victory, and this is what unites these two readings together.

A closer look at the Haftorah will reveal that there is a major difference in the defeat of these two enemies. Pharaoh and his armies are defeated completely by the hand of G-d. The B'nei Yisrael do not act in any way. They are told to literally "see the salvation of G-d". However, in the Haftorah, the defeat of Sisera and his forces are provided by the hands of the army of Barak.

It is therefore fascinating that Devorah sings a song in praise to G-d. While she does praise Barak and his armies, the opening line of her song reads as follows:

"When people dedicate themselves—Bless the LORD! O kings! Give ear, O potentates! I will sing, will sing to the LORD, Will hymn the LORD, the G-d of Israel." *



Clearly, Devorah saw the defeat of her enemies as inspired by the Almighty. While armies won the battle, it is G-d whom she sees as the prime instigator behind this world. The sages chose this Haftorah to accompany the Torah portion to teach us that everything is miraculous. It is not only when G-d's hand is clearly seen that miracles occur. Miracles are everywhere - even in the battlefield with men bearing sword and shield, and it is up to us to understand that G-d is behind everything - both the elevated and miraculous, and the mundane everyday life that we experience. It means living a life in which miracles happen

every single day, and therefore to see the world with wonder, knowing that the amazing happens within the everyday.

*Judges 5 1-2

Shabbat Shalom - Rabbi Steven, Siobhan, Maya, and Talia.

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