



**Shabbat, 6<sup>th</sup> August 2022 / 9<sup>th</sup> Menachem Av 5782  
Devarim / Shabbat Chazon**

**Service Times**

Mincha followed by Kabbalat Shabbat	<b>7.15 pm</b>
Shacharit followed by Kiddush	9.30 am
Shabbat ends	9.35 pm
Ma'ariv followed by Eicha	10.00 pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at <b>7.15pm</b> . Light Candles at 7.40pm	

After the conclusion of Shabbat at 9.35 pm, you should recite the phrase **“Baruch Hamavdil bein kodesh l’chol”** (**“Blessed is the One who separates between holy and mundane”**).

This phrase declares that Shabbat has finished and allows you to do weekday activity, including driving to shul for Ma'ariv and Eicha at 10pm.

**Tisha B'Av - August 6<sup>th</sup> – 8.40pm - Fast Begins**

**Motzei Shabbat - 10pm** - Ma'ariv followed by Eicha in Shul and on Zoom

<https://us02web.zoom.us/j/85640375922?pwd=SDZYa3krMUVSQWNhTWxNV0xxQmdWZz09&from=addon>

Meeting ID: 856 4037 5922 / Passcode: 206245

On **Sunday morning 7<sup>th</sup> August**, Shacharit (no tallis/tefilin) will be at **8.30am**; this will be followed by Kinnoš @ approx. **9.15am**. There will be an explanation about Tisha B'Av by Rabbi Dansky following Kinnoš; the morning finishes at around 11am.

**Mincha** (tefilin) at **5pm**, Film presentation of “The Song of Names” at approx. **5.30pm**, **Ma'ariv** at **7pm**.

Fast ends at **9.27pm**.

**Torah Reading**

Leyning: Devarim

**Rabbi Steven Dansky**

Sefer Devarim: 1:1-3:22

Artscroll p 938, Hertz p 735, Soncino/Cohen p 989

Haftorah: Isaiah 1:1-27

**Simon Stern**

Artscroll p 1195, Hertz p 750, Soncino/Cohen p 1004

*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 6 <sup>th</sup>	Shabbat Chazon Erev Tisha B'Av (begins at 8.40pm)
Sunday 7 <sup>th</sup>	Tisha B'Av (ends at 9.27pm)
Monday 8 <sup>th</sup>	Cranbrook Monday Club
Shabbat 13 <sup>th</sup>	Shabbat Nachamu
Sunday 14 <sup>th</sup>	Quiz Night
Monday 15 <sup>th</sup>	Cranbrook Monday Club
Tuesday 16 <sup>th</sup>	Music Extravaganza @ 8pm
Shabbat 20 <sup>th</sup>	Mevarachim HaChodesh
Monday 22 <sup>nd</sup>	Cranbrook Monday Club
Shabbat 27 <sup>th</sup>	Rosh Chodesh Ellul
Sunday 28 <sup>th</sup>	Rosh Chodesh Ellul
Monday 29 <sup>th</sup>	Bank Holiday
Tuesday 30 <sup>th</sup>	Music Extravaganza @ 8pm

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

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

*Ladies Tea & Chat will be taking a break until Thursday, 1<sup>st</sup> September at 3.30pm.*



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**WE LOOK FORWARD TO WELCOMING YOU!**

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

Helen Aaronson, Ruth Abrahams, Sylvia Allen, Jack Alter, Edwina Berg, Ralph Berkley, Kenneth Black, Michael Callaghan, Yael Callaghan, Jessie Cherkoff, Jacqueline Chesler, Frederick Cohen, Sarah Cohen, Stephen Colman, Neil Curtis, Gertrude Fagelson, Julian Gandz, Patricia Gedalla, Freda Goldstein, Sheila Green, Howard Green, Rita Grossman, Rita Jacobs, Dorothea Jacobs, Rochelle Jay, Sandra Keller, Janet Kennard, Jessie Kenton, Hilary Krisman, Allan Krist, Leonard Krist, Norman Kwintner, Helena Leibowitz, Ian Lenchner, Barbara Lennard, Andrea Lester, Carla Levene, Norma Levinson, Anthony Levy, Alan Lipman, Mildred Luton, Barbara Metselaar, Gillian Newman, Jean Prince, Stanley Prooth, Tina Regan, David Rein, Joseph Richman, Stanley Rogoff, Joan Rose, Philip Rose, Irene Rosenberg, Rosalie Shaffron, Rita Shaw, Marilyn Shone, Basil Silver, Estelle Silver, Michael Silver, Andrea Sint, Karen Stern, Simon Stern, Robert Torz, Serena Torz, Adrienne Vickers, Raymond Waxman, Wendy Werth, Diane Windsor, David Winton and Jonathan Winton.



Beatrice Baxter, Betty Bernard, Ian Fenton, Marion Frankel, Melvyn Granby, Sadie Martin, Michael Morris, Diane Rankoff and Yaniv Rose on their respective birthdays.

Mazel Tov to all those graduating from University.

### 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.

### Services this week.

**Sunday 7<sup>th</sup> August at 8.30am, Monday 8<sup>th</sup> August at 7.05am and Thursday 11<sup>th</sup> August at 7.05am.**

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

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### Forthcoming stone-settings

<b>21<sup>st</sup> August 2022</b>	<b>Ivor Wagner</b>	Waltham Abbey	11am
Father of Beverley Wagner			
<b>21<sup>st</sup> August 2022</b>	<b>Evelyn Raine</b>	East Ham	2.00pm
Sister of Renee Bravo			
<b>28<sup>th</sup> August 2022</b>	<b>Stanley Faw</b>	Waltham Abbey	3.30pm
Husband of Rosalind Faw			

On Tisha B'Av, **Sunday, 7<sup>th</sup> August**, the Alderney Road, Brady Street, Lauriston Road, Plashet and West Ham (Buckingham Road) Cemeteries will be open between approximately 11am and 3pm, East Ham (Marlow Road) will open from 9am and 3pm for visitors.



## News and Views

We are about to commemorate the fast of the 9th of Av. On this fateful day, the first and second temples which were in Jerusalem were destroyed so many thousands of years ago.

This sadness has been enforced by the Rabbis to this very day. According to Jewish law, one should not be involved in court cases during this month, because our luck is down during this month. We are to show signs of mourning, by not having haircuts, or engaging in joyous occasions like marriages until after the 9th of Av. We are not allowed to buy new clothes during these days or go to public areas to hear music. Some of you might be glad to know that Jewish custom states that people should refrain from work during the 9 days which lead to the 9th of Av. Many of these customs are very similar to the laws which are bound upon an individual in mourning.



While we carry the outer trappings of sadness and mourning, actually feeling sad is often a very different thing. Feeling sad about something that you had and lost is something that we can all experience. We all know and can relate to the sadness of losing a loved one. But how does one feel sadness for something that we have never experienced?

The kabbalists explain a very deep idea. The temple that was in Jerusalem was not primarily a construction of bricks and stone. Rather it is a spiritual building which exists in heaven, and that building is something that we build with our desire and devotion to connect to G-d, to holiness. It is that desire, that passion which built the temple. The external walls of that temple, the holy vessels and the service to G-d which was brought on it was just an external expression of something very private and internal going on between the children of Israel and their G-d.

However, when that desire for g-dliness stopped, the edifice of the spiritual temple in heaven began to fade. Enemies could now walk into the holy of holies in the heavenly plane, because we, by not thinking in the right way about the temple, brought them into our very walls. Our lack of desire for connection, and not the Romans or the Babylonians destroyed our temple. While the Romans may have torn the bricks out of the temple, it was the Jews who enabled that destruction.



This is why we mourn during Av, to commemorate the sadness of a people who are disconnected from our Father in heaven. It is also a huge opportunity, because if we realise what we have lost, it is possible to rebuild the temple, by re-igniting that desire and connection for closeness with G-d.

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

Cranbrook United Synagogue, Beehive Lane, Ilford, Essex. IG1 3RT, Tel: 020 8629 2780  
email: [admin@cranbrooksynagogue.org.uk](mailto:admin@cranbrooksynagogue.org.uk) Website: [www.cranbrooksynagogue.org.uk](http://www.cranbrooksynagogue.org.uk)