



**Shabbat, 22<sup>nd</sup> October 2022 / 27<sup>th</sup> Tishrei 5783  
Bereishit / Mevarachim Hachodesh**

**Service Times**

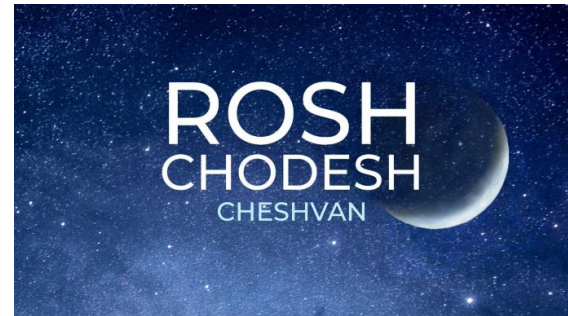
Mincha followed by Kabbalat Shabbat	<b>5.40 pm</b>
Shacharit followed by Kiddush	9.30 am
No Mincha or Ma'ariv service	
Shabbat ends	6.40 pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at <b>5.26pm</b> . Candle lighting at 5.26pm.	

We are open for **Shacharit** services.

On **Sunday 23<sup>rd</sup>** at 8.15am, **Monday 24<sup>th</sup>** at 7.05am and **Thursday 27<sup>th</sup>** at 7.05am.

We are open for **Ma'ariv** on **Monday - Thursday** at 7.30pm.

**Rosh Chodesh Cheshvan** is next **Tuesday** (Yom Shlishi) and **Wednesday** (Yom Revi'i), **October 25<sup>th</sup>** and **26<sup>th</sup>**, and we bless the new month today.



The *Molad* (the time of the first sighting of the moon in Jerusalem) is on Tuesday, October 25<sup>th</sup> at 09:44 and 7 *chalakim*.

***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 020 8629 2780 for more information.***

**Torah Reading**

Leyning: Bereishit  
Sefer Bereishit: 1:1-6:8  
Artscroll p 2, Cohen/Soncino p 1, Hertz p 2  
Haftarah: Isaiah: 42:5-21  
Artscroll p 1130, Cohen/Soncino p 27, Hertz p 21

**Rabbi Steven Dansky**

**Philip Powell**

***This week's Cranbrook News is kindly sponsored by Bradley Mervish and Mervyn Lyndon to celebrate Bradley as Chatan Torah and Mervyn as Chatan Bereishit.***

**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.

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

### Dates for the Diary

#### October

Shabbat 22 <sup>nd</sup>	<i>Mevarachim HaChodesh</i>
Monday 24 <sup>th</sup>	<i>Cranbrook Monday Club</i> <i>Men's Virtual Happy Hour</i>
Tuesday 25 <sup>th</sup>	<i>Rosh Chodesh Cheshvan</i> <i>Lunch and Learn</i> <i>Music Extravaganza</i>
Wednesday 26 <sup>th</sup>	<i>Rosh Chodesh Cheshvan</i> <i>Rabbi Dansky Weekly Shiur</i>
Saturday 29 <sup>th</sup>	<i>British Summer Begins at 2am</i>
Monday 31 <sup>st</sup>	<i>Cranbrook Monday Club</i>

#### November

Tuesday 1 <sup>st</sup>	<i>Coffee and Chat with Rev Newman</i>
Wednesday 2 <sup>nd</sup>	<i>Rabbi Dansky Weekly Shiur</i>
Thursday 3 <sup>rd</sup>	<i>Ladies Tea &amp; Chat</i>
Monday 7 <sup>th</sup>	<i>Cranbrook Monday Club</i> <i>Men's Virtual Happy Hour</i>
Tuesday 8 <sup>th</sup>	<i>Lunch and Learn</i>
Wednesday 9 <sup>th</sup>	<i>Rabbi Dansky Weekly Shiur</i>



**CRANBROOK**  
*Monday*  
**CLUB** **EVERY MONDAY**

**10.30AM TO 3.00PM**

**BOOK NOW CALL 020 8629 2780**

ADMISSION **£5** PER PERSON

**SPEAKERS, QUIZZES, CHAIR EXERCISES, BOARD GAMES & TABLE TENNIS**

ADMISSION INCLUDES REFRESHMENTS ON ARRIVAL PLUS SANDWICHES, TEA & COFFEE AT LUNCH TIME.  
**WE LOOK FORWARD TO WELCOMING YOU!**

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

Michael Aaron, Lisa Alexander, Simon Alexander, Bernice Barber, Anne Barber-Herlitz, Alan Becker, Sidney Berman, Betty Bernard, Barbara Besbrode, Harvey Bick, Helen Brent, Estelle Brill, Ivor Clements, Harry Cohen, Natalie Conroy, Anita Conway, Alan Cooper, Pearl Crawford, Shelley Deutsch, Adele Fidlán, Gerald Fox, Sharon Garfield, Murray Gaynor, Julian Gold, Barbara Gordon, Emuna Green, Maureen Greer, Rita Grossman, Rita Haberman, Marian Harris, Alan Harrison, Ann Herman, David Hoffman, Aubrey Hoffman, Morris Huberman, Barbara Joseph, Freda Katz, Aline Kaye, Lillian Kirsch, Barbara Klinger, Simone Kramer, Jeffrey Leader, Leslie Leigh, Sidney Lever, Betty Levine, Jean Lowi, Annette Luder, Mervyn Lyndon, Shirley Marks, Stephen Mendel, Esther Michaels, Anthony Mitchell, Henry Moss, Gaynor Persell, Pamela Reisman, Elaine Schaverien, Malcolm Schneider, Roger Segal, Estelle Silver, Karen Sterne, Maureen Summers, Peter Tennant and Doreen Wajchendler.

# Mazel Tov מזל טוב

Stanley & Daveena Rogoff, Stephen & Hazel Selby,  
Gary & Miriam Hyman and Leonard & Maureen Lewis on  
their respective wedding anniversaries.

Claire Ammar, Joan Dobin, Betty Jacobs, Lily Lee,  
David Michaels and Eleanor Weinfass on their respective  
birthdays.

## Leyning and Haftorah

Gentlemen would you please let Harold know your  
Barnitzvah Sedra and if you just leined or recited Mafir  
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.

**ONLINE  
MUSIC APPRECIATION  
EXTRAVAGANZA**

**TUESDAY 25TH OCTOBER**

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

**PART 3 - 1992-2009**

**8.00PM - 9.30PM**

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

*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

CRANBROOK  
UNITED SYNAGOGUE

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## Forthcoming stone-settings

<b>23<sup>rd</sup> October 2022</b>	<b>Arnold Jackson</b>	Waltham Abbey	11.00am
Husband of Renee Jackson			
<b>23<sup>rd</sup> October 2022</b>	<b>Levy/Mavis Sampson</b>	Waltham Abbey	11.30am
Parents of Jane & Sally Sampson			
<b>23<sup>rd</sup> October 2022</b>	<b>Eva Kushin</b>	Waltham Abbey	1.00pm
Mother of Simon Kushin			
<b>30<sup>th</sup> October 2022</b>	<b>Raymond Leslie</b>	Bushey New	10.30am
Father of Alan Leslie			
<b>6<sup>th</sup> November 2022</b>	<b>Harry Karker</b>	Waltham Abbey	10.30am
Father of Michelle Royston			
<b>6<sup>th</sup> November 2022</b>	<b>Wendy Mallach</b>	Waltham Abbey	11.00am
Mother of Joy, Denise & Michael Mallach			

## News and Views

This week we begin the reading of the Torah from the beginning with the creation of the world. The reading of Bereishit is always fascinating, dealing as it does with the creation of the world, as well as the creation of mankind.

Man is described as being created from the physical and the spiritual. The physical relates to the ground from which he is formed, while the spiritual refers to the breath of life which is literally breathed into his nostrils from the Almighty. This goes flat against the view of science who believe that man is just a physical being which has a complicated biology of interconnected blood, bones, matter and DNA.



Why did G-d need to create us from one of his breaths? What purpose did it serve? I believe that here we are told the greatness and the capacity of man. If man had been created purely from the dust of the earth, he would never have been able to achieve more than his physical limitations. He would be limited by the very essence that made him.

To ensure that man has the capacity to move beyond his limitations, G-d places within man His own spirit, and that spirit allows him to transcend his own limitations. It allows man to change his behaviours, to constantly improve, to move beyond what he or she thinks themselves capable of.

It is no wonder that one of the greatest markers of greatness set out by the sages is the person who is able to repent, because he or she has shown their humanity by moving away from something which previously defined them. The greatness of spirit that exists in every single human being is this ability not to be bound down by their upbringing, or their social acquaintances, or their socio-economic status. We do not have to be bound by our physical boundaries.

Our basic makeup allows us to constantly change to constantly develop. We have the capacity to change our views on the world, our views on ourselves, our views on others. We are not bound by our physical boundaries. It is this breath that makes us capable of moving beyond grief, out of depression, that makes the impossible possible.

Torah views these exceptions as expressions of our basic humanity. This means that every single one of us has the potential to choose their reaction to any given situation. It enables us to learn new things, and not be bound by preconceptions. Our behaviour and choices of yesterday do not have to dictate the people we are today or tomorrow.

I wish you all a good Shabbos

Rabbi Steven, Siobhan, Maya and Talia Dansky.

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