



Shabbat, April 30th, 2022 / Nisan 29th, 5782 / Omer Day 14
Acharei Mot / Shabbat Mevarachim / Pirkei-Avot Chapter 1 / Machar Chodesh

Service Times

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit	9.30 am
Mincha and Suedah, followed by Ma'ariv Service at <i>Ilford Federation, 2A Clarence Ave, IG2 6JH</i> @	7.45 pm
Shabbat Ends	9.15 pm
Sunday – Mincha/Ma'ariv at Ilford Federation, 2A Clarence Ave, Ilford, IG2 6JH @	7.30 pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at 7.15pm . Light Candles 7.40pm (8.17pm)	

Shacharit services, On Sunday 1st at 8.15am, Monday 2nd at 8.15am, Thursday 5th at 7.05am.

Mincha followed by Ma'ariv on Monday, Tuesday, and Thursday at 7.30pm.

Rosh Chodesh Iyar is this coming **Sunday and Monday** (B'Yom Rishon Uv'Yom Sheni) and we bless the new month today. The *Molad* (the time of the first sighting of the moon in Jerusalem) is on Sunday, 1st May at 5.20 am and 1 *chalakim*. Shacharis on **Sunday 1st and Monday 2nd** will be at 8.15am.



Yom Hazikaron & Yom Ha'atzmaut- Wednesday 4th May - Mincha from 6.45pm online

The UK's biggest Yom Hazikaron and Yom Ha'atzmaut service is back in person this year! Please join us at Finchley United Synagogue or on livestream for an uplifting evening of remembrance and celebration for the whole community, complete with moving Hallel from Chazan Jonny Turgel and keynote speeches from the Chief Rabbi, Mazkir of Bnei Akiva and a senior Israeli dignitary. After the service, the entire community are invited to join us for a fantastic event in the Kinloss suite, with buffet and music from Eitan Freilich!

Watch via *TheUS.tv* - <https://theus.tv/bnei-akiva-yom-hazikaron-yom-haatzmaut-5782>

Torah Reading

Leyning: Acharei Mot
 Sefer Vayikra: 16:1 - 18:30
 Artscroll p 636, Hertz p 480, Cohen/Soncino p 705
 Haftarah: I Samuel 20:18 - 20:42
 Artscroll p 1207, Hertz p 948, Cohen/Soncino p 1189

Rabbi Steven Dansky

Michael Callaghan

This week's Cranbrook News is kindly sponsored by the Family of Alison Mervish on the occasion of her wedding, tomorrow in Tel Aviv to Jamie Bomszyk. Mazal Tov to them both.

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

April

Shabbat 30th *Mevarachim HaChodesh*

May

Sunday 1st *Rosh Chodesh Iyar*

Monday 2nd *Rosh Chodesh Iyar*

Bank Holiday

Men's Virtual Happy Hour

Tuesday 3rd *Lunch & Learn with Rabbi Dansky*

Coffee & Chat with Rev Newman

Wednesday 4th *Rabbi Shiur @ 10am*

Yom Ha'zikaron

Thursday 5th *Yom Ha'Atzmaut*

Monday 9th *Men's Virtual Happy Hour*

Tuesday 10th *Coffee & Chat with Rev Newman*

Music Quiz @8pm

Wednesday 11th *Rabbi Shiur @ 10am*

Thursday 12th *Challah Bake @ 7pm*

Friday 13th *Sushi Reception followed by Kabbalat Shabbat*

Shabbat 14th *Shabbat UK Luncheon*

Sunday 15th *Pesach Shenit*

AGM

HELP REDUCE THE SPREAD OF COVID-19

It's not gone away!!

MASKS ARE NOW VOLUNTARY WHILST IN THE SHUL

BUT STILL RECOMMENDED IN CROWDED PLACES AND INDOOR AREAS

*** SANITISE HANDS REGULARY***

*** LEAVE ONE SPACE BETWEEN EACH PERSON***

THE SHUL MUST STILL BE KEPT WELL VENTILATED, LETTING FRESH AIR IN WHILST INDOORS

MEMBERS ARE NOT TO ATTEND IF THEY RECEIVE A POSITIVE PCR OR LFT TEST.

STAY HOME IF YOU'RE FEELING UNWELL.

PLEASE VACATE FORECOURT AS SOON AS POSSIBLE AFTER SERVICE.

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

Michael Aaron, Edward Adler, Simone Baker, Rochelle Bennett, Shirley Benton, Shirley Bernstein, Michael Bien, Michelle Bolle, Millicent Boxer, Terence Chyte, Anthony Cirsch, Miriam Conway, Rosalind Faw, Marion Frankel, David Franks, Vivienne Gold, Joanne Green, Heather Hawkes, Martin Kay, Frances Keen, Sandra Keller, Irene Klein, Antony Laiker, Alma Levene, Sheila Levy, Ruth Lipman, Stanley Lopata, Jean Lowi, Solomon Macatonia, Norma Manning, Cyril Marks, Linda Martin, Ruth Mendelsohn, Vera Miller, Charles Mitchell, David Morris, Rhona Morris, Beverley Myers, Sandra Nerden, Sheila Penfield, Malcolm Perez, Rachelle Rose, Ruth Rosen, Irene Rosenberg, Sidney Schlesinger, Milly Scott, Alan Scott, Anita Sears, Vivienne Seigar, Martin Silver, Raymond Solomons, Ruth Springer, Rita Stevens, Stephanie Student, Ellard Swillman, Peter Tennant, Kenneth Turner, Michael Vincent and Norman Whyte.

Mazel Tov מזל טוב

Harvey & Carole Bourne on their wedding anniversary.

Andrew Alexander, Sidney Berman, Maureen Bresh, Rosalind Burns, Frederick Cohen, Sandra Curran, Hilary Finney, Stephen Freeder, Lauren Glazer, Barbara Goldman, Theo Goldman, Alan Golstein, Ivor Ingram, Jeanette Kaye, Norma Leigh, Norma Levinson, Maurice Nieberg, Rochelle Saunders, David Sopher and Phyllis Stillerman 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.

Shabbat UK
Challah Bake
Thursday 12th May
@7pm
All welcome Booking is essential
£5

Cranbrook United Synagogue, Beehive Lane, Ilford
<https://tinyurl.com/challah-bake-2022>

Sushi Reception followed by Kabbalat Shabbat

Friday, 13th May @ 6.15pm

Booking is Essential – Call Office 020 8629 2780

<https://tinyurl.com/kabbalat-shabbat-May2022>

Shabbat Luncheon

Shabbat, 14th May from 9.30am

Cost: £7.50 per person

£20.00 for a family of 4 (2 Adults, 2 Children)

Booking is Essential – Call Office 020 8629 2780

<https://tinyurl.com/shabbat-luncheon>

Forthcoming stone-settings

1st May 2022	Hermione Gloston	Waltham Abbey	11.30am
Mother of Stephanie Field			
1st May 2022	Josephine Goldberg	Waltham Abbey	Noon
Mother of Deborah Dougal			
1st May 2022	Louis Yeshin	Western	2pm
Father of Mike Yeshin			
8th May 2022	Alfred Godfrey	Waltham Abbey	10am
Husband of Muriel Godfrey			
8th May 2022	Doris Margolis	Waltham Abbey	10.30am
Mother of Rosalind Conway			
8th May 2022	Marion Dobin & Paul Dobin	Waltham Abbey	Noon
Parents of Maxine Pooley			

It's Not That We Fall, It's How We Get Back Up

This week's parasha deals extensively with the service which the *Kohen Gadol* (High Priest) carried out on the holiest day of the Jewish calendar - Yom Kippur.

We read as follows: "*He shall gain forgiveness for the impurities of the Jewish people, and for their unintentional transgressions and their intentional sins, and so should he do in the Tent of Meeting, which dwells with them in the midst of their impurity*" (Vayikra 16:16). The simple meaning of the verse is that the High Priest has the ability to achieve removal of the sins and impurity of the Jewish people, while he is in the Tent of Meeting.

The Talmud (Yoma 57a) states that this verse can be understood in relation to G-d, rather than to the High Priest. Even though we are impure, that does not prevent G-d's relationship with us; the Divine presence rests on us in the midst of our impurity. It would seem from this that G-d sees our lack of perfection and nevertheless dwells together with us.

The Midrash (early rabbinic teachings) comes to a different conclusion. The verse in *Shir Hashirim* (Song of Songs 1:5) states: "*I am dark and yet beautiful*". The darkness in this verse is not to be understood literally; the Midrash (*Shir Hashirim Raba* 1:5:1) explains that it refers to the Jewish people's view of themselves.

They know that they have sinned, yet they are "beautiful" in the eyes of their Creator. This provides us with a different perspective. G-d dwells with us in our impurities, because He sees us as being beautiful as we are, warts and all. This seems to be a difficult interpretation. If G-d does not see our failings, how can we ever be judged unfavourably on Yom Kippur? We should all pass the test of the High Holy Days with flying colours because G-d does not see our faults!

Perhaps what is being said here can be interpreted in a different way. The very fact that the Jewish people know that they are not perfect is the reason that G-d sees them in a positive light. Humans are imperfect. We have flaws. We make mistakes. The question is not whether we make a mistake, but rather whether we see that mistake as an opportunity to grow and develop as human beings. *Mishlei* / Proverbs 24:16 states, "*Seven times a righteous person falls and gets up*". Rabbi Chaim Shmuelevitz (1902-1979) explains that the righteous person is righteous not just because they get up after falling down several times, but rather because they use their fall as a motivation to get up once again.

This can be a very powerful principle for Yom Kippur in particular. We go into the holiest of days knowing that we have not been perfect over the past year. That is not in question. The question is how the shame of what we have done will motivate us into action. Inaction will occur either because we erroneously believe that we have gone too far and are beyond salvation, or because we accept our current behaviour as the "new normal". The Midrash suggests that the best and most meaningful way of approaching Yom Kippur is to use our imperfection as a springboard to help us become the people we aspire to be. In this way, may G-d rest His Divine presence upon us, and grant us the year we so very much desire.

I wish you all a warm and peaceful Shabbos

Rabbi Steven, Siobhan, Maya and Talia Dansky.



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