



CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, 20th April 2024 / 12th Nisan 5784

Metzora / מצרע / Shabbat HaGadol

Service Times

Mincha followed by Kabbalat Shabbat	7pm
Shacharit followed by Kiddush	9.30am
No Mincha or Ma'ariv service	
Shabbat Ends	8.56pm
Next Friday: Mincha / Kabbalat Shabbat at 7pm - Light Candles 7.40pm (8.01pm)	

Shelley Absalom, Catherine Benjamin, Mildred Davies, Sandra Harris, Raymond Kennard, and Howard Lewis on their respective birthdays.

Reverend Gary and Gill Newman on the birth of a grandson in Israel.



The Ministers, Honorary Officers and Synagogue Council wish you all a happy and Kosher Pesach.

Office Opening Times

PLEASE NOTE THAT THE OFFICE WILL CLOSE AT 12.00 NOON ON MONDAY 22ND APRIL 2024 AND WILL RE-OPEN AT 10.00AM ON WEDNESDAY 1ST MAY 2024.

Torah Reading

Leyning: Metzora	
Sefer Vayikra: 14:1 - 15:33	<i>Rabbi Steven Dansky</i>
Artscroll p 620, Hertz p 470, Cohen/Soncino p 689	
Haftarah: Malachi 3:4 - 3:24	<i>Rabbi Steven Dansky</i>
Artscroll p 1220, Hertz p 1005, Cohen/Soncino p 1197	

This week's Cranbrook News is kindly sponsored by Marian Shelton to celebrate her husband Stephen's 80th birthday.

Children's Service: 10.30am
Regular Weekday Services: Sunday, Monday, and Tuesday at **Ilford Federation Synagogue;** Wednesday, Thursday, and Friday at **Cranbrook United Synagogue.**
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 / Ma'ariv: Sunday, Monday, Tuesday, Wednesday & Thursday at 7.30pm.

Dates for the Diary		Sale of Chametz
April		<p>There is a specific mitzvah to sell one's chametz before Pesach, and it's very easy to do! The Sale of Chametz form was sent out in the pre-Pesach mailing or you can access it online immediately. All you need to do is complete the form and send it back to the Shul office by tomorrow Sunday 21st April 2024. Although not strictly necessary, it is preferable that the form be handed over directly to Rabbi Dansky, as you are appointing him to sell your Chametz on your behalf.</p> <p>This process takes no more than about 10 seconds! Rabbi Dansky is happy to receive forms at any mutually convenient time. If you are going to be away for Pesach, the process is the same, but you must let the Rabbi Dansky know, so that an adjustment can be made accordingly.</p> <p><i>The form can now be downloaded from the Shul website.</i></p>
Shabbat 20 th	<i>Shabbat HaGadol</i>	
Monday 22 nd	<i>Fast of the Firstborn</i> <i>No Chametz after 10.36am</i> <i>Burn Chametz by 11.48am</i>	
	<i>1st Seder Night</i>	
Tuesday 23 rd	<i>1st Day Pesach</i> <i>2nd Seder Night</i>	
Wednesday 24 th	<i>2nd Day Pesach</i>	
Thursday 25 th	<i>1st Day Chol Hamoed</i>	
Friday 26 th	<i>2nd Day Chol Hamoed</i>	
Shabbat 27 th	<i>Shabbat Chol Hamoed</i> <i>Song of Songs</i>	
Sunday 28 th	<i>4th Day Chol Hamoed</i>	
Monday 29 th	<i>7th Day Pesach</i>	
Tuesday 30 th	<i>8th Day Pesach</i> <i>Yizkor</i>	
May		
Shabbat 4 th	<i>Mevarachim HaChodesh</i>	
Rabbi Dansky's weekly shiur will resume on 8th May at 10am.		

We wish the following members, who have Yahrzeit in the coming week, a long life: -
Renee Bravo, Barbara Brodie, Sandra Carson, Pamela Davies, David Decker, Kenneth Demby, Esther Frankel, Sandra Franks, Barrie Gold, Lionel Goldberg, Ruth Goldberg, Barbara Goldman, Paul Goldman, Stuart Goldman, Joseph Gordon, Zane Grant, Marc Green, Jeffrey Haimov, Shirley Herst, Diane Kenner, Diane Kent, Sandra Kisby, Barbara Klinger, Suzanne Leigh, Patricia Lewis, Susan Livett, Sandra Miller, Ruth Montlake, Sidney Moss, Diana Neslen, Maurice Nieberg, Matthew Noble, Malcolm Perez, Ivor Perl, Geoffrey Riesel, Howard Robbins, Hilda Rogoff, Joan Rose, Patricia Russell, Neil Sapler, Stephen Shelton, Kevin Simmons, Hannah Stern, Simon Stern, Harvey Tibber, Paul Tobe, Shirley Vancliff, Vivien Vant and Beverley Wagner.

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Online
PASSOVER
Information
2024/5784

Available from 28th March 2024
www.kosher.org.uk/passover

Website listings to include:
Sale of Chametz • Food • Medicines • Cosmetics • Pet Foods
Hotels & Establishments open for Passover • Sedarim Near You
Seder Night • Getting Ready • Recipes • Timings • FAQs

Search Passover products at
www.passover.isitkosher.uk

If you do not have internet access and would like us to send you the product listings
please call 020 8343 6248 and leave your name, address and phone number

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 7pm throughout the summer.

Condolences to: The family of Rosalind Jessener.
Forthcoming stone-settings

21st April 2024	Estelle Mendoza	Waltham Abbey	Noon
Mother of Howard Mendoza			
5th May 2024	Lillian Lewis	Waltham Abbey	11.30am
Mother of Howard Lewis			
12th May 2024	Martin Gudde	Waltham Abbey	11.00am
Husband of Estelle Gudde			
12th May 2024	Helene Greene	Waltham Abbey	3.30pm
Mother of Barry Greene			
19th May 2024	Norman Gershon	Waltham Abbey	Noon
Father of Barry Gershon			
19th May 2024	Fay Rita Knott	Waltham Abbey	12.30pm
Grandmother of Charlie Knott			

News and Views

“And he shall take cedarwood and hyssop...” (Leviticus, 14:4)

In this week's parasha, the spiritual leper is told to take these two plants for himself and use them as part of the sacrifice that he needs to bring once his leprosy has concluded. The sages are interested in why specifically these plants are used? Rashi, quoting from the Medrash tells us that cedars are the tallest of the trees, whereas the hyssop was the lowest of the shrubs that grew. While this is an undoubtedly interesting piece of information concerning flora, what message is it supposed to be giving to the leper?

Our Rabbis explain that the word Metzora comes from the word “Motzi Ra” which means someone who finds bad. An individual who is able to find the negative, our rabbis infer, is someone who is likely to communicate that negativity to others. These two plants provide us with a psychological reason as to why they think on these pessimistic lines, either because they consciously see themselves as being like the cedar **while the reality is** that their true self is the hyssop. I know this sounds complicated, and I will endeavour to explain what I mean.

Those who see themselves like the cedar have an incredibly high perspective of themselves. Their visible ego enables them to see themselves as better than everybody else, and therefore they feel they have the right to criticise anybody and anything that does not meet their lofty standards. This leads to discriminatory comments against those who do not lead the same life as they do, or do not act in the way that they would act, or those who choose for themselves a different way of looking at the world.

Our sages are telling us that this huge ego has its source in a sense of inferiority, of smallness. The truth is that this huge sense of self and entitlement is a subterfuge for a person who doesn't really feel that they are sufficient in any way. They feel **less than**, and this motivates them to try and find a way of levelling the field, of being equal to others. The easiest way to do this is to bring others down to their level, and they achieve this by speaking badly of them, and thinking negatively of others as a result.



The Torah is telling us on a certain level to feel sorry for these individuals, to pity them. If we understand their psychology, we understand the forces which motivate them to belittle everything around them. Their large ego, and their ability to assassinate other people's characters and actions lies more in their own psychological sense of unworthiness than in the reality of what is happening around them.

I wish you all a good Shabbos.

Rabbi Steven, Siobhan, Maya, and Talia Dansky.

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