



Shabbat, 5th February 2022 / 4th Adar 1, 5782

Terumah

Service Times

Mincha followed by Kabbalat Shabbat	4.40 pm
Shacharit	9.30 am
Kiddush after the service	
Shabbat Ends	5.46 pm

No Mincha or Ma'ariv Service

Sunday – Mincha/Ma'ariv at Ilford Federation, 2A Clarence Ave, Ilford, IG2 6JH @ 4.40pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at 4.50pm.

Booking is now open for [Kabbalat Shabbat](#) on Friday, 11th February at 4.50pm, and for [Shabbat](#) Tetzaveh on 12th February at 9.30am.

Bookings will close at 6pm on Wednesday, 9th February.

We are open for [Shacharit](#) services, **On Sunday at 8.30am, 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.

From tomorrow morning, Shacharit on a Sunday will be at **8.30am**, this will be followed by breakfast.

Torah Reading

Leyning: Terumah

Rabbi Steven Dansky

Sefer Shemot: 25:1-27:19

Artscroll p 444, Soncino/Cohen p 500, Hertz p 326

Haftorah: I Kings 5:26 - 6:13

Sacha Johnstone

Artscroll p 1157, Soncino/Cohen p 515, Hertz p 336

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 at 8.30am & Public Holidays at 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

February

Monday 7 th	<i>Men's Virtual Happy Hour</i>
Tuesday 8 th	<i>Lunch N' Learn with Rabbi Dansky</i> <i>Coffee & Chat with Rev Newman</i>
Wednesday 9 th	<i>Rabbi Shiur @ 10am</i>
Monday 14 th	<i>Men's Virtual Happy Hour</i>
Tuesday 15 th	<i>Coffee & Chat with Rev Newman</i> <i>Music Extravaganza @ 8pm</i>
Wednesday 16 th	<i>Rabbi Shiur @ 10am</i>
Thursday 17 th	<i>Ladies Tea & Chat @ 3.30pm</i>
Monday 21 st	<i>Men's Virtual Happy Hour</i>
Tuesday 22 nd	<i>Coffee & Chat with Rev Newman</i>
Wednesday 23 rd	<i>Rabbi Shiur @ 10am</i>
Shabbat 26 th	<i>Mevarachim HaChodesh</i> <i>Parshat Shekalim</i>
Monday 27 th	<i>Men's Virtual Happy Hour</i>

March

Tuesday 1 st	<i>Coffee & Chat with Rev Newman</i> <i>Music Extravaganza @ 8pm</i>
Wednesday 2 nd	<i>Rabbi Shiur @ 10am</i>
Thursday 3 rd	<i>Ladies Tea & Chat @ 3.30pm</i>
Friday 4 th	<i>Rosh Chodesh Adar II</i>

COVID GUIDANCE UPDATE

MASKS MUST BE WORN IN SHUL

PLEASE WASH YOUR HANDS FREQUENTLY

PLEASE LEAVE AT LEAST 1 SEAT BETWEEN EACH PERSON

- **Keep building well ventilated**
- **Avoid contact greeting**
- **Cloakrooms remain closed**

The Community is requested by the United Synagogue to take a lateral flow test before attending Shabbat Morning services. (Before Shabbat).

Members are not to attend if they receive a positive LFT or PCR Test.

Notify Office if you tested positive after attending a Service.

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:

Sylvia Allen, Sandra Barnett, Frances Baum, Bernard Berman, Kenneth Black, David Bresh, Eleanor Burack, Nicole Callaghan, Nicola Cohen, Phillip Cohen, Joseph Coram, Howard Crammer, Susan Crammer, Audrey Davis, David Decker, David Fineberg, Helen Flax, Susan Goldman, Melvyn Granby, Eunice Green, David Greenberg, Helen Harris, Edward Harris, Helena Helman, Geraldine Jackson, Ian Keller, Jeffrey Leader, Brian Lee, Sharon Lee, Lindsey Levison, Rose Levy, Stephen Levy, Sadie Levy, Leslie Linder, Harold Marco, Laura Mendoza, Michelle Mervish, Brenda Moss, Neville Peters, Max Placks, Sarah Roat, Evelyn Rose, Barry Roth, Helen Selner, Kevin Shine, Lisa Shine, Alan Shone, Shirley Silver, Helen Silver, Alan Silverman, Irene Silverman, Elaine Smith, Brenda Stanton, Emma Tomas, Betty Turner, Kenneth Turner, Millicent Vincent, Frances Wallace and Raymond Waxman.

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.

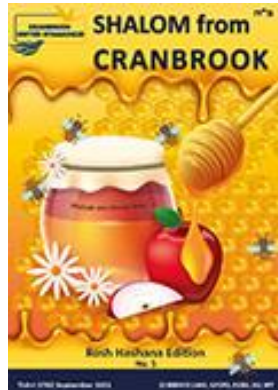
If you have any interesting or amusing articles with a Jewish content that you would like us to include, please email them as soon as possible to me at stanton.philippa@gmail.com.

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



CRANBROOK UNITED SYNAGOGUE

YOUR SHUL NEEDS YOU!

#MenForOurMinyan

There are 168 hours
in a week, can you
spare one for your Shul

Contact Robin Abrahams 07956 617 669
webmaster@cranbrooksynagogue.org.uk

Mazel Tov
מזל טוב

Mark Bajer, Alan Bernstein, Estelle Brill, Sylvia Cohen, Philip Fox, Pamela Grant, Julie Holman, Dorothea Jacobs, Jacqueline John, Rowland John, Sheila Mason and Alan Silverman on their respective birthdays.

Save the Date

UK
SHABBAT UK 13-14 MAY 2022
Supported by the Wohl Legacy

News and Views

This week's Torah portion deals with the architectural plans for the building of the Tabernacle. The most holy element of the Mishkan/Tabernacle was the Aron. This was essentially a cupboard box (the modern word for cupboard in Hebrew is Aron) which had within it the 10 Commandments, and was held within the Holy of Holies. This box was covered by a curtain, and had two Cherubs on either side of the Aron. The Torah tells us of the importance of this box with the following words:



“There I will meet with you, and I will speak to you—from above the cover, from between the two Cherubim that are on top of the Ark of the testimony—all that I will command you concerning the Israelite people” (Exodus 25:22)

The Abarbanel explains that the voice of G-d will continue to be heard in the Mishkan **in the same way** that G-d's voice was heard for the first time to the entire Jewish people. This occurred when G-d first spoke to the entire Jewish nation at Sinai when he gave them the 10 Commandments. Essentially what is being said here is fascinating: the experience of Sinai which the Jewish people witnessed was not a one-time event. It was a continuing experience of the voice of G-d speaking for all 40 years while the Israelites were in the desert. This wasn't a single moment of inspiration and then the people were left without any direction or focus from the Almighty.

This concept that we should never be without spiritual inspiration is why the Torah is put into the Ark, and we take it out and read from it every three days on Shabbat, Monday and Thursday, to ensure that the voice of G-d continues to be with us. It is for this reason that we sing the words: *“And it was **when the Ark** travelled that Moses said: Rise G-d and may your enemies scatter, and those that hate you should flee from before you”* (Vayhei Binsoa Ha'aron). This verse strengthens the link between the voice of G-d which is heard every single time the Torah is read. This ensures that we continue to be inspired, and never to forget the link that we have to the giving of the Torah at Sinai, as well as the fact that G-d does still speak to us. We just need to have the ears to hear it.

How does it occur that some of us need help when it comes to hearing the voice of G-d?

The place from which the voice of G-d comes is the Cherubim. The sages explain that the Cherubim were symbolic of the relationship between G-d and the Jewish people, and they faced one another in an embrace. This indicates that there needs to be a desire for a relationship if it is to occur. Perhaps to hear the voice of G-d we need to have a true desire for that relationship to take place. If this is our ultimate desire, then we will be able to hear G-d's voice at all times.

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

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