



**Shabbat, 13th August 2022 / 16th Menachim Av 5782
Va'etchanan / Shabbat Nachamu / Pirkei-Avot: Chapter 3**

Service Times

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit followed by Kiddush	9.30 am
Shabbat ends	9.20 pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at 7.15pm. Light Candles at 7.40pm

We welcome back to Cranbrook Synagogue this morning Rabbi Yaakov Singer who will be davening and leyning for us today.

Weekday Services this week.

**Sunday 14th August at 8.15am, Monday 15th August at 7.05am and Thursday 18th August at 7.05am.
Mincha followed by Ma'ariv on Monday - Thursday at 7.30pm.**



Torah Reading

Leyning: Va'etchanan
Book of Devarim: 3:23-7:11
Artscroll p 958, Hertz p 755, Cohen/Soncino p 1008
Haftarah: Isaiah 40:1-26
Artscroll p 1196, Hertz p 776, Cohen/Soncino p 1028

Rabbi Yaakov Singer
Martin Bloomberg

Shabbat Nachamu (Sabbath of comfort/ing) takes its name from the haftarah from Isaiah in the Book of Isaiah 40:1-26 that speaks of "comforting" the Jewish people for their suffering. It is the first of seven haftarahs of consolation leading up to Rosh Hashanah.

***This week's Cranbrook News is sponsored in Loving Memory of Leslie Mervish,
Lazer Ben Dovid zt"l, Sadly missed by all his family.***

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 13 th	<i>Shabbat Nachamu</i>
Sunday 14 th	<i>Quiz Night</i>
Monday 15 th	<i>Cranbrook Monday Club</i>
Tuesday 16 th	<i>Music Extravaganza @ 8pm</i>
Shabbat 20 th	<i>Mevarachim HaChodesh</i>
Monday 22 nd	<i>Cranbrook Monday Club</i>
Shabbat 27 th	<i>Rosh Chodesh Ellul</i>
Sunday 28 th	<i>Rosh Chodesh Ellul</i>
Monday 29 th	<i>Bank Holiday</i>
Tuesday 30 th	<i>Music Extravaganza @ 8pm</i>

September

Thursday 1 st	<i>Ladies Tea and Chat</i>
Monday 5 th	<i>Cranbrook Monday Club</i>
Tuesday 6 th	<i>Coffee and Chat with Rev Newman</i>
Monday 12 th	<i>Cranbrook Monday Club</i>
	<i>Men's Virtual Happy Hour</i>
Tuesday 13 th	<i>Music Extravaganza @ 8pm</i>



CRANBROOK
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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: -

Karla Austin, Lilian Black, Rose Blitz, Karen Brent, Norma Burns, Ivor Clements, Alan Coleman, Howard Crammer, Mildred Davies, Raymond Duskwick, Frank Eisen, Hilary Finney, Donna Gold, Sheila Graham, Joanne Green, Rita Isaacs, Irene Kaye, Lillian Kirsch, Deanna Klein, Elaine Lawson, Edward Leon, Susan Levine, Lillian Lewis, Warren Maslin, Barbara Mervish, Bradley Mervish, Esther Michaels, Rhona Morris, Henry Moss, Rose Nathan, Leonard Nessick, Betty Pam, David Pinner, Stephanie Powell, David Reed, Geoffrey Riesel, Gerda Rosenberg, Rita Ruben, Rita Shaw, Rita Shenker, Martin Solomons, David Sopher, Marie Sopher, Geoffrey Stean, Phyllis Stillerman, Irene Sumray, Eleanor Taylor, Harvey Tibber, Helen Walker, Annie Wallen, Derek Wigul, Josette Wolfe and Sylvia Zilesnick.



Anthony & Shelley Deutsch on their wedding anniversary.

Yael Callaghan, Kitty Davis, Carol Emden, Sydney Hyams, Leslie Palmer, Max Placks, Sidney Schlesinger and Irene Sumray on their respective birthdays.

Leyning and Haftarah

Gentlemen would you please let Harold know your Barmitzvah Sedra and if you just leined or recited Maftir and Haftarah.

Please don't be shy we would love to have more of our members take part in the service on a Shabbat morning.

Ladies Tea & Chat will be taking a break until Thursday, 1st September at 3.30pm.

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

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

ONLINE
MUSIC APPRECIATION EXTRAVAGANZA

TUESDAY 16TH AUGUST

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

PART 2 - 1974-1991

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

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Forthcoming stone-settings

21st August 2022	Ivor Wagner	Waltham Abbey	11am
Father of Beverley Wagner			
21st August 2022	Evelyn Raine	East Ham	2.00pm
Sister of Renee Bravo			
28th August 2022	Stanley Faw	Waltham Abbey	3.30pm
Husband of Rosalind Faw			
11th September 2022	Joan Masters	Waltham Abbey	10.30am
Mother of Stephen Masters			
11th September 2022	Peter Mendel	Waltham Abbey	11.30am
Husband of Marlene Mendel			
11th September 2022	Corinne Fishman	Waltham Abbey	Noon
Mother of Louise Malina			
11th September 2022	Colin Emden	Waltham Abbey	12.30pm
Husband of Carol Emden, father of Michelle & Richard Emden			
11th September 2022	Leila Conn/Leslie Shaw	Waltham Abbey	1.30pm
Mother of Danny Conn			
11th September 2022	Audrey Allen	Waltham Abbey	3.30pm
Mother of Wendy Ockrim			

The Torah says what?

Tefillin (phylacteries) cause our enemies to be afraid of us

In this week's Torah portion, we read the Shema and in it there is the commandment to wear Tefillin (phylacteries) on men's arms and on their heads. In the Tefillin, there are texts which relate to the Exodus from Egypt, the importance of the commandments, the Shema which contains the unity of G-d and the concept of reward and punishment for the commandments.



The reason that we put these sacred texts onto our arms and on our heads is to ensure that while we wear them, we should be aware of G-d, and this awareness should extend to our minds which is why we wear the Tefillin on our heads, as well as to our actions, because the tefillin are placed on the left bicep (unless we are left handed). We therefore wear Tefillin to ensure that we have a real awareness of G-d, his capacity to redeem us, as well as the commandments at least once a day.

While the verse doesn't tell us that Tefillin will protect us in any way, there is an allusion to this in the Talmud, which states: And from where is it derived that phylacteries provide strength for Israel? As it is written: "And all the nations of the land shall see that the name of the Lord is called upon you, and they will fear you" (Deuteronomy 28:10).

The Maharal explains that the Tefillin expresses the fact that G-d took us out of Egypt and changed nature in the process through the miracles that He performed. When the nations of the world see that we are protected by that self-same G-d it will cause them to fear us - if He can do that to the Egyptians, what could he possibly do us?

On a practical level this idea does seem ludicrous - how can Tefillin protect an individual? Even if the texts inside say these things, no-one can see them - they are hidden within the boxes.

A story is told of the Goan of Vilna who was once staying overnight at a Jewish-owned inn. In the morning, the innkeeper got up to say his prayers and put on Tefillin. The Vilna Gaon did the same in his own room. Suddenly, a stranger marched into the room where the innkeeper was praying and started to attack him. When the Vilna Gaon heard the innkeeper's cries, he opened the door to his room.



When the attacker saw the Vilna Gaon, he was overcome by fear and collapsed on the spot. The innkeeper turned to his prominent guest, and asked him: "Why did the attacker collapse like that? What did you do to him?" To this the Vilna Gaon answered: "What are you so surprised about? The Torah says that when the peoples of the earth shall see your head-tefillin they shall fear you." The innkeeper responded, "But I was also wearing tefillin on my head and that didn't stop the stranger from attacking me?!" The Vilna Gaon said to his host: "The difference between me and you is that you wear your tefillin on your head and I wear my tefillin in my head." The response of the Vilna Gaon is clear: The Tefillin can cause awe in others, but only if the words of Tefillin become internalised by the individual - something we believe as well as something we wear.

I wish you all a good Shabbos
Rabbi Steven, Siobhan, Maya and Talia Dansky.

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