



CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, 29th July 2023 / 11th Menachim Av 5783
Va'etchanan / Shabbat Nachamu / Pirkei-Avot: Chapter 3

Service Times

Mincha followed by Kabbalat Shabbat

7.15pm

Shacharit followed by Kiddush

9.30am

No Mincha or Ma'ariv service

Shabbat Ends

9.51pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at **7.15pm**.

Candle lighting at **7.40pm (8.29pm)**.

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.



Mervyn & Ruth Lyndon (30th) and Jason & Susan Palmer (30th) on their respective wedding anniversaries.

Karen Cohen, Eugene Gaufman, Beverley Gold, Monty Goldstein, Zane Grant, Helen Harris, Gloria Kovler, Paul Orgel, Simon Stern, Marcia Tomas and Kenneth Wayne on their respective birthdays.

Torah Reading

Leyning: Va'etchanan

Book of Devarim: 3:23-7:11

Rabbi Steven Dansky

Artscroll p 958, Hertz p 755, Cohen/Soncino p 1008

Haftarah: Isaiah 40:1-26

Simon Stern

Artscroll p 1196, Hertz p 776, Cohen/Soncino p 1028



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: Sunday, Monday, and Tuesday at **Iford 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 followed by Ma'ariv: Sunday, Monday, Tuesday, Wednesday & Thursday at **7.30pm.**

Dates for the Diary

July

Shabbat 28th *Shabbat Nachamu*

August

Wednesday 2nd *Tu B'Av*

Thursday 3rd @ 3.30pm *Ladies Tea & Chat*

Shabbat 12th *Mevarachim HaChodesh*

Thursday 17th *Rosh Chodesh Ellul*

Friday 18th *Rosh Chodesh Ellul*

Monday 28th *Bank Holiday*

September

Tuesday 5th @ 3.30pm *Coffee and Chat with Rev Newman*

Thursday 7th @ 3.30pm *Ladies Tea & Chat*

Friday 15th *Erev Rosh Hashanah*

Shabbat 16th *1st Day Rosh Hashanah*

Sunday 17th *2nd Day Rosh Hashanah*

Online Music Appreciation Extravaganza returns on Tuesday, 26th September at 8pm.

Rabbi Dansky's Weekly Shiur will return in October.

Chatanim and Eshet Chayil

We are delighted to be honouring **Simon Stern** and **Michael Silver** as Chatan Torah and Chatan Bereishis respectively.

We are also delighted to be honouring **Norma Levinson** as our Eshet Chayil and look forward to celebrating with them over Simchat Torah.

Details about our Simchat Torah celebrations and our presentation lunch will follow over the next few weeks.



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

Helen Aaronson, Ruth Abrahams, Sylvia Allen, Jack Alter, Edwina Berg, Kenneth Black, Rose Blitz, Jessie Cherkoff, Jacqueline Chesler, Frederick Cohen, Sarah Cohen, Stephen Colman, Frank Eisen, Gertrude Fagelson, Patricia Gedalla, Beverley Gold, Freda Goldstein, Sheila Graham, Sheila Green, Howard Green, Rita Jacobs, Dorothea Jacobs, Rochelle Jay, Sandra Keller, Janet Kennard, Jessie Kenton, Allan Krist, Leonard Krist, Norman Kwintner, Helena Leibowitz, Ian Lenchner, Barbara Lennard, Edward Leon, Carla Levene, Norma Levinson, Mildred Luton, Warren Maslin, Bradley Mervish, Barbara Mervish, Barbara Metselaar, Gillian Newman, Jean Prince, Stanley Prooth, Tina Regan, Joan Rose, Philip Rose, Irene Rosenberg, Gerda Rosenberg, Rita Ruben, Rosalie Shaffron, Rita Shaw, Michael Silver, Andrea Sint, Martin Solomons, Geoffrey Stean, Simon Stern, Irene Sumray, Robert Torz, Serena Torz, Adrienne Vickers, Wendy Werth and Diane Windsor.

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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

Forthcoming stone-settings

30th July 2023	Rachelle Rose	Waltham Abbey	10.30am
Mother of Anthony Hohenstein			
20th August 2023	Paul Grant	Waltham Abbey	12.30pm
Father of Loraine Kayser			
20th August 2023	Lawrence Michaels	Waltham Abbey	1pm
Father of Stephanie Lakin			
3rd September 2023	Arnold Abrahams	Waltham Abbey	1pm
Father of Mark Abrahams			
3rd September 2023	Sinclair Frydland	Waltham Abbey	3.30pm
Husband of Sylvia Frydland			
3rd September 2023	Emanuel Levene	Waltham Abbey	4pm
Husband of Carla Levene			

News and Views

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 to 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 Gaon 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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