

CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, June 29th, 2024 / Sivan 23rd, 5784

Shelach Lecha / Pirkei-Avot Chapter 3 / Mevarachim HaChodesh

Service Times

Mincha followed by Kabbalat Shabbat	7pm
Shacharit followed by Kiddush	9.30am
No Mincha or Ma'ariv service	
Shabbat Ends	10.27pm
Next Friday: Mincha / Kabbalat Shabbat at 7pm - Light Candles 7.40pm (9.05pm)	



Marilyn & Alan Shone on their Wedding Anniversary.

Steven Graham, Ronit Herst, Janet Kennard, John Rose, Elaine Smith, Lorraine Silver, Edna Sonkin, Louis Vitow, and Olivia Young on their respective birthdays.

Susan and Howard Walters on their grandson's Barmitzvah this weekend.

Leone Aaronson on her marriage to Marc Alicoon this weekend.

Helen, Brian and Jordana Aaronson on Leone's marriage to Marc this weekend.

Rosalind Kaye on grandson, Marc Alicoon's marriage to Leone this weekend.

Torah Reading

Leyning: Shelach Lecha	
Sefer Bamidbar: 13:1-15:41	<i>Rabbi Steven Dansky</i>
Artscroll p 798, Hertz p 623, Cohen/Soncino p 860	
Haftorah: Yehoshua 2:1 - 2:24	<i>John Kent</i>
Artscroll p 1184, Hertz p 635, Cohen/Soncino p 875	



This week's Cranbrook News is kindly sponsored by Malcolm Nathan in loving memory of his late father, Neddie Nathan, Nachman ben Michael Ha Levi, z"l

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

June

Shabbat 29th *Mevarachim HaChodesh*

July

Tuesday 2nd @ 12.30pm *Lunch & Learn with Rabbi Dansky*

Wednesday 3rd @ 11am *Rabbi Dansky Weekly Shiur*

Shabbat 6th *Rosh Chodesh Tammuz*

Sunday 7th *Rosh Chodesh Tammuz*

Wednesday 10th @ 11am *Rabbi Dansky Weekly Shiur*

Tuesday 16th @ 12.30pm *Lunch & Learn with Rabbi Dansky*

Wednesday 17th @ 11am *Rabbi Dansky Weekly Shiur*

Tuesday 23rd *Fast of Tammuz*
Starts - 2.31am / Ends 9.55pm

Wednesday 24th @ 11am *Rabbi Dansky Weekly Shiur*

Wednesday 31st @ 11am *Rabbi Dansky Weekly Shiur*



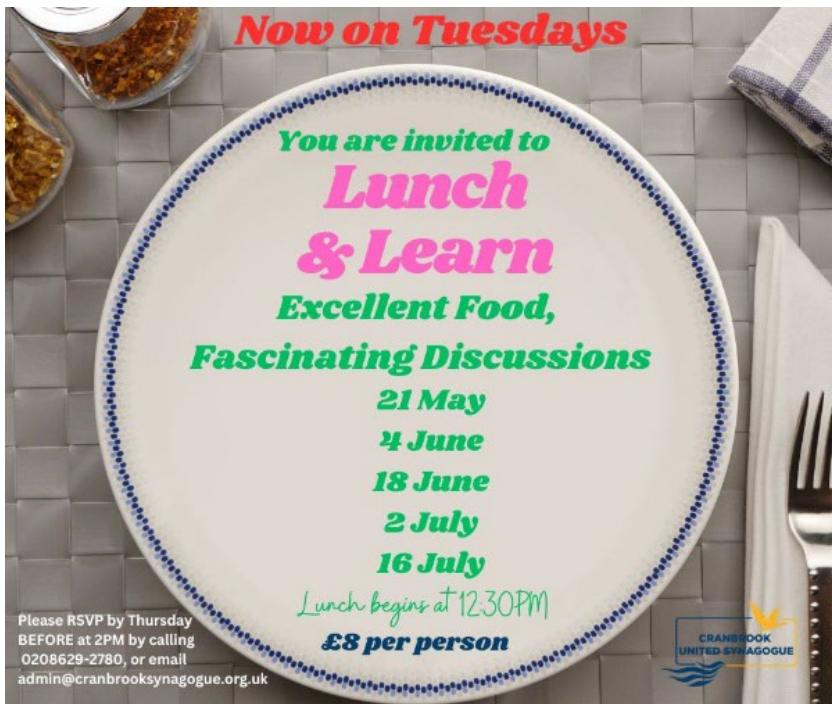
Rosh Chodesh Tammuz is next **Shabbat, July 6th** (Yom Shabbos Kodesh) and **Sunday, July 7th** (Yom Rishon) and we bless the new month today.

The *Molad* (the time of the first sighting of the moon in Jerusalem) is on **Saturday, July 6th** at 1:09 pm and 10 *chalakim*.

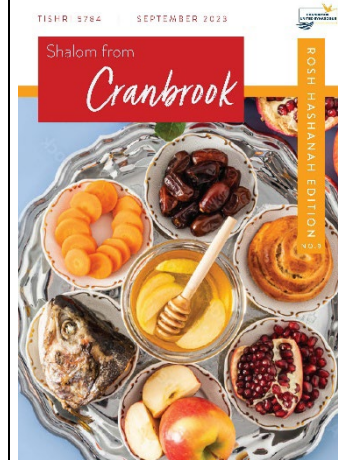
We wish the following members, who have Yahrzeit in the coming week, a long life: -

Vera Aarons, Marian Arbiter, Karla Austin, Marian Becker, Ruth Berg, Yvonne Block, Mavis Bonham, Helen Brownstone, Anthony Cirsch, Marian Conway, Joy Debenham-Burton, David Flaum, Jillian Gold, Danielle Goldman, Gerald Goodman, Dawn Graham, Marina Graham, Sheila Graham, Elizabeth Greene, Barbara Grew, Michael Griver, Sylvia Jay, Sharon Joseph, Adele Judt, Irene Kaye, Sheila Keizner, Anthony Lane, Stuart Lasky, Norma Leigh, Pauline Lester, Angela Levene, Gary Levene, Adele Lewis, Harold Marco, Gary Mazin, Marion Mazin, Gilda Melnick, Kay Nathan, Michael Nieman, Ellayne Noble, Stuart Pessok, Mandie Preston, Diane Rankoff, Gerald Reisman, Harold Rosenberg, Laurence Rosenberg, Rosalind Rozansky, Sidney Schlesinger, Rosalie Shaffron, Lisa Shaw, Cynthia Simmons, Marie Sopher, Harvey Student, Robert Torz, Serena Torz, Helen Tranis, Doreen Wajchandler, Melvyn Windsor and Diane Windsor.

Lunch & Learn



Rosh Hashanah 5785 - Shalom Magazine



We are now working on the Rosh Hashanah 5785 Edition No 10 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 Philippa Stanton at stanton.philippa@gmail.com.

All articles, pictures and stories must be received by **24 July 2024**. I have already started collecting new articles, so please email me as soon as you can!

I look forward to hearing from you.

Please call or e-mail the Office to book for **Tuesday, 2nd July** by **2pm** on **Thursday, 27th June**.

Call 020 8629 2780 or e-mail admin@cranbrooksynagogue.org.uk

Condolences to: The family of David Rein & Nigel Spring.

Forthcoming stone-settings

7 th July 2024	Barbara Gordon	Waltham Abbey	Noon
Mother of Elaine Smart			
14 th July 2024	Joy Peterson	Waltham Abbey	11.30am
Mother of Adrian Samuels			
14 th July 2024	Kitty Dessau	Waltham Abbey	1pm
Mother of Steven Dessau			
21 st July 2024	Warren Maslin	Waltham Abbey	10.30am
Husband of Jacqueline Maslin			
25 th July 2024	Freda Goldstein	Bushey	10.30am
Mother of Joanne Cowan			

News and Views

This week's parsha deals with the spies, and how they are sent into the land of Canaan to bring back a report for the Jewish people. The Torah tells us that 10 out of the 12 spies returned with a negative report about the land of Israel. They said that the land of Canaan has strong armies, that they were barricaded by defences up to the heavens. There are giants in the land, the spies claimed, and the land will literally consume them all.

The Jewish people hear this negative report, and they cry. They say: It is because G-d hates us that He took us out of Egypt, only to get us destroyed by the Emori", one of the nations that live in the Land of Canaan.

There is a major question which needs to be dealt with here. G-d had promised the Jewish people that they would be able to conquer the land of Israel from their enemies. They had seen G-d's power- his ability to crush the most powerful nation in the known world of the time -the Egyptians were completely wiped out as a military force single-handedly by G-d. Why did the Jewish people not trust that G-d would do the same thing again? Did they lack faith in G-d? After everything that they had seen, everything that they had experienced, why did they lack faith? The spies themselves were not people who lacked faith. They are described as men of stature, the heads of Israel. The future leaders of Israel were included amongst these 12 spies. Joshua only featured at number five in the list, which means that 5 others had greater potential than he did. Yet Joshua becomes the leader of the Jewish people after Moshe's passing. Where did they go wrong?

The commentators all pick up on one issue - the spies were scared. They were frightened of going from the known - the comfortable, into the unknown. In the desert, as miraculous as their existence was, it was comfortable - it was known - it was the status quo. Now, they were being asked to move to a place in which they no longer got food from heaven, no longer had clothes which never needed washing, no longer had direct contact with G-d. They were moving into the unknown, and this caused them to have incredible terror.

The spies' reaction shows what happens when fear hits. First off, they turn assumptions into facts. They assume that they can't defeat their enemies, and that becomes a fact. Their ability to think logically - to know that they have a superpower on their side like G-d, gets thrown out of the window - the enemy is so strong, they say, it can defeat even G-d! They start to spread lies which links into their beliefs about themselves - the land will eat us up. Lastly, and most importantly - their confidence in themselves gets shot to pieces. They say: We were like locusts in the eyes of the people of Canaan - so small and insignificant that we could never mount an attack against them, and therefore there is no way we could contend with them.

Fear debilitates. It weakens us. It stops us thinking. It stops us being logical. It destroys our sense of self-worth. It is so powerful. Controlling our fear when it hits can literally change our lives. It helps us to think clearly. It helps us make the right decisions. It allows us to know we have overcome something that could have debilitated us, and that should give us confidence as we move into the future.

I wish you all a peaceful Shabbos

Rabbi Steven, Siobhan, Maya and Talia Dansky.

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