



**Shabbat, May 7th, 2022 / Iyar 6th, 5782 / Omer Day 21
Kedoshim / Pirkei-Avot Chapter 2**

Service Times

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit	9.30 am
Mincha and Suedah, followed by Ma'ariv Service at <i>Ilford Federation, 2A Clarence Ave, IG2 6JH</i> @	8.00 pm
Shabbat Ends	9.29 pm
Sunday – Mincha/Ma'ariv at <i>Ilford Federation, 2A Clarence Ave, Ilford, IG2 6JH</i> @	7.30 pm
Next Friday: Sushi Reception followed by Kabbalat Shabbat takes place at	6.15pm.
Light Candles at 7.40pm (8.29pm)	

Shacharit services, On Sunday 8th at 8.15am, Monday 9th at 7.05am and Thursday 12th at 7.05am.

Mincha followed by Ma'ariv on Monday - Thursday at 7.30pm.



Torah Reading

Leyning: Kedoshim
 Sefer Vayikra: 19:1 - 20:27
 Artsroll p 656, Cohen p 723, Hertz p 497
 Haftoro: Amos 9:7 - 9:15
 Artsroll p 1173, Cohen p 735, Hertz p 509

Rabbi Steven Dansky

Philip Powell

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 & Public Holidays at 8.15am.

Shacharit: Monday and Thursday at 7.05am.

Rosh Chodesh Shacharit: Monday to Friday at 7am; Sunday at 8.15am.

Mincha followed by Ma'ariv: Monday, Tuesday, Wednesday & Thursday at 7.30pm.

Dates for the Diary

May

Monday 9 th	<i>Men's Virtual Happy Hour</i>
Tuesday 10 th	<i>Grand Music Trivia Quiz @ 8pm</i>
Wednesday 11 th	<i>Rabbi Shiur @ 10am</i>
Thursday 12 th	<i>Challah Bake @ 7pm</i>
Friday 13 th	<i>Sushi Reception followed by Kabbalat Shabbat</i>
Shabbat 14 th	<i>Shabbat UK Luncheon</i>
Sunday 15 th	<i>Pesach Sheni</i> <i>AGM</i>
Monday 16 th	<i>Men's Virtual Happy Hour</i>
Tuesday 17 th	<i>Coffee & Chat with Rev Newman</i>
Wednesday 18 th	<i>Rabbi Shiur @ 10am</i>
Thursday 19 th	<i>Lag B'Omer</i>
Monday 23 rd	<i>Men's Virtual Happy Hour</i>
Tuesday 24 th	<i>Coffee & Chat with Rev Newman</i>
Wednesday 25 th	<i>Rabbi Shiur @ 10am</i>
Thursday 26 th	<i>Ladies Tea and Chat</i>
Shabbat 28 th	<i>Mevarachim HaChodesh</i>
Monday 30 th	<i>Men's Virtual Happy Hour</i>
Tuesday 31 st	<i>Rosh Chodesh Sivan</i> <i>Coffee & Chat with Rev Newman</i>

HELP REDUCE THE SPREAD OF COVID-19

It's not gone away!!

MASKS ARE NOW VOLUNTARY WHILST IN THE SHUL

BUT STILL RECOMMENDED IN CROWDED PLACES AND INDOOR AREAS

*** SANITISE HANDS REGULARY***

*** LEAVE ONE SPACE BETWEEN EACH PERSON***

THE SHUL MUST STILL BE KEPT WELL VENTILATED, LETTING FRESH AIR IN WHILST INDOORS

MEMBERS ARE NOT TO ATTEND IF THEY RECEIVE A POSITIVE PCR OR LFT TEST.

STAY HOME IF YOU'RE FEELING UNWELL.

PLEASE VACATE FORECOURT AS SOON AS POSSIBLE AFTER SERVICE.

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

Ruth Abrahams, Edward Adler, Bernice Bass, Betty Bernard, Sharon Bick, Michelle Bolle, Allan Brett, Barry Brett, Adrienne Burnley, Alan Burns, Valerie Caine, Estelle Carson, Marilynne Chyte, Barry Cohen, Mildred Davies, Helen Duncan, Linda Eleini, Alexander Fagelson, Philip Fagelson, Ian Fenton, Alan Geisler, Marilyn Gladstone, Alan Golstein, Elizabeth Greyman, Karen Grossman, Rita Grossman, Celia Hine, Angela Kalmanson, Joseph Kaye, David Lee, Roger Leigh, Pauline Lester, Denise Mallach, Joy Mallach, Michael Mallach, Harold Marco, Susan Morrison, Adele Pearl, Mavis Pinner, Diane Rankoff, Janice Rebak, Howard Robbins, Angela Roberts, Ruth Rose, Peter Rudd, Ruth Russell, Patricia Russell, Clive Schaller, Linda Schaller, Sidney Schlesinger, Jack Selner, Doris Sheril, Martine Sholem, Irene Silverman, Estelle Smiler, Rita Stevens, Maureen Tassie, Michael Trainis, Ronald Weinberg and Janice Winston.



Simon & Lisa Shaw on their wedding anniversary.

Shirley Burke, Sonny Finberg, Helen Gilles, Elizabeth Greene, Michael Kenner, Lilian Levy, Lillian Lewis, Trevor Morris, Philip Pinkerton, Kaila Saltman, Frances Summers on their respective birthdays.

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.



GRAND MUSIC TRIVIA QUIZ

Join us for an evening of fun and test your musical knowledge. Specialist rounds include 1970s, James Bond, London Links and the Eurovision Song Contest.

**TUESDAY 10TH MAY
8.00PM - 9.30PM**

Hosted by Martin Summers

Queries to Robin Abrahams 07956 617669

Zoom: <https://tinyurl.com/musicextravaganza>

ID: 823 7234 9872

Passcode: 157750



Forthcoming stone-settings

8th May 2022	Alfred Godfrey	Waltham Abbey	10am
Husband of Muriel Godfrey			
8th May 2022	Doris Margolis	Waltham Abbey	10.30am
Mother of Rosalind Conway			
8th May 2022	Marion Dobin & Paul Dobin	Waltham Abbey	Noon
Parents of Maxine Pooley			
15th May 2022	Joseph Mazin	Waltham Abbey	11.30am
Husband of Marian Mazin, father of Gary Mazin			
15th May 2022	Stanley Russell	Waltham Abbey	12.30am
Husband of Ann Russell, father of Natasha Cripps			

Dear Friends,

Shabbat UK is coming up very shortly, and I thought it appropriate to discuss Shabbat in greater detail, with some good guidelines about this holy day.

The sages tell us that Shabbat is like a moment in the next world. The thing that Shabbat and the Next World have in common is that in both the aim is not to be involved in doing, but in the world of experiencing. This world, and the six days of the week are about being involved, doing those things that we need to survive - working, cooking, cleaning, driving and generally being busy.

However, Shabbat is a moment in time when we don't get involved in actions which focus on achievement. It is a time when we reflect on all those things that we have done and think about their meaning.

It needs to be a day that is different from all other days of the week. Shabbat is described as 'holy', and this means that we need to experience the world in a way separate to the way in which we deal with the rest of the week.

Shabbat is therefore all about the experience, and what better way to experience a moment of the next world in this world than by making the best attempt possible to keep it according to the laws which govern it.

The Shul will be providing you with amazing opportunities to experience this Shabbat. We will be having amazing children's services for the children, great services with lots of spirit and singing, as well as an amazing lunch celebration.

If your grandchildren have not experienced Shabbat before, let them stay over at yours, and bring them with to you to experience this special day!

Below are some useful ideas that you can use to make your Shabbos incredibly special.

DISCONNECT TO CONNECT In today's society, where so many distractions seem to be pulling us apart, Shabbat provides a "glue" for holding us together. The lack of technology the day prescribes, coupled with a structure of family meals, gatherings, and prayers, establishes the perfect environment for disconnecting from life's many harried distractions and reconnecting with ourselves, our family and the people who are most important to us.

There is no better way of communicating with our loved ones than face to face. So, make the attempt to make this Shabbat a day in which we truly communicate and connect with the people who are most important in our lives, and don't use your mobile phones. It may be hard at first, but it will be so incredibly rewarding and possibly transform your Shabbos into something truly meaningful.

MAP YOUR WALK Shabbat means trading in four wheels for two shoes. Plan your walking routes to friends, shul, and parks. You'll probably see your neighbourhood like never before. We don't use elevators on Shabbat, so if you live in an apartment block, make friends with the stairwell!

GET COOKING (OR ORDERING) Remember, all food must be cooked before Shabbat comes in – just think, you'll feast like royalty on Shabbat, and you won't have to cook for 25 hours! Please join us for Shabbat Lunch at the Shul, and you can enjoy a delicious lunch - one which will be ready and prepared for you!

LIGHTS ARE ON AND EVERYONE'S HOME Remember to put lights on where you need them (bathrooms, living rooms, dining rooms and kitchen) and off where you don't (bedrooms), because you can't put lights on and off during Shabbat. If you are concerned about wasting electricity, you can always put your essential lights on a light switch.

I wish you all the best of Shabboses for this lovely opportunity this week.

With love and friendship always

Rabbi Steven, Siobhan, Maya and Talia Dansky.