

CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, 3rd February 2024 / 24th Shevat 5784
Yitro / Mevarachim HaChodesh

Service Times

Mincha followed by Kabbalat Shabbat

4.36pm

Shacharit followed by Kiddush

9.30am

Mincha follows Kiddush

after 12.38pm

No Ma'ariv service

Shabbat Ends

5.43pm

Next Friday: Mincha followed followed by Kabbalat Shabbat at **4.49pm**



Gaynor & Richard Grew on their Coral (30th) Pearl Anniversary.

Helen Aaronson, Raymond Duskwick, Dorothea Jacobs, Sandra Miller, Beverley Sennett. Alan Silverman and Madalyn Ward on their respective birthdays.

Our congratulations go to Table 13 who won the Quiz on Sunday evening, our congratulations also go to Frances Sherman who won the raffle. Our thanks go to Phillip Powell, Ian Keller, Jeff Faber, and Bradley Mervish and to all of the team who made it a very successful evening.

Torah Reading

Leyning: Yitro

Sefer Shemot: 18:1-20:23

Rabbi Steven Dansky

Artsroll p 394, Hertz p 288, Cohen/Soncino p 445

Haftarah: Isaiah 6:1-13, 7:1-6, 9:5-6

Rabbi Steven Dansky

Artsroll p 1154, Hertz p 302, Cohen/Soncino p 464



This week's Cranbrook News is kindly sponsored by the Abrahams and Chessis families in loving memory of Dennis Abrahams, Dovid ben Reuven 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: Monday to Thursday at 1.30pm at **Chabad Gants Hill**
Mincha: Sunday at 4.35pm; Ma'ariv: Monday, Tuesday, Wednesday & Thursday at **7.30pm.**

Dates for the Diary

February		
Shabbat 3 rd		<i>Mevarachim Hachodesh 10 Commandments</i>
Monday 5 th	@12.30pm	<i>Lunch & Learn with Rabbi Dansky</i>
Wednesday 7 th	@10am	<i>Rabbi Dansky Weekly Shiur</i>
Friday 9 th		<i>Rosh Chodesh Adar 1</i>
Shabbat 10 th		<i>Rosh Chodesh Adar 1</i>
Wednesday 14 th	@10am	<i>Rabbi Dansky Weekly Shiur</i>
Monday 19 th	@12.30pm	<i>Lunch & Learn with Rabbi Dansky</i>
Tuesday 20 th	@ 8pm	<i>Music Extravaganza Night</i>
Wednesday 21 st	@10am	<i>Rabbi Dansky Weekly Shiur</i>
Friday 23 rd		<i>Purim Katan</i>
Shabbat 24 th		<i>Shushan Purim Katan</i>
Wednesday 28 th	@10am	<i>Rabbi Dansky Weekly Shiur</i>
March		
Monday 4 th	@12.30pm	<i>Lunch & Learn with Rabbi Dansky</i>
Wednesday 6 th	@10am	<i>Rabbi Dansky Weekly Shiur</i>
Shabbat 9 th		<i>Mevarachim Hachodesh Parashat Shekalim</i>

Lunch & Learn







Please call or e-mail the Office to book for **Monday, 19th February** by **2pm on Thursday, 15th February.**

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

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

Robin Abrahams, Daniel Abrahams, David Baars, Gabriel Barzilai, Bryan Besbrode, Michael Bien, Kenneth Black, Rita Button, Marian Conway, Constance Conway, Michael Conway, Suzanne Coulton, Marian Dennehey, Bruria Eisen, Stephanie Field, Marilyn Finegold, Melvin Forman, Vanessa Freedman, Sidney Frenkel, Ezekiel Gillis, Morris Gillis, Barbara Goldman, Valerie Goldsmith, Derek Hooker, Irene Hyams, Michael Jason, Victoria Joffe, Doris Kaizer, Deanna Karp, Freda Katz, Sheila Keizner, Sherrill Klein, Hugh Koslover, Michael Kravitz, Allan Krist, Leonard Krist, Suzanne Leigh, Gloria Levene, Solomon Macatonia, Anita Macatonia, Norma Maisner, Brian Marks, Esther Michaels, Allan Osborne, Mandy Perez, Daniel Rose, Jacqueline Scott, Barbara Shamplina, Rita Shaw, Simon Shaw, Carole Shine, Carol Silverman, Paul Stein, Doreen Wajchandler, Annette Waxman and Andrew Wernick.

JOIN OUR

WOMEN'S

HEALTH EVENT

Wednesday 6th March 2024
7.30pm
Cranbrook United Synagogue

WITH GUEST SPEAKERS

Janet Silver MBACP
Eating Disorders

Dr Sheryl Kaplan
Holistic Women's Health

TO BOOK VISIT:
WWW.THEUS.ORG.UK/CRANBROOK/WOMENS-HEALTH-EVENT
PHONE: 020 8629 2780
OR EMAIL: ADMIN@CRANBROOKSYNAGOGUE.ORG.UK

Rosh Chodesh Adar 1



Rosh Chodesh Adar Rishon is next **Friday, 9th** and **Shabbat, February 10th** (B'Yom Shishi Uv'Yom Shabbos Kodesh).

The Molad (the time of the first sighting of the moon in Jerusalem) for Adar Rishon is on Friday, February 9, 2024, 9:29 pm and 5 *chalakim*.

Shacharit on Friday, 9th February will be slightly earlier at 7.10am

The shul website is now password protected please e-mail webmaster@cranbrooksynagogue.org.uk or WhatsApp 07956 617669 to get the password.

Condolences to: The family of Sylvia Fletcher and Doreen Schlesinger.

Forthcoming stone-settings

17th March 2024	Ivor Miller	Waltham Abbey	11.00am
Husband of Anita Miller			
17th March 2024	Martin Mercer	Waltham Abbey	11.30am
Father of Michael Mercer			
17th March 2024	Gabriel Shine	Waltham Abbey	Noon
Husband of Shirley Shine			

News and Views

In this week's parsha we meet Moshe's father-in-law, Yitro.

He sees how hard Moshe is working around the clock and suggests that Moshe employ deputies to share the workload. "They shall judge the people at all times, and it shall be that they shall bring every *major* matter to you, and everything minor they shall judge..." (Shemot 18:22).

Moshe follows Yitro's advice, with one slight change. "...the *difficult* things they would bring to Moshe and the minor things they would judge" (Shemot 18:26).

In matters of leadership, it is easy to confuse recognition with importance. Sometimes the two coincide, but it can be that the most crucial jobs are the small, behind-the-scenes issues which may never be publicly acknowledged.

No-one decorates and celebrates the foundations of a house and yet, without them, there would be no house to adorn and live in.



Yitro's advice was that Moshe should take on the high-profile tasks that would put his name in lights. But Moshe is known as the humblest of all men; he knew that his responsibility and job was to deal with the difficult issues, even if they would not earn him public recognition.

Further, Rabbi Sacks of blessed memory points out that Yitro uses the phrase "lo tov" - "not good" - in describing how Moshe was shouldering the burden of leadership alone. The only other time the phrase "lo tov" is used is in Bereishit 2:18: "It is not good for man to be alone".

In leadership and in life, companionship is crucial. Moshe had a direct line to G-d, making him believe that he was uniquely qualified to judge the people.

However, Yitro taught him that it's not perfection but rather collaboration that results in great leadership.

I wish you all a good Shabbos.

Rabbi Steven, Siobhan, Maya and Talia Dansky.

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