



**Shabbat, 19th November 2022 / 25th Cheshvan 5783
Chayei Sarah / Mevarachim Hachodesh**

Service Times

Mincha followed by Kabbalat Shabbat **3.52 pm**
 Shacharit followed by Kiddush 9.30 am
 Mincha will follow Kiddush
 No Ma'ariv service, Shabbat ends at 4.57 pm
 Next Friday: Mincha followed by Kabbalat Shabbat takes place at **3.45pm**. Candle lighting at 3.45pm.

We are open for **Shacharit** services, On **Sunday** at **8.15am**, **Monday** **7.05am** & **Thursday** at **6.50am**.

We are open for **Ma'ariv** on **Monday - Thursday** at **7.30pm**.

Mincha takes place daily on Monday to Thursday at Chabad Gants Hill at **1.30pm**.

Rosh Chodesh Kislev is on **Thursday, 24th November** (Yom Chamishi) and **Friday, 25th November** (Yom Shishi) and we bless the new month today.



The Molad (the time of the first sighting of the moon in Jerusalem) is on **Wednesday, November 23rd**, at 10.28 pm and 8 chalakim. Shacharit will be at 6.50am in Shul on **Thursday 24th**.



Torah Reading

Leyning: Chayei Sarah
 Sefer Bereishit: 23:1-25:18
 Artscroll p 106, Cohen p 118, Hertz p 80
 Haftarah: Kings I 1:1-31
 Artscroll p 1136, Cohen p 35, Hertz p 90

Rabbi Steven Dansky

Joe Rose

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 6.50am; Sunday at 8.15am.

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

Dates for the Diary

November

Shabbat 19 th	<i>AJEX Shabbat</i>
	<i>Mevarachim Hachodesh</i>
Sunday 20 th	<i>AJEX Parade</i>
Monday 21 st	<i>Cranbrook Monday Club</i>
Tuesday 22 nd	<i>Lunch and Learn</i>
	<i>Coffee and Chat with Rev Newman</i>
	<i>Music Extravaganza</i>
Wednesday 23 rd	<i>Rabbi Dansky Weekly Shiur</i>
Thursday 24 th	<i>Rosh Chodesh Kislev</i>
Friday 25 th	<i>Rosh Chodesh Kislev</i>
Monday 28 th	<i>Cranbrook Monday Club</i>
	<i>Men's Virtual Happy Hour</i>

December

Thursday 1 st	<i>Ladies Tea and Chat</i>
Monday 5 th	<i>Cranbrook Monday Club</i>
Tuesday 6 th	<i>Lunch and Learn</i>
Wednesday 7 th	<i>Rabbi Dansky Weekly Shiur</i>
Monday 12 th	<i>Cranbrook Monday Club</i>
	<i>Men's Virtual Happy Hour</i>
Wednesday 14 th	<i>Rabbi Dansky Weekly Shiur</i>
Shabbat 17 th	<i>Mevarachim Hachodesh</i>

CRANBROOK UNITED SYNAGOGUE
BRINGS YOU

FOR PRIMARY SCHOOL AGES

KIDS' CHANUKAH DISCO

**DJ PHOTOBOOTH
GLITTER TATTOO BAR
CANDLE LIGHTING**

SUN 18 DEC - 5.30-8PM

ADVANCE TICKETS ONLY -
[HTTPS://TINYURL.COM/3HYW2ANSO](https://tinyurl.com/3hyw2anso)
£8 (INCLUDING A LIGHT SUPPER)

with tribe doughnuts

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

Melody Alicoon, Cynthia Ballin, Helen Bannister, Judith Bara, Sharon Basco, Beatrice Baxter, Michael Belson, Sonia Black, Michelle Bolle, David Burack, Richard Burack, Sheila Burack, Norma Burns, Sylvia Cohen, Shirley Collett, Freda Cowan, Anthony Deutsch, Hilary Epstein, Sonny Finberg, Raynor Gordon, Rita Haberman, Pamela Harris, Heather Hawkes, Katherine Hoffman, Victoria Joffe, Irene Klein, Edward Kogan, Simone Kramer, Sally Leigh, Adele Lewis, Patricia Lewis, Sandra Marks, Denise Martin, Sadie Martin, Jacqueline Maslin, Michael Morris, Beverley Myers, Maureen Nieberg, Barbara Poluck, Maureen Rappoport, Janice Rebak, Joan Rose, Elaine Schaverien, Evelyn Schneider, Barbara Seider-Benson, Helena Shaw, Stanley Simmons, Linda Stanton, Philippa Stanton, Maxine Stean, Rita Stedman, Audree Wershof and June Whitesman.

Mazel Tov מזל טוב

Bernice Berg, Audrey Davis, Kenneth Denby, Helen Duncan, Saul Freedman, Ezekiel Gillis, Morris Huberman, Arnold Rose, Sarah Sackwild and Rita Shaw on their respective birthdays.

Monica and Phillip Cohen on their granddaughter's wedding in Israel next Wednesday.

Blue Tzedakah Boxes

We would like to encourage more Members to take one of the Shul Tzedakah boxes. We ask that you return the boxes to the Office when full or contact us on 020 8629 2780 to arrange collection.

It is a Mitzvah to give Tzedakah and all money collected goes towards helping those Members who need it most.

Please contact Finance on 020-8629 2783 or email: finance@cranbrooksynagogue.org.uk for more details.

CRANBROOK
Monday
CLUB **EVERY MONDAY**

12PM TO 3PM

BOOK NOW CALL 020 8629 2780

ADMISSION £5 PER PERSON

SPEAKERS, QUIZZES, CHAIR EXERCISES, BOARD GAMES & TABLE TENNIS

ADMISSION INCLUDES REFRESHMENTS ON ARRIVAL PLUS SANDWICHES, TEA & COFFEE AT LUNCH TIME.
WE LOOK FORWARD TO WELCOMING YOU!

Please note that pre booking is now necessary if you wish to attend the Club.

Please call the following to pre book:
Office: 020 8629 2780 or Brian Angel: 07870 611624

Forthcoming stone-settings

20th November 2022	Noreen Salador	Waltham Abbey	10.30am
Wife of Dennis Salador			
4th December 2022	Frank Morris	Waltham Abbey	Noon
Brother of Lynne Seltzer			
11th January 2023	Ruth Williams	Waltham Abbey	Noon
Mother of Barry Cooper			
15th January 2023	Leila Delew	Waltham Abbey	Noon
Mother of David Delew			
18th January 2023	Geoffrey Finegold	Waltham Abbey	Noon
Husband of Marilyn Finegold			
29th January 2023	Betty Spencer	Waltham Abbey	Noon
Mother of Phil Spencer			

News and Views

The Torah says what?

Rebecca was three years old when she got married to Isaac

One of the urban legends about Rebecca was that she was three years old when she got married to Isaac. This is borne out by a Rashi at the beginning of this week's Torah portion:



When Abraham came from Mount Moriah, he received the news that Rebecca was born (22:20). Isaac was then thirty-seven years old, because at that time Sarah died and from the birth of Isaac until the Binding — when Sarah died — there were 37 years since she was 90 years old when Isaac was born and 127 when she died, as it is said, (23:1) “And the life of Sarah was [one hundred and twenty seven years]” — thus Isaac was then 37 years old. At that period Rebecca was born and he waited until she was fit for marriage — 3 years — and then married her (Seder Olam).

However, when we are first introduced to Rebecca in the bible itself, there is no mention at all of her age. The Torah describes her in the following manner:

“And behold Rebecca was going out (to the well), who was born to Betuel the son of Milka the wife of Nachor the brother of Abraham, and she had a jug upon her shoulder. The young woman was very beautiful and was not known to those around her. She went down to the spring, filled her jug and went up” (Genesis 24 15-16).

The verse explicitly calls her a young woman (Na'arah in Hebrew) which places her at the age of puberty. We also know that she was carrying a very large jug from which she drew water not only for the servant of Abraham, but for his camels as well. One would have to be very strong to do such a thing, and it is very unlikely then that a young girl of three would have the strength to lift a jug full of water. How is it possible that Rebecca could have been so young?

I believe that the answer lies in the relationship that existed between Isaac and Rebecca. We are told that when Rebecca sees her husband-to-be for the first time, she literally falls off her camel. Our sages explain that she had huge fear of her husband and was embarrassed at her background and who she was in comparison to Isaac who she perceived as an angel of G-d. Perhaps we can use this verse to explain her alleged age.



Although she was a young lady and no child when she married Isaac, she was so struck by his spiritual superiority that she felt that she was a child in comparison to his status. Age is not only a number, but it can also be a way of looking at the world, and she felt like a child in the presence of her husband. As we will see in the next week's Torah portion this forced Rebecca into a deception which followed her sons Jacob and Esau for all their lives, so stay tuned for next week's Torah portion!

I wish you all a good Shabbos

Rabbi Steven, Siobhan, Maya and Talia Dansky.

Cranbrook United Synagogue, Beehive Lane, Ilford, Essex. IG1 3RT, Tel: 020 8629 2780

email: admin@cranbrooksynagogue.org.uk Website: www.cranbrooksynagogue.org.uk