



**Shabbat, 22<sup>nd</sup> January 2022 / 20<sup>th</sup> Shevat, 5782  
Yitro**

**Service Times**

Mincha followed by Kabbalat Shabbat	4.15 pm
Shacharit	9.30 am
Mincha follows kiddush after the service	after 12.35 pm
Shabbat Ends	5.23 pm

**No Ma'ariv Service**

**Sunday – Mincha/Ma'ariv at Ilford Federation, 2A Clarence Ave, Ilford, IG2 6JH @ 4.15pm**

Next Friday: Mincha followed by Kabbalat Shabbat takes place at 4.25pm.

Booking is now open for [Kabbalat Shabbat](#) on Friday, 28<sup>th</sup> January at 4.25pm, and for [Shabbat](#) Mishpatim on 29<sup>th</sup> January at 9.30am.

**Bookings will close at 6pm on Wednesday, 26<sup>th</sup> January.**

We are open for [Shacharit](#) services, **On Sunday at 8.15am, Monday at 7.05am, Tuesday at 7.15am, Wednesday at 7.15am, Thursday at 7.05am and Friday at 7.15am.**

**Ma'ariv on Monday - Thursday at 7.30pm.**

For [Kabbalat Shabbat](#), [Shabbat](#), [Shacharit](#) and [Ma'ariv](#) services; members with internet access should be booking in online via the United Synagogue Website using the following link: <https://myus.theus.org.uk/events>. select Cranbrook United Synagogue and tick Prayer Services.

If you are not **able** to book online, then please contact the Shul office on 020 8629 2780 to book in for the services you wish to attend.

**Torah Reading**

Leyning: Yitro

Sefer Shemot: 18:1-20:23

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

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

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

**Rabbi Steven Dansky**

**Leslie Linder**

***This week's Cranbrook News is kindly sponsored to celebrate the Barmitzvah of Yehudah Cramer, Grandson of Janine and Howard Robbins.***

**Children's Service:** 10.30am

**Regular Weekday Services in the Main Synagogue**

**Shacharit:** Sunday & Public Holidays – 8.15am

**Shacharit:** Monday and Thursday at 7.05am

Tuesday, Wednesday, and Friday at 7.15am

**Rosh Chodesh Shacharit:** Monday to Friday at 7am; Sunday at 8am

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

**Dates for the Diary**

**January**

Monday 24 <sup>th</sup>	<i>Men's Virtual Happy Hour</i>
Tuesday 25 <sup>th</sup>	<i>Coffee &amp; Chat with Rev Newman</i>
Wednesday 26 <sup>th</sup>	<i>Rabbi Shiur @ 10am</i>
Thursday 27 <sup>th</sup>	<i>Holocaust Memorial Day</i>
Shabbat 29 <sup>th</sup>	<i>Mevarachim HaChodesh</i>
Monday 31 <sup>st</sup>	<i>Men's Virtual Happy Hour</i>

**February**

Tuesday 1 <sup>st</sup>	<i>Rosh Chodesh Adar 1</i> <i>Coffee &amp; Chat with Rev Newman</i> <i>Music Extravaganza @ 8pm</i>
Wednesday 2 <sup>nd</sup>	<i>Rosh Chodesh Adar 1</i> <i>Rabbi Shiur @ 10am</i>
Thursday 3 <sup>rd</sup>	<i>Ladies Tea &amp; Chat @ 3.30pm</i>
Monday 7 <sup>th</sup>	<i>Men's Virtual Happy Hour</i>
Tuesday 8 <sup>th</sup>	<i>Coffee &amp; Chat with Rev Newman</i>
Wednesday 9 <sup>th</sup>	<i>Rabbi Shiur @ 10am</i>
Monday 14 <sup>th</sup>	<i>Men's Virtual Happy Hour</i>
Tuesday 15 <sup>th</sup>	<i>Coffee &amp; Chat with Rev Newman</i> <i>Music Extravaganza @ 8pm</i>
Wednesday 16 <sup>th</sup>	<i>Rabbi Shiur @ 10am</i>
Thursday 17 <sup>th</sup>	<i>Ladies Tea &amp; Chat @ 3.30pm</i>

**COVID-19 OMICRON - PLAN B UPDATE**

**\*MASKS MUST BE WORN IN SHUL\***  
**PLEASE WASH YOUR HANDS FREQUENTLY**

**PLEASE LEAVE 1 SEAT BETWEEN EACH PERSON**

- **Keep building well ventilated**
- **Avoid hand shaking or contact greeting**
- **Cloakrooms remain closed, keep belongings with you**

**The United Synagogue requires all attendees at services to take a lateral flow test prior to attending any service. (Just before the start of Shabbat in that case), and only attend if their test is negative.**

**Service leaders and speakers who do not wear a face mask must do a lateral flow test and maintain additional distancing from congregants.**

**Notify Office if you tested positive after attending a Service.**

**For Security, please vacate forecourt as soon as possible.**

**STAY SAFE from the SECURITY DEPARTMENT**

**We wish Long Life to everyone who is observing a Yahrzeit this week:**

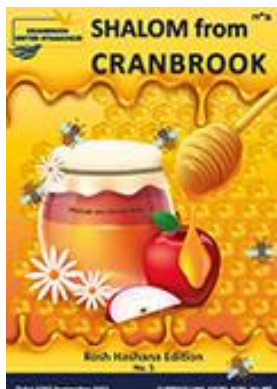
Robin Abrahams, Kitty Adleman, Martin Altman, Geoffrey Basco, Catherine Benjamin, Bryan Besbrode, Sharon Bick, Michelle Bolle, Renee Bravo, Terence Chyte, Marian Conway, Constance Conway, Michael Conway, Sylvia Craft, Susan Crammer, Marian Dennehey, Howard Diamond, Melvin Forman, Sidney Frenkel, Ezekiel Gillis, Morris Gillis, Janice Glazer, Priscilla Gold, Harvey Golding, Sheila Green, Martin Gudde, Anita Haring, Derek Hooker, Irene Hyams, Dorothea Jacobs, Doris Kaizer, Harry Karker, Deanna Karp, Sherrill Klein, Hugh Koslover, Michael Kravitz, Allan Krist, Leonard Krist, Stella Landsberg, Gloria Levene, Alan Lipman, Solomon Macatonia, Norma Maisner, Edmond Mandell, Brian Marks, Martin Mercer, Esther Michaels, Sidney Moss, Gary Newman, June Noah, Marion Oberman, Daniel Rose, Elaine Schaverien, Anita Sears, Barbara Shamplina, Philip Shaw, Rachel Shaw, Leonard Shear, Stuart Sherman, Shirley Shine, Jacqueline Silver, Alan Singer, Doreen Wajchendler and Susan Wells.

## Pesach 5782 - Shalom Magazine

Many thanks to everyone who submitted articles for the Rosh Hashanah Edition of the Shalom Magazine. We have had some excellent feedback from our readers.

I am now working on the Pesach 5782 Edition 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 me at [stanton.philippa@gmail.com](mailto:stanton.philippa@gmail.com).



All articles, pictures and stories must be received by 18 February 2022.

I have already started collecting new articles, so please e-mail me as soon as you can!

I look forward to hearing from you.

Philippa Stanton - Editor

*Mazel Tov*  
מזל טוב

Matthew Brewer, Joseph Kaye, Liz Levison, Vera Miller, Gary Phillips, Philip Spencer, Martin Rankoff and Gerald Robins on their respective birthdays.

Janine and Howard Robbins on their grandson's Barmitzvah.

**Save the Date**



## Forthcoming stone-settings

<b>23<sup>rd</sup> January</b>	<b>Montague Garson</b>	Waltham Abbey	11.30am
Uncle of Ruth Abrahams			
<b>27<sup>th</sup> January</b>	<b>Diana Molava</b>	Waltham Abbey	Noon
Mother of Pauline & Karen Molava			

*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.*

## Yitro – Rebbetzen Siobhan Dansky

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 God, 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.

Shabbat Shalom - Rabbi Steven, Siobhan, Maya, and Talia.

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