



CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



**Shabbat, June 1st, 2024 / Iyar 24th, 5784 / 39th Day Omer
Bechukotai / Shabbat Mevarachim / Pirkei-Avot Chapter 5**

Service Times

Mincha followed by Kabbalat Shabbat	7pm
Shacharit followed by Kiddush	9.30am
No Mincha or Ma'ariv service	
Shabbat Ends	10.12pm
Next Friday: Mincha / Kabbalat Shabbat at 7pm - Light Candles 7.40pm (9pm)	

This week's Kiddush is kindly sponsored by Rose and Barry Blitz to celebrate their Golden Wedding Anniversary.



Jeanette & Jeffrey Pinkus on their Diamond (60th) Wedding Anniversary.
 Rose and Barry Blitz on their (50th) Golden Wedding Anniversary.
 Sandra & Barry Cohen on their Sapphire (45th) Wedding Anniversary.
 Lorraine & Philip Spencer on their Coral (35th) Wedding Anniversary.
 Ronald Craft, Melvin Danser, Howard Goldsmith, Eunice Green,
 Sylvia Green, Gloria Levene, Lisa Lewis, Stephen Mendel, Victor Reuben, June Stevens, Stephanie Twigg,
 Michael Weiner, Jemma Woolf, and Leslie Zola on their respective birthdays.

Monica and Phillip Cohen on the birth of their great granddaughter, Moussia, in Israel.

Rosh Chodesh Sivan is this coming **Friday** (B'Yom Shishi), and we bless the new month today.

The *Molad* (the time of the first sighting of the moon in Jerusalem) is on Friday, June 7, 2024, at 12:25 am and 9 *chalakim*.

Shacharit on Friday morning will be at 7.20am.

Torah Reading

Leyning: Bechukotai	<i>Rabbi Steven Dansky</i>
Sefer Vayikra: 26:3-27:34	
Artscroll p 708, Hertz p 542, Cohen/Soncino p 777	
Haftorah: Jeremiah 16:19-17:14	<i>Stuart Coslover</i>
Artscroll p 1179, Hertz p 551, Cohen/Soncino p 789	

This week's Cranbrook News is kindly sponsored by Monica and Phillip Cohen on the birth of their great granddaughter, Moussia, in Israel.

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 1 st		<i>Mevarachim HaChodesh</i>
Sunday 2 nd	@ 11am	<i>Annual General Meeting</i>
Tuesday 4 th	@ 12.30pm	<i>Lunch & Learn with Rabbi Dansky</i>
Wednesday 5 th		<i>Yom Yerushalyim</i>
	@ 11am	<i>Rabbi Dansky Weekly Shiur</i>
Friday 7 th		<i>Rosh Chodesh Sivan</i>
Wednesday 12 th		<i>1st Day Shavuot</i> <i>10 Commandments</i> <i>Speed Debating</i>
Thursday 13 th		<i>2nd Day Shavuot</i> <i>Book of Ruth</i> <i>Yizkor</i>
Tuesday 18 th	@ 12.30pm	<i>Lunch & Learn with Rabbi Dansky</i> <i>Music Extravaganza</i>
Wednesday 19 th	@ 11am	<i>Rabbi Dansky Weekly Shiur</i>
Wednesday 26 th	@ 11am	<i>Rabbi Dansky Weekly Shiur</i>
Shabbat 29 th		<i>Mevarachim HaChodesh</i>

CHAG SAMEACH SHAVUOT

We shall be decorating our Shul with fresh flowers for Shavuot and we need your help. Please sponsor a hanging basket or tub of flowers which are then yours to keep.
Donate £20 today by:

BACS Transfer
Payee: Cranbrook United Synagogue
Sort code: 60-01-38
Account Number: 53003098
Reference: Flowers

Credit / Debit Card
Phone: 020 8629 2780

BEFORE TUESDAY 04 JUNE

Collection
Pick up your flowers on Friday 14th or Monday 17th June between 10am and 12pm from the Synagogue Office.



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

Kitty Adleman, Sharon Basco, Bernice Bass, Suzanne Bloom, Susan Crammer, Shirley Davis-Merrian, Robert Eisner, Barbara Evans, Raymond Glazer, Elka Golding, Miriam Granby, Michael Griver, Carole Harris, Ronald Hart, Myra Hilton, Rita Isaacs, Geraldine Jackson, Dorothea Jacobs, Victoria Joffe, Alison Keizner, Susan Lasky, Sharon Lee, Betty Levine, Kim McNally, Perry Melnick, Gilda Melnick, Marilyn Nieman, Shirley Palmer, Betty Pam, Emanuel Robinson, Gerda Rosenberg, Shirley Rosenthal, Anita Sears, Barbara Shamplina, Marian Shelton, Ruth Sherman, Lorraine Silver, Jemma Stanley, Helen Syrett, Harvey Tibber, Paul Tobe, Adele Trainis and Pearl Wallman.

Lunch & Learn



Please call or e-mail the Office to book for **Tuesday, 18th June** by **2pm** on **Thursday, 13th June**.

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

SHAVUOT
TIKKUN




speed
DEBATING



“Moral dilemmas”

WEDNESDAY 12 JUNE 2024
with activities for the children
MAIN SERVICE 9.30AM
CHILDRENS SERVICE 10.30AM
FOLLOWED BY
A DELI LUNCH & SPEED DEBATING

£7.50 adults and £4 children
To book please contact the Shul Office on
020 8629 2780 or admin@cranbrooksynagogue.org.uk

Booking is now open, call the office 020 8629 2780 to book your place.

Bookings will close at 11am on Friday, 7th June.

Forthcoming stone-settings

2 nd June 2024	Aubrey Siteman	Waltham Abbey	Noon
Father of Helen Duncan			
16 th June 2024	Marlene Mendel	Waltham Abbey	11.30am
Mother of Sasha Woolf			
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

“And if you will walk with me casually and you will not want to listen to me” (Leviticus 26:21)

This week's parasha deals with the blessings and the curses that the Jewish people will receive. While the blessings are pleasant to read, the curses are another story completely.

It is unfortunate that so many times in the national life of the Jewish people we have experienced these curses - being exiled from our land, experiencing drought and deprivation.

The source of this deprivation comes from the statement “If you will walk with me casually”. This phrase is puzzling. What does it mean to walk casually, and why is this considered to be the source of all our troubles? Furthermore, the whole idea of curses seems to contradict our understandings of a benevolent G-d. If G-d truly loves his people, why would he want to curse them?

The Chizukuni, a French commentator from the 13th century explains that this verse means that we walk through our lives, seeing everything that happens to us as coincidental. He is essentially saying that curses occur if the Jewish people don't experience G-d in their lives.

However, there is a deeper psychological insight here. If everything is coincidental, there can be no meaning that can be made from our lives - everything is haphazard. Our pain and our pleasures serve no purpose. This leaves us in a space of existential angst, and this, as was pointed out by Viktor Frankl, creator of Logotherapy is one of the main sources of psychological pain.

Frankl lived through the holocaust, and he observed that the survivors were those people who could see purpose in the suffering that they experienced. Those who saw no meaning in their suffering were the ones who perished.



Thus, meaning in life, and purpose is not something which brings about curses from G-d. Rather it is a natural consequence of a lack of meaning in life, which brings with it much pain.

May we find the strength to find purpose in all the things that we do and see G-d's hand in our lives.

I wish you all a warm and peaceful 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