



**Shabbat, 1st October 2022 / 6th Tishrei 5783
Vayeilech / Shabbat Shuvah**

Service Times

Mincha followed by Kabbalat Shabbat	6.26 pm
Shacharit followed by Kiddush	9.30 am
Shabbat ends	7.25 pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at 6.10pm . Candle lighting at 6.10pm.	

Erev Yom Kippur Tuesday 4th October

Morning Service - 7.15 am
 Mincha - 2.00 pm
 Fast & Yom Tov begins - 6.17 pm
 Kol Nidre - 6.30 pm

Yom Kippur Wednesday 5th October

Morning Service - 8:30 am
 Sermon followed by Yizkor & Musaf - 12.30 pm
 Mincha - 4.45 pm
 Neilah - 5.45 pm
 Fast ends followed by Ma'ariv - 7.16 pm



We are delighted to be honouring **Bradley Mervish** and **Mervyn Lyndon** as Chatan Torah and Chatan Bereishis respectively.

We wish them and their families mazal tov and we look forward to celebrating with them over Succot and Simchat Torah.

Torah Reading

Leyning: Vayeilech
 Sefer Devorim: 31:1–31:30
 Artscroll p 1094, Soncino/Cohen p 1149, Hertz p 887
 Haftorah: Hosea 14:2-10; Micah 7:18-20; Joel 2:15-27
 Artscroll p 1204, Soncino/Cohen p 1155, Hertz p 891

Rabbi Steven Dansky

Rabbi Steven Dansky

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

October

Shabbat 1 st	<i>Shabbat Shuvah</i>
Monday 3 rd	<i>Men's Virtual Happy Hour @ 4pm</i>
Tuesday 4 th	<i>Kol Nidre</i>
Wednesday 5 th	<i>Yom Kippur</i>
Thursday 6 th	<i>Ladies Tea and Chat @ 3.30pm</i>
Monday 10 th	<i>1st Day Succot</i>
Tuesday 11 th	<i>2nd Day Succot</i>
Wednesday 12 th	<i>Rabbi Dansky Weekly Shiur @10am</i>
Thursday 13 th	<i>Party in the Sukkah</i>
Sunday 16 th	<i>Hoshana Rabba</i>
Monday 17 th	<i>Shemini Atzeret</i>
Tuesday 18 th	<i>Simchat Torah</i>
Wednesday 19 th	<i>Rabbi Dansky Weekly Shiur @10am</i>

Rabbi & Rebbetzin Dansky, together with Reverend & Mrs Newman, their families and the Honorary Officers and Synagogue Council wish you and your families a sweet, healthy and prosperous New Year.

CRANBROOK UNITED SYNAGOGUE
PRESENTS
SIMCHAT TORAH LUNCH
TUESDAY 18TH OCTOBER

£10 PER TICKET
BOOKING IS ESSENTIAL BY
WEDNESDAY, 12TH OCTOBER - 020 8629 2780
MEAT LUNCHEON INCLUDED.
VEGETARIAN OPTION AVAILABLE

CRANBROOK UNITED SYNAGOGUE

Bookings close on 12th October

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

Arnold Abrahams, Gabriel Barzilai, Malcolm Becker, Henry Berman, Henry Bernstein, Claire Borchardt, Gerald Braman, Jacqueline Brett, Estelle Brill, Rosalind Burns, Angela Cohen, Constance Conway, Martine Conway, Maureen Diamond, Suzanne Finger, Barbara Freedman, Vanessa Freedman, Norman Gershon, Gail Gordon, Barbara Grant, David Herst, Shirley Herst, Aubrey Hoffman, Irene Hyams, Betty Jacobs, Sharon Kaufman, Tania Kaye, Aline Kaye, Ian Keller, Edward Kogan, Betty Kwintner, Pauline Lester, Evelyne Levene, Elizabeth Levison, Leonard Lewis, Maureen Lewis, Solomon Macatonia, Denise Mallach, Joy Mallach, Leonard Martin, Michael Martin, Estelle Mendoza, Barbara Metselaar, Ivor Nathan, Emanuel Phillips, Brian Pollins, Stanley Prooth, Melissa Richardson, Philip Rome, Josephine Russell, Zena Shayer, Carole Shine, Leslie Simons, Bert Smiler, Rosalind Stirling, Eleanor Taylor, Vivien Vant, Kevin Vyner, Frances Wallace and Susan Walters.

Mazel Tov מזל טוב

Lawrence & Annette Green on their wedding anniversary.

Carole Bourne, Phyllis Cohen, Debra Eisner,
Barbara Gallant, Jillian Gold, Fay Knott, Simone Kramer,
Amelia Levy, Sandra Martin, Joan Rose, Stuart Selner and
Maureen Summers on their respective birthdays.

Leyning and Haftorah

Gentlemen would you please let Harold know your
Barmitzvah Sedra and if you just leined or recited Maftir
and Haftorah.

Please don't be shy we would love to have more of our
members take part in the service on a Shabbat morning.

CRANBROOK UNITED SYNAGOGUE PRESENTS
Party
IN THE SUKKAH
THURSDAY **13TH OCTOBER** AT 7:30 PM
OR JOIN US EARLIER FOR MAARIV AT 7:15PM
WITH SACIA
MAGICAL ENTERTAINMENT
TO BOOK CALL: 020 8629 2780
EMAIL: ADMIN@CRANBROOKSYNAGOGUE.ORG.UK
VISIT: [HTTPS://WWW.THEUS.ORG.UK/PARTY-IN-THE-SUKKAH-2022](https://www.theus.org.uk/party-in-the-sukkah-2022)
FREE PIZZA
THIS IS A FREE EVENT BUT PLEASE BOOK IN ADVANCE FOR CATERING PURPOSES
Piú Gusto
From our Home to Yours
The Italian Pizzeria

Bookings will close on Monday, 3rd October

Forthcoming stone-settings

2nd October 2022	Leslie Davis	Waltham Abbey	10.30am
Husband of Kitty Davis			
2nd October 2022	Helen Rabin	Waltham Abbey	11.00am
Wife of Frank Rabin			
2nd October 2022	Jeffrey Wiseman	Waltham Abbey	3.30pm
Father of Mark Wiseman			
23rd October 2022	Arnold Jackson	Waltham Abbey	11.00am
Husband of Renee Jackson			
23rd October 2022	Levy/Mavis Sampson	Waltham Abbey	11.30am
Parents of Jane & Sally Sampson			
23rd October 2022	Eva Kushin	Waltham Abbey	1.00pm
Mother of Simon Kushin			

News and Views

The last commandment given is called “Hakheil” when all Jewish people gather together to hear the Torah being read by the King in Jerusalem every seven years. There are two interesting aspects about this Mitzva - first of all, why is this the last Mitzva which is given? It is a lovely Mitzva, but it doesn't seem to be the core of our faith. It only happens once every seventh year - it doesn't apply all the time. Why is it so important?

The Torah describes the commandment as follows: Gather the nation, men, women and children. The Talmud explains that children need to be brought with in order to give reward to the parents for bringing them.

If we think about this Mitzva on a more practical level, it is essentially about bringing your children with you to Shul to hear Torah. We are being told that the best platform in which you can teach your children Torah is by showing them that this is something that you value. The parents kept their children with them when they were hearing Torah - they didn't send them off to play, because the most powerful way of teaching is from example.

The commandment of teaching our children Torah is our responsibility as parent. Alfred Bandura, a famous psychologist has shown that children learn most from observation of role models around them. He states that the most powerful of role models are parents - the child learns, not only from what the parents say, but from what they do. By bringing your child to Shul, you are showing your child that YOU have a love and commitment to Torah, and that is the most powerful lesson of all.

According to the Ben Ish Chai, the reason why children were required to attend the Hakheil ceremony was to remind people how to approach the Torah and live a Torah life.

As he explains, children are simple, and do not deceive; they are not embarrassed to say what they need and when they enjoy something they show it. Therefore, the presence of children at the ceremony taught the adults how to approach Torah and live a Torah life - with honesty, simplicity, and positivity.



All too often we forget the need to approach Torah with an up-beat attitude, and far too many of us approach Torah ideas with cynicism. However, as the Ben Ish Chai points out, the way we enhance our relationship with our Father is by bringing a youthful spirit to our divine worship, proving this from a verse in the book of Hoshea which reads: “when Israel was a child, then I loved him, and called my son out of Egypt” (Hoshea 11:1), meaning that it was the youthful attributes of the Bnei Yisrael that led to their redemption.

Now that we have begun a new year, let's try and grow younger with our age and bring a youthful energy to our Judaism. And if you're not sure what that means, spend a little time with a toddler, observe how they approach life with honesty, simplicity, and positivity, and then think about how you too can serve G-d in this way.

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