



**Shabbat, April 22nd, 2023 / Iyar 1, 5783 / 16th Day Omer
Tazria-Metzora / Rosh Chodesh Iyar / Pirkei-Avot: Chapter 2**

Service Times

Mincha followed by Kabbalat Shabbat

7.15pm

Shacharit followed by Kiddush

9.30am

No Mincha or Ma'ariv service

Shabbat Ends

9.00pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at **7.15pm**. Candle lighting at **7.40pm (8.04pm)**.

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

We are open for **Mincha followed by Ma'ariv** on **Monday, Tuesday and Thursday** at **7.30pm**.

There will be no Mincha followed by Ma'ariv service on Wednesday evening.

Yom Ha'Atzmaut – Wednesday, 26th April

WIJPS are very excited to announce they will be hosting two community wide Yom Ha'Atzmaut events on Wednesday 26th April 2023.

To book for the daytime event (4-6pm) please go

to: <https://forms.office.com/e/pPLMHBeV5d>

To book for the evening concert (7:30-9pm) please go to:

<https://forms.office.com/e/wjp9RQwLkn>



Torah Reading

Leyning: Tazria-Metzora

Sefer Vayikra: 12:1 - 15:33

Artscroll p 608, Hertz p 460, Cohen/Soncino p 674

Maftir: Bamidbar 28:9-15

Artscroll 890, Hertz 695, Cohen/Soncino 944

Haftarah: Isaiah 66:1 - 66:24

Artscroll p 1208, Hertz p 944, Cohen/Soncino p 1188

Rabbi Steven Dansky

Simon Stern

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 7am; Sunday at 8.15am.

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


Dates for the Diary

April

Shabbat 22 nd		<i>Rosh Chodesh Iyar</i>
Tuesday 25 th		<i>Yom Ha'zikaron</i>
	@ 12.30pm	<i>Lunch N' Learn with Rabbi Dansky</i>
Wednesday 26 th		<i>Yom Ha'Atzmaut</i>
	@ 10am	<i>Rabbi Dansky Weekly Shiur</i>

May

Monday 1 st		<i>Bank Holiday</i>
Tuesday 2 nd		<i>Music Trivia Quiz</i>
Wednesday 3 rd	@ 10am	<i>Rabbi Dansky Weekly Shiur</i>
Thursday 4 th	@ 3.30pm	<i>Ladies Tea and Chat</i>
Friday 5 th		<i>Pesach Shenit</i>
Monday 8 th		<i>Bank Holiday</i>
Tuesday 9 th	@ 12.30pm	<i>Lunch N' Learn with Rabbi Dansky</i>
Wednesday 10 th	@ 10am	<i>Rabbi Dansky Weekly Shiur</i>
	@ 8pm	<i>AGM</i>
Monday 15 th	@ 4pm	<i>Men's Virtual Happy Hour</i>



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**JOIN US ONLINE FOR A
MUSIC TRIVIA QUIZ**

FROM MR SINATRA TO MR BLOBBY...
WITH SOME FAVOURITES LIKE ADELE.

TUESDAY 2ND MAY 2023
8:00PM - 9:30PM
HOSTED BY MARTIN SUMMERS

ZOOM DETAILS:
ID 823 7234 9872
PASSCODE 157750
[HTTPS://TINYURL.COM/MUSICEXTRAVAGANZA](https://tinyurl.com/musicextravaganza)

NOTE: NO MUSIC WILL BE PLAYED. GOT A QUESTION?
CONTACT ROBIN ON 07956 617669

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

Michael Aaron, Simone Baker, Rochelle Bennett, Shirley Benton, Shirley Bernstein, Michael Bien, Michelle Bolle, Terence Chyte, Barry Cohen, Miriam Conway, Suzanne Conway, Mildred Davies, Marion Frankel, Vivienne Gold, Elizabeth Greyman, Pamela Harris, Heather Hawkes, Peter Herman, Celia Hine, Angela Kalmanson, Martin Kay, Sandra Keller, Irene Klein, Edward Leon, Pauline Lester, Alma Levene, Sheila Levy, Ruth Lipman, Jean Lowi, Estelle Luton, Linda Martin, Ruth Mendelsohn, David Morris, Rhona Morris, Susan Morrison, Beverley Myers, Sheila Penfield, Malcolm Perez, Angela Roberts, Ruth Rose, Ruth Rosen, Irene Rosenberg, Ruth Russell, Clive Schaller, Linda Schaller, Sidney Schlesinger, Anita Sears, Vivienne Seigar, Jack Selner, Doris Sheril, Martine Sholem, Martin Silver, Estelle Smiler, Rita Stevens, Stephanie Student, Ellard Swillman, Maureen Tassie and Michael Vincent.

Mazel Tov

מזל טוב

Irving & Elaine Austin on their 60th wedding anniversary.

Cynthia Ballin, Catherine Benjamin, Janine Bossick, Barry Cohen, Muriel Godfrey, Diann Kenner, Adele Lewis, Alan Linder and Shirley Rothman on their respective birthdays.

Liz Levison on the birth of her 24th great grandchild.

Clarification regarding the Shabbat times during the summer months

Ordinarily Shabbat begins 18 minutes before sunset. However, as we enter the long days of summer in our community, we will be bringing Shabbat in at the earlier time of **7.40 pm**.

This will allow our members to have their Friday night meal at a more convenient hour. For the benefit of our members who are unable to light candles with the rest of the community at **7.40 pm**, we have put the latest time for candle lighting in brackets.

Kabbalat Shabbat will take place at 7.15pm throughout the summer.



Join us at Cranbrook Synagogue for

LUNCH'N LEARN

WITH RABBI DANSKY

£8 for lunch per session

12:30PM START

25 APRIL 2023	9 MAY 2023 LAG B'EOMER	23 MAY 2023
6 JUNE 2023	20 JUNE 2023	4 JULY 2023

PLEASE RSVP BY THURSDAY BEFORE THE SESSION VIA EMAIL AT
ADMIN@CRANBROOKSYNAGOGUE.ORG.UK
 OR CALLING 020 8629 2780
 VEGETARIAN OPTIONS ARE AVAILABLE UPON REQUEST



Please call or e-mail the Office to book for **Tuesday, 9th May** by lunchtime on **Thursday, 4th May**.

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

Forthcoming stone-settings

23rd April 2023	Marvin Karp	Waltham Abbey	11.30am
Husband of Deanna Karp			
23rd April 2023	Edward Harris	Waltham Abbey	Noon
Husband of Pamela Harris			
24th April 2023	Anita Silver	Waltham Abbey	Noon
30th April 2023	Rosalyn Herman	Waltham Abbey	11.30am
Mother of Peter Herman			
30th April 2023	Norman Whyte	Waltham Abbey	Noon
Father of Judith Gold			

News and Views

“And he shall take cedarwood and hyssop...” (Leviticus, 14:4)

In this week's parasha, the spiritual leper is told to take these two plants for himself and use them as part of the sacrifice that he needs to bring once his leprosy has concluded. The sages are interested in why specifically these plants are used? Rashi, quoting from the medrash tells us that cedars are the tallest of the trees, whereas the hyssop was the lowest of the shrubs that grew. While this is an undoubtedly interesting piece of information concerning flora, what message is it supposed to be giving to the leper?

Our Rabbis explain that the word Meztora comes from the word “Mozti Ra” which means someone who finds bad. An individual who is able to find the negative, our rabbis infer, is someone who is likely to communicate that negativity to others. These two plants provide us with a psychological reason as to why they think on these pessimistic lines, either because they consciously see themselves as being like the cedar **while the reality is** that their true self is the hyssop. I know this sounds complicated, and I will endeavour to explain what I mean.



Those who see themselves like the cedar have an incredibly high perspective of themselves. Their visible ego enables them to see themselves as better than everybody else, and therefore anything else. They feel they have the right to criticise anybody and anything that does not meet their lofty standards. This leads to discriminatory comments against those who do not lead the same life as they do, or do not act in the way that they would act, or those who choose for themselves a different way of looking at the world.

Our sages are telling us that this huge ego has its source in a sense of inferiority, of smallness. The truth is that this huge sense of self and entitlement is a subterfuge for a person who doesn't really feel that they are sufficient in any way. They feel **less than**, and this motivates them to try and find a way of levelling the field, of being equal to others. The easiest way to do this is to bring others down to their level, and they achieve this by speaking badly of them, and thinking negatively of others as a result.



The Torah is telling us on a certain level to feel sorry for these individuals, to pity them. If we understand their psychology, we understand the forces which motivate them to belittle everything around them. Their large ego, and their ability to assassinate other people's characters and actions lies more in their own psychological sense of unworthiness than in the reality of what is happening

around them.

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
