

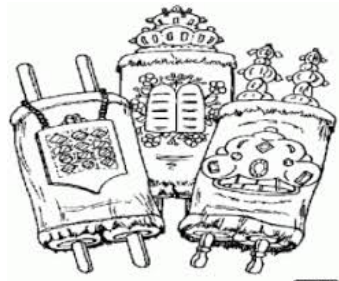


**Shabbat, 24th December 2022 / 30th Kislev, 5783
Mikeitz / Shabbat Chanukah / Rosh Chodesh**

Service Times

Mincha followed by Menorah Lighting	3.20pm
Kabbalat Shabbat	3.39pm
Shacharit followed by Kiddush	9.30am
Mincha will follow Kiddush	
No Ma'ariv service	
Shabbat Ends	4.50pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at 3.45pm . Candle lighting at 3.45pm.	

We recite full Hallel today before taking out three Sifrei Torah for leyning.



We read the weekly Sedra of Mikeitz from the first Sefer, the Rosh Chodesh reading from the second Sefer and the special Maftir for the sixth day of Chanukah from the third Sefer.

After the service, a special Chanukah Kiddush will be served, including - yes that's right - doughnuts! The Children will be having a Hot Chocolate and Marshmallows kiddush.



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

We are open for **Ma'ariv** on **Wednesday and Thursday at 7.30pm.**

If you can help to make up the weekday minyanim in Shul, please let us know by calling 020 8629 2780.

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

Torah Reading

Leyning: Mikeitz

Sefer 1: Bereishit: 41:1-44:17 - Artscroll p 222, Soncino/Cohen p 252, Hertz p 155

Rabbi Steven Dansky

Sefer 2: Bamidbar 28:9-15 – Artscroll p 890, Soncino/Cohen p 944, Hertz p 695

Sefer 3: Bamidbar 7:42-47 - Artscroll p 768, Soncino/Cohen p 830, Hertz p 599

Haftarah: Zechariah 2:14-4:7 - Artscroll p 1210, Soncino/Cohen p 857, Hertz p 987

Simon Schlazer

This week's Cranbrook News is kindly sponsored by Myrtle Holman to celebrate the birth of her great granddaughter, Ruby Woolf, in France.

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

December

Shabbat 24 th	<i>Rosh Chodesh Tevet</i>
	<i>Chanukah: Light 7 Candles</i>
Sunday 25 th @ 8.15am	<i>Rosh Chodesh Tevet</i>
	<i>Chanukah: Light 8 Candles</i>
Monday 26 th @ 8.15am	<i>Bank Holiday</i>
Tuesday 27 th @ 8.15am	<i>Bank Holiday</i>

January

Monday 2 nd @ 8.15am	<i>Bank Holiday</i>
Tuesday 3 rd	<i>Fast of Tevet (6.17am – 4.52pm)</i>
Thursday 5 th @ 3.30pm	<i>Ladies Tea & Chat</i>
Tuesday 10 th @ 3.30pm	<i>Coffee and Chat with Rev Newman</i>
Wednesday 11 th @ 10am	<i>Rabbi Dansky Weekly Shiur</i>
Tuesday 17 th @ 12.30pm	<i>Lunch 'n' Learn with Rabbi Dansky</i>
Wednesday 18 th @ 10am	<i>Rabbi Dansky Weekly Shiur</i>
Shabbat 21 st	<i>Mevarachim Hachodesh</i>
Monday 23 rd @ 4.00pm	<i>Rosh Chodesh Shevat</i>
	<i>Men's Virtual Happy Hour</i>
Tuesday 24 th @ 3.30pm	<i>Coffee and Chat with Rev Newman</i>



Join us at Cranbrook Synagogue for

LUNCH 'N LEARN

WITH RABBI DANSKY

£8 for lunch per session

12:30PM START

6 DECEMBER 2022	17 JANUARY 2023	31 JANUARY 2023
14 FEBRUARY 2023	28 FEBRUARY 2023	14 MARCH 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



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

Carol Berliner, Bernard Berman, Keith Biller, Mavis Bonham, Norma Burns, Betty Bush, Terence Chyte, Ruth Clifford, Stephen Colman, Melvin Danser, June Decker, Hilary Epstein, Jeffrey Faber, Leila Fields, Gerald Fox, Esther Frankel, Antony Gadian, Susan Gadian, Beryle Ginsberg, Susan Goldman, Laurence Goldsmith, Norman Goldstein, Gail Gordon, Joseph Gordon, Gerald Grant, Joanne Green, Sidney Harris, Alan Harrison, Martin Jacobs, Sandra Kisby, Simone Kramer, Alison Lennard, Norma Levinson, Alan Lipczer, Barry Mandel, Stuart Mandel, Sandra Martin, Marlene Mendel, Stephen Mendel, Laura Mendoza, Mandy Messias, Stephanie Mullish, Warren Mullish, Ivor Perl, Neville Peters, Jeanette Pinkus, Colin Rappoport, Andrew Rutman, Betty Schneider, Eleanor Senchal, Joyce Senker, Simon Shaw, Doris Sheril, Warren Smith, Sylvia Stoller, Barbara Wallen and Diane Windsor.



Millie Allen, Lesley Brown, Robert Falk, Marie Gordon, Abigail Keizner, Suzanne Leigh, Kay Nathan and Helena Weston on their respective birthdays.

Myrtle Holman on the birth of a great granddaughter, Ruby Woolf, born in France and to Laurence and Julie Holman on the birth of a great niece.

Pesach 5783 - Shalom Magazine No 8

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. The next edition of the Shul Magazine will be No. 8 - the Pesach 5783 Edition. 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 Philippa Stanton at stanton.philippa@gmail.com.

All articles, pictures and stories must be received by **1st February 2023**. 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



Please join us on **Shabbat, 7th January 2023** when we will be holding a kiddush to honour our Eshet Chayil, Claire Barzilai.

Service and Office Times over Holiday Period

- Shabbat 24th** - 9.30am - Shacharit
- Sunday 25th** - 8.15am - Shacharit
- Monday 26th** - 8.15am - Shacharit
- Tuesday 27th** - 8.15am - Shacharit
- Wednesday 28th** - 7.30pm - Ma'ariv
- Thursday 29th** - 8.15am – Shacharit / 7.30pm - Ma'ariv

Office will be open on Wednesday 28th and Thursday 29th December – 10-2pm and Friday 30th December 10-12noon.

Office reopens on Tuesday 3rd January 2023

Forthcoming stone-settings

11th January 2023	Ruth Williams	Waltham Abbey	Noon
Mother of Barry Cooper			
15th January 2023	Leila Delew	Waltham Abbey	Noon
Mother of David Delew			
22nd 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

This week's Torah portion deals with Joseph's elevation from prison in Egypt. Joseph is asked to interpret the dreams of Pharaoh. He interpreted them in such a favourable manner for Pharaoh that he appoints Joseph as viceroy over Egypt, then the most powerful nation in the known world.

As Joseph's star waxes, the stars of Jacob and his sons in the land of Canaan begin to wane. There is a famine in Canaan and Jacob is forced to ask for grain from Egypt, as morally corrupt as it was powerful. This results in Jacob and his sons eventually going down to Egypt, beginning a brutal slavery that lasted 210 years.

Shabbat Family Lunch 'n Quiz

PARENTS VS TEENS

28 JANUARY
£20 per family
**Fun programme
for kids under 11!**
GREAT PRIZES

Please RSVP to admin@cranbrooksynagogue.org.uk
to book your place

The Midrash quotes a verse from Job which is used to describe the Parasha: "G-d places an end to darkness". While this verse aptly describes Joseph's ascent from the darkness of prison, it certainly does not do justice to the weakened state of the rest of the fledgling Jewish people. This is the genesis of their exile. How can it possibly be seen as an end to darkness, when it is essentially the start of their darkness?

Cognitive psychology suggests that some people distort their thinking by employing a polarised view of any given scenario. This essentially refers to seeing things literally in terms of 'black or white', without seeing the spectrum of colours that may exist between those two colours. For example, a depressed individual may see their life as being completely without happiness, and discount those moments of joy when they occur, because their mind cannot compute

light in a world of darkness. The joy does exist, but not for a human being who refuses to see it.

The Midrash suggests that while the Jewish people may have faced their first real crisis as a nation that does not mean to say that hope could not be found, even in the darkest of times. All we need to do is to search for that small spark of light, because even the smallest spark of light can expel the darkness. A spark of hope can undo the darkest depression, revealing those things around us with greater clarity than ever before. All that is needed is to search for it.

I wish you all a good Shabbos and a happy Chanukah.

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