



**Shabbat, May 28th, 2022 / Iyar 27th, 5782 / 42nd Day Omer
Bechukotai / Shabbat Mevarachim / Pirkei-Avot Chapter 5**

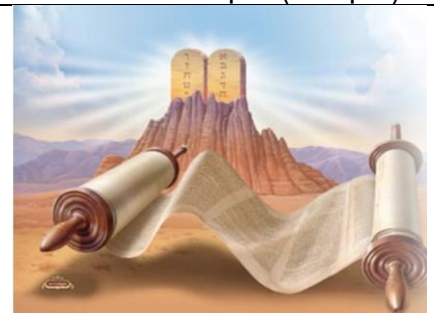
Service Times

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit followed by Kiddush	9.30 am
Shabbat Ends	10.06 pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at **7.15pm**. Light Candles at 7.40pm (8.56pm)

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

The *Molad* (the time of the first sighting of the moon in Jerusalem) is on Monday, May 30th at 6.04 pm and 2 *chalakim*.



Shacharit services: On Sunday 29th at 8.15am, Monday 30th at 7.05am and Thursday 2nd June at 8.15 am.

Mincha followed by Ma'ariv on Monday - Thursday at 7.30pm.

We will be producing the Cranbrook Synagogue Calendar to raise funds for the synagogue. Even though printing costs have risen, we have been able to keep the charge for personal entries at the same level for the past few years. Please fill in the form that was in the recent shul mailing and send, together with your payment by cheque, made payable to Cranbrook United Synagogue, please send your completed application forms to Ruth Lyndon c/o Cranbrook United Synagogue, 22

Beehive Lane, Ilford, Essex. IG1 3RT. You can call the Shul Office 020 8629 2780 to pay by credit/debit card. Closing date for applications is **May 31st**.

Torah Reading

Leyning: Bechukotai
Sefer Vayikra: 26:3-27:34
Artscroll p 708, Hertz p 542, Cohen/Soncino p 777
Haftorah: Jeremiah 16:19-17:14
Artscroll p 1179, Hertz p 551, Cohen/Soncino p 789

Rabbi Steven Dansky

Simon Schlazer

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

May

Shabbat 28th *Mevarachim HaChodesh*
Sunday 29th *Yom Yerushalayim*
Tuesday 31st *Rosh Chodesh Sivan*
Lunch and Learn with Rabbi Dansky
Coffee & Chat with Rev Newman

June

Thursday 2nd *Bank Holiday*
Friday 3rd *Bank Holiday*
Sunday 5th *1st Day Shavuot*
Monday 6th *2nd Day Shavuot*
Yizkor
Tuesday 7th *Music Extravaganza @ 8pm*
Wednesday 8th *Rabbi Shiur @ 10am*
Thursday 9th *Ladies Tea and Chat @ 3.30pm*
Monday 13th *Men's Virtual Happy Hour @ 4pm*
Tuesday 14th *Coffee & Chat with Rev Newman*
Wednesday 15th *Rabbi Shiur @ 10am*
Tuesday 21st *Music Extravaganza @ 8pm*
Wednesday 22nd *Rabbi Shiur @ 10am*
Shabbat 25th *Mevarachim HaChodesh*
Monday 27th *Men's Virtual Happy Hour @ 4pm*
Tuesday 28th *Coffee & Chat with Rev Newman*



Shabbat 4th June

Shacharit at 9.30am
Evening – No Service
Shabbat Ends / Light Candles – 10.15pm

Sunday 5th June – 1st Day Shavuot

Shacharit at 9.30am
Shiur at 6pm followed by Suedah and Mincha.
Evening – No Service
Light Candles – 10.17pm

Monday 6th June – 2nd Day Shavuot

Shacharit at 9.30am
Yizkor – 11.30am
Evening – No Service
Yom Tov Ends – 10.18pm

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

Kitty Adleman, Bernice Bass, Barbara Bass, Michelle Bean, Lynda Benisty, Sidney Berman, Cynthia Berman, Sonia Black, Susan Crammer, Shirley Davis-Merrian, Lorraine Duskwick, Barbara Evans, Martin Field, Stephanie Field, David Franks, Sinclair Frydland, Patricia Gedalla, Gloria Goldberg, Susan Goldman, Alan Golstein, Frederick Goodman, Sylvia Goodman, Michael Griver, Ronald Hart, Philip Helman, Myra Hilton, Myrtle Holman, Sydney Hyams, Rita Isaacs, Geraldine Jackson, Victoria Joffe, Ida Lawrence, Sharon Lee, Denise Mallach, Joy Mallach, Michael Mallach, Kim McNally, Gilda Melnick, Esther Michaels, Vera Miller, Charles Mitchell, Judith Monty, Maureen Nieberg, Pearl Palmer, Betty Pam, Annette Phillips, Michael Pizer, Elaine Price, Emanuel Robinson, Anthony Roth, Rosalind Rozansky, Sarah Sackwild, Anita Sears, Philip Shaw, Barry Silver, Angela Simmons, Warren Smith, Sheila Solomons, Jemma Stanley, Helen Syrett, Howard Temple and Harvey Tibber.



Colin & Maureen Rappoport, Anthony & Janet Michell, Anthony & Leanne Crammer and Daniel & Leanne Sinclair on their respective wedding anniversaries.

Henry Bernstein, Ida Lawrence, Mandy Perez, Anthony Roth, Leslie Simons, Helen Tiser and Michelle Zubary on their respective birthdays.

Ivor Ingram on the birth of a great granddaughter.

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.

Plant a tree for the Jubilee!

To mark the Queen's Jubilee, the United Synagogue and the Office of the Chief Rabbi are collaborating with the Woodland Trust to plant groves of trees as our gift to Her Majesty.

We are inviting all our members and the wider community to buy trees as part of The Queen's Green Canopy project. Every tree bought by our community will be planted together in allocated groves within a new, Woodland Trust wood in Norfolk, creating a unique Jewish environmental legacy.

Our aim is to have 37,000 trees planted, one for every member of the US!

The woodland can be visited by all and will be a fantastic future educational resource for our youth and wider community.

The Trees, bought online, will be selected, planted, and maintained by the Woodland Trust to maximise the ecological benefits. Members from the same United Synagogue community who collectively buy 750+ trees will have their trees planted together in a specially allocated grove, named after their shul.

Trees can be bought in any number, as gifts, in someone else's name or as a memorial. Confirmation and a downloadable certificate will be provided for every purchase.

Trees can be bought now via www.theus.org.uk/trees



Forthcoming stone-settings

29th May 2022	Maisie Barnett	Waltham Abbey	12.30am
Mother of David Barnett			
30th May 2022	Reeva Silverstein	Bushey Old	Noon
Mother of Alan Silverstein			
12th June 2022	Sylvia Lixenberg	Waltham Abbey	10.30am
Mother of Lee Lixenberg			
12th June 2022	Phoebe Wigul	Waltham Abbey	Noon
Mother of Derek Wigul			
19th June 2022	Cyril Hyman	Waltham Abbey	12.30pm
Father of David Hyman			
19th June 2022	Stuart Pentol	Waltham Abbey	1.00pm
Husband of Lesley Pentol			

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 good Shabbos

Rabbi Steven, Siobhan, Maya, and Talia.

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