



CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, 2nd March 2024 / 22nd Adar Rishon 5784
Ki Tisa

Service Times

Mincha followed by Kabbalat Shabbat

5.26pm

Shacharit followed by Kiddush

9.30am

Mincha follows Kiddush

after 12.41pm

No Ma'ariv service

Shabbat Ends

6.29pm

Sunday – Mincha/Ma'ariv at Ilford Federation, 2A Clarence Ave, Ilford, IG2 6JH @ 5.25pm

Next Friday: Mincha followed followed by Kabbalat Shabbat at **5.38pm**

Frederick & Sarah Cohen on their Wedding Anniversary.

Maureen & David Bresh on their Diamond (60th) Wedding Anniversary.

Sharon Basco, Philip Burke, Russell Diamond, Beryl Ginsberg, Gerald Goodman, Stella Landsberg, Anton Levene, Sadie Levy, John Metselaar, Maureen Rappoport, Virginia Salamon,

Stuart Sherman, Howard Temple, and Diane Windsor on their respective birthdays.



The Yellow Candle Project, managed by Maccabi GB, is a practical and informal educational tool to remember Jewish Holocaust victims on Yom HaShoah, and broaden participants' understanding of the Holocaust, in the safe space of their homes.



**PURCHASE YOUR
YELLOW CANDLE
TODAY**

Never Forget

Torah Reading

Leyning: Ki Tisa

Sefer Shemot: 30:11-34:35

Rabbi Steven Dansky

Artscroll p 484, Hertz p 352, Cohen/Soncino p 540

Haftorah: Kings I 18:1-39

Stuart Coslover

Artscroll p 1160, Hertz p 369, Cohen/Soncino p 567

This week's Cranbrook News is kindly sponsored by Gerald Goodman to celebrate his forthcoming 2nd Barmitzvah on 23rd March 2024.

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: Monday to Thursday at 1.30pm at **Chabad Gants Hill**
Ma'ariv: Monday, Tuesday, Wednesday & Thursday at **7.30pm.**

Dates for the Diary

March		
Monday 4 th	@12.30pm	<i>Lunch & Learn with Rabbi Danský</i>
Wednesday 6 th	@10am	<i>Rabbi Danský Weekly Shiur</i>
	@ 7.30pm	<i>Women's Health Event</i>
Shabbat 9 th		<i>Shabbat for Israel</i>
		<i>Mevarachim Hachodesh</i>
		<i>Parashat Shekalim</i>
		<i>Rosh Chodesh Adar II</i>
Sunday 10 th		<i>Rosh Chodesh Adar II</i>
Monday 11 th		<i>Rosh Chodesh Adar II</i>
Wednesday 13 th	@10am	<i>Rabbi Danský Weekly Shiur</i>
Monday 18 th	@12.30pm	<i>Lunch & Learn with Rabbi Danský</i>
Tuesday 19 th	@ 8pm	<i>Music Extravaganza Night</i>
Wednesday 20 th	@10am	<i>Rabbi Danský Weekly Shiur</i>
	@2pm	<i>Cranbrook Culture Club</i>
Thursday 21 st		<i>Fast of Esther (4.22am – 6.58pm)</i>
Shabbat 23 rd		<i>Shabbat Zachor</i>
		<i>Megillah Reading @ 7.45pm</i>
Sunday 24 th		<i>Purim</i>
Monday 25 th		<i>Shushan Purim</i>
Wednesday 27 th	@ 10am	<i>Rabbi Danský Weekly Shiur</i>

Lunch & Learn




Please call or e-mail the Office to book for **Monday, 18th March** by **2pm** on **Thursday, 14th March.**

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

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

Sandra Angel, Henry Berman, Maureen Bresh, Jacqueline Brett, Frederick Cohen, Barbara Cohen, Sharon Collins, Hetty Conway, Alexander Fagelson, Philip Fagelson, Ian Fenton, Nigel Fidan, David Franklyn, Helen Gilles, Barrie Gold, Jonathan Gold, Nathan Gold, Barbara Grossman, Sara Harris, Heather Hawkes, Myrtle Holman, Martin Jacobs, Rosalind Johnstone, Shirley Leach, David Lee, Susan Livett, Estelle Luton, Marilyn Mandel, Betsy Mandell, Alan Marcus, Caroline Marcus, Stephen Mendel, Stephen Messias, Shirley Millar, Rhona Morris, Melanie Nathan, Yaffa Nathan, Diana Neslen, Stanley Oberman, Betty Pam, Stuart Pessok, Bernice Phillips, Jeffrey Pinkus, Maureen Rappoport, Daniel Rose, Miriam Rosenberg, Neil Sapler, Philip Shaw, Marian Shelton, Keith Shenker, Shirley Shine, Hyman Shinett, Helen Silver, Cynthia Simmons, Elaine Smart, Michelle Smith, Andrew Stern, Karen Stern, Rita Stevens, Marcia Tomas, Josephine Wayne and Sharon Wigul.

MUSIC APPRECIATION EXTRAVAGANZA



TUESDAY 19TH MARCH

SONG TITLES CONTAINING JOBS & PROFESSIONS - PART 2

EG: THE GAS MAN COMETH - FLANDERS & SWAN
EG: THE BOXER - SIMON & GARFUNKEL


8.00PM - 9.30PM

Hosted by: STEPHEN COLMAN & TONY KAYE

Different Theme each time
Email Stephen with your suggestions

src2008A@gmail.com

Queries to Robin Abrahams - 07956617669
 Zoom: <https://tinyurl.com/musicextravaganza>
 ID: 823 7234 9872 Passcode: 157750




ISRAELI KIDDUSH

Shabbat
9th March 2024
Service starts at 9.30am

With special guest speaker
 Israel advocate & member of
 Christian Action Against
 Antisemitism

PASTOR BO ACE



Please join us for our Israeli Kiddush next Shabbat from 9.30am

SHABBAT
 שבת
ISRAEL
 8-9TH MARCH 2024
 ישראל

The shul website is now password protected please e-mail webmaster@cranbrooksynagogue.org.uk or WhatsApp 07956 617669 to get the password.

Condolences to: The families of Sylvia Braden and Miriam Stein.

Forthcoming stone-settings

17th March 2024	Ivor Miller	Waltham Abbey	11.00am
Husband of Anita Miller			
17th March 2024	Martin Mercer	Waltham Abbey	11.30am
Father of Michael Mercer			
17th March 2024	Gabriel Shine	Waltham Abbey	Noon
Husband of Shirley Shine			

Please note that Ma'ariv on Wednesday, 6th March will take place at Ilford Federation at 7.30pm and not at Cranbrook United.

News and Views

This week's Torah portion provides a dramatic recollection of the Jewish people's fall from grace as they first create and then serve the Golden Calf.

Moshe disappears for forty days and nights, and the Jewish people believe him dead. They create this Golden Calf and proudly proclaim "These are your gods O Israel, who took you out from the land of Egypt".

All the commentaries are perplexed as to how it is possible that the Jewish people could have fallen from such an exalted status to such a degrading one. After all, they had just received the Torah and heard the voice of G-d. They had witnessed miracle upon miracle in the desert - food arriving from heaven, the sea splitting into two.

How is it then possible for them to deny G-d in such a fundamental way by creating an idol to serve in its place?

There are many answers to this question. However, the opinion of Rabbi Chaim Shmuelevitz really spoke to me, and I want to share it with you. He explains that the source of the sin of the Jews was one of fear. The Jewish people were completely and utterly reliant on Moshe in the desert. He was the one who took them out of Egypt, he was the conduit between themselves and G-d. Take Moshe out of the equation and they were left completely forsaken in the desert. They felt themselves completely isolated as they were in the middle of the desert far from human habitation, and far away from the man who had led them into this situation in the first place in such a miraculous way.



This fear sends the nation into an emotional head-spin, and when they are so emotionally affected it is very difficult to think clearly. It affected their thinking in such a fundamental way that they felt that they had no choice but to create a "replacement" as it were for Moshe, and sin in the most unfortunate way, creating the Golden Calf.

This teaching shows us the power of negative emotions, and how, when we find ourselves in stressful situations, we should always be very careful not to make decisions which in the long run could prove to be disastrous. This idea is thousands of years old but has been proven to be scientific fact. When a person is in a state of heightened stress, their brain's thinking patterns revert to a more primitive form of functioning, where the only real response is either to fight or fly away from a given situation, just like cavemen had to respond either by fighting or fleeing from some vicious animal that was attacking them.

This was the mistake of the Jewish people - their emotional thinking made them primitive and allowed them to slip from their exalted status of hearing G-d himself speak to the lowest rung of serving idols. This idea is useful to us today. We are constantly under stress, whether it is from the car which is driving too close to us on the highway, or the neighbour who insists on blaring his music over the weekend. What decisions and actions do these stressful situations lead us towards? This teaching should invite us to think carefully about how dangerous stress can be, not only for our bodies, but for our decisions and our souls.

I wish you all a good Shabbos.

Rabbi Steven, Siobhan, Maya and Talia Dansky.

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