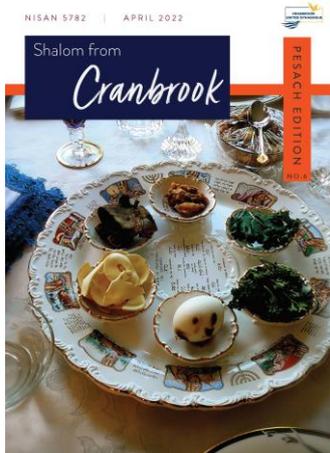


**Shabbat, June 11, 2022 / Sivan 12, 5782
Naso / Pirkei-Avot Chapter 1**

Service Times

Mincha followed by Kabbalat Shabbat	7.15 pm
Shacharit followed by Kiddush	9.30 am
Shabbat ends	10.23pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at 7.15pm . Light Candles at 7.40pm (9.06pm)	

Rosh Hashanah 5783 - Shalom Magazine No. 7



Many thanks to everyone who submitted articles for the Pesach 5782 Edition of the Shalom Magazine. We have had some excellent feedback from our readers.

I am now working on the Rosh Hashanah 5783 Edition of the Shul Magazine. 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 me at stanton.philippa@gmail.com.

All articles, pictures and stories must be received by the **20th July 2022**. 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

Shacharit services:

Sunday 12th June at 8.15am, Monday 13th June at 7.05am, Thursday 9th June at 7.05 am.

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

Torah Reading

Leyning: Naso

Sefer Bamidbar: 4:21-7:89

Artscroll p 748, Hertz p 586, Cohen/Soncino p 814

Haftorah: Judges 13:2 - 13:25

Artscroll p 1181, Hertz p 602, Cohen/Soncino p 835

Rabbi Steven Danksy

Stuart Coslover

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

June

Monday 13th *Men's Virtual Happy Hour @ 4pm*
Tuesday 14th *Lunch N' Learn with Rabbi Dansky*
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*
Wednesday 29th *Rosh Chodesh Tammuz*
Rabbi Shiur @ 10am
Thursday 30th *Rosh Chodesh Tammuz*

July

Tuesday 5th *Music Extravaganza @ 8pm*
Wednesday 6th *Rabbi Shiur @ 10am*
Thursday 7th *Ladies Tea and Chat @ 3.30pm*
Monday 11th *Men's Virtual Happy Hour @ 4pm*
Tuesday 12th *Coffee & Chat with Rev Newman*
Wednesday 13th *Rabbi Shiur @ 10am*

Hunger.

Now a reality for so many more.

First the pandemic and now an unprecedented cost of living crisis means that more people than ever before are going hungry.

Families in our own communities now face both food and fuel poverty – many for the first time ever.

US Chessed send over 150 weekly food parcels to individuals and families. This World Hunger Day please help us by providing desperately needed extra food items.

US Chessed donation boxes

Will be available at our Shul until 28th June. Please donate generously

For more information please contact
Claire Barzilai
cbarzilai@cranbrooksynagogue.org.uk

Our shul will be collecting:

Boxes of Tissues
Boxes of Tea Bags

☎ 020 8343 5696

✉ cheded@theus.org.uk

🌐 www.theus.org.uk/cheded

Chessed is the Hebrew word for kindness. Our aim is to help both our own members and the wider community in which we live. The Chessed department is an integral part of the United Synagogue whose aim is to engage members with Jewish living, learning and caring.



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

Melanie Alicoön, Deborah Allen, Millie Allen, Stephen Bloom, Peter Braham, Frances Bronzite, Sandra Carson, Marilynne Chyte, Irene Collins, Alan Cooper, Joseph Coram, Helena Davis, David Decker, Ian Duque, Nigel Fidan, David Fineberg, Irving Freed, Andrew Freedman, Alan Geisler, Vivienne Gold, Gerald Gold, Shirley Gold, Anne Green, Rita Haberman, Susan Hahn, Gary Hyman, Freda Katz, Rosalind Kaye, Jonathan Kent, Simone Kramer, Michael Levene, Lillian Lewis, Hetty Liborwich, David Lindner, Frances Litkin, Anita Macatonia, Barbara Martin, Sadie Martin, Joyce Meltzer, Sandra Miller, Karen Molava, Paula Molava, David Nathan, Malcolm Nathan, Melanie Nathan, Shirley Rothman, Mark Serkes, Doris Sheril, Julian Silver, Leslie Simons, Paul Stein, Andrew Stern, Rita Stevens, Barbara Swillman, Alan Tartes, Daniel Taylor, Iris Taylor, Alan Turner, Henry Waldman and Martin Wickers.



Michael & Priscilla Gold (60th) and Malcolm & Evelyn Schneider (60th) on their respective wedding anniversaries.

Rita Button, Jonathan Kent, Henry Moss, Laurence Rosenberg, Helena Shaw, and Elaine Schaverien on their respective birthdays.

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

12th June 2022	Sylvia Lixenberg	Waltham Abbey	10.30am
Mother of Lee Lixenberg			
12th June 2022	Phoebe Wigul	Waltham Abbey	Noon
Wife 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			
3rd July 2022	Doreen Curtis	Waltham Abbey	11am
Mother of Alan Curtis			
3rd July 2022	Trudy Benson	Waltham Abbey	1.00pm
Mother of Nik Benson			

News and Views

In this week's parasha we are told about the priestly blessing, and the final element of the blessing is for peace. The one thing that Jews pray all over the world for is peace, peace for Jews and peace for Israel. In this week's parasha, we are given the priestly blessings, and the end of this blessing is that G-d shall grant us peace. May G-d grant us peace in Israel speedily and in our days.

The Talmud in Brachot 56B tells us that if a person dreams about a well he should expect peace. Why does dreaming about a well bring us to a state of peace, and what do they tell us about a halting to the conflict in our holy land?

The first idea that peace can be compared to a well comes from Genesis. Isaac and Avimelech, the king of the Plishtim, had been involved in a conflict around water. Finally, the servants of Isaac dig and find water. This well of water is something that Isaac and Avimelech did not fight over and therefore is considered to be a harbinger of peace if seen in a dream.



The verse which is used by the Talmud is telling, because it doesn't describe the reconciliation between Isaac and Avimelech but rather the finding of the well itself. The verse tells us as follows: But when Isaac's servants, digging in the valley, they found there a well of spring water.

This verse tells us two important things about peace. The first is that peace needs to be a Metziya - something that you find, something unexpected. In Yiddish, if you find a bargain, you say that you have found a Metziya. Peace needs to be seen as a bargain - something so completely worthwhile that you would be a fool not to want to accept it.

If you are not excited by the prospect of peace with another party, if you don't see it as a bargain, far more than you ever could expect otherwise, then peace is going to elude you.



The second thing that we learn about peace from this verse is that the water that was dug was Chayim - it was pure water drawn deep from the ground. Its source was not from other wells or rivers which fed it. This shows us the powerful concept that peace must be something which originates from within, and from deep within one. There must be a deep and profound desire for peace. It shouldn't just be a surface statement - a surface request which has been borrowed from other nations in order to

achieve something. It needs to come from deep within.

Shabbat Shalom from

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