



# CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



**Shabbat, 9<sup>th</sup> September 2023 / 23<sup>rd</sup> Ellul 5783**  
**Nitzavim-Vayeilech / Pirkei-Avot: Chapters 5 and 6**

### Service Times

Mincha followed by Kabbalat Shabbat	<b>7.15pm</b>
Shacharit followed by Kiddush	9.30am
<b>No Mincha or Ma'ariv service</b>	
Shabbat Ends	8.17pm
Next Friday: Erev Rosh Hashanah / Mincha followed by Ma'ariv	7.01pm
Shabbat and Yom Tov Begins at <b>7.01pm</b>	



Michele Biller, Harry Fenton, David Greenberg, Libby Herst, Harry Portnoy, Stanley Prooth and Linda Stanton on their respective birthdays.

### Shacharit / Selichot times for next Week

**Sunday 10<sup>th</sup> at 8.30am, Monday 11<sup>th</sup> at 6.50am, Tuesday 12<sup>th</sup> at 7am, Wednesday 13<sup>th</sup> at 7am, Thursday 14<sup>th</sup> at 6.50am, and Friday 15<sup>th</sup> at 7am.**

**Booking is now open for the BBQ in the Succah and for the Simchat Torah Lunch, more details are inside this week's newsheet.**

**Mincha followed by Ma'ariv is at 7.05pm on Sunday – Thursday next week**

### Torah Reading

Leyning: Nitzavim-Vayeilech

*Rabbi Steven Dansky*

Sefer Devorim: 29:9-31:30

Artscroll p 1086, Cohen/Soncino p 1138, Hertz p 878

Haftorah: Isaiah 61.10 - 63.09

*Philip Powell*

Artscroll p 1202, Cohen/Soncino p 1145, Hertz p 883



**This week's Cranbrook News is kindly sponsored by Ruth Abrahams and Judith Kirwilliam in loving memory of their father Jack Calmus, Yaakov ben Yosef Ber Ha Levi z'l.**

**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 **6.50am.** Tuesday, Wednesday, and Friday at **7.00am.**  
**Rosh Chodesh Shacharit:** Sunday at **8.30am;** Monday to Friday at **7.10am.**  
**Mincha followed by Ma'ariv:** Sunday, Monday, Tuesday, Wednesday & Thursday at **7.05pm.**

### Dates for the Diary

September	
Friday 8 <sup>th</sup>	<i>Kabbalat Shabbat &amp; Extravaganza</i>
Shabbat 9 <sup>th</sup>	<i>Shabbat Extravaganza</i>
Saturday 9 <sup>th</sup>	<i>Communal Selichot</i>
Wednesday 13 <sup>th</sup>	@ 10am <i>Rabbi Dansky Weekly Shiur</i>
Friday 15 <sup>th</sup>	<i>Erev Rosh Hashanah</i>
Shabbat 16 <sup>th</sup>	<i>1<sup>st</sup> Day Rosh Hashanah</i>
Sunday 17 <sup>th</sup>	<i>2<sup>nd</sup> Day Rosh Hashanah</i>
Monday 18 <sup>th</sup>	<i>Fast of Gedaliah (4.59am – 7.49pm)</i>
Wednesday 20 <sup>th</sup>	@ 10am <i>Rabbi Dansky Weekly Shiur</i>
Shabbat 23 <sup>rd</sup>	<i>Shabbat Shuvah</i>
Sunday 24 <sup>th</sup>	<i>Kol Nidre (Fast Begins 6.40pm)</i>
Monday 25 <sup>th</sup>	<i>Yom Kippur (Fast Ends 7.39pm)</i>
Tuesday 26 <sup>th</sup>	@ 8pm <i>Music Appreciation Extravaganza</i>
Wednesday 27 <sup>th</sup>	@ 10am <i>Rabbi Dansky Weekly Shiur</i>
Friday 29 <sup>th</sup>	<i>Erev Succot</i>
Shabbat 30 <sup>th</sup>	<i>1<sup>st</sup> Day Succot</i>
October	
Sunday 1 <sup>st</sup>	<i>2<sup>nd</sup> Day Succot</i>
Tuesday 3 <sup>rd</sup>	<i>Laser Tag in Succah</i>
Wednesday 4 <sup>th</sup>	@ 10am <i>Rabbi Dansky Weekly Shiur</i>
Wednesday 4 <sup>th</sup>	<i>Children's Event / BBQ &amp; Entertainer</i>

### Chatanim and Eshet Chayil

We are delighted to be honouring **Simon Stern** and **Michael Silver** as Chatan Torah and Chatan Bereishis respectively.

We are also delighted to be honouring **Norma Levinson** as our Eshet Chayil and look forward to celebrating with them over Simchat Torah.

Details about our Simchat Torah celebrations and our presentation lunch will follow over the next few weeks.



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

Ruth Abrahams, Melanie Alicoon, Sandra Angel, Catherine Benjamin, Melanie Bernstein, Melvyn Blitz, Marsha Bloom, Estelle Brill, Barbara Burns, Anita Conway, Michael Conway, Rachel Crabbe, June Davis, Kay Engel-Hayeem, Marilyn Finegold, Angela Fox, Philip Fox, Raymond Franks, Murray Gaynor, Carole Gaynor, Shirley Gold, Elena Goldstein, Monty Goldstein, Sylvia Goodman, Katherine Hoffman, Howard Johnstone, Philip Kalinsky, Graham Kaufman, Laurence Lacome, Pauline Lester, Michael Levy, Alan Malina, Gloria Marks, Marilyn Mendel, Linda Mishkin, Charles Mitchell, Estella Nathan, Rita Rogers, Stephanie Rose, Irene Rosenberg, Lisa Shaw, Jeffrey Simmons, Leslie Simons, Hannah Stern, Rosalind Stirling, Sylvia Stoller, Maureen Tassie, Henry Waldman, Michael Weiner and Paula Wyman.

**projectwelcome**  
an initiative of the Jewish Community Foundation

**CRANBROOK UNITED SYNAGOGUE**

**JOIN US FOR OUR**

**BBQ**  
**IN THE SUCCAH**  
with live singing by Howard Kovler

**Wednesday 4th October**  
**From 6.30pm**  
**FREE!!**

For catering purposes, please book by 26th September

Visit: <http://www.theus.org.uk/Cranbrook-Succot-BBQ-2023>  
Phone: 020 8629 2780  
Email: [admin@cranbrooksynagogue.org.uk](mailto:admin@cranbrooksynagogue.org.uk)

**Arba Minim 2023 / 5784**

Just a reminder for you to order your Arba Minim for Succot this year. The cost is £33 for a quality set.

Please call the Office to place your order by **Thursday, 21st September 2023. 020 8629 2780**

**All orders must be paid for prior to delivery.**

**CRANBROOK UNITED SYNAGOGUE**  
**PRESENTS**  
**SIMCHAT TORAH**  
**LUNCH**  
**SUNDAY 8TH OCTOBER**

**CHATAN TORAH**  
**SIMON STERN**

**ESHET CHAYIL**  
**NORMA LEVINSON**

**CHATAN BERESHIT**  
**MICHAEL SILVER**

£10 PER TICKET  
MEAT LUNCHEON INCLUDED.  
VEGETARIAN OPTION AVAILABLE.

**BOOKING IS ESSENTIAL**  
BY 19TH SEPTEMBER  
CALL 020 8629 2780  
OR VISIT  
[WWW.THEUS.ORG.UK/CRANBROOK-SIMCHAT-TORAH-LUNCH-2023](http://WWW.THEUS.ORG.UK/CRANBROOK-SIMCHAT-TORAH-LUNCH-2023)

**CRANBROOK UNITED SYNAGOGUE**

**Dates for your Diary**

- 3<sup>rd</sup> October – Laser Tag in Succah**
- 4<sup>th</sup> October – Mini Golf and Beat Goalie**
- 10<sup>th</sup> December – Chanukah Bowling Event**
- 28<sup>th</sup> January 2024 – Supper Quiz Night**

**Condolences to:** The families of Leon Russell and Linda Cohen.

**Forthcoming stone-settings**

<b>10<sup>th</sup> September 2023</b>	<b>Adele Pearl</b>	Waltham Abbey	9.30am
Mother of Alice Hexter			
<b>10<sup>th</sup> September 2023</b>	<b>Louis Freedman</b>	Waltham Abbey	10.00am
Father of Stephen Freedman			
<b>10<sup>th</sup> September 2023</b>	<b>Alan Burns</b>	Bushey New	12.30pm
Husband of Barbara Burns			
<b>10<sup>th</sup> September 2023</b>	<b>Joseph Richman</b>	Waltham Abbey	12.30pm
Father of Tina Regan			
<b>10<sup>th</sup> September 2023</b>	<b>Stanley Stevens</b>	Waltham Abbey	3.30pm
Husband of June Stevens			
<b>10<sup>th</sup> September 2023</b>	<b>Norman Bick</b>	Waltham Abbey	4pm
Husband of Sharon Bick, Brother of Helena Marco, Father of Kathryn Levy and Matt and Nick Bick			
<b>15<sup>th</sup> October 2023</b>	<b>Norma Manning</b>	Waltham Abbey	10.30am
Mother of Melvyn Manning			
<b>15<sup>th</sup> October 2023</b>	<b>Annie Wallen</b>	Waltham Abbey	11.30am
Wife of Victor Wallen			
<b>15<sup>th</sup> October 2023</b>	<b>Barbara Joseph</b>	Waltham Abbey	12.30pm
Aunt of Keren Joseph Browning			

## News and Views

Rosh Hashanah is just around the corner. It is one of the most important days in the Jewish calendar, the day in which G-d judges and evaluates every single human being. We read in the prayers that all the beings on earth pass in front of G-d on this day, and He decides what sort of year people will have. Will it be prosperous, or will it be difficult? Will it be happy, or will it be one of sadness?

We are told that if we want to escape a negative decree, there are three things that need to be done – repentance, prayer and charity. The Maharal explains that these three elements relate to three types of relationships that an individual has – with himself, with G-d and with his peers. Repentance relates to how an individual wants to see themselves. Are they happy with the way that they are, or are they prepared to make the changes they need to be a different human being? Repentance is a method of ensuring that a human improves their perception of themselves to be the person that they truly aspire towards being.

Prayer relates to a person's relationship to G-d. Do they want to have a strong relationship with G-d, one in which they can communicate with Him at any given time, or would they rather have a different relationship in which G-d is not a part of their lives? Prayer focuses on improving that relationship.

Charity relates to a person's relationship with others. It is so easy in this world only to focus on ourselves, and to forget those who are in need. The giving of charity forces us to think about those who are not as well off, it forces us to think of the 'other' who is so often hiding in the backdrop of our lives.

Why do we need all three methods of changing the decree? Surely one method could suffice? If we give charity, surely there is no need to pray? Or if we pray, why bother to repent? I believe that the answer to this is that if we only focus on our relationship with ourselves, and we forget those less fortunate than ourselves, we run the risk of being egocentric and selfish. A focus on others by giving charity helps us to think about others, but it runs the risk of us not thinking about the importance of self-improvement. Prayer, and the relationship to G-d alone without kindness to others or self-development is hypocrisy because G-d will only take care of us if we can take care of others, and if we pray with self-improvement, perhaps we have missed the point of prayer in the first place. One of the emphases of prayer is to realise that our thoughts are not in parallel with the way that G-d sees the world, and it challenges us to change in order to ensure that we are in concert with what G-d truly wants for us.

When we do all three – prayer, repentance and charity, we become a paragon of blessing. We become the blessing that we need for ourselves, for others, and for our ultimate mission in this world. There is no way that an evil decree could touch a human being who has evolved in this extraordinary manner.

I bless you all with the wish of a truly good year, a year in which you all are capable of seeing G-d in your lives, a year in which we can see the importance of constant development, and a year in which we can be the charitable people we know we can be.

I wish you all a good Shabbos.

Rabbi Steven, Siobhan, Maya and Talia Dansky.