



**Shabbat, 9th April 2022 / 8th Nisan, 5782
 Metzora / Shabbat HaGadol**

Service Times

Mincha followed by Kabbalat Shabbat	7.30 pm
Shacharit	9.30 am
Mincha and Suedah, followed by Ma'ariv Service at Ilford Federation, 2A Clarence Ave, IG2 6JH @	7pm
Shabbat Ends	8.36 pm
Sunday – Mincha/Ma'ariv at Ilford Federation, 2A Clarence Ave, Ilford, IG2 6JH @	7.30 pm
Next Friday: Mincha followed by Ma'ariv takes place at 7.30 pm. (Light Candles before 7.43pm)	

Today is **Shabbat HaGadol** – literally the “Great Shabbos” – and it is traditional for the Rabbi to speak at length about the laws and customs of Pesach to guide and encourage the community in their preparations for the festival.



We are open for **Shacharit** services, **On Sunday 10th at 8.15am, Monday 11th at 7.05am, Thursday 14th at 7.05am and Friday 15th (Fast of the Firstborn) at 8.15am.**

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

Sale of Chometz forms are now available to download from the Shul website.

Torah Reading

Leyning: Metzora

Sefer Vayikra: 14:1 - 15:33

Rabbi Steven Dansky

Artscroll p 620, Hertz p 470, Soncino p 689

Haftarah: Malachi 3:4 - 3:24

Rabbi Steven Dansky

Artscroll p 1220, Hertz p 1005, Soncino p 1197

**The Ministers, Honorary Officers and Synagogue Council wish you
 all a happy and Kosher Pesach.**

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 8am.

Mincha followed by Ma'ariv: Monday, Tuesday, Wednesday & Thursday at 7.30pm.

Dates for the Diary

April	
Shabbat 9 th	<i>Shabbat HaGadol</i>
Monday 11 th	<i>Men's Virtual Happy Hour</i>
Tuesday 12 th	<i>Music Extravaganza @ 8pm</i>
Thursday 14 th	<i>Ladies Tea & Chat @ 3.30pm</i>
Friday 15 th	<i>Bank Holiday</i> <i>Fast of the Firstborn</i> <i>10.42am - Latest time for Chometz</i> <i>1st Seder Night</i>
Shabbat 16 th	<i>1st Day Pesach</i> <i>2nd Seder Night</i>
Sunday 17 th	<i>2nd Day Pesach</i>
Monday 18 th	<i>Bank Holiday</i> <i>1st Day Chol HaMoed</i>
Tuesday 19 th	<i>2nd Day Chol HaMoed</i>
Wednesday 20 th	<i>3rd Day Chol HaMoed</i>
Thursday 21 st	<i>4th Day Chol HaMoed / Erev Yom Tov</i>
Friday 22 nd	<i>7th Day Pesach</i>
Shabbat 23 rd	<i>8th Day Pesach</i> <i>Song of Songs</i> <i>Yizkor</i>
Monday 25 th	<i>Men's Virtual Happy Hour</i>
Tuesday 26 th	<i>Coffee & Chat with Rev Newman</i>

Living with Covid-19 Plan

Due to a surge in Covid cases in Redbridge

MASKS ARE COMPULSORY WHILST IN THE SHUL

*** SANITISE HANDS REGULARY***

*** Leave 1 seat space between each person**

*** AVOID CONTACT GREETING**

The shul must still be kept well ventilated.

Members are not to attend if they receive a positive PCR or LFT test.

Stay home if you're feeling unwell.

***Track and Trace booking for services is no longer required*.**

Please vacate forecourt as soon as possible after service.

We wish Long Life to everyone who is observing a Yahrzeit this week:

Frances Baum, Rochelle Bennett, Jeffrey Block, Ivor Clements, Irene Collins, Rachel Crabbe, Pamela Davies, Simon Devan, Debra Eisner, Carol Emden, Derek Ettinger, Carole Finkeltaub, Rhoda Freedman, Lionel Goldberg, Ruth Goldberg, Barbara Goldman, Paul Goldman, Stuart Goldman, Joseph Gordon, David Grant, Joanne Green, Marc Green, Dalia Ilan, Aline Kaye, Jessie Kenton, Norma Leigh, Suzanne Leigh, Patricia Lewis, Annette Luder, Loraine Macatonia, David Michaels, Sandra Mitchell, Malcolm Perez, Ivor Perl, David Rein, Howard Robbins, Emanuel Robinson, Hilda Rogoff, Joan Rose, Jean Sanett, Alice Senk, Hannah Stern, Stanley Stevens, Harvey Tibber, Paul Tobe, Eileen Vilka, Jenny Wernick, Helena Weston, Sally Winstock and Sylvia Zilesnick.



Lawrence & Vanessa Freedman on their wedding anniversary.

Kitty Dessau, Lionel Kranat, Sheila Mednick and Laura Mendoza on their respective birthdays.

Pesach Candle Lighting Times

Friday 15th April

Candles to be lit at 7.43pm and 1st Seder to begin after 7.43 pm.

Shabbat 16th April

Mincha/Ma'ariv at Ilford Federation at 7.30pm
Candles to be lit and 2nd Seder to begin after 8.49 pm -
You can only start preparation for Seder from 8.49 pm.

Sunday 17th April

Mincha/Ma'ariv at Ilford Federation at 7.40pm
Yom Tov Ends – 8.51pm.

**ONLINE
MUSIC APPRECIATION
EXTRAVAGANZA**

TUESDAY 12TH APRIL

SPRING

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

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Forthcoming stone-settings

10th April 2022	Stella Graham	Waltham Abbey	11.30am
Wife of Alan Graham			
10th April 2022	Terry Lichkin	Waltham Abbey	Noon
Husband of Karen Lichkin			
10th April 2022	Alan Santaub	Western	12.30pm
Father of Jonathan Santaub			
10th April 2022	Montague Garson	Waltham Abbey	1.00pm
Uncle of Ruth Abrahams			
10th April 2022	Helen Lazarus	Waltham Abbey	3.30pm
Mother of Corinne Marsh			
10th April 2022	Philip Conway	Waltham Abbey	4pm
Husband of Anita Conway			
13th April 2022	Shirley Lewis	Waltham Abbey	Noon
Mother of Rodney Lewis			
27th April 2022	Ida Pieters	Waltham Abbey	11am
Aunt of Susan Brahams			

News and Views

The Talmud relates a story of the sage Rabbi Alechasndri who was sitting, and learning. Suddenly he heard the sounds of a peddler who cried out "Who desires the elixir of life?" The Rabbi stopped his learning, went out to see what the hubhub was all about. The peddler, once he had everyone's attention said: "If you want to live a good and meaningful life, then you need to protect your mouth from speaking badly about others." The Rabbi who heard this was astounded and said that he had never before heard anything as brilliant as that.



This is an exceedingly strange piece of Talmud. Did the holy rabbi not know that piece of Psalms "Guard your tongue from evil" which is recited every Shabbat? Did he not know that it was important not to gossip?

Rabbi Chayim Shmuelevitz explains this by interpreting a piece of Talmud. The Talmud states that a Metzora - someone who has got a type of spiritual malady - is considered like a dead person. This looks strange at first sight. The Metzora may be separated from the rest of the community, but why does that mean that he is dead? Rabbi Chayim Shmuelevitz explains that the greatest gift that is given to man is his ability to give to others, to be able to see their pain, and to contribute. Greatness is being able to contribute, to be able to give.

The Metzora is like a dead person, because he is separate from society, and as a result he is unable to contribute or give in any way to others.

When we contribute, we are truly alive, because we are acting in the ways of the greatest contributor of all – Hashem himself. In the Benching we bless Hashem and say – *HAZAN ET HA'OLAM KULO BETUVO* – the One who gives food to the whole entire world. When we give, we are acting in the image of G-d.

With this insight, we can understand the words of the peddler. Who wants a meaningful life? Who wants a life in which we are true givers? If we prevent ourselves from speaking badly about others, we move from a world in which we take, to a world in which we give.



Rabbi Alechsandri understands for the first time that our quality of life becomes marred when we move from giving to taking. We fulfil the vision of G-d when he created the world when we give, and therefore give our lives true quality, true purpose, true meaning.

I wish you all a peaceful and more importantly, a safe Shabbos.

From Rabbi Steven, Siobhan, Maya and Talia Dansky

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