



# קליהל קהילה



The weekly newsheet of Clayhall United Synagogue

*Shabbat 1 January 2005/20 Tevet 5765*

## *Service Times*

Shacharit	9.00 am
Minchah followed by Seudah	3.30 pm
Ma'ariv & Shabbat ends	4.56 pm
Kabbalat Shabbat next Friday	3.54 pm

We wish a hearty Mazal Tov to Louise and Ben Posnasky on their wedding this week. It was a wonderful, inspiring occasion.

Louise & Ben have great pleasure in inviting the community to Kiddush after the Service in celebration of their marriage.

We also extend a very warm welcome to **Rabbi Alex Chapper**, Rav of Ilford Federation Synagogue, who will be leyning and speaking this morning.

## *Reading of the Torah*

Sedrah synopsis:

Leyning: Shemot

Hertz p 206, Soncino p 319

Haftorah:

Hertz p 225, Soncino p 345

*Ben Posnasky*

*Rabbi Alex Chapper*

*Robert Segall*

It can be a difficult task to organise a leyning rota each week especially over a period of many months. If you know anyone who is a competent Ba'al Keriah, please let Lester or Bradley know. Similarly, if you would like to present a short D'var Torah at our Seudah, don't be shy in coming forward. You only need to speak for a few minutes on any Jewish topic and then the questions will flow!



*This week's 'Clayhall Kehilla' has been kindly sponsored by Louise & Ben Posnasky in celebration of their marriage*

## ***Children's & Youth Services***

Reception to School Year 6

10.15 am – 11.15 am

School Years 7 plus

10.15 am – 11.30 am

## ***Weekday Services***

Shacharit: 7.00 am on Monday/Thursday, 8.15 am on Sunday.

Rosh Chodesh Shacharit @ 7.00 am (Tuesday 11 January).

Minchah at Clayhall @ 1.15 pm, Monday to Thursday.

Ma'ariv: 7.30 pm every Tuesday evening.

## ***Hospital & Home Visits***



Should you know anyone who is unfortunately unwell, please let the Shul office know. We will arrange an appropriate visit, phone call and/

## **Fancy a HaftTorah?**

Have you ever wondered about reciting a HaftTorah? Do you wish that you could sing your **Bar Mitzvah** 'portion' all over again? Well, there's no reason at all why you can't. As some people at Clayhall will testify, re-living the experience was a wonderful and moving occasion. Anything can be recorded on tape – you only have to ask. Or perhaps the demand is there for small groups to learn the notes. Let us know.

## ***Tehillim***

The following Psalms should be recited each day to intensify our prayers for peace in Israel and to offer our comfort to victims of terror. Page numbers refer to the new *Singers Siddur* and *Artscroll Siddur*.

Psalms 120 (463/532)

Psalms 121 (463/534)

Psalms 130 (469/540)

It is also meritorious and apt to recite the verse beginning 'Acheinu' on pages 119 & 146 respectively. Together we can make the world a better and just place to live in. Just a few minutes of quiet reflection is all it takes each day at home.

## ***Melavah Malkah Star Line-up!***

It's not long until our great Melavah Malkah on Saturday evening, **29 January 2005**. The three-course fish meal will, as always, be quite superb. Our guest of honour, **Rabbi James Kennard**, is eagerly looking forward to speaking and for those privileged to have heard him already, will concur that he is a gifted and natural orator. This is followed by a cracking musical finale by none other than **Cantor Stephen Robins**, one of the UK's finest Chazzans. There can't be a more perfect way to spend your evening so book quickly (£12.50 each) to ensure a place. Tell your friends about it and bring them along. *If you have indicated that you are coming, but not yet paid, your name will not appear on the list.* Please pay the Shul office as quickly as possible to book your place(s).

***Have you got a  
Clayhall Charity  
Box in your home?  
Phone 8551 6533.***

### ***Ladies Guild***

The Ladies Supper Quiz takes place on **Tuesday 25 January 2005** at Sinclair House with tickets going for £9.50. On **Sunday 13 March 2005**, the Ladies are organising a coach trip to **France** for those wanting the chance to sample and buy Kosher wine at very competitive prices. The coach has been confirmed and a form will be sent out soon for bookings.

### ***United Synagogue Shabbat***

The 2005 US Shabbat takes place on 4th & 5th March. The theme is *Shamor V'Zachor* (Guard & Remember). Clayhall will run a series of events over the weekend, possibly including a Friday night dinner or a Shabbat lunch. If you have any ideas, let us know.

### ***Rosh Chodesh Group***

Our new women's Rosh Chodesh group will be starting next month with a series of good speakers tackling contemporary themes from a modern-orthodox perspective. All ladies are cordially invited to:

**11 January: Rebbezen Eva Chapper**

**8 February: Melanie Schutz**

**8 March: To be confirmed**

**12 April: Rebbezen Nachamah Kahan**

They will all start at 8.00 pm and the first talk is at the home of Louise Posnasky. Further details, including subject titles, will be provided shortly. This is a wonderful learning opportunity for ladies.

## ***A Torah Thought: What's in a Name?***

The Book of Shemot, which recounts the first exile and redemption of the Jewish people, is commonly referred to as *Shemot, names*. This title draws our attention to the importance of maintaining Hebrew names, especially when living amongst foreign people. We are told that our ancestors did not change their names in favour of Egyptian names and that this loyalty helped them to preserve their Jewish identity. Similarly, in every period when the Jewish nation was under foreign domination, the Hebrew name has proved to be one of the most important safeguards for keeping its religion. This practice was one of the meritorious qualities which made the Israelites deserving of freedom from the slavery in Egypt. The first passage of Shemot hints at some of the other merits which contributed to their redemption: family spirit and feeling, the formation of large families, a high level of morality, the preservation of the Hebrew language, and the spirit of brotherhood. Women gave birth to six children at one time. According to Ramban, this was a supernatural phenomenon and it enables us to understand the extraordinary increase of the Jewish nation which in the relatively short period of 210 years rose to a population of about 2.5 million. Another amazing calculation can be deduced from the figure of 22,273 firstborn mentioned in Bamidbar 3:43 – each mother must have given birth to **50** children.

### ***Commemorative Board***

You will have seen a new Board in Shul today kindly donated by our Chatanim, Martin Greenberg and Ivor Ross and our Eshet Chayil, Deborah Harris. The lighting will be working shortly. The Board is given in memory of our brothers and sisters in Israel, cruelly cut down by acts of terrorism.

### ***Interim Officials***

The following gentlemen will be leyning for us over the next four weeks. Our grateful thanks are extended to:

**8 Jan: Mr Shlomo Craimer**

**15 Jan: Rev Stewart Myers**

**22 Jan: Mr Lester Harris**

**29 Jan: Rabbi James Kennard**

### ***Clayhall United Synagogue***

*Sinclair House, Woodford Bridge Road,  
Redbridge, Essex, IG4 5LN*

*Tel: 020 8551 6533*

*e-mail: clayhallsynagogue@hotmail.com*

*www.clayhallsynagogue.org.uk*