



קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 14 May 2005/5 Iyar 5765

Service Times

Shacharis	9.00 am
Minchah followed by Seudah	8.10 pm
Ma'ariv & Shabbos ends	9.42 pm
Kabbalos Shabbos next Friday	7.30 pm

Clayhall is delighted to be hosting a **Youth Shabbos** for young people of Newbury Park, Ilford, Wanstead & Woodford and, of course, Clayhall Shul, in celebration of Yom Ha'atzmaut. Israel is 57 years old to this very Hebrew date - 5 Iyar. The youngsters will be enjoying an Israeli-style lunch after Kiddush. We are grateful to Bradley Mervish, Shlomit Naor, Shlichah of Sinclair House, and the 'Zionist Seminars' for their help with today's programme. We also wish Mazal Tov to **Andrew Alexander** on the occasion of his Bar Mitzvah. Andrew will receive an aliyah today although the main celebrations are deferred until after Sefiras Ha'Omer.

Reading of the Torah

Sedra synopsis:

Leyning: Emor

Hertz p 513, Soncino p 740

Haftorah:

Hertz p 528, Soncino p 761

Andrew Alexander

Lester Harris/Gabriel Simons

Michael Conway

Clayhall's membership continues to grow rapidly and we are holding a New Members' Shabbos and Kiddush next week, **21 May 2005**. Invitations have been sent out to those members joining the Shul since January 2004.



*This week's 'Clayhall Kehilla' has been kindly sponsored by
Leslie Pollock in celebration of his 60th birthday*

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: Monday to Friday, 7.00 am. Sunday @ 8.15 am.

Minchah: 1.15 pm, Monday to Thursday.

Ma'ariv: 7.30 pm every Tuesday evening.

Sunday breakfasts: 15 May, 5 June, 9 July & 7 August.

Shacharis & Breakfast



Shacharis tomorrow is at 8.15 am as usual and will be followed by our monthly breakfast. Everyone is welcome to enjoy smoked salmon and cream cheese beigels. We also have our own toaster for the more discerning!

Ladies Walk

The annual Ladies Guild sponsored walk will take place on **Sunday 22 May 2005** beginning from the home of Karen Wise, start venue from the office and finishing some miles later in Gants Hill - venue to be advised. Any ladies who fancy a jolly good workout and help to raise needed funds for the Shul should contact Karen on 8501 1122. There will be refreshments at the end of the walk - phew!

Clayhall AGM

The Shul AGM takes place in just ten days time on **Tuesday 24 May 2005** at Sinclair House. The AGM papers and lists of candidates were sent out to all members two days ago. Voting will commence from 6.00 pm until 8.00 pm. The meeting will begin promptly at 8.00 pm with a short presentation from the CST. The AGM is **YOUR** chance to air any concerns, opinions and comments in a constructive manner to the Honorary Officers - a sort of Shul 'Question Time' but with real and not evasive answers! There will also be an update on the search for a new Synagogue Rabbi.

Book Cupboard

Prior to Rosh Hashanah, the book cupboard is given an extensive clean. Within a few weeks, Siddurim and Chumashim are lying all over the place, papers are strewn across the shelves and nobody bothers to tidy up. Please spend a few more seconds ensuring that what you borrow goes back into the right place.

Eat, Drink & Learn the Night Away!

Clayhall's *Tikun Leil Shavuot* is always one of the highlights of the year. Fine malt whiskies, lashings of gorgeous cheesecake, other edible delicacies and some great home-grown words of Torah provide the perfect blend for a terrific night-out! This year again, we are delighted that Freda & Leslie Pollock will be hosting the Tikun on **Sunday 12 June 2005**, venue from the office from 11.30 pm until the wee small hours. The more that come, the greater the sense of *ruach* (spirit) and atmosphere. If you would like to contribute a D'var Torah, whether it be two minutes or twenty minutes, please speak to either Lester or Bradley. If you have never been to our Tikun before, you don't know what you have been missing. It's definitely worth the extra effort.



Today is **Day 20** of the Omer. It is an important mitzvah to orally count the Omer each day up to Shavous.

*The closing date for
calendar insertions
is 1 June 2005.
Don't delay!*

NEROS Quiz

The annual NEROS inter-Shul quiz takes place on **Sunday 26 June** @ Chingford Shul. We still need team members and the four subjects this year are Israel, the Book of Ruth, History and General Knowledge. Contact Robin on 020 8220 6779 if you would like to take part.

Annual Plant Sale

Victor Shafier's annual plant sale will be on **Sunday 5 June** from 10.00 am, venue from the office. Among the plants for sale will be hanging baskets, beans and tomatoes, sunflowers, sedum, allsium and many other flowers. **All at cheaper than Nursery prices.** If you have some spare plants that Victor can sell, please phone him on 8924 0261. Money raised from this event will benefit the Shul.

Israel Film Festival 2005

Together with Newbury Park, we are hosting an evening of the 2005 Festival on **Thursday 26 May 2005** at Sinclair House as part of the Yom Ha'atzma'ut celebrations. We will show three short Israeli films followed by a talk on Israeli culture. The topics include an intimate look at the love, trials and triumphs of life in Jerusalem; the preparation, last minute difficulties and joy of a wedding organiser, and a decision that will change a person and his environment for life. Tickets at **£3** each must be purchased in advance through the Shul office. Last year's evening was extremely interesting, thought-provoking and moving. The films have been carefully selected to give maximum enjoyment and satisfaction.

The Forty-Eight Qualities

Our Sages taught that the very body of the Torah scholar is bound up with the spiritual fire of Torah. For this to occur, however, the scholar must first sanctify himself by engaging in sincere character refinement known as *Tikun Hamidos*. In fact, this is a precondition for proper fulfilment of all the Torah's mitzvos. This, says Rav Chaim Vital, is why character refinement is not included among the Torah's 613 commandments. It precedes the mitzvos, for without it, the Torah cannot be observed properly. The Mishnah lists **48 qualities** through which the gift of Torah is acquired. Among them are: *attentive listening, reverence, modesty, purity, slowness to anger, a good heart, faith in Torah leaders and loving justice*. We learn that one's attainment of Torah knowledge is in exact proportion to his efforts in acquiring the 48 virtues. A student cannot acquire the gift of Torah if he lacks the methods of attainment enumerated by the Sages. The first 48 days of Sefirah correspond to the 48 qualities through which Torah is acquired. The 49th day, the eve of Shavuot, is a sacred day when each Jew, having striven to develop the 48 qualities within himself, can prepare for the awesome moment in time when the Torah was given at Sinai. The Sefirah count is therefore a declaration of faith and trust in G-d. Rabbi Akiva's 12,000 pairs of students were killed by a plague during this period because they failed to show proper honour and respect for each other. How much more so should we behave correctly in our dealings with other people.

Lag B'Omer BBQ

Our popular Lag B'Omer BBQ will again take place at the home of Deborah and Lester Harris, on **Sunday 29 May 2005**. Places are limited to the first 55 lucky people so don't delay in returning your forms once these have been sent out straight after Pesach. Start praying for dry weather and lots of sunshine!

Shacharis Minyan

Although we manage to sustain a Minyan virtually every morning of the week, there are occasions when we fall one or two short. However, we are reliant on at least three or four non-Clayhall people **each day** in order to make the requisite number of 10 men. For a Kehilla of our size, we should **easily** guarantee a Minyan for every Service. **We should all be doing better.**

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