

קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 5 January 2008/ 27 Teves 5768

Service Times (Shabbos Mevarachim)

Shacharis	9.00 am
Minchah followed by Seudah	3.30 pm
Ma'ariv & Shabbos ends	5.00 pm
Shabbos next week	3.59 pm

Rabbi Wilson will be running an open question **Ask the Rabbi?** session immediately following the Service this morning. This is in place of the usual sermon! There will be an opportunity to put questions to Rabbi Wilson that are educational, relevant and fun. Kiddush and a l'chayim will follow straight after.

Today is Shabbos Mevarachim and **Rosh Chodesh Shevat** is this Tuesday 8 January. We will be davening Shacharis slightly earlier at 6.45 am. **Tu Bishvat** (New Year for Trees) is on 15th of Shevat which this year falls on Tuesday 22nd January. There are details inside your *Clayhall Kehilla* about our Tu Bishvat *Messy Afternoon* for 3-8 year olds on Sunday 27 January.

Torah Reading

Leyning: Va'eira

Hertz p 232, Soncino p 351

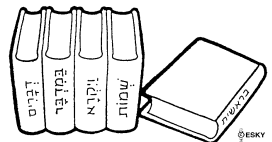
Haftorah:

Hertz p 244, Soncino p 372

Rabbi Nissan Wilson

Richard Rubin

Come along to our Seudah Shilishis (in memory of Yisrael Rubin) this afternoon for some good food and drink, a convivial atmosphere and some Torah treats.



This week's Clayhall Kehilla has been kindly sponsored by Richard Rubin in memory of his dear father, Yisrael Rubin z'l

Children's & Youth Service: 10.30 am - 11.30 am (alternate weeks)

Weekday Services

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

Shacharis Rosh Chodesh: 6.45 am Monday to Friday.

Shacharis Rosh Chodesh: 8.00 am Sundays.

Minchah: 1.45 pm, Monday to Thursday.

Minchah & Ma'ariv: 7.30 pm, Tuesday and Wednesday.

Sunday breakfasts: 13 January & 10 February.

King Solomon Shabbaton

We are delighted to be hosting an inaugural King Solomon High School Shabbaton on **Shabbos 19 January**. Spencer Lewis, Head Teacher, is the Guest Speaker and a small selection of older pupils have been also been asked to share their experiences of the school and overseas trips. Application forms have already been sent out to the community. Please apply as soon as possible to book your place(s).

CCY Tu Bishvat Afternoon

All children aged 3-8 years are invited to a 'Messy Afternoon' in celebration of the New Year for Trees on **Sunday 27 January 2008**. The event begins at 3.00 pm and finishes at 5.00 pm. Activities include apple, pear and leaf printing, fruit tasting, tree craft, seed planting, face painting, songs, stories, make your own jigsaw and, of course, refreshments! Forms have recently been sent out and they should be returned to the Shul office by 17 January. The cost is just £2 per child. Siblings and adults can come free. Apply soon and join in the fun.

CCY News

CCY (Clayhall Children and Youth) met for the 2nd time a few weeks ago. It was another successful week with parachute games, team games, sport, a chat, nosh and more! The next CCY is on **Shabbos 26 January** from 3.30 pm until 5.00 pm. CCY is running a fantastic tour of the new **Wembley Stadium** on 20th February (half term) Forms have already been sent out but you can also book your place through Michelle in the Shul office.

Kashrus Guide 2008

The *2008 Really Jewish Food Guide* is now available at £9.95 and this is a must book for all Jewish households. You can buy it through the Shul office or it can be purchased in most Kosher food outlets. For more details, log on to **www.kosher.org.uk** and subscribe for automatic updates and Kashrus alerts.

Don't forget to let the Shul office know of any change of address, telephone numbers and email addresses. This will ensure that you will continue to receive Shul mailings and other news.

Kashrus Alert Update: London Beis Din

Skittles previously approved and parev are now **Not Kosher**. All varieties of M & M's listed in *The Really Jewish Food Guide 2008* are now **Not Kosher**: M & M's Choco, M & M's Crispy, M & M's Peanut. Please note that it is possible to buy kosher M & M's imported from the USA bearing the OU hechsher. These are available from some kosher stores. The following products are **Dairy** as they contain milk ingredients: Sunpride Pineapple & Coconut Juice, Tesco Pineapple & Coconut Juice Drink. Southern Comfort, listed in *The Really Jewish Food Guide 2008* as Parev is now **Dairy**. Old stock should also be treated as Dairy. Fromage Frais is only kosher when manufactured under **rabbinical supervision**. Please note that the following products, listed in *The Really Jewish Food Guide 2008* as approved parev, are in fact **Not Kosher**: Bols Kirsch, Bols Maraschino. **Irish Whiskey** should only be consumed if it has a Hechsher or has been Rabbinically approved. The following brands are now approved: Middleton, Powers, Paddy, Jameson and Tullamore Dew.

The London Beis Din continues to allow all types of Scotch Whisky until further notice

Shul Library

Please use our Shul library that is located in the Ackerman Resource Centre on the ground floor. Over **160 books** to read or borrow covering a range of Jewish topics are available. There are some beautiful books just waiting to be read. If anyone would like to donate books either to celebrate a Simchah or to commemorate a Yahrzeit, please speak to Michelle. A complete list of books can be found on the website.

King Solomon's Tribe Triumph

Eleven students from King Solomon High School have battled it out to be crowned Tribe Ambassadors at the competition's final recently. The competition, supported by JNF, BICOM and UJS, followed an intensive course of advocacy training designed to prepare students to promote Israel on campuses in the UK. The winners competed against 200 other students from JFS and King Solomon during the course of the ten-week competition. Students competed in a range of tasks which included a mock debate in the House of Lords and interviews with university students to explore opinions about Israel.

Weekend in Paris for just £149!

'Reconnect' provides social and educational events for young Jewish adults aged 20-30 years in Essex. It has linked up with the Jewish Learning Exchange to offer 3 superb days in Paris for just £149! The trip includes sightseeing Shabbos in the Jewish Quarter, a Motsei Shabbos event and EuroDisney. It takes place from 24-27 January. For more information, log onto <http://reconnectuk.org/6.html> and complete the application form online.

Remembering the Experience by Adam Lieberman

G-d told Moshe that the time had now come for the redemption of the Jewish people from Egypt. When Moshe approached Pharaoh asking for the Jews' freedom, Pharaoh flatly refused. G-d then sent a number of plagues onto the Egyptians so Pharaoh would know that G-d really meant business and wanted the Jews to be freed. It was when the Egyptians were experiencing the pain of the plagues that Pharaoh then promised to let the Jewish people go only if the plagues would stop. But when G-d stopped the plagues - and the pain associated with them ended:

"Pharaoh saw that there had been a relief ... He did not heed them..."

(Shemos 8:11)

When someone does something that causes him to have an unpleasant or painful experience, he almost universally commits never to repeat the unhealthy behaviour ever again. How often have you become nauseous after consuming too much food or drink and declared never to do it again? Or went to sleep much too late only to be exhausted and irritable the next day, and then committed to yourself to now always be in bed before 11.00 o'clock? But like most everyone else, after a few days pass and the discomfort has faded into a memory, you'll then easily repeat the identical negative behaviour once again. This is because when the pain of a situation is no longer present and **you saw there had been a relief**, you as a person will simply lose your once crystal clear clarity. On a more serious scale, imagine someone, G-d forbid, has a heart attack and is rushed to the emergency room. While recovering in his hospital bed, he commits to himself immediately to change his ways and begin to eat better, start an exercise programme, and work much less at the office. Sadly, these commitments are often short-lived because when the pain of the experience subsides, the old habits naturally and quickly return. The fact is if you're in pain, it's not very hard to have clarity on the type of behaviour you want to begin to have. Anyone can do that. What takes effort and goes against human nature is to still fight the urge to drift back to your old ways when you aren't in any physical discomfort. A great way to accomplish this is: before you want to repeat a self-destructive trait, stop and spend a moment to mentally recall the aftermath of the past event. It's very important actually to take yourself through the whole experience and "bring it back to life." This will make it real to you all over again. Although there will always be a part of you that will try to push this negative association away so you can engage in your old ways, the more you're able to focus on the negative consequence, it will dilute your anticipated pleasure. And just like lifting weights, the more you do this, the stronger and stronger your willpower will become, making the behaviour easier to and easier to resist. So, reliving it in your mind today will allow you to have a happier and more meaningful life both today - and tomorrow.

Adam Lieberman is a business consultant. He also runs a non-profit foundation that helps Jews of all backgrounds to see the beauty and relevance of their heritage. He lives in New Jersey with his wife and children.

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