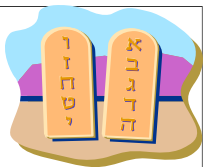


קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 26 January 2008/ 19 Shevat 5768

Service Times (Aseres Ha'Dibros - The 10 Commandments)

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|----------------------------|---------|
| Shacharis | 9.00 am |
| Minchah followed by Seudah | 4.00 pm |
| Ma'ariv & Shabbos ends | 5.29 pm |
| Shabbos next week | 4.35 pm |

Rabbi Wilson is away this Shabbos with the Reconnect trip to Paris enjoying a well-deserved working break with 20 local young people aged 20-30 years.

Tomorrow afternoon, we are holding our first ***Tu Bishvat Messy Afternoon*** for 3-8 year olds with a fun selection of activities to keep everyone busy. Over 40 will be taking part and enjoying a range of child-friendly arts & craft activities.

We need more sponsors for the *Clayhall Kehilla* newsletter at just £15 per edition. Similarly, the Shul would be delighted if members could sponsor the monthly Sunday morning breakfast which costs about £35. Please speak to the office or the HO's.

Torah Reading

Leyning: Yisro

Hertz p 288, Soncino p 445

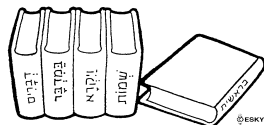
Haftorah:

Hertz p 302, Soncino p 464

Lester Harris

Rabbi Zev Glass

Come along to our Seudah Shilishis afternoon for some good food and drink, a convivial atmosphere and some Torah treats. It's the best club in town!



This week's Clayhall Kehilla and Kiddush has been kindly sponsored by Aish Essex

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: 10 February, 9 March & 6 April.

Israel 60 Fund Raiser

The local organising committee for the Israel 60 Celebrations are holding a Supper Quiz on Sunday 9th March at Ilford Synagogue, Beehive Lane to raise funds to enable Israeli Groups to visit London in May. The cost is £12.50 per person and Shuls are being asked to make up tables of ten people. You can receive further details about this from Michelle in the Shul office. Please telephone her on 020 8551 6533.

60 Days For 60 Years

60 Days for 60 Years: Israel sees the publication of the latest book in the "60 Days" series. Beginning on the 9th March 2008, each day for 60 days, thousands of participants will read one essay in commemoration of the lives that have been lost in Israel due to the war or terror. Ending on Yom Hazikaron, the day before Israel's 60th Yom Ha'atzmut, this project seeks to engage people from all over the world with Israel the Land and Israel the People. This is a wonderful way to celebrate the amazing feats that have seen Israel grow and prosper. Each essay has been written to inspire the participants both about Israel and Judaism. More details to follow soon.

Jewish Museum

The Jewish Museum needs you to join focus groups to discuss the types of exhibitions the Museum should mount when it moves back to the developed site in Camden Town in 2009. The sessions will start at 7.00 pm and last for about an hour and a half on the following dates:
4th February - Over 40's
5th February - Under 40's
The Jewish Museum received a grant to expand and integrate the collections previously showing at its sister site in Finchley. Please phone Esther Jacobs on 020 8371 7361 if you are interested in helping.

Care & Welfare

It is very important to tell the Shul office or Rabbi Wilson of anyone who is unwell at home, hospitalised, or in need of some general support. Sometimes, it is assumed that those who need to know already do know but, unfortunately, the system does not always work like that. Our team will do its best to help those who need assistance.

Hashem and Your Parents by Rabbi Shraga Simmons

Parshas Yisro tells of the revelation at Mount Sinai and the giving of the Ten Commandments. The commandments were written on two tablets, but there was a distinct difference: The first tablet contained mitzvos between people and G-d - e.g., "Believe in G-d," "Don't worship other gods," "Don't take G-d's Name in vain." The second tablet contained mitzvot between **people** and people - e.g., "Don't steal" and "Don't murder." One of the Ten Commandments is to "Honour Your Parents." We would expect this to appear on the second tablet, along with the other mitzvos between people and people. But it does not. Honouring parents appears on the first tablet. Why?

The reason is that the parent-child relationship is a metaphor for the human relationship to G-d. From the moment of infancy, the way a parent acts toward their child, forms in the child's consciousness a paradigm for how G-d relates to us. Therefore the primary role of a parent is to communicate to the child that he is loved and cherished ... unique and special ... cared for and protected. For that is how G-d cares about ... each one of us. I once heard the story of a father who set his young son up on a ledge, and told him to jump. "I'll catch you," said the father. So the boy jumped - but the father stepped back, letting the child fall to the ground. As the boy looked up with tears in his eyes, the father said: "I wanted to teach you an important lesson: That you can never trust anyone!" This is the exact opposite of what the Torah wants us to teach our children. Above all, a parent must give the child a deep sense of security, and implant the subconscious knowledge that with G-d, you are never alone.

CCY News

The next Clayhall Children and Youth (CCY) is on **Shabbos 2 February** from 4.00 pm until 5.30 pm. It will be packed with games, fun and nosh. If you are aged between 6-16 years, then why not brighten up your Shabbos afternoon with some light entertainment? There are some really good future events being planned and more details will be sent out in due course.

Kashrus Alert

The following Hartley's Jelly Pots listed in The Really Jewish Food Guide 2008 as approved and Parev are now Not Kosher: Orange, Raspberry, Strawberry, Low Sugar Orange, Low Sugar Raspberry, Low Sugar Strawberry. Kardomah Cappuccino Break previously approved and Dairy is now Not Kosher.

Tribe Community Membership

Tribe Community Membership (TCM) is the fantastic new membership scheme for singles aged 21-30 from Tribe. For just £5 a month TCM makes you part of your local community by giving you full membership of your local United Synagogue. (At last you can eat as much of the Kiddush as you like without feeling guilty!) Plus, you'll get a TCM card that will give you great deals on a whole host of services. Speak to Michelle in the office.

Being, Being, Being by Rabbi Shaul Rosenblatt

It often comes as a surprise to people to find out that Shabbat is one of the Ten Commandments. People understand that to murder, theft, adultery and idol worship are all anathemas to Judaism. But to keep Shabbat? Why is it so important as to merit a place in the big ten? I have heard it said that, throughout the ages, more than the Jews have kept Shabbat, Shabbat has kept the Jews. I think it is very true. On Shabbat, one is prohibited from even thinking of business, let alone talking or doing. One cannot use a car. One cannot use a phone. One cannot use a computer. One cannot cook. One cannot go shopping. It is a day completely free from distractions. A day in which one steps completely out of the rat race of modern society. Instead of doing, doing, doing, a person starts being, being, being. So what can a person do to fill a day if there are no Blackberries, cars, computers, shops, or business? Well, for a start, you can spend a lot of time with your family. And you can do it without any distraction. Since you can't just watch TV or go out shopping with them, you are forced to spend the time doing what we often avoid at all costs - talking! Relating to them. Or how about spending some time enjoying this gorgeous world we are all fortunate enough to be a part of. Go for a walk, smell the fresh air, look at the trees and the flowers. Feel at one with your environment. But the greatest thing of all that Shabbat forces one to do is to stop and think, to reflect, to self-examine. What am I living for? What am I doing it all for? Am I focused, or am I running on an auto-pilot that long ago diverted from the course I set it on? Am I running somewhere, or am I just distracted by the experience of running? Shabbat is a time to think. It is a time to remind ourselves of what we are living for. Without a day that forces you to stop and think, you will never do it. You will get caught up and very busy with life - so busy that you completely forget what life is all about. People often think of Shabbat as restrictive. Obviously, they have never experienced it properly. I know of nothing more liberating. Yes, restrict your actions - but. In order that you can liberate your mind, your heart and your soul. And in a curious way, this applies on a national level as well. Shabbat is one of the Ten Commandments. Because without it, the Jewish people would have long ago forgotten who we really are.

Rabbi Rosenblatt studied for his Smicha at Aish Hatorah in Jerusalem where he met his first wife Elana a"h who passed away in 2001 after a long struggle with cancer. They had four children together and Shaul has a further two with his second wife Chana, who he married in 2003.