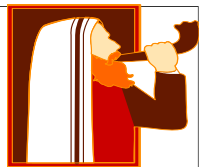




קליהל קהילה



The weekly newsheet of Clayhall United Synagogue

Shabbos 27 September 2008/ 27 Ellul 5768

Service Times

Shacharis	9.00 am
Minchah followed by Seudah	5.55 pm
Shabbos ends	7.34 pm
Shabbos next week	6.19 pm

We are just two days away from Rosh Hashanah. Rabbi and Rebbetzen Wilson, the Honorary Officers and the Board of Management wish the Kehilla a sweet and healthy New Year. Tomorrow morning (Sunday), Selichos will begin at **7.40 am** prompt followed by Shacharis. Other Selichos times are inside the *Clayhall Kehilla*. On Monday 29 September, Minchah on Erev Rosh Hashanah will be at **6.29 pm** immediately followed by Ma'ariv. All other times are printed on your tickets.

It is incumbent on all of us to try to maintain **decorum** during this very important time. The sports hall is not conducive to services and its high ceiling and brick walls are an acoustic nightmare. However, it is a place of worship for the three holiest days of the year. We would all do well to remember this.

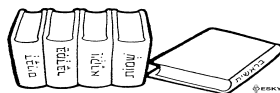
Torah Reading

Leyning: Nitzavim
Hertz p 878, Soncino p 1138
Haftarah:
Hertz p 883, Soncino p 1145

Rabbi Nissan Wilson

Sam Chaplain

This is about the time of year that the Shul kindly asks for 'extra' donations of whisky in readiness for Succos and Simchas Torah!



This week's Clayhall Kehilla is kindly sponsored by Irene Rosenberg in loving memory of Al Rosenberg z'l

Children's & Youth Service: 10.30 am - 11.30 am

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.

Ma'ariv: 7.30 pm, Tuesday and Wednesday.

Sunday breakfasts: Chol Hamoed Succos, 19 October

Blue Tzedakah Tins

The blue tzedakah tins provide a valuable source of extra income. Philip Shamplina has kindly agreed to take over the supervision of the distribution and emptying of the tins. If you would like a tin, please email Philip, shamplina@hotmail.co.uk or call him on 8500 8203. If you have a tin that has not been emptied for some time, Philip will arrange for a collection to be made.

Simchas Beis HaSho'evah

"Whoever did not see the rejoicing of the Beis HaSho'evah never saw rejoicing in his lifetime." The festivities associated with the drawing of the water for the libation on Succos were the highpoint of the festival. Clayhall's very own celebrations take place on **Sunday 19 October** from 8.00 pm in the Shul succah. There will be live music provided by talented musicians and a scrumptious dessert buffet packed with all your extra-high calorie favourites. Notwithstanding, there might even be a few L'Chaims! Our 'party in the succah' promises to be another entertaining evening and enjoyable evening. We'll be singing, dancing, eating and drinking the night away—what better way to spend an autumn evening! There is no charge but any donations will be welcomed.

Selichos Times

Selichos continue tomorrow (Sunday 28 September) at **7.40 am** before Shacharis. On Erev Rosh Hashanah (Monday 29 September, Selichos will start at **5.45 am**. During the Aseres Yamei Teshuvah (Ten Days of Repentance), Selichos will begin at **6.15 am** and on Erev Yom Kippur (Wednesday 8 October), Selichos commence at **6.25 am**.

It is important to daven Selichos with a Minyan so please make every effort to attend. If you are on the rota and might find difficulty with these times, please speak to either Lester or Leslie Linder so that alternative arrangements can be made.

Memorial Forms

The Memorial forms for Yom Kippur were sent to members a few weeks ago and they need to be returned as soon as possible to the Shul office together with your donation. Without these forms, names of loved ones will not be read out during Yizkor on Yom Kippur.

The Cry of the Shofar

The Baal Shem Tov said: "The master key is the broken heart. When a man truthfully breaks his heart before G-d, he can enter into all the gates of the apartments of the King above all Kings, the Holy One, Blessed be He" (Ohr Yesharim). That cry is the broken heart. That is the cry of all of the mothers mentioned in the Torah and Haftorah readings on Rosh Hashana: Chana, Rachel, Sarah, and Hagar. But the point is not the broken heart. The point is the redemption. The shofar is the voice of a greater truth. From the narrow opening of the shofar, comes the wide expanse of relief. Rachel's children will return to her borders. The mother's primal wrenching cry will be met with G-d's compassion. Our hope is that G-d will also cry for us, his children, that he will have mercy on us, and see us as a mother sees her child, perfect despite all of our faults. It's not surprising that the Sages tell us that the shofar will be blown at the end of days and to announce the resurrection of the dead. It is a link from Avraham to the giving of the Torah to the Mashiach. It forms an aural chain through history, and a wake up call. Wake up and see G-d's majesty in the world. **(based on an article by Sherri Mandel.)**

Please order your Arba Minim through the Shul office. Prices still to be confirmed but it won't vary much to last year

Schmooze Lounge

For those young people in school years 7-11, an area upstairs is being set aside for an informal get-together over the Yomim Noraim. It will be open from 10.30 am until 12.30 pm. There will be no youth service but a couple of young adults will be there to chat and 'schmooze.' In addition, there will be some light refreshments except, of course, on Yom Kippur! The upper age limit is 16 years.

Chief Rabbi's Rosh Hashanah Message

Tomorrow evening (Sunday) on BBC1 at 11.20 pm, the **Chief Rabbi Sir Jonathan Sacks**, reflects on the growing pressures facing British children in a film marking Rosh Hashanah. He talks to psychologist Oliver James about some of the causes of children's unhappiness, to broadcaster and child protection campaigner Esther Rantzen about family life at its worst - and best. And there's insight from Professor Lord Robert Winston - about "what science, and Judaism, can tell us about building strong families."

CCY Baking Bonanza!

Tomorrow morning, **Sunday 25 September**, CCY is having a Baking Bonanza in Rebbetzin Wilson's kitchen, 20 Lakeside Avenue, from 10.30 am prompt until 12.00 pm. All girls in school years 4-8 are warmly invited to try their hand at baking Rosh Hashanah delicacies. You can even take home what you make! The cost is just £2 per girl. Enjoy!

"Choose Life" by Adam Lieberman

In this week's Sedra, G-d tells the Jewish people that He placed before them life and death. G-d then implores them to: "...choose life, so that you will live..." (Devarim, 30:19)

It's obvious that if one chooses life, then he or she will live, and if one chooses death, then he'll die. But our physical life and death wasn't what G-d was referring to. Except for the rare few, no one proactively chooses physical suicide. However, all of us commit spiritual and emotional suicide every day. Just like G-d says, we all have before us the option to choose life or to choose death. Again, not in the physical sense but rather in the spiritual and emotional sense. From the moment our alarm clock goes off in the morning there is life and death before us. You see, when you went to sleep the night before you did so with perfect clarity that you wanted to wake up early and "hit the ground running." You decided to choose life. But when the alarm clock goes off, you then immediately come up with powerful and compelling reasons to stay right in bed. And as you sleepily smack the snooze alarm you've chosen death. When the body's desires win over the soul's desire, death wins. If the soul wins, then life is chosen. We can only have life when we make soul choices and do what's hard and right over body choices which are easy and wrong.

If you're able to pass on an unnecessary second portion of cake, you choose life. Gobbling it down is choosing death. If you do what's hard by making an unexpected call to thank someone who helped you in the past, this is choosing life. Talking yourself out of it is choosing death. Giving your time and money to those who need it is choosing life. Passing on this same opportunity is choosing death.

Basically, anything that takes effort and is hard to do, but makes you feel on top of the world when you do it, is choosing life. But choosing death is easy. Not growing or challenging yourself is easy. Anyone can do that. And most of us do. We choose death all day long. And we wonder why we're lifeless, unmotivated, discontent, and lacking all zest for living. This is because we're really not living. Use the strength you know you have to start choosing life. G-d couldn't tell us to do this unless He also gave us the ability to fight the body and let the soul win. We're ALL designed for greatness. We're designed for life. Make the right choices and you'll feel richer than you can ever imagine. Like G-d said, "... choose life, so that you will live." Choose life and you'll know what living really is.

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