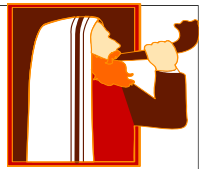




קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Yom Kippur 8/9 October 2008/ 10 Tishri 5769

Service Times

Shacharis	8.30 am
Minchah	4.00 pm
Neilah	5.35 pm
Fast ends followed by Ma' ariv	7.07 pm
Shabbos this week	6.04 pm

Yom Kippur, the Shabbos of all Shabbos, is our holiest and most awesome day of the year. Our whole being is immersed in prayer. Hashem is close as we pour out our hearts to Him. The *Chafetz Chaim* says that it's not the person who bangs on his heart who will receive atonement for his sins, but rather it is the person whose heart bangs on him a little bit. *Teshuvah* {literally meaning 'return' (to G-d)} accords us a unique opportunity to put right our relationship with G-d. Yom Kippur though does not atone for wrongdoings committed against our fellow man or woman. That is something we are all collectively responsible for, to find the right words to repair relationships within families, friends and community. In so doing we bring Kiddush Hashem to the world and make it a better place to live in.

The true essence of Yom Kippur is joy. It is certainly not a sad time. Our energy and vitality comes from spiritual nourishment rather than physical food and drink. We learn that it is never too late to change. People have faults and these faults cause them to suffer in some way or another. This suffering limits an individual's freedom and is often painful. **People want to change...to improve.** May this Yom Kippur seal us in the Book of Life for a year of health, prosperity and spiritual growth.

*This week's Clayhall Kehilla is dedicated to the memory
of our dear departed and loved ones*

Young People's Service: 10.30 am - 11.30 am (Shabbos)

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

Succah Decoration

The Shul succah is being decorated on **Sunday 12 October** at 11.00am. Any donations of fruit and/or help would be greatly appreciated. We also wish Mazel Tov to our celebrants, **Rabbi Wilson, Robin Abrahams and Rosalind Jessener**, Chasan Torah, Chasan Bereishis and Eshes Chayil respectively.

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 the wonderful **Rabbi Sholomo Cramer** and a scrumptious dessert buffet packed with all your extra-high calorific favourites. Notwithstanding, there might even be a few L'Chaims! Our 'party in the succah' promises to be another entertaining 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.

Four Steps to the New You

There are four practical steps to create the 'new you' this Yom Kippur:

- Regret. To regret what we have done wrong.
- Leaving the negativity behind. To stop dwelling on the transgression in thought and action.
- Verbalisation. To verbally state the wrongdoing.
- Resolution for the future. To be determined not to let the transgression happen again. Make a firm and determined decision not to repeat the behaviour.

New Ladies Committee

The role of the traditional Ladies Guild has changed considerably in recent times so much so that a Ladies Guild in itself is not necessarily the right way forward. We are therefore holding an open meeting on **Tuesday 28 October at 8pm** at RJCC for all ladies to discuss ways by which they can be involved in Shul life and make an important contribution.

Like Angels on Yom Kippur

What are "angels?" Angels are completely spiritual beings, whose sole focus is to serve their Creator. On Yom Kippur, every Jewish person becomes like an angel. As the Maharal of Prague explains: "*All of the mitzvos that G-d commanded us on [Yom Kippur] are designed to remove, as much as possible, a person's relationship to physicality, until he is completely like an angel.*" Just as angels (so to speak) stand upright, so too we spend most of Yom Kippur standing in the synagogue. And just as angels (so to speak) wear white, so too we are accustomed to wear white on Yom Kippur. Just as angels do not eat or drink, so too, we do not eat or drink.

There are five areas of physical involvement which we remove ourselves from on Yom Kippur. They are: ***Eating and Drinking, Washing, Applying oils or lotions, Marital Relations & Wearing Leather Shoes.*** Throughout the year, many people spend their days focusing on food, work, superficial material possessions (symbolized by shoes) and superficial pleasures (symbolized by anointing). On Yom Kippur, we restore our priorities to what really counts in life. As Rabbi Eliyahu Dessler writes: "*On Yom Kippur, the power of the evil inclination is muted. Therefore, one's yearning for spiritual elevation reasserts itself, after having lain dormant as a result of sin's deadening effect on the soul. This rejuvenation of purpose entitles a person to special consideration and forgiveness.*"

Please order your Arba Minim through the Shul office. The price per set is £25, little changed from the last few years

Succos Davening

Shacharis during Chol Hamoed Succos will be at **6.40 am**. All other times are printed on your tickets.

On **Sunday 19 October**, Chol Hamoed Succos, a sumptuous breakfast will follow Shacharis (davening begins at 8.00 am). This is being kindly given by the **Mervish family** in honour of Jonathan's Bar Mitzvah which takes place b'h on Shabbos Bereishis, 25 October.

Day of Repentance

Without the possibility of repentance, the world could not exist because man stumbles more than he strides. If there were no chance of wiping the slate clean, man could have no hope of rising above his frequent sins. They would always remain to condemn him, never allowing him to escape the inevitability of judgement and punishment. For this reason, the concept of Teshuvah had to be created before the universe, for G-d would not create a world that was doomed from its inception. But though the possibility of repentance always—must exist—it is uniquely acceptable during the 10 days ending with Yom Kippur. During this period, G-d waits anxiously and expectantly, as it were, for the Jewish people and the Jewish person to return to His embrace. He is more responsive at this time, He assists those groping for His closeness, and He regards our failure to respond to this opportunity as a transgression of uncommon magnitude.

(adapted from Yom Kippur Artscroll Mesorah)

Sorry...it's not just a game

- * Some people always have their apology in the planning stages.
- * And there are others who suppress their apology and can't get it out.
- * Some people need to have their apology squeezed out with force.
- * And there are others whose apology is never whole.
- * Some people say they are sorry so many times that it's hard to know when they really mean it.
- * And there are others who will never apologise unless the other person apologises too.
- * Some people whisper their apology so quietly, it is barely heard.
- * And there are others who never think to ask forgiveness.
- * For some people, sorry is nothing but a game of words.
- * And for others their apology is part of a strategic plan.
- * Some people are separated by just one apology.
- * And others are reunited by just one apology.
- * For some people, sorry lifts their spirit and carries them far.
- * And for others sorry opens up locked doors.

SORRY
clears the slate and
creates a new beginning

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