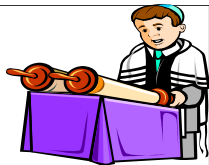




קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 29 November 2008/2 Kislev 5769

Service Times

Shacharis	9.00 am
Minchah followed by Seudah	3.30 pm
Shabbos ends	4.49 pm
Shabbos next week	3.38 pm

We wish a very hearty Mazel Tov to **Arnold Abrahams** on the wonderful occasion of his 2nd Bar Mitzvah today. The Kehilla wishes Arnold many more years of health and happiness. Arnold has great pleasure in inviting the community to Kiddush after the service in celebration of his Simchah.

We shall be holding our monthly Rosh Chodesh smoked salmon and beigel breakfast tomorrow morning after Shacharis. All are cordially welcome especially 'Dads and Lads.'

Don't forget to return your application forms for '**Chanukah at the Aviv**' which takes place on Tuesday 23 December. There is more information inside your *Clayhall Kehilla*.

Torah Reading

Leyning: Toldos

Hertz p 93, Soncino p 140

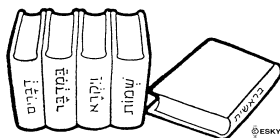
Rabbi Nissan Wilson

Haftorah:

Hertz p 102, Soncino p 159

Rabbi Nissan Wilson

This is the second of six successive Shabbasos when Shabbos Minchah will start at 3.30 pm. Since time is of the essence over this period in particular, it is important that we begin the service promptly.



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This week's Clayhall Kehilla is kindly sponsored by Ruth & David Langdorf on the birth of their first grandchild, Eden Maria

Children's Service: 10.30 am - 11.15 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.

Ma'ariv: 7.30 pm, Tuesday and Wednesday.

Sunday breakfasts: 30 November & 28 December.

Sponsorship

If you would like to sponsor a Sunday morning breakfast or an edition of the *Clayhall Kehilla*, the cost is £35 and £15 respectively. Please speak to Michelle in the Shul office. This is an ideal way to celebrate a simchah or birthday, commemorate a Yahrzeit, or simply for no reason at all!

Clayhall Administrator (1)

Michelle will be leaving her current post as Shul Administrator tomorrow. She begins her new role at the United Synagogue as Membership Manager from 1 December. The whole Kehilla wishes Michelle every success and happiness in her exciting position. It's not as if she has actually changed employer!

Clayhall Administrator (2)

Clayhall's new administrator is **Deana Green** and she takes up the position with immediate effect. Please give Deana every help and support in her new, important role. The community welcomes her to the administrative hot seat and it looks forward to a successful partnership for many years. Office hours remain the same.

Ladies Simchah Dancing

Following on the success of the current Ladies Dance Group, the course has been extended for another four weeks to Wednesday 17 December. It takes place at **Ilford Jewish Primary School** from 7.15 to 8.15 pm. There is no need to book - just turn up. The cost is £15 for the four weeks or £4 for each session. So whether you want to improve your Israeli dance skills or just start from the beginning, this is the place to be. All monies raised will be going to the Gina Myers Memorial Fund. It is hoped to purchase a rapid response vehicle in Israel for Magen David Adom.

Rosh Chodesh Group

The next meeting of the Rosh Chodesh group takes place on **Tuesday 2 December** at 20 Lakeside Avenue, Redbridge. Rebbetzen Wilson will speak on *Making a Difference - the Power of Prayer*. It starts at 8.30 pm followed by refreshments. All ladies are warmly invited.

Children's Service Re-launch

The new-look, dynamic Children's Service started last week. It is open to all children from nursery to school year 6 and, initially, the service will run fortnightly. A coloured flyer has been sent out to members, IJPS pupils and local shops. It will be organised and run by **Naomi Harris**.

- Times: 10.30am-11.15am
- 10.30-10.50 davening
- 10.50-11.05 games, stories, songs
- 11.05-11.15 Kiddush

In addition, there will be certificates and awards for attendance, star-of-the-month and star-of-the-morning with small prizes. It is hoped that the children will revive the old Clayhall tradition of singing a song in the main service before *Adon Olam*. There are many exciting plans to develop other activities and events with this age group. On Simchas Torah, there were a healthy number of young children and we want to build on this.

Articles are required for the Pesach edition of Shalom, the Shul magazine. Please submit these by mid-January 2009.

Kashrus Update

The Kashrus Division of the London Beis Din lists product updates on its excellent website:

www.kosher.org.uk and it is worth checking this every month or so. The Shul tries to send these on to members who have provided an email address. So far there have already been two November updates. You can also order the Really Jewish Food Guide via the website for just £9.95.

Today in Jewish History: 2 Kislev

Yahrtzeit of Rabbi Aharon Kotler (1892-1962), a prominent Torah sage in Lithuania, and later in America. Rabbi Kotler studied under the famed Alter of Slabodka, and was the son-in-law of Rabbi Isser Zalman Meltzer. Rabbi Kotler led various efforts to rescue Jews from the Holocaust; he was instrumental in persuading Henry Morgenthau, U.S. Treasury Secretary, to risk his political career in order to help save Jews. In 1943, Rabbi Kotler founded a yeshiva in Lakewood, New Jersey, which has since grown into the largest institution of its kind in America with over 2,000 advanced-level students.

Chanukah at the Aviv!

Clayhall is celebrating Chanukah at the **Aviv** restaurant in Edgware (this is, we believe, somewhere over the rainbow in another land) Very shortly, you will receive full details in the Shul mailing. It takes place on **Tuesday 23 December** and everyone is invited. The adult menu is £25 per head and there is a reduced price children's menu. Rabbi Wilson has assured us of a fun-packed evening so book your place(s) on receipt of the form.

Living For Tomorrow by Adam Lieberman

Esav and Yaacov were twin brothers. Esav spent his days hunting in the fields and his brother, Yaacov, spent his time studying and learning. One day, Yaacov was making a stew when his brother Esav came in from a long day of being in the field and...

"Esav said to Yaacov, 'Pour ... me ... some of that red stuff for I am exhausted.' Yaacov said, 'Sell ... your birthright to me.'Esav said, '...I am going to die, so of what use to me is a birthright?'" (Bereishis 25:30-32)

Why would someone sell his birthright, which was worth an incalculable amount both spiritually and monetarily, for a bowl of stew? Esav gladly did so and then justified it because he was one day going to pass away.

Sadly, this is the similar rationale we use ourselves when we want to engage in any unhealthy behaviour. We all live with a constant inner struggle between having immediate gratification or thinking about the future. But healthy decisions can only be made when someone lives with the awareness that his choices have a direct impact on his life. This "tomorrow filter" is what all of your desired actions need to pass through.

Many smokers rationalize their habit by declaring that, "we're all going to die of something ... I might as well enjoy myself." If you push that faulty logic a little further, they might as well live their entire lives just as recklessly. How about only eating foods that are loaded with sugar or fat? Or maybe experiment with drugs after a long, hard day.

The problem with all of this is there is a tomorrow and it's precisely how you live today that will determine this tomorrow. Pointing out someone you know who never got sick and lived to 129 years old on a diet of whiskey, steak and cigars doesn't give you the freedom to live recklessly and without limits. In fact, it's actually these stories that give you true free will to choose a correct and healthy path.

Esav cared only about what he wanted *now*. There was no thinking about tomorrow. This kind of thinking can lead someone to do anything he feels like doing and then proudly and confidently justify his behaviour.

You can only truly feel great when you sacrifice short-term pleasure by investing in your future and doing what's right. Sacrificing what's right for your immediate pleasure ultimately makes you feel lousy. And that's the great irony.

G-d set up a system that demands that we grow. And this can only happen through fighting temptations and doing what's right. Then the lasting joy you'll own forever will be on a stratospheric higher level than the temporary and fleeting pleasure you passed up. And the more you're able to do this, the happier you'll be. Today and tomorrow.

Adam Lieberman is a business consultant and who advises executives and companies across a spectrum of industries. He also runs a non-profit foundation which 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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