



קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 7 February 2009/12 Shevat 5769

Service Times (Shabbos Shira)

Shacharis	9.00 am
Minchah followed by Seudah	4.20 pm
Shabbos ends	5.49 pm
Shabbos next week	4.57pm

Tomorrow we are holding a celebratory tea here in honour of **Michelle Mervish** to recognise her many years valuable service to Clayhall Shul. The tea begins at 3.00 pm. For catering reasons places are allocated. We look forward to seeing you there.

This Monday is **Tu Bishvat**, the New Year for Trees.

An old man was planting a tree. A young person passed by and asked, What are you planting? A carob tree, the old man replied. Silly fool, said the youth. Don't you know that it takes 70 years for a carob tree to bear fruit? That's ok, said the old man. Just as others planted for me, I plant for future generations.

"For as the days of a tree shall be the days of my people"
(Isaiah 65:22)

Torah Reading

Leyning: Beshalach

Hertz p 265, Soncino p 407

Haftorah:

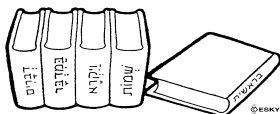
Hertz p 281, Soncino p 434

Lester Harris

Lester Harris

When you come to Shul for weekday Shacharis, could you ensure that the outside gate is shut tight behind you.

Please buzz for entry into the building.



If you would like to sponsor the Clayhall Kehilla in celebration of a simchah or for any other event, call Deana on 020 8551 6533

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: 25 February, 29 March & 26 April.

Poland Trip

We will be introducing the Clayhall Community Poland trip at an open meeting with **Rabbi Wilson** and **Mr Spencer Lewis** - Head Teacher, King Solomon High School - on Sunday 1st March. The two day trip will take place on **1st & 2nd November 2009** and will include a full guided tour of Auschwitz and Birkenau, as well as the significant sites of the ancient Jewish quarter of Krakow and its Ghetto. To find out more join us for the launch on Sunday 1st March, 11:30am at RJCC.

Kashrus Guide 2009

The Really Jewish Food Guide 2009 has just been published by the London Beis Din. Over 7600 products are listed in the new guide with a greatly expanded medicines section, & many new food categories, making the guide easier to use and more comprehensive than ever before. **You can buy the Kashrus Guide at £9.95 through the Clayhall Shul office.** For every Guide sold, the Shul will receive £1 back. This is a must-have book for all Jewish households. Keeping Kosher has never been easier thanks to the London Beis Din. Bruchim Habayim Ubeseavon!

Man is a Tree: A Time to Grow

The source for Tu Bishvat is the opening statement of the Talmudic Tractate, *Rosh Hashanah*. Just as you are gnawing that slab of chocolate from the carob tree, ask yourself: *Am I getting the spiritual food and shelter I need to survive, or is my tree being blown down by information overload and rampant materialism? Am I part of a strong, Jewish community offering a warm and nurturing environment? Or am I cast into the pale bleak anonymity of urban life and wasteful cyberspace? Am I looking to future generations knowing that I am setting proper foundations for their lives?*

Rosh Chodesh Group

The next Rosh Chodesh group takes place on **Tuesday 10th February 2009** at 19 Lakeside Avenue, Redbridge. All ladies are warmly welcomed and the evening begins at 8.30 pm. Rebbetsen Wilson will talk about *"Tu'Bishvat and Fruit in Jewish Thought."* Refreshments will also be served.

Strictly Come Davening - A Purim Spectacular

With Purim fast approaching, rehearsals are beginning for this year's Purim Show. The premier performance will take place on Purim night, Monday 9th March, after the Megilla reading. Members of the all-star cast have been limbering up and gargling with raw egg in attempt to prepare themselves for this year's incredible thespian performance. If previous years' are anything to go by, expect another record breaking, box-office hit performance that will leave you feeling inspired, uplifted and genuinely moved!

This year features an all-star cast of breathtaking talent including many younger members of the theatrical company.

Times for Purim services will be published shortly.

Care & Support

If you know of anyone who is unwell, hospitalised, house-bound or just in need of company, please contact the Shul office. Rabbi Wilson and the welfare team can arrange home or hospital visits, shopping or befriending. Sometimes, the Shul does not always hear when an individual is in need of support so please don't hesitate to call the office. The Shul will try to help in any way possible.

Children's Service

Our fortnightly Children's service takes place this Shabbos. Led by **Naomi Harris** for children aged 3-10 years, the morning is a fun mix of davening, games, stories, songs and plenty of nosh., See you at 10.30!

A "Class" Act

The newly formed Clayhall Ladies Association (CLASS) launches its first event on Tuesday 24th February 2009. The group is holding a **Ladies Supper Quiz** at RJCC with funds raised for the benefit of the Shul. Doors open at 7.00 pm and the fun starts at 7.30 pm. There is a donation of £10 per person which includes refreshments. For tickets, please either call the Shul office or Anne Yeshin on 07904 123677, or Jacquelyn Conner on 01708 746735. Please do your best to support this inaugural event by booking your ticket(s) as soon as possible.

Balance in the Metaphysical Realm by Rabbi Yehuda Appel

In a fascinating essay, the *Maharal of Prague* discusses the importance of maintaining a balanced lifestyle. He argues that ingrained in both the physical and metaphysical realms is a bias towards balance. He cites the unusual example of a dying person. It is not uncommon to see a patient given up for dead suddenly acquire a burst of strength and energy. But, just as one's hopes are rising for his recovery, the patient suddenly passes away. Human beings, the *Maharal* writes, "are points of life, surrounded by death," and this last minute "flickering of the candle" - this final surge of energy - is the soul's final attempt to maintain the natural equilibrium that exists between life and death.

In this week's Sedra, we are told of the Jewish exodus from Egypt, of the confrontation between G-d and the Egyptian army at the Reed Sea, and of the subsequent annihilation of Pharaoh's forces. So stupendous and unexpected was the news of this Egyptian defeat that all the surrounding nations were paralyzed by fear of the Jewish People. "...Terror gripped the Philistines. The chieftains of Edom were frightened. Trembling gripped the powers of Moab. [It was as if] the inhabitants of Canaan melted away." (Shemos 15:14-15) At this point, the Jewish People had the opportunity to cement this exalted status vis a vis the nations of the world. But alas, they faltered in their relationship with G-d, and the tide turned in favour of their enemies. Forgetting all the miracles and wonders G-d had performed for them, they muttered harsh words against the Almighty - blaming Him for the thirst they now felt in the desert.

This behaviour created a tremendous imbalance in the metaphysical realm: On one hand, the non-Jewish nations possessed great awe of the Jewish G-d. But on the other hand, the Jews themselves lacked proper reverence for the Almighty. As it stood, the Jewish People were benefiting unduly: The non-Jewish fear of G-d gave the Jews a tremendous military advantage. This imbalance had to be redressed, and it could only be changed in one of two ways: Either the Jewish People would become more G-d fearing, or the gentiles would lose their fear of the Jewish nation and their G-d.

Tragically, the Jews did not change. As a result, the Jewish People were attacked by the Amalekites. Alone among all nations, the Amalekites are a people that fight willfully and directly against G-d. Though they do not deny His existence or power, the Amalekites pathologically choose to make war with the Almighty. When the other nations saw the Amalekite attack on Israel, their own fears of the Jewish nation abated. A famous Midrash likens the actions of the Amalekites to the entrance of the first person into a very hot tub; until the first person steps into it, no one wants to go into the tub, but after that first step is made everyone is willing to enter.

Until the Amalekites attacked, everyone was afraid of the Jewish nation. After the attack, much of this fear dissipated. The imbalance in the metaphysical realm balance had been restored, albeit with tragic consequences.

Clayhall United Synagogue

*Sinclair House, Woodford Bridge Road,
Redbridge, Essex, IG4 5LN*

Tel: 020 8551 6533 e-mail: clayhallsynagogue@hotmail.com

www.clayhallsynagogue.org.uk