

קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 6 June 2009/ 14 Sivan 5769

Service Times (Ryan Alicoon's Bar Mitzvah)

Shacharis	9.00 am
Pre-Shabbos Minchah Shiur	7.55 pm
Minchah followed by Seudah	8.45 pm
Shabbos ends	10.18 pm
Shabbos next week	7.30pm

We wish a hearty Mazel Tov to **Ryan Alicoon** on the wonderful occasion of his Bar Mitzvah and the community extends all best wishes for good health and fulfillment in the years ahead.

Melanie, Andrew and Marc have great pleasure in inviting the Kehilla to a Kiddush after the service in celebration of their Simchah where everyone can enjoy a L'chaim.

Inside today's Clayhall Kehilla, there are details about our annual 5-a-side football and BBQ event, the Tribe football frenzy, Shabbos shiurim, the Children's service and Clayhall's annual Pimms and ice cream Kiddush.

Torah Reading

Sedra Synopsis:

Leyning: Naso

Hertz p 586, Soncino p 814

Haftorah:

Hertz p 602, Soncino p 835

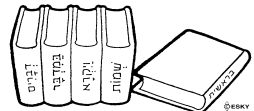
Ryan Alicoon

Ryan Alicoon &

Rabbi Nissan Wilson

Marc Alicoon

We have a delightful Seudah Shilishis (3rd meal) on Shabbos evening between Minchah and Ma'ariv. Food, drink, song, laughter & Torah!



This week's Clayhall Kehilla is kindly sponsored by Melanie, Andrew and Marc Alicoon in celebration of Ryan's Bar Mitzvah

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.

Minchah & Ma'ariv: 7.30 pm, Tuesday and Wednesday.

Sunday breakfasts: 28th June, 2nd August & 13 September

Pimms & Ice Cream Kiddush

Clayhall's annual summer spectacular takes place on **Shabbos 11 July** after the service. The community is invited to a luxurious Pimms, Stella and quality ice cream Kiddush. This event is firmly established on the Clayhall calendar competing favourably with the Henley Regatta...and a lot cheaper!

So for refreshing, fruity, ice-cold Pimms, cool bottles of premium Stella and satisfying scoops of Alpine ice cream, it's the place to be seen. There will of course be the other usual Kiddush delicacies to

Children's Service

The ice-cream Children's Service last Shabbos (2nd day Shavuot) was a great success with 13 young children enjoying a fun-packed time and plenty of delicious ice cream, haribos and marshmallows! The next Children's Service, led by Naomi Harris, is on **13 June** (it runs fortnightly) with songs, games, quizzes, stories and prizes. All are warmly welcome from the ages of 3 to 9 years. We look forward to seeing you.

Shul Calendar & Magazine

Your insertions are needed for the new Shul calendar. Birthdays, anniversaries, yahrtzeits can be included. This year, Bar and Bas mitzvah dates can be highlighted. Forms were recently sent out but there are spare ones in the office. These should either be returned to **Ruth Lyndon** directly or given to Deana in the office. If you have had a simchah since 1 March or will be celebrating one before 15 July, let **Cynthia Simmons** have a photograph for the Rosh Hashanah edition of *Shalom*. Contact her on 8550 8018.

New Shiur Series

Rabbi Wilson's afternoon Shabbos Shiur series will be based on *Be'er Hagulah* of the Maharal of Prague. This far reaching classic work of the Maharal teaches us to analyse the Aggadic passages of the Talmud and unlock the deeper wisdom hidden within. The Shiurim continue this afternoon, **Shabbos 23 May**. They will always start 50 minutes before Minchah and everyone is warmly welcome.

Football 5-a-side & BBQ Spectacular

It's time for all the boys and gentlemen to get into training, shed a few pounds and hit the treadmill! Clayhall's annual 5-a-side tournament will take place on **Sunday 12 July 2009** at RJCC. The prestigious event kicks off at 2.30 pm on the astro-turf. Everyone from 11 years to infinity can play. Flyers with more details are being sent out next week in the Shul mailing. It is suggested that teams comprise 6 or 7 players as the pace could be frenetic. For those 40+ mortals, it is strongly recommended that nobody stays on the pitch for more than 60 seconds at a time! Spectators are encouraged to lend moral and vocal support. You might be amazed at the dazzling, silky skills on display. Alternatively, bring a flask and a good book!

Afterwards at 6.00 pm, everyone is warmly invited to a grand, beefy **BBQ** at **19 Lakeside Avenue, Redbridge**. This will perfectly round off the day. The cost to play including the BBQ is £7 for over 16's and £5 for those under 16 years. Non-playing BBQ guests will pay £6 if over 16 years and £4 if under. This is great value for money. Please return the forms to the Shul office no later than 2 July.

Details will also be automatically sent to those who are members of the Clayhall Shul **Facebook** group. It's never too late to join this group so if you are on *Facebook*, just add your name.

Clayhall Cares

If you know of anyone who is unwell, house-bound, hospitalised, or just in need of a friendly face, please contact the Shul office. Rabbi Wilson and the welfare team can arrange home or hospital visits, shopping, cooking 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. Too many calls are better than none. The Shul will try to help in any way possible.

Tribe Football Frenzy

This exciting event takes place on **Sunday 28 June**. There is a junior tournament for school years 7 and 8, and a senior tournament for years 9-11. Further details can be obtained from either Bradley Mervish or the Shul office.

Your Money or Your Life!

This is the title of the summer series of Shiurim being given by local Rabbonim on Shabbos afternoon. The first talk on **13 June** is being given by **Rabbi Wilson** at 19 Lakeside Avenue. On successive weeks, Rabbi Geoffrey Hyman, Rabbi Aryeh Sufirin, Rabbi Alex Chapper and Rabbi Moshe Muller will continue the series in their homes. Each presentation begins at 6.00 pm and includes refreshments. As we all try to survive the economic crisis, come and learn what Judaism teaches us in these trying times. There is no need to pre-book.

Personal Peace by Rabbi Shaul Rosenblatt

This week's Sedra contains the Priestly blessing that we say in Shul. It ends with a prayer that G-d should give us peace. This blessing is worded in the singular, which would indicate that it is a blessing for each individual, not a national blessing. Wouldn't it make more sense to bless a nation with peace? There is probably nothing more fundamental for a nation. Furthermore, while peace is important on an interpersonal level, there are surely more, or at least equally, significant issues in the life of an individual - such as health, love, personal satisfaction... What exactly is this personal peace, and why is it singled out?

Every human being is made up of a body and a soul. The soul yearns to be G-dly, while the body wants to sleep. That's quite a dichotomy. You wake up in the morning in the midst of a raging battle. The soul wants to get up and do G-dly things; the body clings tightly onto the pillow. Assuming you do actually make it out of bed, the soul now wants to get on with meaningful accomplishment, while the body urgently wants to escape into the newspaper, the TV or anything it can find - the more mindless, the better.

On your way into work, the soul wants to smile at the other souls. The body wants you to look as miserable as you can for the other bodies - after all, you dragged it out of bed this morning. The soul wants you to be full of life and energy for your day. The body wants you to mope around depressed. The soul wants to have deep, meaningful relationships with other people; the body wants you to chew on them until you don't need them any more, and then spit out the bones. The soul wants to engage in reality; the body wants drugs and other stimuli to help it escape reality. This battle between body and soul is constant. There is hardly a situation in life in which the two do not have diametrically different preferences. We are faced with constant turmoil. It is peace from this turmoil to which the Priestly blessing refers.

The Sages say there is only one way to achieve this "personal peace." The soul will never make peace with the body. Its drive for G-d is too deep. But, given time, the body can learn to enjoy the pleasures of the soul. If you succumb to the desires and passions of the body, say our Sages, you will be in turmoil forever. Struggle to live as a soul, however, and peace becomes a real possibility. This sense of inner harmony and completeness is what we humans are all ultimately searching for. As such, this is the most fitting theme for the priestly blessing.

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