



קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 13 June 2009/ 21 Sivan 5769

Service Times (Daniella Goldman's Bat Mitzvah)

Shacharis	9.00 am
Pre-Shabbos Minchah Shiur	8.00 pm
Minchah followed by Seudah	8.50 pm
Shabbos ends	10.24 pm
Shabbos next week	7.30pm

Welcome to **Daniella Goldman's** Bat Mitzvah! The Kehilla extends a warm Mazel Tov to Daniella on the wonderful occasion of her Bat Mitzvah and, of course, the community also wishes a hearty Mazel Tov to her parents Shelley and Stuart, and to her sister, Sophie. After *Adon Olam*, would you stand in your places as Daniella is sung onto the Bimah with the stirring words of Eshet Chayil. Daniella will then deliver her D'var Torah and Rabbi Wilson will respond with the address to the Bat Mitzvah. After the announcements, Stuart and Shelley have great pleasure in inviting the community to a Kiddush in celebration of their Simchah.

Torah Reading

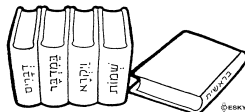
Leyning: Beha'alosecha
Hertz p 605, Soncino p 838

Rabbi Nissan Wilson

Haftorah:
Hertz p 620, Soncino p 857

Lester Harris

We have a delightful Seudah Shilshis (3rd meal) on Shabbos evening between Minchah and Ma'ariv. There's plenty of food, drink, song, laughter & Torah!



This week's Clayhall Kehilla is kindly sponsored by Stuart, Shelley and Sophie Goldman in celebration of Daniella's Bat 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 savour so make a date for THE summer social place to be!

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.

Summer Candle Lighting

For the next few weeks, the EARLIEST time for candle lighting on Friday evening moves beyond 7.30pm This week, for example, it is 7.35pm. **Rabbi Wilson** suggests that during all of June and July, women should light candles at 7.50pm. This will dovetail with the Friday night service in Shul, where, following the Minchah at 7:30pm, we begin the begin the Kabbalos Shabbos service at around 7:50pm. If one mistakenly lit too early, the lighting is actually invalid and candles should be extinguished and re-lit!

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 have just been sent out 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 have also been sent automatically to those who are members of the Clayhall Shul **Facebook** group. So if you are on *Facebook*, just add your name. We have **68** members to date.

Indulgence Evening

The Clayhall Ladies Association (CLASS) is holding An Indulgence Evening on **Thursday 3 September** from 7.30 pm until 10.30 pm at RJCC. So how about a new hat, a relaxation session, beautiful nails or a facial? Or are you are a qualified beautician or do you have suitable items for sale? Would you like to participate I this event by taking a stall? For more details, please contact Cynthia Simmons on 8550 8018 or you can email her at cindyess@talktalk.net

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 **this afternoon** is being given by **Rabbi Wilson** at 19 Lakeside Avenue. On successive weeks, Rabbi Geoffrey Hyman, Rabbi Aryeh Sufrin, 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.

Eshet Chayil—A Tribute to the Jewish Woman

A special Shabbos song in honour of the Jewish woman. The Jewish woman. If not for her, the Jewish people would still be enslaved in Egypt.

When Pharaoh decreed that all first-born Jewish males should die, the men decided that there should not be any more children born into this world. The women realized that G-d would indeed save them and bring them out of Egypt, so they went to their husbands in order to bring more Jewish children into the world. Their faith and foresight were said to have merited the redemption from Egypt of the entire Jewish people.

The Jewish woman. The one who was offered the Torah first from Moshe. After Moshe received the Torah from G-d at Sinai, he offered it first to the Jewish women, for he knew that if they accepted it, it would become part of the Jewish people for all time.

The Jewish woman. Who, in the face of adversity, held steadfast to her trust in the Al-mighty, even when those around her did not. While the Jewish people wandered through the desert, the men repeatedly complained to Moshe and even asked to go back to Egypt. And, when Jewish spies were sent in to the Land of Israel and came back with reports of great dangers, it was the men who refused to enter. Forty years later, only the women of that generation merited entering the land.

The Jewish woman. Who time and time again saved the Jewish people through her insightfulness, virtue, and belief in G-d. There are many examples, one being Rivkah, who helped disguise her son Yaacov so that her husband, Yitzchak, would bestow a blessing upon him and not upon Yaacov's brother, Esav. She knew that it was Yaacov who had the character to become the father of the Jewish people. Later, it was his 12 sons who led The Tribes of Israel.

The Jewish woman. In whose merit will come the Moshiach and the final redemption of the Jewish people. (Talmud - Sotah 11)

The Jewish woman, who today is the one entrusted with the responsibility of maintaining the three mitzvos central to the Jewish home: kashrus, Shabbos, and mikvah.

If not for her, where would we be? There would be no home, no family... no Jewish people. On Friday night, she sits as the queen of her table, while all those around her sing her praises. And rightly so.

She is the *Eshet Chayil*, the Woman of Valor, who sets the tone of love, spirituality, and personal growth for all those around her. To know her is to appreciate her strength and talents. And, just in case you might happen to forget, "Eshet Chayil" is there as a weekly reminder.

The above has been adapted from a book called "Friday Night & Beyond" by Lori Palatnik, author and Jewish educator.

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