



קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 20 June 2009/ 28 Sivan 5769

Service Times (Triple Simchah Shabbos Mevarachim)

Shacharis	9.00 am
Pre-Shabbos Minchah Shiur	8.05 pm
Minchah followed by Seudah	8.55 pm
Shabbos ends	10.28 pm
Shabbos next week	7.30pm

Today is Super Simchah Shabbos as we celebrate a trio of delightful celebrations. We wish Mazel Tov to **Elliot Langdorf** on the occasion of his Aufruf today and on his forthcoming marriage on 28th June to Gabrielle Levy. We also wish a hearty Mazel Tov to **Gloria and Leonard Krist** on the wonderful occasion of their Golden Wedding. **Ruth & David Langdorf** together with **Gloria and Leonard** have great pleasure in inviting the community to a joint Kiddush after the service in celebration of their Simchahs. **Greg Woolf** is sponsoring the *Seudah Shilishis* this evening on the occasion of his Aufruf and marriage this Monday to Gitty Sonnenschein.

Torah Reading

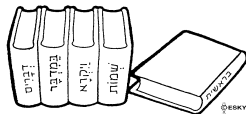
Leyning: Shelach
Hertz p 623, Soncino p 860

Haftorah:
Hertz p 635, Soncino p 875

Rabbi Nissan Wilson

Ian Grant

We have a delightful Seudah Shilishis (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 sponsored by Suzanne and Tony Excell and Gary & Allison Krist in celebration of Gloria & Leonard Krist's 50th Wedding Anniversary

Children's Service: 10.30 am - 11.15 am (next one on 27 June)

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 next Children's Service, led by Naomi Harris, is on **27 June** (it runs fortnightly) with songs, games, quizzes, stories and prizes. All are warmly welcome from the ages of 3 to 10 years. We look forward to seeing you. Future dates are **11 and 25 July** and there will then be a break during the summer holidays. Invitations to a **Shabbos afternoon get-together** on 25 July will shortly be sent to those children who attend the service on a regular basis.

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 7.38pm. **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!

Rosh Chodesh Tammuz

Rosh Chodesh falls on Monday and Tuesday 22nd and 23rd June. Shacharis will be at the slightly earlier time of **6.45 am** on both mornings. The time of the Moled is the New Moon of the local time of the longitude of Jerusalem. It is this Monday evening at 8.35 pm and 4 chalokim. A day is divided into 24 hours. Each hour is divided into 1080 parts (chalokim). Therefore, 18 chalokim are one minute.

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 **69** 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 second talk **this afternoon** is being given by **Rabbi Hyman** at 284 Cranbrook Road. On successive weeks, 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.

Act As If by Adam Lieberman (courtesy of www.aish.com)

While in the desert, the Jewish people wanted to send spies into the Land of Israel to make sure that the land was safe to enter. The spies came back with a very negative report on the land's condition and the spies boldly said: "...we were like grasshoppers in our eyes, and so we were like in their eyes!" (Bamidbar 13:33)

The spies strongly felt that the current inhabitants in the Land of Israel viewed them as people who were very small in size and who could easily be conquered. But this isn't how it was. The spies first felt that they were like grasshoppers in **their own** eyes. Only after they themselves felt that they **were like grasshoppers did** they believe that others perceived them as grasshoppers **in their eyes**.

This extra piece of information can have a life-changing impact on all of us. People will always perceive you exactly how you perceive yourself. Most people go through life trying to have others think of them in a certain way. Their daily goal literally consists of making sure everyone has a certain impression of them. But the real you is one who stares back at you in the mirror.

That's you - and there's no amount of acting that will ever change that. Ironically, the way you see yourself is the exact way in which you'll think how others feel about you. And the only way to ever change how you think others view you is to actually change the way in which you see yourself. Doing this can make all the difference in the world.

Remember, as long as you really think of yourself as a grasshopper, you will walk around thinking others view you the same way. Whether you think of yourself as insecure, unattractive, unambitious, or any other negative belief - you will live with the reality that others view you in the exact same way. The only way ever to change how you think others perceive you is to first change the way you see yourself. The secret isn't to get them to change their view of you.

Rather, it's to change the way you see yourself and then the world will see you in this whole new light. The quick and simple way to immediately change how you see yourself is done with action - not by thought or desire. Start acting in a manner consistent with who you want to become, you'll then see yourself more and more like this person, and you'll "notice" how all those around you seems to just naturally follow your lead.

Adam Lieberman runs a non-profit foundation in New Jersey which helps Jews of all backgrounds to see the beauty and relevance of their heritage.

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