



קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 29 August 2009/ 9 Ellul 5769

Service Times

Shacharis	9.00 am
Minchah followed by Seudah Shlishis	7.10 pm
Shabbos ends	8.43 pm
Shabbos next week	7.26 pm

We wish a hearty Mazel Tov to **Michelle & Bradley Mervish** on the wonderful occasion of their Silver Wedding anniversary. The Kehilla wish Michelle & Bradley and their family many more years of good health and happiness. Together with Simone, Alison and Jonathan, Michelle & Bradley invite the community to Kiddush after the service in celebration of their Simchah.

Please don't forget to return the **Yomim Noraim** seating forms to the Shul office as soon as possible together with the memorial form. Tickets will be sent out in the Rosh Hashanah mailing next week. Clayhall's **Simchas Beis Ha'Shoeva** (Succos party) will be on Wednesday 7 October in the Shul succah at 8.00 pm probably preceded by a **Pizza In The Hut** for our youth.

Torah Reading

Leyning: Ki Tetze

Hertz p 840 Soncino p 1098

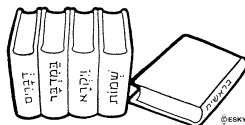
Haftorah:

Hertz p 857, Soncino p 1115

Rabbi Nissan Wilson

Jonathan Mervish

The next Sunday morning smoked salmon and beigel breakfast followed by Dads n'Lads 5-a-side football is next Sunday 6 September



This week's Clayhall Kehilla is sponsored by Simone, Alison & Jonathan Mervish in celebration of Michelle & Bradley Mervish's Silver Wedding

Children's Service: 10.30am - 11.15am (resumes 5 September)

Youth Service: 10.30am - 11.15am (resumes 24 October)

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: 6 September & 19 October

NEROS Selichos Service

The annual NEROS Selichos Service is being hosted by **Newbury Park Shul**, Wessex Close this year. It takes place on Saturday evening 12 September. The pre-service reception begins at 10.30 pm. The main address by Rabbi Baruch Davis (Chigwell) commences at 11.40 pm followed by the Selichos Service at midnight. The officiants are Reverend Gary Newman (Newbury Park) and Rabbi Benny Fleischer (Wanstead & Woodford). The service should be finished by 1.15 am. There is of course no need to pre-book!

Succah Lunch & Crawl

If you are in school years 1 to 6, then this is for you! On **Sunday 4 October** (2nd day Succos), you can enjoy a lovely lunch in the Shul succah before visiting a few local succahs for even more great food and drink! The cost is **FREE** and application forms will be sent out shortly. Please ensure these are sent back to the Shul office by 23 September. Catch up with more details about all Shul events on our *Facebook* group.

Genesis Events

Following the success of the Chicago Bridge and Kalooki evening in May, the Genesis committee are organising a Supper Quiz on **Sunday 18 October** at RJCC and a Bingo evening on **Sunday 6 December** also at RJCC. These are important fund raising events for the Shul as well as being fun social evenings. More details will follow nearer the time. In March, Genesis is planning a *"Clayhall's Got Talent"* evening. It is hoped that this will be a major source of new funds to be used for the benefit of Clayhall Shul.

Yom Tov Youth Services

We are delighted to welcome **Jamie Richards** to Clayhall over Rosh Hashanah and Yom Kippur to run youth services. Jamie has an impressive pedigree and track record and he will be flying over from the States to be with us. His services have been secured courtesy of the **Tribe Rabbinic Intern Scheme** at NO cost to the community. Letters will be sent directly to young people in school years 7 to 11 shortly.

Youth and Junior Chatanim

The following children and young people are being honoured this Simchas Torah and we wish Mazel Tov to them and their families.

Chasan Torah:	Sam Alexander & Samuel Freedman
Chasan Bereshis:	Oliver Lethbridge & Joshua Harris
Eshes Chayil:	Ellie Palmer & Naomi Harris

Children & Youth Services

The Children Service resumes on Shabbos 5 September while the Youth Service re-starts on Shabbos 24 October. There will probably be a youth event run over Succos - possibly **Pizza In The Hut** - or something similar. If so, it will take place on the same evening as the Shul's Succos Party (Simchas Beis Ha' Shoeva) but this date has yet to be confirmed. Details will be mailed out in due course.

Both services are going well and they are enjoyed by those attending. The Children's Service has just benefited from a generous donation by Lawrence Davidson in memory of his father Sid Davidson z'l. Books and games have recently been bought in Sid's memory.

Indulgence Evening

The Clayhall Ladies Association (CLASS) has had a brilliant response to the Indulgence Evening that takes place on **3 September at RJCC**. They are looking for volunteers to help take money on the door and to serve refreshments. CLASS is also hoping for some good **raffle prizes** donations. If you can help, please contact **Cynthia Simmons** on 8550 8018. It promises to be an entertaining and relaxing evening and all ladies are welcome.

40 Days: 1 Ellul to 10 Tishri

Our Sages have long spoken about the Segula (good omen) of praying for 40 consecutive days. Whether one recites *Shir Hashirim* (*Song of Songs*), *Tehillim* (Psalms) or personal heart-felt words, 40 days is a significant time period to arouse G-d's mercy. Praying for 40 consecutive days specifically at the Kotel (Western Wall) is a famous practice of Jews in Jerusalem. Most people have heard about the popular Segula through word-of-mouth and have made the pilgrimage for marriage partners, income, children, healing and other. According to Rav Sheinberger, author of a popular commentary on the Zohar (the definitive book of Kabbalah), the Segula was officially coined by Rabbi Yisroel Yaakov Fischer, of blessed memory - one of the leading Sages of the last generation. Dayan Fischer reportedly said that if someone goes to the Western Wall for 40 consecutive days to pray for one thing, it was a special Segula of its own.

Ellul: Don't Fail to Plan by Rabbi Shraga Simmons

The last month of the Jewish calendar is actually the most important -- serving as preparation for the High Holidays. If you had an important court date scheduled - one that would determine your financial future, or even your very life - you would be sure to prepare for weeks beforehand.

On Rosh Hashanah, each individual is judged on the merit of his deeds. Whether he will live out the year or not. Whether he will have financial success or ruin.

Whether he will be healthy or ill. All of these are determined on Rosh Hashanah. Elul - the month preceding Rosh Hashanah - begins a period of intensive introspection, of clarifying life's goals, and of coming closer to G-d. It is a time for realizing purpose in life, rather than perfunctorily going through the motions of living by amassing money and seeking gratification. It is a time when we step back and look at ourselves critically and honestly, as Jews have from time immemorial, with the intention of improving.

The four Hebrew letters of the word Elul are the first letters of the four words *Ani l'dodi v'dodi lee* - "I am to my Beloved and my Beloved is to me" (Song of Songs 6:3). These words sum up the relationship between G-d and His people.

In other words, the month preceding Rosh Hashana is a time when G-d reaches out to us, in an effort to create a more spiritually-inspiring atmosphere, one that stimulates teshuva.

Rewind 3,000 years to the Sinai Desert. G-d has spoken the Ten Commandments, and the Jews have built the Golden Calf. Moshe desperately pleads with G-d to spare the nation.

On the first day of Elul, Moshe ascends Har Sinai, and 40 days later on the seminal Yom Kippur, he returned to the people with a new, second set of stone tablets in hand. For us as well, the month of Elul begins a 40-day period that culminates in the year's holiest day, Yom Kippur.

Why 40? Forty is a number of cleansing and purification. Noah's Flood rains lasted 40 days, and the mikveh - the ritual purification bath - contains 40 measures of water.

Elul is an enormous opportunity. During this time, many people increase their study of Torah and performance of good deeds. And many also do a daily *cheshbon* - an accounting of spiritual profit and loss.

Beginning on Saturday night before Rosh Hashanah, we recite *Selichos*, a special series of prayers that invoke G-d's mercy. If Rosh Hashana falls at the beginning of the week, then *Selichos* begin on the Saturday night of the previous week.

After the sin of the Golden Calf, Moshe asked G-d to explain His system for relating with the world. G-d's answer, known as the "13 Attributes of Mercy," forms the essence of the *Selichos* prayers. The "13 Attributes" speak of "God's patience."

Finally, the most important aspect of Elul is to make a plan for your life. Because when the Big Day comes, and each individual stands before the Al-mighty to ask for another year, we'll want to know what we're asking for!

(adapted from an article by Rabbi Shraga Simmons on www.aish.com)

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