



קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 12 September 2009/ 23 Ellul 5769

Service Times

Shacharis	9.00 am
Minchah followed by Seudah Shlishis	6.40 pm
Shabbos ends	8.10 pm
Shabbos & Yom Tov next week	6.54 pm

The NEROS **Selichos Service** takes place tonight at Newbury Park Shul. The reception is at 10.30 pm followed by an address by Rabbi Davis at 11.40 pm. The Service, conducted by Reverend Gary Newman and Rabbi Benny Fleischer begins at midnight. There are details inside your Clayhall Kehilla of the **changes** to the main traditional Services on Rosh Hashanah in the Hall. It is hoped that these differences will have a **positive effect** and heighten the community's spiritual experiences and enjoyment. The Children's **Succos Lunch and Crawl** on Sunday 4 October and the **Pizza In The Hut** for the Youth on Monday 5 October are both **free** events, funded by CLASS and an anonymous donor. Turn overleaf for all the information.

Torah Reading

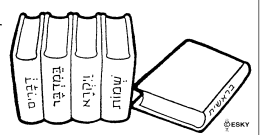
Leyning: Nitzavim-Vayelech
Hertz p 878 Soncino p 1138

Haftorah:
Hertz p 883, Soncino p 1145

Rabbi Nissan Wilson

David Miller

If you would like to purchase Arba Minim (The Four Species) for Succos, please let Deana know in the Shul office on 020 8551 6533. The price will probably be about £25 a set.



This week's Clayhall Kehilla is kindly sponsored by Sue & Tony Gadian in celebration of birthdays and anniversaries

Children's Service: 10.30am - 11.15am (today)
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: 19 October & 21 November

Succah Decorating

Men and Ladies are warmly invited to help decorate the Shul Succah on **Thursday 1 October** from 7.00 pm. No previous experience is necessary! Donations of fruit and vegetables and suitable pictures and posters will be gratefully received. Please do not leave fresh produce in the Shul office but rather bring it during the evening. The Shul will also be very grateful for whisky or other similar drinks for Succos and Simchas Torah. These can most definitely be left in the Shul office without fear of prior consumption!

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 have been sent out. 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.

Supper Quiz & Fundraising

Tickets for the **Supper Quiz**, organised by the Genesis committee are now available. Please speak to Philip Shamplina or the Shul office. It takes place on **Sunday 18 October** at RJCC. A Bingo evening on **Sunday 6 December** is also at RJCC. These are important fund raising events for the Shul as well as being fun social evenings. In March, Genesis is planning a "*Clayhall's Got Talent*" evening. There are further details about all these events on the Shul notice board in the foyer.

Yom Tov Youth Services

We are delighted to welcome **Rabbi Yosef Richards** to Clayhall over Rosh Hashanah and Yom Kippur to run youth services. Jamie has an impressive 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 are being sent directly to young people in school years 7 to 11.

Selichos Service Times

From Monday 14 September, we will recite Selichos prior to Shacharis at **6.20 am**. On Erev Rosh Hashanah, Friday 18 September, Selichos will begin at **6.00 am**. On Monday 21 September (Fast of Gedaliah), Selichos will revert back to **6.20 am** for that day and then commence at **6.30 am** from Tuesday 22 September to Friday 25 September. Tallis and Tefillin are not worn during Selichos but are put on as usual prior to Shacharis.

Children, Youth & A Succos Party!

The Children Service resumed last week while the Youth Service re-starts on Shabbos 24 October. There will be a youth event run over Succos - **Pizza In The Hut** - on Monday 5 October at 6.00 pm in the Shul succah. So if you fancy pizza and chips followed by ice cream and cake, this is for you. Details will be sent to the youth directly. This will be followed by our popular **Simchas Beis Ha'Shoeva** (Succos Party) at 8.00 pm. It will include live musical entertainment, delicious desserts, nibbles and a few l'chaims! The Children's Service has recently 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.

Yomim Noraim Services

We are delighted that about **two-thirds** of the chairs in the traditional Hall service will not be the old, rather uncomfortable orange chairs. The usual blue Shul chairs plus all the dining room carvers will be used. It will transform the **comfort level** and possibly lessen the echoing and so improve the acoustics. The layout may be a little different to previous years but this cannot be confirmed until after tomorrow.

After leyning and Haftorah on the **first day** of Rosh Hashanah, there will be a **Kiddush** served in the Hall for congregants in the main service. There will also be some brief explanations by **Rabbi Wilson** and **Rabbi Richards** of the key prayers at points during the service. As the service is starting 15 minutes earlier than usual at 8.15 am, and there is no Shofar because of Shabbos, it will not lengthen the time spent in Shul. The Honorary Officers and Board of Management hope that these innovations will prove popular and can be developed for the better in the years ahead. **Rabbi Wilson** and **Lester Harris** will act as Baal Shacharis and Baal Musaf respectively.

Tashlich will be conducted in the usual Clayhall way on 2nd day Rosh Hashanah, Sunday 20 September, at the same spot on the bridge over the River Roding. It takes place at 5.00 pm and is followed by a **L'Chaim and refreshments** back in Shul.

Choose Life by Adam Lieberman (www.aish.com)

In this week's Sedra, G-d tells the Jewish people that He placed before them life and death. G-d then implores them to: "...choose life, so that you will live..." (Devarim, 30:19).

It's obvious that if one chooses life, then he or she will live, and if one chooses death, then he'll die. But our physical life and death wasn't what G-d was referring to. We all know that except for the rare few who are mentally ill, no one proactively chooses physical suicide. However, all of us - yes, ALL of us - commit spiritual and emotional suicide every day. Just like G-d says, we all have before us the option to choose life or to choose death. Again, not in the physical sense but rather in the spiritual and emotional sense.

From the moment our alarm clock goes off in the morning there is life and death before us. You see, when you went to sleep the night before you did so with perfect clarity that you wanted to wake up early and "hit the ground running." You decided to choose life. But when the alarm clock goes off, you then immediately come up with powerful and compelling reasons to stay right in bed. And as you sleepily smack the snooze alarm you've chosen death. When the body's desires win over the soul's desire, death wins. If the soul wins, then life is chosen.

While it might sound harsh to call seven minutes more of extra sleep death, it's exactly what G-d was referring to. We can only have life when we make soul choices and do what's hard and right over body choices which are easy and wrong. The fact is, if you had a plane to catch for an exciting holiday, you would spring out of bed and wouldn't come up with even one good reason to stay there.

There's not a better or more satisfying feeling one can have than making good choices. If you're able to pass on an unnecessary second portion of cake, you choose life. Gobbling it down is choosing death. If you do what's hard by making an unexpected call to thank someone who helped you in the past, this is choosing life. Talking yourself out of it is choosing death. Running on your treadmill that you haven't used in months is choosing life. Using it as a coat rack is choosing death. Giving your time and money to those who need it is choosing life. Passing on this same opportunity is choosing death.

Basically, anything that takes effort and is hard to do, but makes you feel on the top of the world when you do it, is choosing life. But choosing death is easy. Not growing or challenging yourself is easy. Anyone can do that. And most of us do. We choose death all day long. And we wonder why we're lifeless, unmotivated, discontent, and lacking all zest for living. This is because we're really not living. Instead, we're choosing death by distracting ourselves and killing ourselves one poor decision at a time.

Use the strength you know you have to start choosing life. G-d couldn't tell us to do this unless He also gave us the ability to fight the body and let the soul win. We're ALL designed for greatness. We're designed for life. Make the right choices and you'll feel richer than you can ever imagine. Like G-d said, "... choose life, so that you will live." Choose life and you'll know what living really is.

Clayhall United Synagogue

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