



קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

Shabbos 26 September 2009/ 8 Tishri 5769

Service Times (Shabbos Shuvah)

Shacharis	9.00 am
Minchah followed by Seudah Shlishis	6.05 pm
Shabbos ends	7.37 pm
Shabbos & Yom Tov next week	6.22 pm

Tomorrow morning (Sunday), we will daven **Selichos** at 7.55 am followed by Shacharis at 8.15 am. Minchah Erev Yom Kippur is at 2.00 pm. Yom Kippur begins at 6.33 pm but the Kol Nidrei service starts slightly before then at 6.25 pm. Please refer to your tickets for all other service times.

The Children's **Succos Lunch and Crawl** on Sunday 4 October, the **Pizza In The Hut** for the Youth on Monday 5 October and the **Simchas Beis Ha'Shoeva** are all **free** events, funded by CLASS and an anonymous donor. Turn overleaf for all the information. The Clayhall Kehilla also contains details about purchasing **Arba Minim** and the latest **Kashrus alerts** from the London Beis Din. It's fast, furious and frenetic in this week's newsheet!

Torah Reading

Leyning: Ha'azinu

Hertz p 896 Soncino p 1159

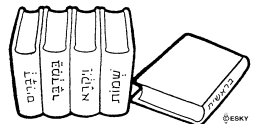
Rabbi Nissan Wilson

Haftorah:

Hertz p 891, Soncino p 1155

Rabbi Nissan Wilson

The Children and Youth Services on Yom Kippur begin at 11.00 am until 12.00 pm run by Naomi Harris and Rabbi Yosef Richards respectively.



This week's Clayhall Kehilla is kindly sponsored by Fiona & Neil Sapler in celebration of their 20th wedding anniversary

Children's Service: 10.30am - 11.15am (next, Yom Kippur)
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: 18 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. This is the last chance to send in application forms so don't miss out. 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 selling fast. Please speak to **Philip Shamplina** or the Shul office for tickets but hurry! 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 back **Rabbi Yosef Richards** and family to Clayhall over Yom Kippur to run the Youth Service. Rabbi Richards also gave a most impressive 45-minute Shiur between Minchah and Maariv on 2nd day Rosh Hashanah. It was extremely interactive and well-received. His services have been secured courtesy of the **Tribe Rabbinic Intern Scheme** at NO cost to the community. A *win win* for everyone!

Arba Minim from Chalutzit

Our Arba Minim this year are quite special as they come from the Western Negev community of ***Chalutzit***. They will, as usual, be of the highest quality and at **£26** per set will be excellent value.

To receive your Arba Minim you must place your order with Deana in the Shul office. The absolute **last** day for placing your order is Sunday Erev Yom Kippur (27 Sept).

Chalutzit is a new community of 85 families in the Chalutzah Sands (western Negev) on the Egyptian Border. Most of the families are from Atzmona. 40% are working in agriculture, 40% in education and 20% in other businesses, no one is unemployed.

The organic herbs & vegetables that they grow in pure sand are sold in Tesco and M&S. Their Esrogim have grown from cuttings planted 4 years ago & this is the first time that this crop of exceptional quality is available for purchase. Chalutzit is creating new life in the Negev desert. Be a part of the miracle.

Kashrus Alerts

Smirnoff Blueberry Twist, listed on p.111 of The Really Jewish Food Guide 2009 as approved and Parev, has changed formulation and is now **Not Kosher**.

The following Magners products are Not Kosher:

NK Irish Cider

NK Light Cider

Following a **hoax text** which has been circulated about the ingredients of Fanta Apple, we can confirm that there is NO kashrus issue with E211 (Sodium Benzoate) and E224 (Potassium Metabisulphite). Fanta Apple is not available in the UK.

For product enquiries, email info@kosher.org.uk or text 'KOSHER' to 07786200350 to sign up for free Kashrus Alerts by text. Join our Facebook group, KLBD Kosher Direct.

Succos Fun

Our first **Pizza In The Hut** takes place on **Monday 5 October** for all those young people from school years 7 to 11. It starts at 6.00 pm and ends about 7.30 pm. Pizza, chips and ice cream will be served (not all on the same plate) and this will be followed at 8.00 pm by our annual and popular **Simchas Beis Ha'Shoeva** (Succos Party). As usual, the dessert table will offer mouth-watering cakes and pastries sandwiched with l'chaim's and nibbles. Live musical entertainment, hopefully by **Rabbi Shlomo Craimer** again, will set the perfect atmosphere for a lively and enjoyable evening. Let's hope it remains dry and mild!

Ten Days of Repentance by Rabbi Stephen Baars

"Run not too far, for you must return the same distance." (Midrash - Koheles Rabbati 11)

Every person will, at some point in his life, take an accounting. Even more than asking if he achieved his goals, he will ask himself if he achieved the right goals. "Was it worth all that effort? Could I have achieved more? If only I had thought it through...."

You don't have to be old to ask these questions. But the older you are, the harder these questions are to face ... and the more frequently they rise to consciousness.

The High Holidays trains us to think through and face these questions now, as opposed to then. To take the pain of "now," rather than the anguish of "then." Pain is passing, but the results are permanent.

"In striving for goals, you may chance to smell the roses along the way. Be wary my son, lest the weariness of your feet and the luring fragrance entice you onto a very different course...

Rabbi Samson Raphael Hirsch helps us put life into perspective: "And shall man ... be casual and inattentive and ignore the seriousness which attaches to his every step? Shall he scatter thoughts, feelings, enjoyments, words and deeds with blind recklessness like seeds in the bosom of the future, completely forgetting that even the most idle thought does not pass through him without leaving some trace, some result? Shall he play with his years, months, days and hours without reflecting that eternity belongs to every moment? Shall he laugh at the claim which the universe possesses on every one of his steps? Shall he laugh at the future which he builds with every one of his movements?"

Life without thought is action without meaningful consequence. Thought brings real decisions. It's the opportunity to decide where you want to go, rather than being led where the world wants you to go.

Without thought, it's the roses that direct your path. Every fragrance, every distraction sets you toward another direction. You wind up leading life by your nose, not your mind.

During this High Holiday season, take an honest moment and reflect back on the previous year. Did it give you what you wanted, or was it a year of aimless pursuits?

Moses lived a full life, 120 years to the day. He reached the pinnacle of his potential. His life, like this week's Parsha, was a beautiful song.

So set your sights. Focus your ambition. Plan your goals in a way that guarantees their success. But ensure that the goals you choose, if achieved, will afford you next High Holidays the pleasure of knowing your year was very well spent.

Adapted from an article by Rabbi Stephen Baars on www.aish.com

Clayhall United Synagogue

*Sinclair House, Woodford Bridge Road,
Redbridge, Essex, IG4 5LN*

*Tel: 020 8551 6533 e-mail: clayhallsynagogue@hotmail.com
www.clayhallsynagogue.org.uk*