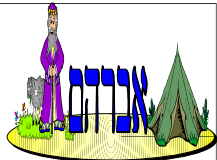




# קליהל קהילה



The weekly newsheet of Clayhall United Synagogue

*Shabbos 7 November 2009/ 20 Mar Cheshvan 5770*

## *Service Times*

Shacharis	9.00 am
Minchah followed by Seudah Shlishis	3.40 pm
Shabbos ends	5.13 pm
Shabbos next week	3.59 pm

During the week 7-14 November, the Palestine Solidarity Campaign will be targeting supermarkets Waitrose and Morrisons and demanding they boycott Israeli goods. A counter campaign led by the **Board of Deputies** is encouraging the Jewish community to come out in force to buy Israeli goods over the next week. For more information log on to [www.fairplaycgc.org.uk/BUYcott](http://www.fairplaycgc.org.uk/BUYcott).

Inside your action-packed Clayhall Kehilla this week, there is news about the forthcoming AJEX Parade, CST training, the ladies Rosh Chodesh group, KidZone, a joint IJPS/SEED parenting course, Avos u'Banim and much more.

The next Sunday smoked salmon & beigel breakfast and Dads n'Lads football takes place on **22nd November**.

## *Torah Reading*

Leyning: Va'yera

Hertz p 63 Soncino p 86

Haftorah:

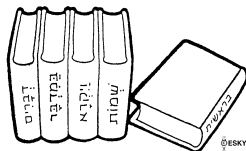
Hertz p 76, Soncino p 113

*Rabbi Nissan Wilson*

*Rabbi Nissan Wilson*

*All ladies are cordially invited to a CLASS (Clayhall Ladies Association) 'ideas' evening on **Wednesday 18 November at 8.00 pm.***

*The venue is 22 Widcombe Gardens, home of Cynthia Simmons.*



**You can sponsor the Clayhall Kehilla for just £15 a week or four editions for the price of three during any 12-month period**

**Children's Service:** 10.30am - 11.15am (next 14 November)

**Youth Service:** 10.30am - 11.15am (today)

### ***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 & Ma'ariv: 7.30 pm, Tuesday and Wednesday.

Sunday breakfasts: 22 November & 13 December (Chanukah)

### ***KidZone***

Launching on Shabbos afternoon, **14 November**, for all children from Reception to Year 6, **KidZone** is an exciting 90 minutes of fun, parachute games, drama, basketball, table tennis, Jewish experience and loads of nosh! It will run from 3.30 pm until 5.00 pm for once a month initially. Led by **Naomi Harris** and **Ian Grant**, your children will have a fantastic time. For more information, contact Deana in the Shul office or join the Clayhall Shul Facebook Group. The following two **KidZone** dates are Shabbos afternoons of **12 December** and **9 January 2010**. More details will be sent out via email in the next couple of weeks.

### ***CST Training***

On **Sunday 22nd November**, the CST is running a "Security Workshop" in the Redbridge area. It will be for two hours in the morning covering aspects of security of buildings, what to look out for and how to look out for it. This will be especially relevant for those standing outside our own building. The workshop is "non physical". Could you give names please to either Leslie, Robin or Geoff, or direct to the CST office. The venue will then be advised.

### ***Responsible Parenting***

This is an exciting joint project between **Ilford Jewish Primary School** and **SEED**. *Everyday Parenting for Everyday Parents* starts on **Tuesday 10 November** and runs for five weeks. The interesting sessions include:

- \* I was a Great Parent until I had Kids
- \* Blame vs Responsibility
- \* Sibling Rivalry
- \* Talk to Me Please
- \* The Discipline Balance

Sessions run from **7.45 pm to 9.15 pm** at IJPS, Carlton Drive, Barkingside. To book your place or for more details, please email Deborah Harris on [harris@ijpsonline.co.uk](mailto:harris@ijpsonline.co.uk)

### ***Lunch and Learn***

The next L&L takes place on **Thursday 26 November** at 12.45 pm in the Board room at RJCC. Rabbi Wilson's intriguing subject is "*a Numbers Game - an Insight into Gematria*". The cost is just £4 which includes lunch. It's a great way to spend some time. Eighteen people attended the previous

## **AJEX Parade 2009**

*The Association of Jewish Ex-Servicemen and Women invites all ex-Servicemen and Women and all who served in the Auxiliary Services to march on the Parade.*

*The 75th Annual Remembrance Ceremony and Parade takes place on **Sunday 15 November 2009**. Assembly on Horse Guards Parade is at 1.50 pm. It begins at 2.00 pm until 2.45 pm at the Cenotaph, Whitehall, London WC2 (nearest Tube Westminster—Jubilee, District & Circle lines).*

*The Ceremony will be officiated by the Chief Rabbi Lord Sacks - AJEX Chaplain, The Rev Malcolm Weisman OBE MA Chaplain to the Armed Forces, Rabbi Arnold Saunders BA (Hons) C.F. (ACF) and Rabbi Henry Jacobi MBE BA (Hons).*

*The Reviewing Officer is Brigadier Allan Julius.  
For more information, please call 020 8202 2323.*

### **Avos u'Banim**

Over 20,000 "Fathers & Sons" have been learning together through the Avos U'Banim programme in America and the UK. Every Motzei Shabbos, dozens of boys sit down with their fathers for an hour of dedicated learning, love and attention. Boys who participate in the weekly session receive Avos U'Banim raffle tickets to win great prizes raffled weekly. Avos U'Banim continues to give children and young people the message that Torah and mitzvos can be rewarding in many ways. The local Avos U'Banim takes place this week at **Ilford Federation Shul**, Coventry Road from **6.15 pm until 7.15 pm** and continues every Saturday evening through the winter months. All fathers and sons are warmly welcomed

### **Israeli Dancing**

Come on ladies - get your dance shoes on and prepare for another autumn of Israeli and Simcha dancing! This takes place at **Ilford Jewish Primary School** from 8.00 pm until 9.00 pm on Wednesday evenings, 21st October, 4th, 11th, 18th and 25th of November. The cost is just £4 per session. There is no need to pre-book; just turn up on the night.

### **Rosh Chodesh Group**

The next Rosh Chodesh group will be on **Tuesday 17 November 2009** at 19 Lakeside Avenue at 8.30 pm. The guest speaker is **Rabbi Avromi Kahan** who will speak on "A Day in the Life of a KLBD Shomer." The evening will also include a crash course on shomering so that you can be an effective Shomer in your own home. All ladies are warmly welcomed.

## ***The Pleasure of Giving by Rabbi Shaul Rosenblatt (www.aish.com)***

You are travelling in the desert with two friends. It's a boiling hot day. You see some tents in the distance, seemingly a Bedouin camp. Suddenly, running crazily towards you, a 99-year-old man appears. He dives at your feet, face in the sand, and implores, "Please my masters, if I have found favour in your eyes, do not pass by the tent of your humble slave. Stay a while. I will personally wash your feet and provide food. Sit in the shade of my tree - and afterwards you may go."

Try to picture it for a minute: What would you think?

Most people would be concerned that this is some sort of psychopath who plans to chop them into little pieces and bury them under his floorboards. At the very least, there must be a catch, something in it for him. After all, nobody in this world does something for nothing. Does he? I doubt that many would take Avraham up on his offer.

It says a great deal about the society in which we live, that when someone wants to do something for us, we are suspicious. Why would someone want to do something for me if there was no gain for him? And most of the time, we are correct. It's a shame, though, that we need to be so wary.

After all, which should be the anomaly: a person who cares about others and gives to them selflessly, or a society that is suspicious of such a person? Avraham was the person in Jewish history who, above all else, exemplified *chesed* - kindness. It was not strange for Avraham to run to potential guests and beg them to partake of his generosity. He loved humanity and, above all else, his mission in life was to make people happy. There are few deeper pleasures than of giving to others, and Avraham knew that well. Every one of us enjoys giving much more than taking. Giving expands and satisfies us. Taking leaves us ultimately feeling empty. That's why parents usually get more pleasure from their children, than children do from their parents - even though the children 'receive' much more.

So why do we not give as much as we could?

We are misled into believing that by giving, we somehow lose out. If I give to someone else, there is surely less for me. It's true, but only in the short term. In the long term, giving gives us back so much more than we gave. Avraham understood this and his life was about giving. We, as his spiritual heirs, have the same trait within us. Giving does make us happy. If we would keep reminding ourselves of this, we could find a lot more happiness.

Most people, having won the lottery, would be in a hurry to bank the check. Avraham was in a hurry to bank his check also. But while a lottery win is finite, the pleasure to which Avraham ran was eternal and unlimited.

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