



# קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

*Shabbos 16 January 2010/ 1 Shevat 5770*

## *Service Times (IJPS Shabbaton & Rosh Chodesh)*

Shacharis	9.00 am
Minchah followed by Seudah Shlishis	3.45 pm
Shabbos ends	5.14 pm
Shabbos next week	4.17 pm

We are delighted to be hosting the **Ilford Jewish Primary School Shabbaton**. Once again, Years 2, 3 and 4 have combined and 28 children are joining us for a day of eating, drinking and fun! After their Children's Service, they will come into the main Service for *Adon Olam*, perhaps with a couple of songs. Then the Kehilla will be providing a Kiddush in the school's honour. The children will enjoy a buffet lunch and, after more activities, we will join together for Seudah Shilishis, something that our 'regulars' look forward to each year.

Don't forget to book for our fantastic **Melava Malka** on Saturday evening, 23rd January. More details are inside.

## *Torah Reading*

Leyning: Va'era

Hertz p 232 Soncino p 351

Maftir: Bamidbar 28:9-15

Haftorah:

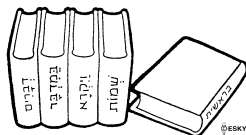
Hertz p 944, Soncino p 1188

**Rabbi Nissan Wilson**

**Gabi Simons**

*Clayhall's monthly smoked salmon and beigel breakfast followed by Dads n'Lads football takes place tomorrow morning after Shacharis.*

*Davening begins as usual at 8.15 am.*



***This week's Clayhall Kehilla has been kindly sponsored by Deborah Harris in honour of the pupils of Ilford Jewish Primary School***

**Children's Service:** 10.30am - 11.15am (23 January)

**Youth Service:** TBA

### ***Weekday Services***

Shacharis: Monday & Thursday, 6.50 am. Sunday @ 8.15 am.

Shacharis: Tuesday, Wednesday & Friday, 7.00 am.

Shacharis Rosh Chodesh: 6.40 am Monday-Friday, Sundays 8.00 am.

Ma'ariv: 7.30 pm, Tuesday and Wednesday.

Sunday breakfasts: 17 January, 14 February & 21 March

### ***Hebrew Reading In 5 Weeks!***

Learn to Read Hebrew in 5 Weeks  
Whether you've never read Hebrew  
before or your reading just needs a  
bit of polishing

join Rabbi Wilson for a 5 week  
adventure.

Starts: Wednesday 3rd February  
at 8.00pm

in the Board Room at Sinclair House  
Pre booking is essential.

Call the Shul office on 0208 551 6533

The total cost for the course is £15  
and includes the course book as  
well as refreshments.

**You really CAN do it!**

### ***Lunch & Learn***

The popular Lunch & Learn  
series continues this **Thursday  
21 January** at 12.45 pm in the  
Board room. Rabbi Wilson will  
speak on a topical subject and  
all are welcome. The cost is £4  
per person.

### ***Rosh Chodesh Group***

The Ladies Rosh Chodesh  
group meets this **Wednesday  
20 January** at the home of  
Rebbetsen Wilson at 8.30 pm.  
Rabbi Wilson is speaking on  
"Gematria and the Mystery of  
the Hebrew Alphabet." This will  
be followed by refreshments.  
All ladies warmly welcomed.

### ***Tu B'Shevat***

This year, Tu B'Shevat (New Year for  
Trees) falls on Shabbos 30 January.  
Aside from the custom of eating 15  
different fruits, there is also the lovely  
minhag of completing a **Tu B'Shevat  
Seder**. Rabbi Wilson will be conducting  
this at our Shabbos Seudah Shilishis  
between Minchah and Ma'ariv.

Everyone is cordially invited to learn  
more about this special day. Minchah  
will start at 4.00 pm and the Seudah  
should commence by 4.30 pm with  
Ma'ariv at 5.36 pm.

### ***Ladies Quiz***

Clayhall Ladies Association  
(CLASS) are holding a £6  
Recession Buster Quiz on  
**Tuesday 23 February 2010** at  
Sinclair House. This is a ladies-  
only event. It is hoped that the  
quiz will raise extra funds for the  
Shul. Please do your best to  
support by trying to organise a  
table. More details will follow.  
Meanwhile, contact Cynthia  
Simmons for extra information.

## ***Melava Malka...Don't Miss It!!!***

Clayhall's Melava Malka on Saturday evening **23 January** is a flagship event and this year's evening will not disappoint. Aside from a splendid three course fish supper, we have a star-studded line-up. Our esteemed guest speaker is **Dayan Yonasan Abraham** from the London Beis Din. Dayan Abraham was born in London and was educated at the Hasmonean Grammar School (as it was then known) and Gateshead and Lakewood (New Jersey) Yeshivos, before moving to Australia in 1985. He was invited to join the London Beis Din in 2001 since which time he has become involved in numerous communal organisations including TRIBE and the Jewish Association for Business Ethics.

**Gedalya Alexander** is a renowned Chazan. Born in 1976, Gedalya became interested in Cantorial singing at a very early age. As a boy, he sang with the cantors of his Synagogue in Manchester on High Holydays. He conducted Rabbi Wilson's Induction Service with his brother Adrian.

**Tickets are available at £16 each.** If you would like to apply, please contact Deana in the Shul office on 020 8551 6533 by Monday 18 January. It should be a lively and entertaining evening.

### ***Purim Taster...***

After 3 years of blockbusting Purim Spiels that sent the critics wild, Purim 5770 is destined to scale new heights of dramatic and musical prowess. Starring anyone brave enough to take the heat with the kitchen, the one, and thankfully, only performance takes place on Saturday evening **27 February 2010** after the Megillah reading. You have been warned! Casting and rehearsals are being held in a secret location far away from Redberg Shul.

Further information will be sent out soon but the evening is likely to include a value-for-money fish and chip supper, a grand fancy dress competition, a few l'chaim and all washed down with the Purim Spiel. Make a date in your diaries now and don't miss out. Fun for all the family!

### ***From the Shtetl to La Scala***

Enjoy an evening of popular Jewish music and operatic arias in aid of **Chai Cancer Care** on Sunday 21 February at 7.30 pm at Hendon Synagogue, Raleigh Close, NW4. Featuring Tsudik Greenwald, Israel's rising star, making his UK debut; Menachem Bristowski, world renowned pianist; and accompanied by child prodigy, Orad Katz aged 11. This is a ticket only event and they must be bought in advance. Please see Lester Harris for application forms and more information.

### ***Rosh Chodesh Shevat***

Today is Shabbos Rosh Chodesh. Half Hallel is sung during Shacharis and we read from two Sifrei Torah. During the Musaf Amidah, we recite Ato Yatzarto instead of the usual 'middle part.' Page numbers will be given.

## ***Remembering The Experience by Adam Lieberman***

G-d told Moshe that the time had now come for the redemption of the Jewish people from Egypt. When Moshe approached Pharaoh asking for the Jews' freedom, Pharaoh flatly refused. G-d then sent a number of plagues onto the Egyptians so Pharaoh would know that G-d really meant business and wanted the Jews to be freed. It was when the Egyptians were experiencing the pain of the plagues that Pharaoh then promised to let the Jewish people go only if the plagues would stop.

But when G-d stopped the plagues - and the pain associated with them ended: *"Pharaoh saw that there had been a relief ... He did not heed them...."* (Shemos 8:11)

When someone does something that causes him to have an unpleasant or painful experience, he almost universally commits never to repeat the unhealthy behaviour ever again. How often were you nauseous after eating too much food or drink and declared never to do it again? Or went to sleep much too late only to be exhausted and irritable the next day, and then committed to yourself to now always be in bed before 11:00 o'clock? But like most everyone else, after a few days pass and the discomfort has faded into a memory, you'll then easily repeat the identical negative behaviour once again. This is because when the pain of a situation is no longer present and **you saw there had been a relief**, your person will simply lose your once crystal clear clarity.

On a more serious scale, imagine someone G-d forbid has a heart attack and is rushed to hospital. While recovering in his bed, he commits himself to change his ways and begin to eat better, start an exercise program, and work much less at the office. Sadly, these commitments are often short-lived because when the pain of the experience subsides, the old habits quickly return. The fact is if you're in pain, it's not very hard to have clarity on the type of behaviour you want to begin to have. Anyone can do that. What takes effort and goes against human nature is to still fight the urge to drift back to your old ways when you aren't in any physical discomfort.

A great way to accomplish this is: before you want to repeat a self-destructive behaviour, stop and spend a moment to mentally recall the aftermath of the past event. It's very important to take yourself through the whole experience and "bring it back to life." This will make it real to you all over again.

Although there will always be a part of you that will try to push this negative association away so you can engage in your old ways, the more you're able to focus on the negative consequence, it will dilute your anticipated pleasure. And just like lifting weights, the more you do this, the stronger and stronger your willpower will become, making the behaviour easier to resist. So, reliving it in your mind today will allow you to have a happier and more meaningful life both today - and tomorrow. **(based on an article on [www.aish.com](http://www.aish.com))**

### ***Clayhall United Synagogue***

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