



# קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

*Shabbos 6 February 2010/ 22 Shevat 5770*

## *Service Times*

Shacharis	9.00 am
Minchah followed by Seudah Shlishis	4.20 pm
Shabbos ends	5.48 pm
Shabbos next week	4.55 pm

We wish a big Mazel Tov to **Dennis Abrahams** on the wonderful occasion of his 2nd Bar Mitzvah. The community also wish Leila and Dennis many more happy and healthy years together. After the service, Dennis and Leila have great pleasure in inviting the Kehilla to a Kiddush in celebration of their Simchah.

**Purim** is only three weeks away. Please don't forget to book your places for the action-packed evening programme on Saturday 27 February. More details are inside. On Purim morning, we shall daven Shacharis at the usual time of 8.15 am. The Megillah will be ready at 9.00 am followed by a special sumptuous Purim breakfast. If you would like to sponsor this, contact the office.

## *Torah Reading*

Leyning: Yisro

Hertz p 288 Soncino p 445

Haftorah:

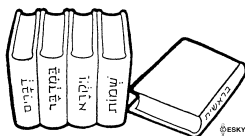
Hertz p 302, Soncino p 464

*Lester Harris*

*Barrie Abrahams*

*The monthly smoked salmon and beigel breakfast followed by Dads n'Lads football takes place next Sunday 14 February.*

*Shacharis is at the usual time of 8.15 am and fathers and sons are cordially invited.*



*This week's Clayhall Kehilla has been kindly sponsored by Leila & Dennis Abrahams in celebration of Dennis's 2nd Bar Mitzvah*

**Children's Service:** 10.30am - 11.15am (6 February)

### **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 8am.

Ma'ariv: 7.30 pm, Tuesday and Wednesday.

Sunday breakfasts: 14 February & 21 March

Lunch & Learn: 4 March

### **Yisro Rejoices**

*"And Yisro Rejoiced (Shemos 18:9).*

Yisro rejoiced over the great deeds which G-d had done on the Jewish people's behalf, and at the same time grieved that so many idol worshippers had met their destruction. Then Yisro said, "Now I know that your G-d is greater than all of the idols of the world. Because the Egyptians schemed to drown all the Jewish children, G-d saved the children and drowned the Egyptians."

He made a feast to celebrate his own Circumcision and ritual immersion which together marked his conversion to Judaism.

Why did he make a feast? In order to satisfy his body and please it, so that a spirit of holiness would rest upon him.

G-dliness does not rest on a grieving body. We find that when Yitzchak wished to bless his son he asked him to bring him good food to cheer him, so that the Divine Presence would be present at the blessing.

The words before G-d (verse 12) show that the meal was a godly one. This teaches us that if a person takes part in a meal together with Torah scholars it is as if he had enjoyed it with G-d.

*(based on Midrashic sources)*

### **Kosher Alerts Update**

Twinnings Winter Spice Infusion contains Natural Wine Flavouring and is therefore not Kosher. All other Twinnings teas are permitted. The following products, listed as approved and Parev, have changed formulation and are not Kosher:

Bird's p.49

**NK** Brandy Flavour Sauce Mix  
Typhoo p.63

**NK** QT Instant Tea  
Schwartz Classic BBQ  
Seasoning, listed on p.96 as  
approved and Parev, has  
changed formulation and is  
now Dairy.

### **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.

## ***Being Being Being by Rabbi Shaul Rosenblatt***

It often comes as a surprise to people to find out that Shabbos is one of the Ten Commandments. People understand that to murder, theft, adultery and idol worship are all anathemas to Judaism. But to keep Shabbos? Why is it so important as to merit a place in the big ten?

I have heard it said that, throughout the ages, more than the Jews have kept Shabbos, Shabbos has kept the Jews. I think it is very true. On Shabbat, one is prohibited from even thinking of business, let alone talking or doing. One cannot use a car. One cannot use a phone. One cannot use a computer. One cannot cook. One cannot go shopping. It is a day completely free from distractions. A day in which one steps completely out of the rat race of modern society. Instead of doing, doing, doing, a person starts being, being, being.

So what can a person fill a day if there are no Blackberries, cars, computers, shops, or business?

Well, for a start, you can spend a lot of time with your family. And you can do it without any distraction. Since you can't just watch TV or go out shopping with them, you are forced to spend the time doing what we often avoid at all costs - talking! Relating to them. Or how about spending some time enjoying this gorgeous world we are all fortunate enough to be a part of. Go for a walk, smell the fresh air, look at the trees and the flowers. Feel at one with your environment.

But the greatest thing of all that Shabbos forces one to do is to stop and think, to reflect, to self-examine. What am I living for? What am I doing it all for? Am I focused, or am I running on an auto-pilot that long ago diverted from the course I set it on? Am I running somewhere, or am I just distracted by the experience of running?

Shabbos is a time to think. It is a time to remind ourselves of what we are living for. Without a day that forces you to stop and think, you will never do it. You will get caught up and very busy with life - so busy that you completely forget what life is all about. People often think of Shabbos as restrictive. Obviously, they have never experienced it properly. I know of nothing more liberating. Yes, restrict your actions - but. In order that you can liberate your mind, your heart and your soul.

And in a curious way, this applies on a national level as well. Shabbos is one of the Ten Commandments. Because without it, the Jewish people would have long ago forgotten who we really are.

***For more articles by Rabbi Rosenblatt, log on to [www.aish.com](http://www.aish.com)***

***Clayhall United Synagogue***

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## *Three Weddings & A Bar Mitzvah - A Purim Unspectacular*

*With Purim fast approaching, feverish rehearsals are  
Set to begin for this year's Purim Show.*

*The premier performance will take place on Purim  
night, Saturday 27th February, after the  
Megillah reading and fish n'chips supper.*

*Members of the all-star cast have been selected  
following a rigorous process. There is an air of  
underwhelming anticipation with critics hailing the  
closely guarded script as a "mesmerising piece of  
prosaic prose wrapped up in an enigmatic and  
effervescent enigma."*

*Words alone can't truly describe the experience.*

### **Purim@Clayhall**

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.

Ma'ariv will start at **6.35 pm** followed by Megillah reading. Our great value -for-money fish and chip supper (£4 adults, £2 u/16's) will be about **7.30 pm** and the Purim Spiel should begin no later than **8.15 pm**. Somewhere in between all the excitement will be a prize fancy dress competition!

### **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.

### **Welfare & Pastoral**

The Shul's Welfare Task Group is always available to help members of the Community with hospital visitation, befriending and shopping. Please talk in confidence to either Rabbi Wilson or Colin Emden at your convenience.