



קליהל קהילה



The weekly newsheet of Clayhall United Synagogue

Shabbos 14 August 2010/ 4 Ellul 5770

Service Times (Shabbos Mevorachim)

Shacharis	9.00 am
Pre-Shabbos Minchah Shiur	6.55 pm
Minchah followed by Seudah Shlishis	7.45 pm
Shabbos ends	9.18 pm
Shabbos next week	7.30 pm

Tomorrow is our monthly smoked salmon and beigel breakfast after davening followed by Dads n'Lads football. Shacharis begins as normal at 8.15 am.

Details of **August events** such as the Ladies hat sale (25th), the Lunch n' Learn (19th) and 5-a-side football/netball & BBQ (29th) are all in your action-packed *Clayhall Kehilla*.

The annual **NEROS Selichos Service** takes place on Saturday evening 4 September 2010 at Ilford Federation Shul. Let's have a really good Clayhall turn-out once again. Turn over for further information.

Torah Reading

Leyning: Shoftim

Hertz p 820, Soncino p 1078

Daryl Luder

Haftorah:

Hertz p 835, Soncino p 1094

Alexander Segall

The Clayhall Kehilla can be sponsored for just £15 (or £45 for any four within one calendar year) while the monthly Sunday breakfast can be sponsored for £45.

Please speak to Deana in the Shul office on 020 8551 6533 to book your slot.



This week's Clayhall Kehilla is kindly sponsored by Alma Levene in memory of her late husband, Barry

Children's Service: 10.30am - 11.15am (resumes 4 September)

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: 15 August.

Lunch & Learn: 19 August

Lunch & Learn

The next popular Lunch & Learn event takes place on **Thursday 19 August** at 19 Lakeside Avenue. Rabbi Wilson's intriguing title is *"Dipping the Apple in the Honey and other Gastronomic Customs."* The cost is just £4 per person and it begins at 12.45 pm. Please let Gordon Miller know if you are coming.

NEROS Selichos Service

The NEROS Selichos Service takes place on Saturday evening **4 September** at Ilford Federation Synagogue, Coventry Road. The reception begins at 10.45 pm followed by the service at 11.30 pm. The guest speaker is **Rabbi Yehudah Black** from Kenton Shul and the guest Chazzan is **Adrian Alexander** who will be accompanied by the choir of the Cockfosters and Southgate Shul conducted by Harvey Rosen.

Ladies Hat Sale

Worried where that new hat is coming from for Rosh Hashanah? Then support the Ladies hat sale on Wednesday **25 August** and pick up a millinery delight. It starts at 7.30 pm at the home of Hilary and Robert Segall, 17 Fernhall Drive, Redbridge. The entrance cost is a small £2 and refreshments will be served. All ladies are warmly welcome.

Tribe Intern

For the second year running, we are delighted to welcome a *Tribe* Intern Rabbi to run a youth programme over the Yomim Noraim period. **Rabbi Jonathan Jaffit** from Canada and his wife will be taking youth services over Rosh Hashanah and Yom Kippur. Letters of invitation will be sent directly to all young people from school years 7-11 nearer the time with more information and times of the programme.

Chatanim & Eshet Chayil

We wish Mazel Tov to our well-deserved Chatanim and Eshet Chayil and their families for this coming Succos and Simchas Torah. They are **Reb Berek Obuchowski** (Chatan Torah), **Jeffrey Simmons** (Chatan Bereshis), and **Lydia Freedman** (Eshet Chayil).

Football & BBQ

Just a reminder that the 5-a-side football is on Sunday 29 August at 2.30 pm followed by the BBQ at 6.30 pm.

Ellul - Time is of the Essence

The Ellul clock is ticking - less than 30 days until the Day of Judgement and what are we doing about it? Are the next few weeks going to be "business as usual" or do we grab this precious time for sincere and deep introspection? Do we treat Ellul like any other month or do we stop and think about the past year, take stock, and evaluate how we could have behaved better, spoken gentler, acted kinder and prayed a little slower? Are our spiritual embers petering out or can they re-ignite the pure essence of our soul to achieve incredible heights? And when we hear the Shofar, how do we react? Is it just another year passing by? Or is it the inarticulate cry of our indelibly stained souls longing to cleave closely to Hashem? But we should be privileged and humbled, by G-d allowing us this amazing yearly opportunity to perform genuine repentance. The clock is ticking...time is running out...the choice is ours.

Children & Youth Activities

The new Children and Youth Task Group, chaired by Bradley Mervish, is planning a series of activities and events for our young people. Most of the communication to the primary school age group will be directly to the children and their parents with colourful flyers. Those in secondary school will also be able to access information via the Shul's Facebook page. Among the activities planned are:

- * Succah Decorathon: Sunday 19 September for primary school age.
- * Succos Colouring competition.
- * Annual Succah lunch/crawl: Thursday 24 September, Succos Day 1.
- * Pizza in the Hut: 26 September for Years 7-11.
- * Quasar/Shwarma evening and *Wii* tournament for the youth.

It won't be long before full details are sent out to everyone concerned.

Foot Tapping Enjoyment!

Genesis is holding a Swing & Boogie Concert with Nick Dawson and his Band on **Sunday 14 November** at RJCC. It should be an entertaining evening with all funds raised going to the Shul. The ticket price is £12.50 and they must be bought in advance from Ivor Lethbridge on 8550 7963 or the Shul office on 8551 6533. Doors open at 7.00 pm and the show begins at 7.30 pm.

Dads n'Lads Football

The next Dads n'Lads football will take place on **Sunday 15 August** on the outdoor pitches at 10.00 am. Clayhall's monthly smoked salmon and beigel breakfast will precede the football at 9.00 am. This run very successfully last year and it would be great to get it up and running again. What's more, it's absolutely free! Reminder emails will be sent out shortly but speak to Lester Harris if you are attending.

It's Not Easy Being Green by Melissa Groman (www.aish.com)

Down in my basement there is a stash of old stuff that can't exactly be thrown away, and can't exactly be kept. For many years my husband and I have been planning to gather it all up and head out on a date to the county Toxic Waste Fair. Since the fair is only held twice a year up in some remote part of the county, and we can only go on a Sunday, we'd been waiting a long time. When the big day finally arrived we loaded up the back of the van with all the stuff we'd been stepping over for years. We drove up to the parking lot where we were greeted by men in baggy rubber yellow pants, big plastic gloves and yes, masks.

My husband, having gotten out of the car to help haul our colourful garbage, asked, "So what do you guys do with all this stuff?" "We dump it in the river," the gloved one said. "What?!" my husband and I screeched in unison. "Just kidding," he shrugged. "I dunno really." As we pulled away, lighter, feeling good fulfilling our eco-responsibility, I started to think: But isn't that what we Jews do? Every year as the High Holidays approach, we take inventory. We are supposed to stop stepping over things inside us, take a real look at ourselves, and at some point, toss the bad stuff in the river. And be lighter. While there is something cathartic about tending to our deepest selves, we can't just toss out character traits and feelings the way we dispose paint cans. The unconscious mind keeps a tight hold on these.

Besides, it's August, so I don't feel like doing much of anything, let alone working on my own character. And, it's one thing to get rid of the junk in my basement; it's another thing to make a date with myself to take an honest look at what's toxic. But it's also Elul, the Jewish month of preparation leading up to the High Holidays. The Talmud writes that the Hebrew word for Elul is an acronym for the verse "*Ani l'dodi v'dodi li*," - "I am for my Beloved and my Beloved is for me." It is the time of year that reflection, forgiveness and love are in the air - three things you need to explore your psyche.

During Elul G-d comes closer. It's not that He won't listen the rest of year, but if you are going to gather up the stuff inside of you that hurts - mistakes made, festering resentments, relentless grief, attitudes that don't serve you well - and consider letting it go - then it's best done when G-d is waiting right there to haul it away. I wish the path to spiritual wellness was as smooth as the road to the county Toxic Waste Fair. Still, it's not as difficult as it seems. We just need a few tools, like time alone, pen and paper, a bit of faith and maybe some tissues. Practically speaking, embracing Elul means writing down fears, mistakes, character traits and old angers that still simmer. And listing people we have hurt and who have hurt us. It means thinking about asking for forgiveness, forgiving others and forgiving ourselves. And asking G-d for help when it seems like too much.

Funny, though, for some reason neither of us can pinpoint, we left a few old paint cans in the basement. Perhaps to remind us that we can live with imperfections in ourselves and others. That progress and effort count. And that some stuff takes longer to dissipate or recycle into something useful. My husband and I enjoyed the trip to the Toxic Waste Fair. Good scenery, quality time together, and the feeling of having done the right thing. We're not sure what exactly does happen to all that stuff, but it did feel good to clear it out, let it go and make room for new things.

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