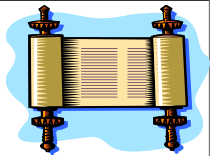




# קליהל קהלה



The weekly newsheet of Clayhall United Synagogue

*Shabbos 21 August 2010/ 11 Ellul 5770*

## *Service Times*

Shacharis	9.00 am
Pre-Shabbos Minchah Shiur	6.40 pm
Minchah followed by Seudah Shlishis	7.30 pm
Shabbos ends	9.02 pm
Shabbos next week	7.30 pm

The **Ladies Hat Sale** takes place this Wednesday 25 August at the home of Hilary & Robert Segall, 17 Fernhall Drive, Redbridge. The fun starts at 7.30 pm. There is a small charge of £2 per person but that does include refreshments!

The **pre-Rosh Hashanah mailing** with your tickets and service times will be going out to members soon. There is some very attractive and exciting information about children's activities.

The annual **NEROS Selichos Service** takes place on Saturday evening 4 September 2010 at Ilford Federation Shul. Let's have a really good Clayhall turnout again. More information is overleaf.

## *Torah Reading*

Leyning: Ki Tetze

Hertz p 840, Soncino p 1098

Haftorah:

Hertz p 857, Soncino p 1115

*Rabbi Nissan Wilson*

*Hermi Rothman*

*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 Jeffrey Rosenberg in celebration of the birthday of his dear father, Moshe Rosenberg*

**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: 26 September (Chol Hamoed Succos)

Lunch & Learn: TBA

### **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.

### **Football, Netball & BBQ**

The 5-a-side football tournament and ladies netball take place next **Sunday 29 August** at 2.30 pm at RJCC. The BBQ follows at 6.30 pm. For more information please speak to Rabbi Wilson, Lester Harris or Fiona Sapler.

### **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.

### **Arba Minim**

Please order your Arba Minim via the Shul office as soon as possible. The cost will be £28 for a quality lulav and esrog set.

### **Clayhall Selichos Times**

Beginning the Saturday night before Rosh Hashanah, and continuing through Yom Kippur, we say "Selichos," a special set of prayers designed to awaken us to the significance of the Yomim Noraim. After the sin of the Golden Calf, Moshe asked G-d to explain His system for relating with the world. G-d's answer, known as the "13 Attributes of Mercy," forms the essence of the Selichos prayers. *Merciful G-d, merciful G-d, powerful G-d, compassionate and gracious, slow to anger, and abundant in kindness and truth. Preserver of kindness for thousands of generations, forgiver of iniquity, willful sin and error, and Who cleanses. (Shemos 34:6-7).* On Monday/Tuesday, 6th & 7th September, Selichos will begin at **6.20 am**. On Erev Rosh Hashanah, Wednesday 8th September, we will start Selichos at **6.00 am**. On Sunday 12 September, the Fast of Gedaliah, Selichos will commence at **7.30 am**. During the Ten Days of Repentance, Selichos will be at **6.25 am**.

## ***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's Birthday Kiddush & Events***

The first Shabbos Birthday Kiddush for some time will take place on **Shabbos 4 September**. Individual invitations will be sent to all children celebrating a birthday during September. The children will have pride of place at the main Kiddush! Among activities coming soon are:

- \* Succah Decorathon: Sunday 19 September for primary school age.
- \* Succos Colouring competition.
- \* Annual Succah lunch/crawl: Thursday 23 September, Succos Day 1.
- \* Pizza in the Hut: 26 September for Years 7-11.
- \* Quasar/Shwarma evening and *Wii* tournament for the youth.

Members will receive Information about most of these events in the next mailing which is being sent out shortly.

## ***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. Please do your best to support this event.

## ***Succos Party***

Our lively Succos Party (Simchas Beis Ha'Shoeva) takes place on **Sunday 26 September** at 8.00 pm in the Shul succah preceded by Ma'ariv at 7.30 pm. Live music is once again provided by the rich tones of **Rabbi Shloime Cramer**. The famous Clayhall dessert buffet will provide ample sustenance, all washed down with a few l'chaims! There is a small donation of £2 per person which is a very small price to pay for an inspiring evening.

## ***Two Kinds of War by Rabbi Abba Wagensberg***

This week's Sedra begins (Devarim 21:10) with a description of how we must treat prisoners of war. The Midrash (Sifri) explains that this protocol refers to an optional war rather than a mandatory one. Rashi clarifies this statement by saying that, in a mandatory war, we are commanded to annihilate the enemy (20:16) - meaning that there are no captives at all! Therefore, if the opening verses of our parsha describe the treatment of captives, we can infer that the Torah is discussing an optional war, not a mandatory one.

The Slonimer Rebbe (in *Netivos Shalom*) suggests that these two types of wars - mandatory and optional - symbolically represent the two types of war that each one of us wages against our yetzer hara (inclination toward negativity). A mandatory war symbolizes a spiritual battle where the yetzer hara tries to convince us to transgress outright Torah prohibitions. An optional war, on the other hand, symbolizes a spiritual battle where the yetzer hara tries to convince us to overindulge in areas that are technically permitted.

The Torah hints to this area of confrontation in the verse that charges us to be holy people (Vayikra 19:2). What does it mean to be a holy Jew?

Nachmanides explains that we are not supposed to use the Torah's approval as an excuse for gluttonous or vulgar behaviour. For example, we should not overindulge in food and drink, even if the products are kosher and we recited the proper blessing before partaking of them. Overindulging in permitted areas causes us to lose focus on the true goals in life, and eventually could even lead us to transgress outright prohibitions.

In order to prevent ourselves from transgressing in prohibited areas, we must implement an approach in serving G-d that the Kabbalah calls "*itkafya*." This means forcing ourselves to take action when action is called for, and *forcing* ourselves to refrain when passivity is necessary.

In other areas, we must implement a different approach in serving G-d. The Kabbalah calls this approach "*ithafcha*," which means transforming the inclination toward negativity (*yetzer hara*) into an inclination toward positivity (*yetzer tov*). When we learn how to transform destructive energy into positive energy, we can channel all the materialism of this world toward constructive, purposeful, meaningful goals.

We find a proof to this idea in the verse, "Love G-d with all our *hearts*" (Devarim 6:5). It seems strange that the word "hearts" is in the plural. Doesn't a person have only one heart? According to the Talmud (Brachos 54a), we learn from here that we must serve God not only with our yetzer tov, but even with our yetzer hara.

By using the physical world responsibly, we can use every moment of life in a positive way and elevate all mundane matters into meaningful experiences. May we grow to be the highest-ranking soldiers and win the war on both fronts, so that we can infuse every moment of our lives with positive purpose.

### ***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*