



**Shabbat, 30th October 2021 / 24th Cheshvan 5782
Chayei Sarah / Mevarachim Hachodesh**

Service Times

Friday night service	5.20 pm
Candle lighting for Friday night	5.24 pm
Shacharit	9.30 am

No Mincha or Ma'ariv service: Shabbat Ends at 6.26 pm

Next Week: Mincha followed by Kabbalat Shabbat at **4.10pm**. (candle lighting at 4.12pm)

Booking is now open for [Kabbalat Shabbat](#) on **Friday, 5th November** at **4.10pm** and for [Shabbat Toldot](#) on **6th November** at **9.30am**. **From 6th November we will daven Mincha after kiddush and Ma'ariv 20 minutes after Shabbat ends.**

Bookings will close at 6pm on Wednesday, 3rd November.

We are open for **Shacharit** services, On **Sunday** at **8.15am**, **Monday & Thursday** at **7.05am**, **Tuesday, Wednesday and Friday** at **7.15am**. We are open for **Ma'ariv** on **Monday - Thursday** at **7.30pm**.

To book your place please **e-mail** or call Robin on 07956 617669.



The clocks change at **2am tomorrow morning**, so don't forget to move your clocks back by **1 hour!**

Sylvia & Cyril Stoller & Ruth & Brian Mitchell on their respective wedding anniversaries



Renee Bravo, Sylvia Jay, Phyllis Morgan, Eleanor Rosenbloom., Dennis Salador, Milly Scott, Alice Senk, Shimon Shoshan and Harvey Student on their respective birthdays.

Torah Reading

Leyning: Chayei Sarah

Sefer Bereishit: 23:1-25:18

Artscroll p 106, Cohen p 118, Hertz p 80

Haftarah: Kings I 1:1-31

Artscroll p 1136, Cohen p 35, Hertz p 90

Rabbi Steven Dansky

Joe Rose

If you would like to mark a birthday or Simcha, or want to commemorate a Yahrzeit, this can be done by sponsoring Cranbrook News. In the forthcoming weeks, there are many dates that are available.

The cost of sponsoring Cranbrook News is £15.

Children's Service: 10.30am

Regular Weekday Services in the Main Synagogue

Shacharit: Sunday & Public Holidays – 8.15am

Shacharit: Monday and Thursday at 7.05am

Tuesday, Wednesday, and Friday at 7.15am

Rosh Chodesh Shacharit: Monday to Friday at 7am; Sunday at 8am

Ma'ariv: Monday, Tuesday, Wednesday & Thursday at 7.30pm.

Dates for the Diary

October

Shabbat 30th

Mevarachim HaChodesh

Sunday 31st

Clocks go back 1 hour at 2am

Glow in the Dark – Be a Light

November

Monday 1st

Men's Virtual Happy Hour

Tuesday 2nd

Coffee & Chat with Rev Newman

Wednesday 3rd

Rabbi Shiur @ 10am

Thursday 4th

Ladies Tea & Chat

Friday 5th

Rosh Chodesh Kislev

Monday 8th

Men's Virtual Happy Hour

Tuesday 9th

Coffee & Chat with Rev Newman

Music Extravaganza @ 8pm

Rosh Chodesh Kislev is on **Friday, 5th November** (Yom Shishi) and we bless the new month today. The Molad (the time of the first sighting of the moon in Jerusalem) is on **Friday, November 5th**, at 00:55 am and 13 chalakim. Shacharit will be at 7am in Shul.



Covid still remains a Major Health Risk

MASKS MUST BE WORN WHILST IN SHUL

SANITISE YOUR HANDS FREQUENTLY

PLEASE LEAVE 1 SEAT BETWEEN EACH PERSON

- **Keep building well ventilated even in winter**
- **Avoid hand shaking or contact greeting**
- **Cloakrooms remain closed, keep belongings with you**
- **Ladies Exit and Enter using main stairs keep left**

For Security, please vacate forecourt as soon as possible.

Stay Safe

We wish Long Life to everyone who is observing a Yahrzeit this week:

Melody Alicoon, Cynthia Ballin, Helen Bannister, Judith Bara, Sharon Basco, Beatrice Baxter, Michael Belson, Sonia Black, Michelle Bolle, David Burack, Richard Burack, Sheila Burack, Norma Burns, Sylvia Cohen, Shirley Collett, Annette Collins, Freda Cowan, Anthony Deutsch, Hilary Epstein, Sonny Finberg, Michael Freed, Alan Golstein, Raynor Gordon, Rita Haberman, Pamela Harris, Heather Hawkes, Katherine Hoffman, Victoria Joffe, Irene Klein, Edward Kogan, Simone Kramer, Sally Leigh, Daryl Levison, Elizabeth Levison, Hayley Levison, Lindsey Levison, Adele Lewis, Patricia Lewis, Sandra Marks, Denise Martin, Sadie Martin, Jacqueline Maslin, Marlene Mendel, Michael Morris, Brenda Moss, Beverley Myers, Maureen Nieberg, Adele Pearl, David Pinner, Stephanie Plawner, Barbara Poluck, Elaine Price, Maureen Rappoport, Janice Rebak, Joan Rose, Sheryl Saltman, Elaine Schaverien, Evelyn Schneider, Barbara Seider-Benson, Helena Shaw, Anita Silver, Stanley Simmons, Sheila Solomons, Linda Stanton, Philippa Stanton, Maxine Stean, Rita Stedman, Audree Wershof and June Whitesman.

CHANUKAH PAINTING EVENING

Led by art coach Marian Myers

Thursday, December 2
8pm - 9.30pm in the Mark Lewis Hall

ENJOY A NIGHT OUT WITH YOUR PARTNER, FRIENDS OR FAMILY PAINTING THIS BEAUTIFUL CHANUKIAH ON CANVAS; YOURS TO KEEP AND DISPLAY!

ALL PAINTS, BRUSHES AND MATERIALS ARE PROVIDED.

£20 PER PERSON

LIGHT REFRESHMENTS INCLUDED



For everyone age 30+ no matter what your painting ability.



Book by Friday, November 26 using the link below

<https://myus.theus.org.uk/events/70389/chanukah-painting-evening/>



OUR COMMUNITY ARE PROUD TO BE SUPPORTING TWO CHARITIES

Mitzvah Day

21st November 2021

Drop your dry non-perishable kosher foods (as per The Really Jewish Food Guide) and wipeable new toys (NOT soft toys or teddies) to the Shul Office during the times below.

MON-THURS 10AM-2PM
FRI 10AM-12PM
OR
SUNDAY 21ST NOVEMBER
10AM- 12PM

Buy One GIFT One

PLEASE PURCHASE EXTRA ITEMS FOR THOSE IN NEED

- Tins
- Pasta
- Couscous
- Rice
- Pulses
- Toiletries
- Tuna
- Small Cereals
- Spreads
- Crackers
- Tea & Coffee
- Cleaning Products

GIFT supports over 1000 people with weekly support parcels.

NO PERISHABLE ITEMS
THANK YOU FOR YOUR SUPPORT!

www.jgift.org

Please help us in supporting GIFT who provide dry, non-perishable, kosher foods in their food banks for people in need. Currently their food stocks are extremely low and they need our help.

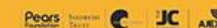


**HEROES FLY
HEROES SAVE
HEROES COLLECT TOYS**

We are also asking for help to support Camp Simcha who provide new, wipeable toys to seriously ill children in over 120 hospital wards and hospices throughout London, Hertfordshire, Essex and Manchester. They are short of toys which are suitable for babies and also teenagers, so these are particularly appreciated.

If you have any questions, don't hesitate to contact us. We would love to receive as many items as possible.

- 020 8629 2780
- admin@cranbrooksynagogue.org.uk
- cranbrooksynagogue.org.uk
- @CranbrookShul
- Cranbrook United Synagogue



CRANBROOK UNITED SYNAGOGUE BRINGS YOU THE

CHANUKAH KIDS DISCO

glow in the dark party!

For Primary School Ages

DJ! FOOD! CANDLE LIGHTING! FUN!

SUNDAY 28TH NOVEMBER | 5.30-8PM
TICKETS £8 (INC LIGHT SUPPER)
TICKETS MUST BE PURCHASED IN ADVANCE
[HTTPS://TINYURL.COM/CHANUKAH-DISCO](https://tinyurl.com/chanukah-disco)

tribe Chigwell & Hainaut Woodford Forest Shul CRANBROOK UNITED SYNAGOGUE

GLOW IN THE DARK "BE A LIGHT"

SUN, 31 OCTOBER '21
5:00-7:30PM
FOR AGES 5-12 YEARS

MAGIC & WORKSHOP WITH
SACHA!

SAFE, EXCITING & FUN
@ WOODFORD FOREST SHUL

£7.50 PER CHILD
INCLUDES MEAT SUPPER
VEG OPTION AVAILABLE

BOOK AT WWW.WFUS.ORG.UK/BOOKINGS

AS WE ARE JEWISH & PROUD,
IT WILL BE AN UNHALLOWEEN PARTY!

The Torah says what? - Rebecca was three years old when she got married to Isaac

One of the urban legends about Rebecca was that she was three years old when she got married to Isaac. This is borne out by a Rashi at the beginning of this week's Torah portion:

When Abraham came from Mount Moriah he received the news that Rebecca was born (22:20). Isaac was then thirty-seven years old, because at that time Sarah died and from the birth of Isaac until the Binding — when Sarah died — there were 37 years since she was 90 years old when Isaac was born and 127 when she died, as it is said, (23:1) “And the life of Sarah was [one hundred and twenty seven years]” — thus Isaac was then 37 years old. At that period Rebecca was born and he waited until she was fit for marriage — 3 years — and then married her (Seder Olam).



However, when we are first introduced to Rebecca in the bible itself, there is no mention at all of her age. The Torah describes her in the following manner:

“And behold Rebecca was going out (to the well), who was born to Betuel the son of Milka and wife of Nachor the brother of Abraham, and she had a jug upon her shoulder. The young woman was very beautiful, and was not known to those around her. She went down to the spring, filled her jug and went up” (Genesis 24 15-16).

The verse explicitly calls her a young woman (Na'arah in Hebrew) which places her at the age of puberty. We also know that she was carrying a very large jug from which she drew water not only for the servant of Abraham, but for his camels as well. One would have to be very strong to do such a thing, and it is very unlikely then that a young girl of three would have the strength to lift a jug full of water. How is it possible that Rebecca could have been so young?



I believe that the answer lies in the relationship that existed between Isaac and Rebecca. We are told that when Rebecca sees her husband-to-be for the first time, she literally falls off her camel. Our sages explain that she had huge fear of her husband and was embarrassed of her background and who she was in comparison to Isaac who she perceived as an angel of G-d. Perhaps we can use this verse to explain her alleged age. Although she was a young lady and no child when she married Isaac, she was so struck by his spiritual superiority that she felt that she was a child in comparison to his status. Age is not only a number, it can also be a way of looking at the world, and she felt like a child in the presence of her husband. As we will see in the next week's Torah portion this forced Rebecca into a deception which followed her sons Jacob and Esau for all their lives, so stay tuned for next week's Torah portion!

I wish you all a good Shabbos

Rabbi Steven, Siobhan, Maya, and Talia Dansky.

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