Shabbat, 23rd November 2019 / 25th Cheshvan 5780
Chayei Sarah / Mevarachim Hachodesh

Service Times: (Liam Vernon Barmitzvah)

Friday night service	3.45pm
Shacharit	9.15am
Mincha follows kiddush	after 12.09pm
Shabbat Ends	4.54pm
Ma'ariv	5.15pm

Next Friday: Mincha followed by Kabbalat Shabbat takes place at 3.40pm (**candle lighting before 3.41pm**)

We wish a hearty mazal tov to **Liam Vernon** on his **barmitzvah** and to all his family and friends.

The Vernon Family invites you to kiddush in the Mark Lewis Hall after the service to celebrate Liam's barmitzvah.

We are pleased to announce that Michael Goldstein, the President of the United Synagogue, will be with us on **Shabbat, 7th December**; there will be a bumper sit-down kiddush in his honour. For catering purposes please book with the office: 020 8629 2780 or email: admin@cranbrooksynagogue.org.uk if you are coming.

Rosh Chodesh Kislev is on **Thursday, 28th November** (Yom Chamishi) and **Friday, 29th 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 Wednesday, 27th November at 07:18 and 7 *chalakim*. Shacharit on both days will be at the earlier time of **6.40am**.

We wish mazal tov to the following members: Susan & David Hahn on their wedding anniversary; Sarah Cohen, Kenneth Demby, Louis Freedman (103), Jean Goddard, Freda Goldstein, Myrtle Holman, Harry Karker, Howard Mendoza, Philip Palmer, Joy Peterson, Helen Rabin, Evelyn Rose, Leah Shamplin, Rita Shaw and Sally Winstock on their respective birthdays.

Torah Reading

Sedra Synopsis	***Malcolm Nathan***
Leyning: Chayei Sarah	
Sefer Bereishit: 23:1-25:18	***Rabbi Steven Dansky / Liam Vernon***
Artscroll p 106, Cohen p 118, Hertz p 80	
Haftorah: Kings I 1:1-31	***Liam Vernon***
Artscroll p 1136, Cohen p 35, Hertz p 90	

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, or a Sunday breakfast is £45.
Please call the shul office for more information.

Children's Service: 10.50am

Weekday Services in the Freda Schaller Beit Hamidrash

Shacharit: Sunday & Public Holidays – 8.15am; Monday & Thursday – 6.50am
Tuesday, Wednesday & Friday – 7am.
Rosh Chodesh Shacharit: Monday to Friday – 6.40am; Sunday – 8am
Ma'ariv: 7.30pm – Monday, Tuesday, Wednesday & Thursday.
Sunday Breakfasts: 8th and 29th December 2019; 2nd February 2020 (sponsorship available).

Dates for the Diary

November

Wed 27th @ 10am	*Advanced Ladies Shiur*
Wed 27th @ 8pm	*"The Stories you thought you knew"*
Thursday 28th	*Rosh Chodesh Kislev*
Thursday 28th @ 6.30pm	*Men's Talmud Shiur*
Friday 29th	*Rosh Chodesh Kislev*

December

Wed 4th @ 10am	*Advanced Ladies Shiur*
Wed 4th @ 2pm	*"The Stories you thought you knew"*
Thursday 5th @ 6.30pm	*Men's Talmud Shiur*
Thursday 5th	*Start saying Tal U'Matar at Ma'ariv*
Shabbat 7th	*Visit by Michael Goldstein–US President.*
Sunday 8th	*Bagel Breakfast*
Monday 9th	*Ladies Lunch and Learn*
Sunday 15th	*Super Supper Quiz*
Tuesday 17th	*Ladies Night Out (Venue TBC)*
Sunday 22nd	*Circus Workshop / Candle Lighting*
Sunday 22nd	*1st Night Chanukah*
Monday 23rd	*2nd Night Chanukah*
Tuesday 24th	*3rd Night Chanukah*
Wednesday 25th	*Bank Holiday*
	4th Night Chanukah

Bookings close at Noon on Friday, 29th November

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, Marion Borman, David Burack, Richard Burack, Sheila Burack, Norma Burns, Doreen Cohen, Shirley Collett, Annette Collins, Freda Cowan, Anthony Deutsch, Hilary Epstein, Shirley Epstein, Sonny Finberg, Alan Golstein, Raynor Gordon, Rita Haberman, Pamela Harris, Heather Hawkes, Mamie Helman, Katherine Hoffman, Victoria Joffe, Irene Klein, Edward Kogan, Simone Kramer, Sally Leigh, Phyllis Levy, Suzanne Levy, Adele Lewis, Patricia Lewis, Sandra Marks, Denise Martin, Sadie Martin, Jacqueline Maslin, Michael Morris, Brenda Moss, Beverley Myers, Maureen Nieberg, Adele Pearl, Ralph Poluck, Barbara Poluck, Maureen Rappoport, Janice Rebak, Joan Rose, Elaine Schaverien, Evelyn Schneider, Barbara Seider-Benson, Paula Shafier, Helena Shaw, Anita Silver, Frances Silverstein, Stanley Simmons, Leila Sinclair, Linda Stanton, Philippa Stanton, Rita Stedman, Audree Wershof and June Whitesman.

Cranbrook Synagogue Education Events

All events must be pre-booked.

Contact the Shul office on 020 8629 2780

27th November (Wed)
"The Stories you thought you knew" Repeat of 20th – 8pm @ Dansky Home

4th December (Wed)
"The Stories you thought you knew"
Discover the stories of the Bible in a completely new and interactive way! This course will change your perspective on these "stories" for life!
2pm – 3.15pm: @ Dansky Home (ladies & gentlemen both welcome)

Forthcoming stone-settings

8th December	**Irene Isaacs**	Waltham Abbey	11am
Son Paul			
30th December	**David Brett**	Waltham Abbey	12 noon
Son of Allan & Lorraine Brett			
12th January 2020	**Harold Franks**	Waltham Abbey	11am
Husband of Kathleen, father of Linda Lousky			
19th January 2020	**Anna Goodman**	East Ham	12 noon
Martin Linder			

Tickets are now on sale for **The Super Supper Quiz** on **Sunday, 15th December**; tickets are £22 per person; please call the shul office on 020-8629 2780 or email: admin@cranbrooksynagogue.org.uk to book your place.

Save the Date: Melaveh Malka - **Motzei Shabbat, 15th February 2020** @ 8pm.

The guest speaker is Rabbi Jonathan Hughes; please book with the office on 020-8629 2780 if you wish to attend.

News and Views

Dear Friends

This week's parasha begins with the tragic death of Sarah. The Torah tells us that these are the years of Sarah - 100 years, and 20 years and 7 years, these are the years of the life of Sarah. Why does the Torah repeat the concept - 'these are the years of the life of Sarah? What is the Torah trying to reiterate here? As tragic and sad as her death is, why repeat it?

The Malbim brings down a very deep answer to this question. He explains that the length of one's life and the quality of one's life are not necessarily the same. A person can live for hundreds of years and not make any contribution. Another individual can live only a few years, and die tragically, but nonetheless make a contribution of the most magnificent grandeur.

The Torah tells us that between the generations of Adam and Noah, there lived people who lived for hundreds of years. The Mishna in Ethics of our Fathers tells us that even though they lived thousands of years, they made NO contribution to the world.

Longevity does NOT equal life. Mozart lived for only 35 years, but he managed to produce hundreds of pieces of music, quartets, sonatas, concertos and symphonies. David lived for 70 years, was a general, ran a kingdom, and still had time to write the Book of Psalms. Life is not measured by its length but what you achieve with it. Today people are living longer and longer. Life expectancy has increased, but quality of life does not.

Sarah lived a long time - 127 years. Not only did she live a long time, but she had a life in which she experienced life to its fullest - was kind and trusting, focused on her mission to God, and kind. She was a prophetess. She had both quantity and quality of life.

This should make us think about our own lives - how can we maximise our lives? How can we be the people that we aspire to be? The Torah gives us clear guidelines: I have given you life and good. Find that good - find that quality and live your lives to the fullest.

Good Shabbat From Rabbi Steven, Siobhan Maya and Talia

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