



Shabbat, 11th January 2020 / 14th Tevet 5780

Vayechi

Service Times

Friday night service	3.55pm
Shacharit	9.15am
Mincha follows kiddush	after 12.29pm
Shabbat Ends	5.07pm
Ma'ariv	5.30pm
Next Friday: Mincha followed by Kabbalat Shabbat takes place at 4.05pm (candle lighting before 4.09pm)	

This week we have pleasure in honouring all our CST and security volunteers with a well-deserved kiddush in the Mark Lewis Hall after the service.



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

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

We wish mazal tov to **Iris Taylor**, who has been chosen as our **Woman of the Year**. We will be celebrating with her on **Shabbat, 7th March**. More details to follow about the Shabaton lunch

We wish mazal tov to the following members: Bessie Coverman, Betty Bush, Samantha Hambling, Marilyn Gladstone, Harvey Tibber, Irene Klein, Amber Tassie and Zack Zetter on their respective birthdays.

David & Joyce Halperin on the birth of a grand-daughter.

Young US Friday Night in Essex: This takes place on **Friday, 17th January** at the Rabbi's home; please book [on-line / https://myus.theus.org.uk/events/60671/young-us-nel-friday-night-dinner](https://myus.theus.org.uk/events/60671/young-us-nel-friday-night-dinner)

Torah Reading

Sedra Synopsis

Nigel Fidlan

Sedra: Vayechi

Leyning: Bereishit: 47:28 - 50:26

Rabbi Steven Dansky

Artscroll p 268, Soncino/Cohen p 296, Hertz p 180

Haftara: I Kings 2:1 - 2:12

Martin Bloomberg

Artscroll p 1145, Soncino/Cohen p 315, Hertz p 191

This week's Cranbrook News is sponsored by Jo Green in loving memory of a great Dad, Philip Vandermolen.

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: 26th January; 16th February & 1st March (sponsorship available).

Dates for the Diary

January

Sunday 12th @ 8pm *Hebrew Reading Course*
Monday 13th @ 10.30am *Brook Guys' & Gals' Club*
Tuesday 14th @ 12.30pm *Ladies Lunch and Learn*
Wed 15th @ 10am *Advanced Ladies Shiur*
Thursday 16th @ 6.30pm *Men's Talmud Shiur*
Friday 17th @ 7.30pm *Young US Friday Night in Essex*
Sunday 19th @ 8pm *Hebrew Reading Course*
Monday 20th @ 10.30am *Brook Guys' & Gals' Club*
Wed 22nd @ 10am *Advanced Ladies Shiur*
Thursday 23rd @ 6.30pm *Men's Talmud Shiur*
Sunday 26th *Bagel Breakfast*
Sunday 26th @ 8pm *Hebrew Reading Course*
Monday 27th *Rosh Chodesh Shevat*
Monday 27th @ 10.30am *Brook Guys' & Gals' Club*
Wed 29th @ 10am *Advanced Ladies Shiur*
Wed 29th *Ladies Rosh Chodesh Group*
Thursday 30th @ 6.30pm *Men's Talmud Shiur*

February

Sunday 2nd @ 8pm *Hebrew Reading Course*
Monday 3rd @ 10.30am *Brook Guys' & Gals' Club*

Motzei Shabbat 15th February 2020

Melave Malka

Guest Speaker
Rabbi Jonathan Hughes

Piano Music by
Rabbi Steven Dansky

Supper at 8pm
£15 per person

Book by 9th Feb 2020
admin@cranbrooksynagogue.org.uk
020 8629 2780

We wish Long Life to everyone who is observing a Yahrzeit this week: Renee Adler, Michael Aronberg, Karla Austin, Frank Baum, Elizabeth Benjamin, Howard Berlin, Shirley Bernstein, Bryan Besbrode, Kenneth Black, Lorraine Block, Susan Brattman, Jacqueline Burns, Fraser Cohen, Geoffrey Cohen, Philip Conway, Gloria Crego, Mavis Danziger, Kitty Davis, Kenneth Demby, Elizabeth Elvins, Howard Foreman, Yvonne Fox, Lydia Freedman, Ezekiel Gillis, Doreen Gold, Stephen Goldman, Laurence Goldsmith, Ernest Green, Joanne Green, Estelle Gudde, Herzel Halawi, Brenda Harris, Lester Harris, Vivien Hoffman, Claire Hutchinson, Bernie Hyatt, Melinda Jason, Jeanette Kaye, Jessie Kenton, Minnie Kogan, Gloria Kovler, Allen Langer, Vivian Lawson, Jeffrey Leader, Alan Lester, David Lethbridge, Ivor Lethbridge, Angela Levene, Sadie Levy, Lesley Levy, Sheila Levy, Patricia Lewis, Jean Lowi, Jennifer Marks, Shirley Marks, Pauline Meardon, Ida Mizzi, Sandra Nerden, Marilyn Nieman, Walter Owen, Mandie Preston, Martin Rankoff, Angela Roberts, Daniel Rose, Estelle Rosenbloom, Peter Rudd, Josephine Russell, Levy Sampson, Evelyn Schneider, Joyce Senker, Philip Shamplina, Barry Shenker, Keith Shenker, Rita Shenker, Doris Sheril, Ruth Sherman, Howard Sterne, Sylvia Stoller, Shirley Vanciliff, Eileen Vilka, Kenneth Wayne, Gerald Weiland, Audree Wershof, Wendy Werth, Lisa Woolf & Paula Wyman.

Brook Guys' & Gals' Club

The "Brook Guys' & Gals' Club" started last Monday and will continue every Monday except Yom Tovim.

Come and join our social club for both men and women and enjoy activities such as cards, dominoes, table tennis, etc.

Starts at 10.30am and runs until 3pm.

The cost is £4 per person, which includes tea, coffee and biscuits at 10.30am and soup & roll at lunch time.

We want to create a place, where not only members and their guests, as well as other Jewish people in the area, can come along to socialise, chat and join in the with the different activities, on a regular basis, in the daytime.

We aim to be not just a shul but a social centre as well.

Shalom Magazine

The next edition of the Shalom magazine will be the Pesach 5780 Edition.

If you have any interesting or amusing articles with a Jewish content that you would like us to include, please email them as soon as possible to Philippa Stanton: stanton.philippa@gmail.com.

All articles, pictures and stories must be received by **1st February 2020** - however, we have already 'opened the doors' to new articles, so please email us as soon as you can!

We look forward to hearing from you.



Forthcoming stone-settings

12th January	Harold Franks	Waltham Abbey	11am
Husband of Kathleen, father of Linda Lousky			
19th January	Ann Goodman	East Ham	12 noon
Aunt of Caroline Linder			
9th February	Jean Gelfand	Rainham	11.15am
Mother of Valerie Goldsmith			
15th March	Sylvia Alper	Waltham Abbey	11.30am
Mother of Shani Maylon			
15th March	Barbara Vandermolen	Waltham Abbey	12 noon
Mother of Lisa Olins & Joanne Green			

News and Views

Dear Friends,

We bless our sons every week with the time-honoured solemn blessing Friday evening: “Yesimcha Elokim k’Ephrayim v’kiMenashe”, May G-d bless you like Ephraim and Menashe. This blessing is something that we certainly say so often, and we don’t really think about it properly, so I thought it would be a good idea to write about it. Why Ephraim and Menashe? Why not Yehuda and Yosef? Why not our forefathers - Abraham Isaac, and Jacob? We bless the girls: “May G-d make you like Sarah, Rebecca, Rachel and Leah” our matriarchs, why not bless our sons after our patriarchs?



Finding balance between the external values of the world, and the internally imposed values on Torah create incredible tension. In some Jewish communities, the world is ignored, in others it is celebrated.

Our forefathers lived in the world of Canaan. They lived in a world which was completely focused on the internal, the spiritual. They were shepherds, because this occupation allowed them to focus only on the spiritual.

However, Ephraim and Menashe were born in the externally focused world of the diaspora in Egypt. Their challenge was dealing with the external world - all of its beauties, all those physical pleasures, without losing their core identity.

The balance between the two is incredibly hard - too much of a focus towards the spiritual and we lose our grip on the realities of life. Too much of a focus towards the physical and we forget G-d and the harsh realities of assimilation beckon towards us.



We therefore bless our children - be like Ephraim and Menashe - be two individuals who lived in Egypt, the mecca of the ancient world, a world of cruelty, brutality and debauchery, and **yet still** managed to hold on to the values and ethos of the Torah. Seeing the world as it is and recognising our responsibilities within it was the domain of Ephraim and Menashe. Not bowing to the whims of society, but not ignoring society and its demands. Standing in this world firmly

with our feet, but our heads held high in the heavens, is the challenge for every single Jew.

May G-d give us the wisdom to be like Ephraim and Menashe, to provide a light to our people and to the nations of the world. May we all be blessed and kept, may we all be guarded and protected - may G-d shine his face upon all of us and grant us peace.

Shabbat Shalom - Rabbi Steven, Siobhan, Maya and Talia.

Cranbrook United Synagogue, Beehive Lane, Ilford, Essex. IG1 3RT, Tel: 020 8629 2780
email: admin@cranbrooksynagogue.org.uk Website: www.cranbrooksynagogue.org.uk