



**Shabbat, 21st December 2019 / 23rd Kislev 5780
Vayeshev / Mevarachim Hachodesh**

Service Times:

Friday night service	3.35pm
Shacharit	9.15am
Mincha follows kiddush	after 12.19pm
Shabbat Ends	4.48pm
Ma'ariv	5.10pm
Next Friday: Mincha at 3.20 pm followed by lighting of the Chanukah candles.	



Rosh Chodesh Tevet is next **Shabbat, 28th December** (Yom Shabbat Chodesh) & **Sunday, 29th December** (Yom Rishon); today we bless the new month. The *Molad* (the time of the first sighting of the moon in Jerusalem) is on **Thursday, 26th December** at 20:02 and 8 *chalakim*. Shacharit will be at 8.15am on Sunday morning; this will be followed by breakfast which is kindly sponsored by Alan Lester in memory of his father Nat Lester z"l.

We wish mazal tov to the following members: Millie Allen, Frances Litkin, Mildred Luton, Sandra Mack, Norma Manning, Warren Maslin, Andrew Rutman and Iris Wahlhaus on their respective birthdays.

Cyril Hyman on the birth of a great-granddaughter

Torah Reading

Sedra Synopsis

Hilary Segall

Leyning: Vayeshev

Rabbi Steven Dansky

Sefer Bereishit: 37:1-40:23

Simon Schlazer

Artscroll p 198, Soncino/Cohen p 229, Hertz p 141

Haftorah: Amos 2:6-3:8

Artscroll p 1142, Soncino/Cohen p 248, Hertz p 152

As we are an Orthodox Synagogue, we are not allowed to use electronic equipment on the Sabbath. This includes mobile phones. We therefore ask you to refrain from bringing your mobile phones with you on Shabbat to shul, and not to use the device.

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: 29th December 2019, 26th January 2020 and 16th February 2020 (sponsorship available).

Dates for the Diary

December

Sunday 22 nd	<i>Circus Skills Workshop Communal Candle Lighting @ 5.30 pm</i>
Sunday 22 nd	<i>1st Night Chanukah</i>
Monday 23 rd	<i>2nd Night Chanukah</i>
Tuesday 24 th	<i>3rd Night Chanukah</i>
Wednesday 25 th	<i>Bank Holiday 4th Night Chanukah</i>
Thursday 26 th	<i>Bank Holiday 5th Night Chanukah</i>
Friday 27 th	<i>6th Night Chanukah</i>
Shabbat 28 th	<i>Rosh Chodesh Tevet 7th Night Chanukah</i>
Sunday 29 th	<i>Rosh Chodesh Tevet Bagel Breakfast 8th Night Chanukah</i>

January

Wednesday 1 st	<i>Bank Holiday</i>
Tuesday 7 th	<i>Fast of Tevet (6.16am – 4.56pm)</i>
Wed 8 th @ 10am	<i>Advanced Ladies Shiur</i>
Thursday 9 th @ 6.30pm	<i>Men's Talmud Shiur</i>

Chanukah 2019 Service Times

**Monday 23rd,
Tuesday 24th &
Friday 27th** - Shacharit
will be at 6.50am.



Ma'ariv on Monday and Tuesday @ 7.30pm

On **25th and 26th December**- Shacharit will be at 8.15am and Mincha followed by Ma'ariv at 3.30pm.

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.
Tickets are £15 per person.

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

Ruth Abrahams, Maurice Bitton, Mavis Bonham, Stanley Brattman, Bertram Clapper, Raie Clifford, Ruth Clifford, Bessie Coverman, Sophie Diamond, Paul Dobin, Rita Dryer, Helen Flax, Patricia Gedalla, Julian Gold, Stephen Goldberg, Freda Goldstein, Renee Graham, Peter Herman, Rosalyn Herman, Betty Herman, Morris Huberman, Michael Kenner, Susan Levine, Janet Lewis, Shirley Lewis, Ruth Lipman, Alan Marcus, Cyril Marks, Sheila Mason, Evelyn Masters, Estelle Mendoza, Howard Mendoza, Eva Meyer, Jonathan Meyer, Simon Meyer, Ronald Moss, Estella Nathan, Gillian Newman, Leslie Palmer, Michael Pizer, Howard Robbins, Angela Roberts, Alan Rogoff, Shirley Rothman, Andrew Rutman, Rachel Shaw, Stella Shaw, Linda Solomons, Howard Temple, Harvey Tibber, Blanche van Gelder, Frances Wallace, Stanley Weston, Norman Whyte, Ruth Wolfe and Ronald Young.

Brook Boys' and Girls' Club

Starting on a weekly basis the "Brook Boys' and Girls' Club" will begin on **Monday, 6th January** and every Monday thereafter. Come and join our social club for both men and women and enjoy activities such as cards, dominoes, table tennis, etc.

It will start at 10.30am and run until 3pm. The cost will be £4 per person, which includes tea, coffee and biscuits at 10.30am and soup 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.

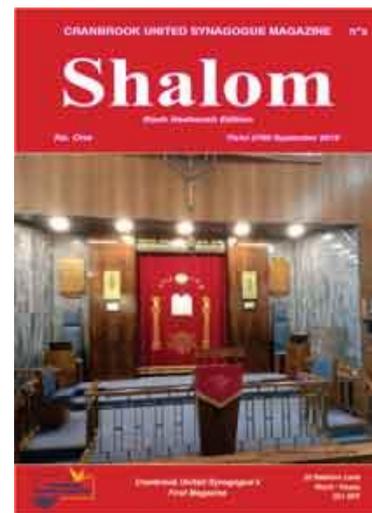
Shalom Magazine

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 **26th 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

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	Ann Goodman	East Ham	12 noon
Aunt of Caroline Linder			
9th February 2020	Jean Gelfand	Rainham	11.15am
Mother of Valerie Goldsmith			

News and Views



Poor Joseph. He really has a tough time. His brothers hate him and are so jealous that they even think about killing him, and eventually sell him into slavery. If this is not bad enough, he is sold by his masters to other slavers, and is eventually brought to Egypt where he is acquired as a slave by Potiphar, the steward of Pharaoh.

You would expect Joseph not to be the happiest at this point in time. Scorned by his brothers, being shipped from place to place like some sort of acquisition, must have had an incredible effect on his self-esteem and mood. You would have expected him to be incredibly depressed

and downhearted.

Yet the Torah tells us 'and G-d was with Joseph, and he was successful in the house of Potiphar'. Our sages tell us that G-d is with one **only** when one is in a state of happiness. How could Joseph have been happy after all that had happened to him? His whole identity as being the beloved of his father Jacob, the brightest and the best, the most gifted of all his brothers has disappeared. He is a slave in a foreign land. How can he be in a happy mood?

Furthermore, how could he have felt that he was successful? Surely after everything that had happened to him, the last thing that he would have felt was that he was successful!

Joseph realised that whatever had happened to him came from G-d. There was a reason for the pain that he had gone through, and he knew that while he didn't know *why* he had gone through so much, that there was purpose in the pain. When there is purpose in life there is the capacity for joy. Depression and sadness strikes when we feel a lack of purpose. Life is never easy. There are always challenges, difficulties, worries about work, our children, our livelihoods. However, there is a great joy in knowing two things: 1, that there is ultimate purpose in the things that we do, and 2: that we are not alone - we are never alone, because G-d is with us at every stage of the way.

There is also another really important insight here. Joseph was successful and felt joy because he realised that success is not dependent on what happens to us. No matter his history, no matter what had been thrown at Joseph, they could never take away from him his greatness, his ability to turn threats into opportunities. Joseph was thrown into slavery, but he was able to rise to prominence in the house of Potiphar and experience joy and success because no-one could take away his natural inborn abilities - his charisma, his ability to organise things and to run the affairs of his master was something that could never be taken away from him. He was Joseph, not because of the ways that his brothers mistreated him, or because of the heartache that he suffered - all external events, but because of the gifts which G-d had given him. He was aware of his intrinsic abilities, which could never be taken away, despite the harsh, external realities that he faced.



Too often we judge our circumstances based on the ways that others have treated us, or things that happen to us. Joseph transcends all of this. He realises that he suffices, and he suffices because G-d is with him at all times and will never let him down. Such a realisation can only bring joy, even in the darkest of times.

Good Shabbos from Rabbi Steven and Siobhan

Cranbrook United Synagogue, Beehive Lane, Ilford, Essex. IG1 3RT, Tel: 020 8629 2780

email: admin@cranbrooksynagogue.org.uk Website: www.cranbrooksynagogue.org.uk
