



Times of Services 2016

Friday 15 January
Shabbat begins: 4.05 pm
Mincha/
Kabbalat Shabbat: 4.15 pm

Shabbat 16 January
Shacharit: 9.30 am
Mincha: After Kiddush
Shabbat ends: 5.14 pm

Sunday 17 January
Shacharit: 8.40 am

Friday 22 January
Shabbat begins: 4.17 pm
Mincha/
Kabbalat Shabbat: 4.30 pm

Reading the Haftarah



If you would like to read Haftarah to mark a special event or just to make your personal contribution to the service, please contact Brian Robinson, who will be delighted to help with any preparation or revision.

Sponsoring an Event



If you are celebrating a Simcha or commemorating a family Yahrzeit, or if you are just feeling generous, please consider sponsoring a Shabbat morning Kiddush, Seudah or Sunday morning breakfast. Contact Joan Michaels: 020 8579 4261.

AJR—Meets the 1st Tuesday in every month at 2.00 pm. Contact Leslie Sommer: 020 8993 7574.

Israeli Dancing!



Tuesday evenings, 8.00 pm at Ealing United Synagogue, Grange Road. Sunday mornings, 10.30 am at Ealing Liberal Synagogue, Lynton Avenue. All welcome. No charge.

In the event of a bereavement, in the first instance please contact the Burial Office : 020 8950 7767. Rabbi Hershi Vogel: 07970 829758 Brian Robinson: 020 8567 6558 Neil Shestopal: 020 8579 5099

Ealing Synagogue



שבת שלום

Friday 15 January 2016/Shabbat 6 Shevat 5776
Sidra: Bo

THURSDAY 21 JANUARY COMMUNITY LUNCH : 12.30PM

Please contact Alison Shindler-Glass if you would like to attend.

SHABBAT 30 JANUARY CIVIC SHABBAT

Ealing Synagogue will be holding its annual Civic Shabbat which will be attended by members of the Mayor's Parlour and other local dignitaries. Please join us to ensure that our guests do not outnumber the hosts!

WEDNESDAY 27 JANUARY HOLOCAUST MEMORIAL DAY

This year Holocaust Memorial Day 2016 has the theme of "Don't Stand By". The event will take place on Wednesday 27th January 2016 at 11.00am in the Liz Cantell Room at Ealing Town Hall.

The guest speaker will be Mr Ernest Simon who was a Jewish child refugee. Born in Austria in 1930, he escaped to England before the outbreak of the Second World War as part of the Kindertransport rescue.

Please contact the Mayor's office directly by Monday 18 January if you would like to attend: Email: mayor@ealing.gov.uk

SUNDAY 31 JANUARY 2016 ALEXANDER S BERMANGE AND SPECIAL GUESTS

Tickets are available now. See the attached flyer for details. Reservations must be made in advance. RSVP by Friday 22 January 2016. To book online, click on the following link:

<https://myus.theus.org.uk/events/31556/alexander-s-bermange-and-special-guests/>

Ealing Synagogue,
15 Grange Road, London W5 5QN
Reg. Charity No. 242552
Minister: Rabbi Hershi Vogel, BA
Administrator: Sandra Moses
Tel: 020 8579 4894; Fax: 020 8567 2348; Email: office@ealingsynagogue.org.uk
Ealing Synagogue Newsletter: esnewsletter@btinternet.com
Ealing Synagogue Website: www.ealingsynagogue.org.uk

ALEXANDER S BERMANGE and SPECIAL GUESTS

SUNDAY 31 JANUARY 2016

"A wonderfully witty comic songwriter and performer"
LBC



**BBC COMIC SONGWRITER
ALEXANDER S. BERMANGE
AND SPECIAL GUESTS FROM THE WEST END**
celebrate second-rate singers,
tube-travelling trainspotters,
popular personalities from Prince Harry to David Beckham,
and much more!

**Ealing Synagogue
15 Grange Road, W5 5QN**

**Doors open: 7.30pm
Show begins: 8.00pm
Ticket: £20.00**

Refreshments will be served during the interval.
Reservations must be made in advance.

Call: 0208 933 5645

Email: esevents@btinternet.com

Book online: <https://myus.theus.org.uk/events/31556/alexander-s-bermange-and-special-guests/>

Snapshot Torah



GUIDE TO THE WEEKLY PARSHA

ISSUE 15

16th January 2016

BO

13th Shevat 5776

Kohen - First Aliya: Chapter 10, verses 1 - 11

- ✦ Moshe and Aron warn Pharaoh that a plague of locusts are on their way if Hashem's people are not set free.
- ✦ Pharaoh's advisers implore with Pharaoh to say yes. Pharaoh tells Moshe, that he will release all the men only so they can honour their God.
- ✦ Moshe disagrees with the terms and insists that everyone including all their cattle and sheep must be set free too. Pharaoh refuses and throws both Moshe and Aron out of his palace.

Levi - Second Aliya: Chapter 10, verses 12 - 23

- ✦ Moshe stretches out his staff and an east wind blows over the whole of the land of Mitzraim (Egypt); bringing with it swarms of locusts destroying everything in its path.
- ✦ Pharaoh admits that he has sinned against Hashem and begs Moshe and Aron to pray on his behalf to end the plague. Once Hashem sent down a west wind to remove the locusts, Pharaoh once more went back to his original stance and refused to let the people go.
- ✦ Moshe stretched out his hands this time towards heaven and darkness enveloped the land for three days, however wherever the Jewish people lived or went they had plenty of light to see.

Sh'lishi - Third Aliya: Chapter 10, verse 24 - Chapter 11, verse 4

- ✦ Pharaoh tells Moshe to take everyone and leave, Moshe demanded not without their cattle and sheep as they are needed for korbanos (sacrifices).
- ✦ Enraged Pharaoh refuses and decrees that the next time Moshe sees him, he will be killed.
- ✦ Moshe is informed by Hashem that one final plague is on its way but first Bnai Yisrael must go to their Egyptian neighbours demanding for all the gold and silver vessels in their possession, so they will depart as a wealthy nation.

RV'i - Fourth Aliya: Chapter 11, verse 5 - Chapter 12, verse 20

- ✦ Moshe warns Pharaoh that Hashem, at approximately midnight, will smite down every first born, man and beast leaving the whole of Mitzraim crying out in grief.
- ✦ Hashem informs Moshe that the month of Nissan will from this day forward be the first month of the Jewish calendar year.
- ✦ Hashem then commanded that Bnai Yisrael to each sacrifice a lamb on the fourteenth day and consume it along with matzah and bitter herbs that night. The blood from the lambs must then be painted on their doorposts so Hashem will pass over them at midnight sparing their firstborns from death.

Chamishi - Fifth Aliya: Chapter 12, verses 21 - 28

- ✦ Moshe relayed Hashem's instructions to the elders of Israel, emphasizing that in the future when their children and descendants will ask what is the meaning of all this. You can answer This is the Pesach sacrifice when Hashem passed over your houses, saving them from having to mourn for their beloved firstborn.

Shishi - Sixth Aliya: Chapter 12, verses 29 - 51

- ✦ The death of the firstborn takes place. Pharaoh seeks out Moshe, ordering him that everyone must leave now, immediately.
- ✦ The exodus begins with over 600,000 men and their families along with their livestock, departing Mitzraim for good.

Sh'vi'i - Seventh Aliya: Chapter 13, verses 1 - 16

- ✦ Hashem tells Moshe that this festival of Pesach is to be commemorated every year in the spring time in honour of remembering this exodus; and issues the laws relating to the Korban Pesach. Furthermore upon arrival into the land of Israel, all firstborn males of all kinds of animal must be given to Hashem but any firstborn boy will be redeemed by giving money to the Kohen.
- ✦ Finally the words of the Torah dealing with the exodus are to be enclosed into Tefillin (along with the first two chapters of the Shema) and are to be worn to serve as a constant sign and reminder of what has taken place.

Haftorah – YERMEYAH (JEREMIAH) Chapter 46 verses 13 to 28

OVERVIEW:

- 4 This week's Haftorah continues with the same subject of last week's relating to Yechezkel's (Ezekiel) prediction of Nebuchadnezzar defeating the might of the Egyptians.
- 4 Hashem tells Yermeyah (Jeremiah) to convey the message to the King of Bavel, (Babylon) that the time has come to attack Mitzraim and that Hashem himself will see to it that the Egyptians will be defeated and be totally at their mercy.
- 4 Yermeyah reassures the Jewish people that Hashem has once more secured their survival and will one day soon end their golus (exile) so they can reclaim the land of Israel for themselves.

GEMATRIA LINKED TO THE SEDRA

- 4 The Hebrew word **אָבָה** BO, which means come has a numerical value of three. This hints to how many plagues are mentioned in the Parsha

WEEKLY DISCUSSION:

Each of the ten plagues was an event fraught with fear and peril for the Egyptians. While it can be argued that the devastation of the last plague of 'the death of the first born' produced the greatest effect in terms of sheer horror and grief, there was perhaps no plague more frightening than 'The Plague of Darkness'.

Being in the dark naturally produces a sense of insecurity and anxiety but what the Egyptians must have gone through and suffered must have been far psychologically worse; as the Torah explains, the plague of darkness lasted three days and encompassed the entire land of Egypt. This three-day darkness was nothing no one had experienced before or since. This was a thick paralyzing darkness, where people were enveloped completely, unable to move. "they did not see one another, and no-one rose from his place" (Shemot Chapter 10: verse 23).

Research has shown that there are two types of darkness, literal and metaphorical. At times of literal darkness, you cannot see a thing. Which is why the ones who composed what we read daily in the siddur decided to incorporate the theme for one of the early morning blessings thanking Hashem. "pake'ach iv'rim" ("who opens the blind eyes".) The purpose of this beracha is not just an expression of thanks towards one's physical sight. It goes deeper which brings me nicely to the second type of darkness.

'Metaphorical darkness' is when you actually do have light around you, but you do not see one another and no-one gets out of his or her place to help the other person. Alluding to a pasuk in the Torah, (Beraishis chapter 3, verse 7."and the eyes of both of them were opened and they realized that they were naked." Rashi comments the verse is not speaking about the physical sight but rather to an intellectual one.

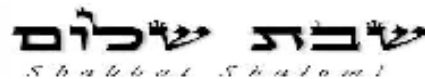
Proof of this comes from the end of the verse for even someone who is unfortunately blind would know if they were naked. Hence the verse must come to mean that both Adam and Chava (Eve) now understood the consequences of their actions (the sin of eating the fruit of the forbidden tree) Their eyes were truly opened. In the metaphorical sense of their mind's eye they now recognised what they had done wrong and felt ashamed.

Once again the morning beracha. "pake'ach iv'rim" becomes relevant. 'The ability to open our eyes and see things as they really are, rather than being blinded by our own selfish desires, which make us sometimes see things as we want to perceive them and not what really is.

Every Jewish Neshama (Soul) contains a spark of light. However, how you perceive and utilise this spark is dependent upon a number of factors, especially where a person lives and their surroundings. This is because our environment can change us, our light can be enveloped and hidden by the darkness around us; however, this light is always there waiting to be re-discovered so it can shine through once more.

It's not simply a matter of helping the proverbial old lady across the street, though that too has its place in the Jewish ethical agenda, but of recognising that everyone has their 'personal bag of woes' and maybe you or I might be the only person who would have the ability to help them feel better and find them that all important 'glimmering of hope'.

May Hashem help us all to come out of the Dark and lead us to the true light of redemption. Amen



Compiled, Designed & Written by Jeremy Symons

WALK'N TOUR OF ISRAEL



Tour to include highlights such as

- Behind the scenes at the Knesset, meet Shimon Peres (TBC)
- Join the IDF at a base near Sderot and hear about Gaza
- Bike ride in the Hula Valley
- Visit to a UJIA Jewish and Arab Project
- Walking tour of Nazareth
- Jeep ride in the Jordan valley
- Special Maccabi GB Shabbat in Jerusalem
- Hiking and more...

20th - 28th March 2016

For further information visit www.maccabigb.org/walktour or call **0208 457 2333**



Maccabi GB
SPORT • HEALTH • WELLBEING



In partnership with



Charity Registration No. 1098206 | A Company Limited by Guarantee. Registered in England. Company No. 4759599. Registered Office: Shield House, Harmony Way, London NW4 2BZ

The Maccabi GB Walk 'n Tour of Israel.

Experience Israel from a different perspective as we offer a number of hikes, walks, tours and more across the beautiful country. Get to know the Holy Land like never before with exclusive and bespoke tours created especially for this trip.

From going behind the scenes at the Knesset to a Walking Tour of the Nazareth; from taking a jeep ride in the Jordan Valley to experiencing a special Maccabi GB Shabbat in Jerusalem; from enjoying a bike ride in the Hula Valley, making your own chocolate, visiting a UJIA Jewish Arab project and so, so much more - this nine day trip will have plenty to keep you active and entertained with other Jewish friends from across the UK.

The trip will cost £1,500 + flights, with a £500 deposit required to reserve your place.

NB: There are options for hotel room upgrades and single supplements. Please contact Janice on 0208 457 2333 for more details.

See what we have in store on the Maccabi GB Walk 'n Tour - [**Download the Preliminary Tour Itinerary**](#)

To find out more call 0208 457 2333. To take your first step and reserve your spot [**CLICK HERE**](#).