



Times of Services 2016

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

Shabbat 23 January
Shacharit: 9.30 am
Haftorah: **Robert Robinson**
Mincha: After Kiddush
Shabbat ends: 5.25 pm

Sunday 24 January
Shacharit: 8.40 am

Friday 29 January
Shabbat begins: 4.29 pm
Mincha/
Kabbalat Shabbat: 4.45 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

Shabbat Shirah

Friday 22 January 2016/Shabbat 13 Shevat 5776

Sidra: **Beshalach**

SHABBAT 23 JANUARY KIDDUSH FOR TU B'SHEVAT

This week's Kiddush is very kindly sponsored by Aviva and Robin Preston to commemorate Tu B'Shevat, or Arbor Day as it is known in other parts of the world. Tu B'Shevat, the 15th of Shevat, falls on Monday 25 January, and is the day that marks the beginning of a new year for trees. This is the season in which the earliest-blooming trees in Israel begin a new fruit-bearing cycle. The day is marked by eating fruit, particularly from the kinds that are singled out by the Torah such as grapes, figs, pomegranates, olives and dates.

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.

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 PARSHAH

ISSUE 16

23rd January 2016

BESHALACH

13th Shevat 5776

Kohen - First Aliya:

Chapter 13, verse 17 - Chapter 14, verse 8

- Before departing, Moshe gathers up Yosef's coffin in order to fulfil Yosef's request of being buried properly in the land of Israel.
- Guided by a pillar of cloud by day and a pillar of fire by night, Hashem led Bnai Yisrael away from Mitzraim towards the midbar (desert) and the Yam Suf (red sea), rather than the more direct route back to the Promised Land.
- Reports came back to Pharaoh that Bnai Yisrael seemed to be wandering aimlessly around and are now trapped between Baalzephon and the sea. Pharaoh regrets letting them go and decides to give chase so he can return them back to Mitzraim, as his slaves once more.

Levi - Second Aliya:

Chapter 14, verses 9 - 14

- Riding alongside his army and all of his horses and chariots, Pharaoh quickly overtakes the area where Bnai Yisrael were encamped.
- Seeing the Pursuers from afar Bnai Yisrael cried out to Moshe, asking him why he took them out of Mitzraim, only to be killed here in the desert. Moshe tells them not to be afraid as they will not be harmed because Hashem is on their side and will save them.

Sh'lshl - Third Aliya:

Chapter 14, verses 15 - 25

- Hashem tells Moshe to stretch out his rod over the Yam Suf and the waters will divide long enough for Bnai Yisrael to travel through it on dry land in order to continue their journey.
- The pillar of cloud which was guiding Bnai Yisrael moved to the back separating and protecting them from the imminent attack from the Egyptians.
- Moshe lifted his hands over the sea and an East wind parted the waves, creating walls on either side so Bnai Yisrael could now enter the water safely. The Egyptians followed suit and went in after them.

R'viti - Fourth Aliya:

Chapter 14, verse 26 - Chapter 15, verse 26

- On Hashem's command, Moshe stretched his hands out towards the sea once more, returning it back to normal, drowning all the Egyptians in the process.
- Bnai Yisrael are in awe of what Hashem had achieved and began singing songs of praise in recognition of the miracle they all just witnessed.
- Three days later they arrive in Marah and start complaining to Moshe that there is no water to drink as it is bitter. Hashem shows Moshe a tree, which once thrown into the water, will make it sweet and drinkable.

Chamishi - Fifth Aliya:

Chapter 15, verse 27 - Chapter 16, verse 10

- Continuing on with their journey, Bnai Yisrael complain to Moshe again. This time because their supply of food has run out and they are starving. Hashem tells Moshe he will rain down, food called Mahn for the people to collect daily, except on Shabbat, so they have to gather double portions on Friday in order to have enough.

Shishi - Sixth Aliya:

Chapter 16, verses 11 - 36

- Before the arrival of the Mahn the next day, a flock of quails flew over the camp that afternoon, which were caught and eaten. (The Mahn remained to be the main source of food throughout the forty years, wandering through the Midbar)

Sh'viti - Seventh Aliya:

Chapter 17, verses 1 - 16

- Moshe implores Hashem for help, once more because yet again, Bnai Yisrael are complaining due to the lack of drinking water. Hashem tells him to go to a place called Horev and strike a rock he finds there. Moshe obeys and water starts gushing out from it.
- The tribe of Amalek attacks. Moshe is told to keep his arms raised high in the air, as Yehoshua (Joshua) along with a small army of men went to fight them off. Once victorious, Hashem commands Moshe to write this episode down and promises that one day, he will utterly wipe out the memory of Amalek's existence for what they have done.

Haftorah – SHOFTIM (JUDGES) Chapter 42 verse 5 to Chapter 43 verse 10

OVERVIEW:

- ✦ The Jewish nation is being oppressed by King Yavin of Amor and his general Sisrah
- ✦ Deborah, a prophetess, manages to rally the people to stand up and fight against their oppressor. Although Bnai Yisrael is outnumbered, miraculously they are able to win the war.
- ✦ In recognition for Hashem's intervention, Deborah leads the nation thanking and praising Hashem for his help in their victory

GEMATRIA LINKED TO SEDRA:

- ✦ When Hashem told Moshe he was going to wipe out all remembrance of Amalek he used the phrase 'אני מחק' (Ani Machk) Maho Emeh (I will erase), which as a numerical value of 107.
- ✦ Later on, when a descendant of Amalek rose up to destroy the Jewish People in the Purim Story; Megilla Esther quotes 'אן קאן זע האמן' (An Kan Ze Haman) This Is Haman! Proving that Hashem's intention was to eradicate the memory of Haman as the gematria of these words also add up to 107.

WEEKLY DISCUSSION:

The story of Amalek written in this week's Parsha of Beshalach forms part of the narrative of the journey from Mitzraim to Sinai. The Torah's account of what occurred is historical and factual, describing how Moshe appointed Yehoshua as his Chief of Staff of the army and how that army was able to defeat Amalek. "And Yehoshua weakened Amalek and his nation with the sword" (Shemot 17:13). Immediately afterwards Hashem orders Moshe to write an account of what had transpired as a reminder that 'I (Hashem) will erase the memory of Amalek from under the heavens'. Yet when we jump forward forty years when Moshe is recounting the events to the next generation; Moshe emphasizes the fact it is our duty and obligation to wipe out and erase the memory of Amalek. And not Hashem as previously stated. Why?

One answer I heard was that forty years later when Moshe reflected on what happened the words spoken seem to apply that the reason behind Amalek's attack was because 'they did not fear Hashem'. In my mind this statement is a bit ambiguous because it's unclear who it was, exactly, didn't not Hashem. Amalek or Bnai Yisrael? Should we link the lack of fear to the immediately preceding phrase, reading it as, "and you [the Jewish people] were weary and tired and did not fear Hashem"? Or does it refer back to the beginning of the verse, speaking of Amalek who attacked the weary and weak because they did not fear Hashem?

Our sages indicate that this purposeful vagueness is no accident. The Torah is teaching that both Amalek and the Jewish people were lacking fear. At that point in history in Parsha Beshalach, the Jewish people were still traumatized after being enslaved for so long in Mitzraim, so it would have been beyond their capabilities to behave any differently because they were still struggling with the fact that they were now free and after the events which transpired at the Yam Suf they felt totally invincible because Hashem had saved and protected them all from the wrath of the pursuing Egyptians. However, in biblical literature, fear of Hashem is equated with morality, and the lack of such fear is the license for doing evil; which is clearly demonstrated in what happened next.

Basically they got so accustomed to Hashem being there providing them with all their needs and protection they got too complacent and started to forget about him. So of course it's only when Hashem tests them at Refidim, when there was no water to drink. Instead of recognizing their lack of faith in Hashem they questioned him by asking Moshe 'Is Hashem in our midst or not?' So it's no surprise that the very next verse read, "And Amalek came and fought with the Jewish people"

The battle with Amalek in Parsha Beshalach was a relatively simple one. all Bnai Yisrael had to do was look up towards heaven recognize Hashem once more, and victory was theirs. The battle with Amalek recorded in Ki Tsetse is much more difficult. The Torah follows this account of Amalek with the mitzvah of bikurim, where the farmer must take his first fruit to Jerusalem and publicly proclaim that the land was given to us as part of our historical mission to be a holy nation. Amalek attacked (externally) baderech, on the way, as they tried to stop our historical journey and was thwarted. Yet even today they still have the power to attack us (internally) in the ways we conduct ourselves if we don't behave properly or weakens us with a lack of fear towards Hashem.

Amalek has always been and always will be our eternal enemy. Hashem can take care of the external Amalek and erase their memory as stated in the verses of Beshalach, but only we can defeat the internal Amalek inside us all which is enforced by Moshe's statement in the book of Devarim. There is little we can do to get the Amalek's of the world to fear Hashem, but we must at least remember and ensure that we, ourselves, have the requisite fear of Him.

שבט שלום
Shabbat Shalom

Compiled, Designed & Written by Jeremy Symons

ARE YOU A PARENT, FRIEND OR EDUCATOR
WOUNDED OR CONFRONTED WITH ADDICTIONS?
Molasses, Internet, Drugs, Gambling, Food, Alcohol and any other form of addiction...

RECREATION OR ADDICTION... THE FINE LINE

AN INTERVIEW WITH
RABBI SHAIS TAUB



*An informative evening deciphering the issues of
addiction with leading expert:*

Rabbi Shais Taub (NY)

Rabbi Shais Taub is an internationally known speaker, writer and teacher on topics of
Jewish spirituality and addiction. He is seen as 'an expert in Jewish mysticism and the
22 Steps'. His bestselling book, *G-d of Our Understanding: Jewish Spirituality and
Recovery from Addiction* was the number 2 selling Jewish book on Amazon.com.

Interviewed by:

Rabbi Aryeh Sufrin MBE (UK)

Founder & Exec Director Drugline, now, Norwood Drugline with three decades of
experience in the field of addiction.

DON'T MISS OUT! COME TO THIS SPECIAL EVENT!

Monday 25th January 2016

Doors open 7:30pm / Event starts 8:00pm

At Od Yosef Chal, 48-50 Finchley Lane, Hendon NW4 1DU

**Do not miss this unique opportunity to gain a better understanding
of the problems that are facing today's youth!!!**

For more info: events@thetclubhouse.biz

Evening sponsored & dedicated in loving memory of
Harold & Pauline Berwick & Edna Stokely



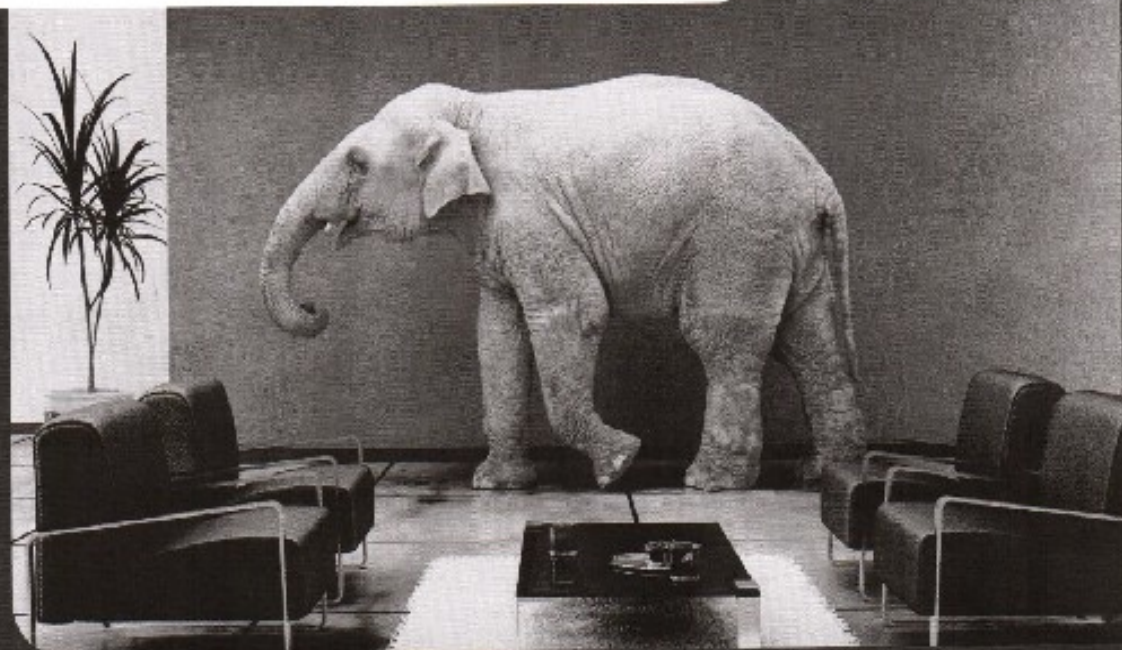
THE CLUBHOUSE
COMMUNITY CENTRE

Sponsored Donations 25 | Separate Seating

chabad
lubaatchuk

NORWOOD
JEWISH COMMUNITY CENTRE

Living in the Jewish Community with Mental Illness



Tuesday 1st March 2016
Doors open 6.30pm
7.00 – 9.00pm

Martin B. Cohen Centre
Edgware, HA8 9GL

Come and join us to hear a range of experiences from across the Jewish community. Hear how we found the tools to re-join our communities and how we feel about the community's response to mental illness.

This special evening event will be chaired by our Chief Executive Laurie Rackind.

Cost £5, pre-booking essential. To reserve your place please call Emma on 020 8458 2223, email headroom@jamiuk.org or visit www.jamiuk.org/headroom

Head Room
Courses, seminars & events

Jami

The Mental Health Service for our Community

Visit www.jamiuk.org | Telephone 020 8458 2223 Email info@jamiuk.org | @JamiPeople | JAMIMentalHealth

Registered Charity 1003346, A Company Limited by Guarantee 2610170.