



# CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, 24<sup>th</sup> August, 2024 / 20<sup>th</sup> Av, 5784 Pirkei-  
Avot Chapter 5

## Service Times

Mincha followed by Kabbalat Shabbat

Shacharit followed by Kiddush

**No Mincha or Ma'ariv service**

Shabbat Ends

Next Friday: Mincha / Kabbalat Shabbat at **7pm - Light Candles 7.40pm (7.37pm)**

**7pm**  
9.30am

8.55pm



To Muriel and Julian Silver on their 55th (Emerald) Wedding Anniversary.

To Lauren and Marc Swan on their 10th (Tin) Wedding Anniversary.

To Tina and Lawrence Regan on their 50th (Golden) Wedding Anniversary.

To Shirley and Leslie Kingsley on their 68<sup>th</sup> Wedding Anniversary.

To Deanna Green on her marriage to James this weekend.

To Joanne and Marc Green on Deanna's marriage this weekend.

To Julie and Laurence Holman on their son, Oliver's marriage to Lauren King this weekend.

To Myrtle Holman on grandson, Oliver's marriage to Lauren King.

To Vera Aarons, Martin Altman, Raymond Benn, Sebastian Curtis, Raymond Flitman, David Lindner, Barry Roth, Philip Shaw and Millicent Vincent on their respective birthdays.

## Torah Reading

Leyning: Ekev

Gabriel Simons

Sefer Deuteronomy 7:12-11:25

Artscroll p 980, Cohen/Soncino p 1032, Hertz p 780

Haftorah: Isaiah 49:14-51:3

Alex Kent

Artscroll p 1197, Cohen/Soncino p 1051 Hertz p 794

**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. Please call the shul office for more information**

**Children's Service:** 10.30am

**Regular Weekday Services:** Sunday, Monday, and Tuesday at **Ilford Federation Synagogue;** 7.10am.Mincha / Ma'ariv: Sunday, Monday, Tuesday, Wednesday & Thursday at 7.30pm. Wednesday, Thursday, and Friday at Cranbrook United Synagogue. Shacharit: Sunday & Public Holidays at 8.30am. Shacharit: Monday & Thursday at 7.20am. Tuesday, Wednesday, and Friday at 7.30am. Rosh Chodesh Shacharit: Sunday at 8.30am; Monday to Friday at 7.10am

**Dates for the Diary**

<b>August</b>	
<i>Shabbat 24<sup>th</sup></i>	<i>Shabbat Ekev</i>
<i>Shabbat 31<sup>st</sup></i>	<i>Shabbat Mevarachin</i>
<b>September</b>	<i>HaChodesh</i>
<i>Wednesday 4<sup>th</sup></i>	<i>Weekly Shiur with Rabbi Dansky</i>
<i>Shabbat 7<sup>th</sup></i>	<i>Shabbat Shoftim</i>
<i>Sunday 8<sup>th</sup></i>	<i>Afternoon Tea Extravaganza with Laurence Marks &amp; Maurice Gran</i>
<i>Wednesday 11<sup>th</sup></i>	<i>Weekly Shiur with Rabbi Dansky</i>
<i>Shabbat 14<sup>th</sup></i>	<i>Shabbat Ki Tetze</i>
<i>Wednesday 18<sup>th</sup></i>	<i>Weekly Shiur with Rabbi Dansky</i>
<i>Shabbat 21<sup>st</sup></i>	<i>Shabbat Ki Tavo</i>

## **One day in October: An evening of reflection**

# **Monday 7th October**

More details to follow...

**The United Synagogue**

# 7/10

SCAN TO ADD  
TO CALENDAR



COMMEMORATIVE WEEKEND

# 5-7 October



*Including a major public gathering on Sunday, October 6th*

*More partners to be announced*



***We wish the following members, who have Yahrzeit in the coming week, a long life: -***

Karla Austin, Helen Bannister, Ashley Bean, Shirley Bernstein, Samuel Blitz, Karen Brent, Norma Burns, Nicole Callaghan, Monica Cohen, Joanne Cowan, Howard Crammer, Frances Darwin, Mildred Davies, Maureen Diamond, Raymond Duskwick, Hilary Finney, Donna Gold, Barbara Goldman, Joanne Green, David Greenberg, Helena Helman, Betty Herman, Sylvia Jay, Jeffrey Leader, Susan Levine, Mervyn Lyndon, Anita Miller, Rhona Morris, Avi Myers, Leonard Nessick, Ellayne Noble, Betty Pam, Martin Perceval, Stuart Pessok, Stephanie Powell, David Reed, Angela Roberts, Betty Schneider, Rita Shenker, Kevin Shine, Lisa Shine, Brenda Shinett, Michael Silver, Cynthia Simmons, Jeffrey Smith, Peter Spill, Rita Stevens, Phyllis Stillerman, Eleanor Taylor, Harvey Tibber, Doreen Wajchendler.

Condolences to:

**Forthcoming stone-settings**

1 <sup>st</sup> September	Michael Wyburn	Rainham	11.15am
Father of Deana Green			
1 <sup>st</sup> September	Leon Russell	Waltham Abbey	10.30am
Father of Ian Russell			
1 <sup>st</sup> September	Doreen Schlesinger	Waltham Abbey	11.30am
Daughter of Anne & Sidney	Schlesinger		
8 <sup>th</sup> September	Monica Mann	Waltham Abbey	11.00am
Mother of Graham Mann			
8 <sup>th</sup> September	Jean Sanett	Waltham Abbey	1.00pm
Mother of Shelley Hart			

## News and Views

*In this week's Parasha, Moshe tells Bnei Yisrael "And I turned, and I came down the mountain (Sinai), and the two Tablets of the Covenant were in my two hands and I saw your sin (worshipping a golden calf) against Hashem, your God, and I took hold of the two Tablets and I threw them from my two hands and I broke them in front of your eyes"*

*Rabbi Zvi Hirsch Ferber asks, how could Moshe break these holy Tablets? He comments that the sanctity of the Tablets remained*

*as long as the letters of the Ten Commandments were written on them. As soon as Moshe saw that Bnei Yisrael had resorted to the worship of a golden calf, the letters flew away from the Tablets. When these letters miraculously flew away, Moshe found himself just holding onto tablets of plain stone. Essentially, when Moshe broke them, their level of holiness had already ceased. They no longer even had the holiness of a Sefer Torah or even Tefillin.*

*Rabbi Ferber reasons that, as long as the letters of the Ten Commandments were engraved on the stones, Moshe was able to carry them in one hand. But as soon as the letters disappeared, Moshe required both hands to hold onto the tablets, since they became very heavy. Therefore, Moshe comments (in our parasha) that he had to hold onto the two stones; they became so heavy, he was forced to drop them.*

*Perhaps we can suggest the following allusion: The holy letters disappeared from the Tablets when confronted with Bnei Yisrael's betrayal of the Torah. At that point, the Torah became like a heavy yoke to Bnei Yisrael. This is one of the reasons why the Torah is compared to water. Someone who is in water does not feel the heaviness of a load they are carrying and only when coming out of the water do they feel its weight.*

*May we merit that the Torah will never be a burden to us but will be a source of constant inspiration that carries us throughout our days.*

Shabbat Shalom from

Rabbi Steven, Siobhan, Maya and Talia Dansky.

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