



# CRANBROOK NEWS

22 Beehive Lane ● 020 8629 2780



Shabbat, 10<sup>th</sup> August, 2024 / 6<sup>th</sup> Av, 5784 Pirkei-  
Avot Chapter 3

### Service Times

Mincha followed by Kabbalat Shabbat

**7pm**

Shacharit followed by Kiddush

9.30am

**No Mincha or Ma'ariv service**

Shabbat Ends

9.27pm

Next Friday: Mincha / Kabbalat Shabbat at **7pm - Light Candles 7.40pm (8.07pm)**



To Cynthia and Sidney Berman on their Platinum (70th) Wedding Anniversary.

To Beatrice Baxter, Ralph Berkeley, Kitty Davis, Aubrey Hoffman, Sydney Hyams, Gary Klein, Luca Lachs, Merle Lewis, Ruth Lipman, Tzipi Myers, Stephanie Plawner

and Ronald Young on their respective birthdays

### Torah Reading

Leyning: Devarim

Rabbi Dansky/Rabbi Coten

Sefer Deuteronomy 1:1-3:22

Artscroll p 938, Cohen/Soncino p 989, Hertz p 735

Haftorah: Isaiah 1:1-27

Stuart Coslover

Artscroll p 1195, Cohen/Soncino p 1004 Hertz p 750

**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;** 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.**

**Mincha / Ma'ariv:** Sunday, Monday, Tuesday, Wednesday & Thursday at 7.30pm.

**DATES FOR  
DIARY**

**TISHA B'AV**

<b>August</b>	
Shabbat 10 <sup>th</sup>	Shabbat Chazon
Monday 12 <sup>th</sup>	Erev Tisha B'Av Fast Begins @ 8.29pm
Tuesday 13 <sup>th</sup>	Tisha B'Av Fast ends @ 9.14pm
Thursday 15 <sup>th</sup>	Lunch and Learn @12.30pm
Shabbat 17 <sup>th</sup>	Shabbat Nachamu
Shabbat 24 <sup>th</sup>	Shabbat Ekev
Shabbat 31 <sup>st</sup> August	Shabbat Mevarachin
<b>September</b>	HaChodesh
Wednesday 3 <sup>rd</sup>	Weekly Shiur with Rabbi Danksy
Shabbat 7 <sup>th</sup>	Shabbat Shoftim
Sunday 8 <sup>th</sup>	Afternoon Tea Extravaganza with Laurence Marks & Maurice Gran
Shabbat 14 <sup>th</sup> September	Shabbat Ki Tetze

**Tisha B'Av**  
Morning Programme

⇒ 13 Aug ⇐

8:30am Joint Shacharit service @WFUS  
Woodford Forest & Cranbrook US Shuls

⇒ EXPLANATIONS ⇐  
Shacharit followed by Kinot -  
elegies - including explanations  
by Rabbi Steven Danksy

⇒ STUDY & LEARN ⇐  
"The Carpenter and His Wife"  
Study with Rabbi Danksy  
after the service  
(approx 10.30am)

 

**LADIES & GENTLEMEN ALL WELCOME!**

☎ 020 8504 1990 🌐 [www.wfus.org.uk](http://www.wfus.org.uk)

**Service times**

**Monday night at Ilford Federation**

Mincha 8.10pm  
Fast Begins at 8.29pm

**Tuesday Morning at Woodford Forest**

Shacharit 8.30am - (no tallis/tefillin)  
followed by Kinnot with Rabbi Danksy

**Tuesday Evening at Ilford Federation**

Mincha (teffilin) 6.30pm  
Film: The Holocaust Ghetto Theriesenstadt

Ma'ariv - 9.00pm approx

Fast ends at 9.14pm

Phone or email Office to book **before 2pm on Monday, 12th August 2024**

*You are invited to*  
**Lunch & Learn**  
*Excellent Food,  
 Fascinating Discussions*  
*Back for a final session*  
**Thursday**  
**15th August**

*Lunch begins at 12:30PM*  
**£8 per person**

Please RSVP by calling 0208629-2780, or email admin@cranbrooksynagogue.org.uk

# OUR RISE TO FAME

A talk presented by **Laurence Marks & Maurice Gran**

In memory of Norman Bick

**Sunday 8 September**  
**2.30pm-5.00pm**  
**£17.50 per person**  
 Includes a celebrity afternoon tea

Book your ticket by calling 020 8629 2780 or email [admin@cranbrooksynagogue.org.uk](mailto:admin@cranbrooksynagogue.org.uk)

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

Helen Aaronson, Sylvia Allen, Elizabeth Benjamin, Ralph Berkley, Kenneth Black, Francine Black, Tina Braterman, Allan Brett, Lorraine Brett, Estelle Brill, Michael Callaghan, Yael Callaghan, Martin Clements, Frederick Cohen, Sarah Cohen, Irving Freed, Julian Gandz, Patricia Gedalla, Patricia Gedalla, Melvyn Goodman, Ivor Greer, Rita Grossman, Rita Jacobs, Rochelle Jay, Sharon Kaufman, Hilary Krisman, Norman Kwintner, Rita Lebetkin, Andrea Lester, Carla Levene, Anthony Levy, Sheila Mason, Gillian Newman, Stanley Rogoff, Irene Rosenberg, Marilyn Shone, Basil Silver, Estelle Silver, Karen Stern, Maureen Summers, Robert Torz, Serena Torz, Stuart Trayman, Diane Windsor, David Winton, Jonathan Winton

**Condolences to: The family of Barbara Grossman & Anthony Cirsch**

**Forthcoming stone-settings**

18 <sup>th</sup> August	Rose Nathan	Waltham Abbey	11.00am
Mother of Carole Curtis			
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			
8 <sup>th</sup> September	Monica Mann	Waltham Abbey	11.00am
Mother of Graham Mann			



## News and Views

*We are about to commemorate the fast of the 9th of Av. On this fateful day, the first and second temples which were in Jerusalem were destroyed so many thousands of years ago.*

*This sadness has been enforced by the Rabbis to this very day. According to Jewish law, one should not be involved in court cases during this month, because our luck is down during this month. We are to show signs of mourning, by not having haircuts, or engaging in joyous occasions like marriages until after the 9th of Av. We are not allowed to buy new clothes during these days or go to public areas to hear music. Some of you might be glad to know that Jewish custom states that people should refrain from work during the 9 days which lead to the 9th of Av. Many of these customs are very similar to the laws which are bound upon an individual in mourning.*

*While we carry the outer trappings of sadness and mourning, actually feeling sad is often a very different thing. Feeling sad about something that you had and lost is something that we can all experience. We all know and can relate to the sadness of losing a loved one. But how does one feel sadness for something that we have never experienced?*

*The kabbalists explain a very deep idea. The temple that was in Jerusalem was not primarily a construction of bricks and stone. Rather it is a spiritual building which exists in heaven, and that building is something that we build with our desire and devotion to connect to G-d, to holiness. It is that desire, that passion which built the temple. The external walls of that temple, the i holy vessels and the service to God which was brought on it was just an external expression of something very private and internal going on between the children of Israel and their God.*

*However, when that desire for godliness stopped, the edifice of the spiritual temple in heaven began to fade. Enemies could now walk into the holy of holies in the heavenly plane, because we, by not thinking in the right way about the temple, brought them into our very walls. Our lack of desire for connection, and not the Romans or the Babylonians destroyed our temple. While the Romans may have torn the bricks out of the temple, it was the Jews who enabled that destruction*

*This is why we mourn during Av, to commemorate the sadness of a people who are disconnected from our father in heaven. It is also a huge opportunity, because if we realise what we have lost, it is possible to rebuild the temple, by re-igniting that desire and connection for closeness with God.*

Shabbat Shalom from

Rabbi Steven, Siobhan, Maya and Talia Dansky.

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