



Times of Services 2016

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

Shabbat 30 January
Shacharit: 9.15 am
Haftorah: **Jeremy Mindell**
Mincha: After Kiddush
Shabbat ends: 5.29 pm

Sunday 31 January
Shacharit: 8.40 am

Friday 5 February
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 29 January 2016/Shabbat 20 Shevat 5776
Sidra: **Yitro**

SHABBAT 30 JANUARY CIVIC SHABBAT

Ealing Synagogue will be holding its annual Civic Shabbat which will be attended by the Mayor of Ealing, Councillor Harbhajan Kaur Dheer, and other local dignitaries. Please join us to ensure that our guests do not outnumber the hosts!

TUESDAY 2 FEBRUARY AJR MEETING—2.00 PM

The guest speaker at this month's AJR meeting at Ealing Synagogue will be Marion Friend talking about "Desert Island Discs". Everyone is welcome. Light refreshments. No charge.

LOBBY DAY FOR ISRAEL 2016 WEDNESDAY 24 FEBRUARY



JOIN THE ANNUAL LOBBY DAY FOR ISRAEL!

JOIN HUNDREDS OF ACTIVISTS from around the country who will be gathering in Westminster

MAKE THE DIFFERENCE by speaking to your MP about the challenges Israel faces

Wednesday 24 February 2016
Briefing 10am-12pm
Lobbying 2pm-5pm

To sign up or for more information
email Chris@zfuk.org or Advocacy@cfi.org.uk

ZF FOR ISRAEL

"Incitement and Radicalisation in Palestinian Society"

Morning session: Briefing about Lobby Day itself, how lobbying works, and specific information on the subject matter to raise with MPs, with particular focus on the ongoing 'Knife Intifada.'

Afternoon session: Focus on advocates meeting their individual MP, to raise awareness of the issue of incitement.

Contact your MP local to arrange a brief meeting with them on Wednesday 24th of February as part of the Lobby Day for Israel, ideally between 2-6 pm.

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

Snapshot Torah



GUIDE

TO THE WEEKLY PARSHA

ISSUE 17

30th January 2016

YITHRO

20th Shevat 5776

Kohen - First Aliya: Chapter 18, verses 1 - 12

- ✦ When Yithro (Jethro), the priest of Midian and Moshe's father in law heard about all the miracles Hashem had done for Bnai Yisrael; he left Midian along with Moshe's wife and two children to meet up with Moshe.
- ✦ Upon hearing the account of how Hashem had delivered Bnai Yisrael out of Mitzraim (Egypt), Yithro offered up korbanos (sacrifices) to show his gratitude and acceptance that Hashem is truly the one and only G-d.

Levi - Second Aliya: Chapter 18, verses 13 - 23

- ✦ Yithro observed how Moshe spent the majority of his days, judging all the people. So he advises him to create a judicial system for the menial disputes, so Moshe can concentrate and deal exclusively with the more difficult problems.

Sh'lishi - Third Aliya: Chapter 18, verses 24 - 27

- ✦ Moshe heeds Yithro's advice and chose the most qualified men to assist him with his new service to judge the people.
- ✦ Yithro says farewell to Moshe and heads back to his homeland alone.

R'vii - Fourth Aliya: Chapter 19, verses 1 - 6

- ✦ Three months after leaving Mitzraim, Bnai Yisrael arrive at the base of Mount Sinai.
- ✦ Moshe ascends the mountain where Hashem tells him, if his people will obey his commandments they will become a kingdom of Kohanim (Cohen's) and henceforth be known as Hashem's holy nation.

Chamishi - Fifth Aliya: Chapter 19, verses 7 - 19

- ✦ Moshe repeats Hashem's words to the Bnai Yisrael and they all cry out in unison, 'Naaseh Vnishma' (We will do and we will listen).
- ✦ Moshe tells the people to purify themselves and commands them not to touch the mountain because in three days' time, Hashem is going to descend onto the mountain to address them all personally.

Shishi - Sixth Aliya: Chapter 19, verse 20 – Chapter 20, verse 14

- ✦ With the sound of a Shofar (ram's horn) loudly ringing out, thunder and lightning enveloped the whole mountain as Hashem descended down immersed in a huge fiery cloud.
- ✦ For the first time ever Hashem's voice is heard in full clarity by every single person present, as Hashem recites the Ten Statements. (ten commandments) to them.

Sh'vii - Seventh Aliya: Chapter 20, verses 15 - 23

- ✦ Bnai Yisrael tremble in fear, as they witness the greatest ever event in Jewish history.
- ✦ They request Moshe to address them instead of Hashem as they feared they might die if Hashem continued speaking to them.
- ✦ Moshe enters the smoking cloud where the divine presence is waiting for him to receive two stone tablets for which the ten statements were inscribed in written form.
- ✦ Hashem relates to Moshe additional laws, which correlates into the 613 mitzvahs we know of today.

Haftarah –

YISHAYAH (ISAIAH) Chapter 6, verse 1 to Chapter 7, verse 6 and Chapter 9, verses 5 & 6

OVERVIEW:

- ✦ This week's Haftarah recounts the famed vision known as Maaseh Hamerkavah - the vision of Hashem as he sits upon his throne of glory.
- ✦ Yishayah prophesies the eventual destruction of Yerushalayim (Jerusalem) and goes to King Achaz, to warn him and not to fear because the enemy alliance will not win the upcoming battle.
- ✦ Yishayah's prophecy continues that Chizkiyahu, will succeed the throne and will be crowned as "The Prince of Peace," returning the Jewish people back to an unprecedented devotion and commitment to Torah observance.

GEMATRIA LINKED TO THE SEDRA:

- ✦ Hashem informs Moshe that he will come (יבוא) and bless those who mention his divine name.
- ✦ As the word יבוא has a numerical value of 10, it must infer that Hashem will only do this when a Minyan of at least 10 people are present.

WEEKLY DISCUSSION:

This week's Torah portion, describes the biggest event of all time - where Hashem revealed Himself to Bnei Yisrael, presented them with his most precious gift. (The Torah) and recited the Ten Commandments from his own lips for everyone to hear. If we had been consulted on what this Parsha should be called, to mark such a significant event, we may have suggested the name "Parsha Har Sinai," or maybe "Parsha Luhot Ha'brit" (The Tablets of the Covenant). But no, instead the Sedra is named after someone who was not at all even seeming to be connected to this special historical and unprecedented event in which an entire nation experienced a rare one-time communal revelation from Hashem face to face and took upon themselves to listen and obey his every word and command by claiming Naaseh Vnishma (We will do and we will listen.) Apart from being Moshe's father-in-law, who exactly was Yithro, and why was he privileged to have this particular Parsha named after him?

What I find interesting that the Parsha begins with the story of Yithro's arrival in the desert with the following words: "Now Yithro heard of all that Hashem had done for Moshe, and for Israel; His people, how the Lord had brought them out of Mitzraim" (Exodus 18:1). Imagine if this episode occurred in our modern times today... Such a news story relating to an entire nation of slaves being liberated by means of super-natural phenomena like the 10 plagues and the parting of the Red Sea on their behalf, would have captured the front pages of all the newspapers globally and would have created such a social media frenzy, the likes nobody would have experienced before since the fall of the Berlin Wall. Everyone would be posting online their views or reporting on twitter their opinions of what they may have witnessed or heard with maybe a few selfies thrown in proving they were actually there and witnessed the whole thing. Surely! even in living in ancient times, Yithro could not have been the only person to have heard about the exodus from Egypt. So why was he singled out above the rest?

The story of a nation of slaves being freed had made an impact on the entire ancient world, as we learned from last week's Parsha of Beshalach: The entire ancient world was so stirred up by these miraculous and surprising occurrences, that although they 'heard' what happened, they did nothing and just went on living their lives as before. Not so with Yithro, he was the only one who did not listen and go on, but took the news to heart and internalized that this was only the start and something else big was about to happen, something worth checking out up close and personal for himself.

The Torah tells us from the start that as soon as he heard, Yithro travelled from his home country of Midian to be with the Nation of Israel who were currently camped at the foot of Mount Sinai. The sages of the Talmud say that what really caused Yithro to take this momentous and historical step, to leave his home and his land in order to experience the events himself was that even before any of these phenomena occurred, he was busy and occupying his time and efforts in seeking out the truth. Yithro had studied all the religions that were familiar to him and had worshiped every kind of idolatry popular in his time but he was not content. He was missing something, and yearned to find that vital piece of truth to enable him to live in the right path and now he found it. The Sages explain it was due to this wonderful trait, Yithro was able to sharpen his senses to hear and pay attention to the fact that the exodus from Mitzraim was an event worthy of seeing from up close.

This week's Parsha, which deals with the tremendous historical event of the Revelation at Mount Sinai, and is named for that same special man who dedicated his life, searching and examining the true path to live by and follow. This is to teach us that in order to merit the correct way of life offered to us by the Torah, we must not despair. We must examine, probe and search incessantly for the right path on which we should embark. If we can follow the footsteps of this special man, Yithro, we will be able to find the best way of life and the beauty concealed in the words of Hashem and truly be worthy of receiving and accepting Hashem's most precious gift. The Torah!

שבת שלום
Shabbat Shalom!

Compiled, Designed & Written by Jeremy Symons

Sam Shindler-Glass, son of Alison and Jo, has been invited to run a half marathon at the Indianapolis 500 Festival Mini Marathon as part of the Alpha Epsilon Pi team. AEPI is a Jewish fraternity with chapters in a number of UK universities including Warwick where Sam is studying History. In 2014, AEPI launched a campaign to raise \$1 million to share between ten different charities supporting people worldwide. Sam's trip is fully funded and he is aiming to raise a minimum of £1750.

The charities are:

Innovation: Africa which takes Israeli innovation to rural African villages using solar energy to address the electricity needs of rural villages in Tanzania, Malawi, Ethiopia, South Africa, Uganda, the Democratic Republic of Congo and Senegal.

Gift of Life Bone Marrow Foundation which facilitates transplants for children and adults suffering from life-threatening illnesses, including leukaemia, lymphoma, other cancers and genetic diseases.

The Simon Wiesenthal Center - a global human rights organization, researching the Holocaust and hate in a historic and contemporary context.

B'nai B'rith International's Disaster Relief Program which supports people all over the world who have suffered from both natural and man made disasters; these include flood relief following storms and tornadoes in the US, victims of the earthquake in Nepal and assistance to those suffering from Ebola.

MadaTech: Israel's National Museum of Science, Technology, and Space, is Israel's largest science museum. Within a school year, MadaTech delivers 300 educational sessions to more than 2000 groups, in 7 educational centres. In addition, MadaTech deploys 3 equipped mobile labs that travel throughout Israel bringing science to life and inspiring the young minds of 150,000 students country-wide.

BBYO: BBYO is the leading pluralistic teen movement aspiring to involve more Jewish teens in more meaningful Jewish experiences.

Heroes to Heroes Foundation: provide assistance to all former servicemen and women who are having challenges with PTSD, Moral Injury, or having challenges returning to civilian life after their time serving our country.

Israeli Children's Cancer Foundation: the only charity providing in-hospital care in Israel for more than 1,400 people.

IFC Widows & Orphans Organization: represents widows and orphans of Israel's fallen soldiers.

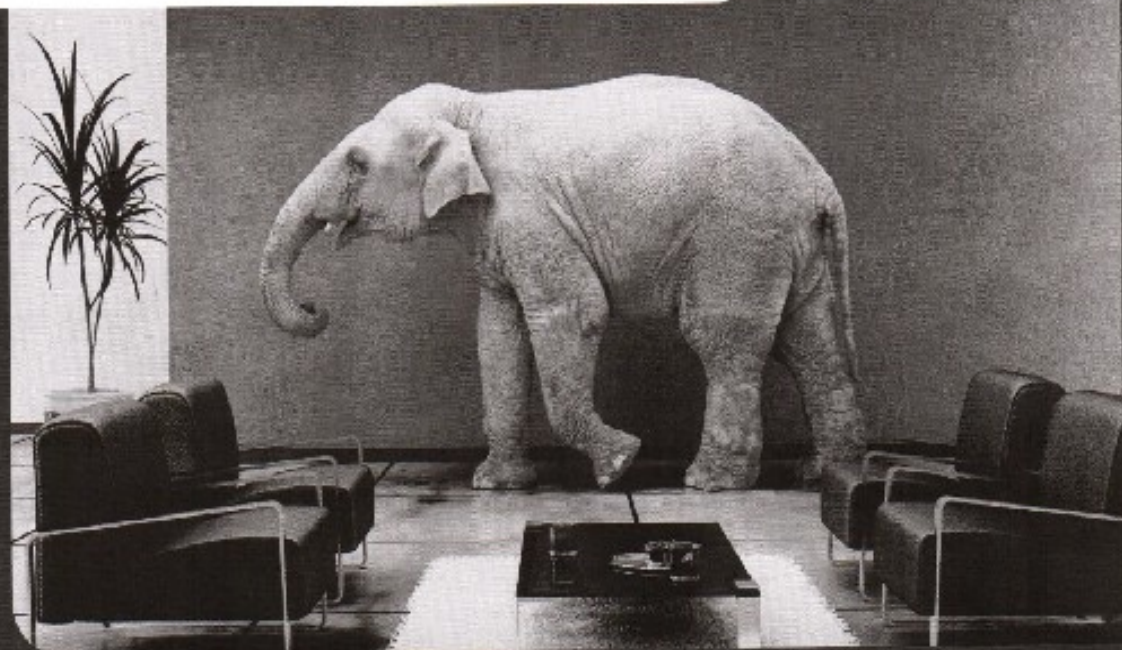
Taglit-Birthright Israel: is a not-for-profit educational organization that sponsors free ten-day heritage trips to Israel for Jewish young adults, aged 18–26.

Any donation would be much appreciated

<http://www.aepigivesback.org/lion-run/samsg>

Please note: you donate to the website in American dollars, \$100 = approx. £70. Also, please make sure your donation has gone through after you've made it, as it is an American website and some banks have a lack of familiarity with the site.

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 2640170.