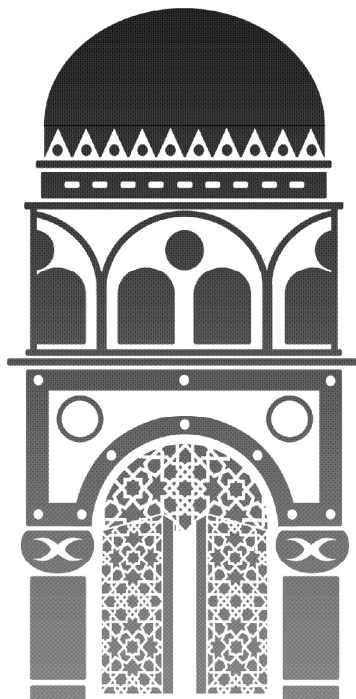


# WEST LONDON SYNAGOGUE

ק"ק שער ציון

WELCOMES YOU



שַׁבַּת שְׁלוֹם

SHABBAT SHALOM

3-4 February 2017

8 Shevat 5777

# SHABBAT SHALOM AND WELCOME TO WEST LONDON SYNAGOGUE

## FRIDAY

**6.00pm:**      **Erev Shabbat Service**  
Led by Rabbis Julia, Helen & David

**Wardens:**  
**Beadle:**      Micky Nathanson

## SATURDAY

**10.30am:**    **ShabbaTots Service**  
Led by Avivit & Rabbi Julia

**10.30am:**    **Coffee Morning**

**11.00am:**    **Shabbat Morning Service**  
Led by Rabbis Helen & David  
Sermon by Rabbi Helen  
Torah read by Harry Hughes, Bar Mitzvah

**Wardens:**  
**Beadle:**      Micky Nathanson

**Torah:**        Exodus 11: 4-12: 8  
**Haftarah:**    Psalm 91

*Please join us in the Stern Hall for kiddush after the service.*

The mitzvah of *derech erez-consideration for other people* is really important for us at West London Synagogue, so we would ask you to make sure that your mobile phone is turned off before the service and to leave cameras in your bags. As this is a religious place, we would also ask you to avoid inappropriate clothing or chewing gum during the service. Many thanks for your consideration in following our communal *minhag-traditions*.

*The Rabbis and Wardens*

**Doctor or fully trained first aider?** If you are a doctor or trained first aider please make yourself known to the wardens and beadle.

## PARASHAT BO

*Parashat Bo* takes its name from the first word of God's command to Moses, "Go/come (Bo) to Pharaoh." Moses and Aaron continue to plead with Pharaoh to let the Israelites go free. Because he refuses, the Egyptians are punished with plagues of locusts, darkness, and, finally, the death of their firstborn. Pharaoh tells Moses, "Be gone from me!" God then tells Moses that, after the last plague, Pharaoh will let the Israelites leave. That midnight Moses leads the Israelites out of Egypt and proclaims that each year on the evening of the fourteenth day of the first month a festival lasting seven days will be celebrated in order to recall their liberation from Egypt. Matzah, or "unleavened bread," shall be eaten during the seven days, and on the first night of the festival the children will be told how God freed their people from the house of bondage.

## COMMUNITY NEWS

**We wish mazal tov and good wishes to:**

- Harry Hughes and his family on becoming Bar Mitzvah

## MENTAL HEALTH AWARENESS SHABBAT



The aim of the Mental Health Awareness Shabbat is to raise the profile of mental health in the Jewish Community. It is also to encourage people of all ages to be more in touch with their own mental health and wellbeing.

We can all talk about mental health. It is a subject that affects us all.

Statistics show one in four British adults will experience a mental health problem each year. Jami as the mental health service for the Jewish community is here to help. Jami provides support and education to people experiencing a variety of mental health problems and to carers also affected by these issues. Jami's focus is on recovery, enabling people to live the life they want to live.

Visit [www.jamiuk.org](http://www.jamiuk.org) for more information.

וַיֹּאמֶר מֹשֶׁה כֹּה אָמַר יְהוָה כַּחֲצֵת הַלַּיְלָה אֲנִי יוֹצֵא בְּתוֹךְ מִצְרַיִם: <sup>ד</sup>וַיִּמַּת  
 כָּל־בְּכוֹר בְּאֶרֶץ מִצְרַיִם מִבְּכוֹר פְּרֹעֹה הַיֹּשֵׁב עַל־כֶּסֶאֱוֹ עַד בְּכוֹר הַשֹּׁפְחָה  
 אֲשֶׁר אַחַר הַרְחִיִּים וְכֹל בְּכוֹר בְּהֵמָה: <sup>ה</sup>וְהִיְתָה צַעֲקָה גְדֹלָה בְּכָל־אֶרֶץ  
 מִצְרַיִם אֲשֶׁר כָּמְהוּ לֹא נִהְיְתָה וְכָמְהוּ לֹא תִסָּף: <sup>ו</sup>וְלִכְל בְּנֵי יִשְׂרָאֵל לֹא  
 יִחַר־צֶלֶב לְשֹׁנוֹ לְמַאִישׁ וְעַד־בְּהֵמָה לְמַעַן תִּדְעוּן אֲשֶׁר יִפְלֶה יְהוָה בֵּין  
 מִצְרַיִם וּבֵין יִשְׂרָאֵל: <sup>ז</sup>וַיִּרְדּוּ כָל־עַבְדֵיךָ אֵלֶּה אֵלֶּי וְהִשְׁתַּחֲוּוּ־לִי לֵאמֹר צֵא  
 אִתָּה וְכֹל־הָעַם אֲשֶׁר־בְּרַגְלֶיךָ וְאַחֲרֵיכֶן אֵצֶא וַיֵּצֵא מֵעַם־פְּרֹעֹה  
 בְּחָרִי־אָף: <sup>ח</sup>וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֹא־יִשְׁמַע אֲלֵיכֶם פְּרֹעֹה לְמַעַן רַבּוֹת  
 מוֹפְתַי בְּאֶרֶץ מִצְרַיִם: <sup>ט</sup>וּמֹשֶׁה וְאַהֲרֹן עָשׂוּ אֶת־כָּל־הַמּוֹפְתִים הָאֵלֶּה לְפָנֵי  
 פְּרֹעֹה וַיַּחֲזֶק יְהוָה אֶת־לֵב פְּרֹעֹה וְלֹא־שָׁלַח אֶת־בְּנֵי־יִשְׂרָאֵל מֵאֶרֶץ:

<sup>א</sup>וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה וְאַל־אַהֲרֹן בְּאֶרֶץ מִצְרַיִם לֵאמֹר: <sup>ב</sup>הַחֲדָשׁ הַזֶּה  
 לָכֶם רִאשׁ חֲדָשִׁים רִאשׁוֹן הוּא לָכֶם לְחֲדָשֵׁי הַשָּׁנָה: <sup>ג</sup>דַּבְּרוּ אֶל־כָּל־עַדְת  
 יִשְׂרָאֵל לֵאמֹר בְּעֶשֶׂר לַחֲדָשׁ הַזֶּה וַיִּקְחוּ לָהֶם אִישׁ שֶׁה לְבֵית־אָבִת שֶׁה  
 לְבַיִת: <sup>ד</sup>וְאִם־יִמְעַט הַבַּיִת מִהַיּוֹת מִשֶּׁה וְלָקַח הוּא וּשְׁכֵנוֹ הַקָּרֵב אֶל־בַּיִתוֹ  
 בְּמִכְסַת נִפְשׁוֹת אִישׁ לְפִי אֲכָלוּ תִכְסּוּ עַל־הַשֶּׁה:

<sup>ה</sup>שֶׁה תָּמִים זָכָר בּוֹ־שָׁנָה יִהְיֶה לָכֶם מוֹ־הַכֹּבָשִׁים וּמוֹ־הָעֲזִים תִּקְחוּ:  
<sup>ו</sup>וְהִיָּה לָכֶם לְמִשְׁמֶרֶת עַד אַרְבַּעַה עָשָׂר יוֹם לַחֲדָשׁ הַזֶּה וְשִׁחְטוּ אוֹתוֹ כָּל  
 קָהַל עַדְת־יִשְׂרָאֵל בֵּין הָעֲרָבִים: <sup>ז</sup>וְלָקַחוּ מוֹ־הַדָּם וְנָתְנוּ עַל־שְׁתַּיִ הַמְּזוֹזוֹת  
 וְעַל־הַמִּשְׁקוֹף עַל הַבַּתִּים אֲשֶׁר־יֹאכְלוּ אוֹתוֹ בָּהֶם: <sup>ח</sup>וְאֲכָלוּ אֶת־הַבָּשָׂר  
 בַּלַּיְלָה הַזֶּה צָלִי־אֵשׁ וּמִצּוֹת עַל־מִרְרִים יֹאכְלֶהוּ:

## EXODUS 11:4-12:8

<sup>4</sup>So Moses said, "This is what the Eternal One says: 'About midnight I will go throughout Egypt. <sup>5</sup>Every firstborn son in Egypt will die, from the firstborn son of Pharaoh, who sits on the throne, to the firstborn son of the female slave, who is at her hand mill, and all the firstborn of the cattle as well. <sup>6</sup>There will be loud wailing throughout Egypt—worse than there has ever been or ever will be again. <sup>7</sup>But among the Israelites not a dog will bark at any person or animal.' Then you will know that the Eternal One makes a distinction between Egypt and Israel. <sup>8</sup>All these officials of yours will come to me, bowing down before me and saying, 'Go, you and all the people who follow you!' After that I will leave." Then Moses, hot with anger, left Pharaoh. <sup>9</sup>The Eternal One had said to Moses, "Pharaoh will refuse to listen to you—so that my wonders may be multiplied in Egypt." <sup>10</sup>Moses and Aaron performed all these wonders before Pharaoh, but the Eternal One hardened Pharaoh's heart, and he would not let the Israelites go out of his country.

<sup>12:1</sup>The Eternal One said to Moses and Aaron in Egypt, <sup>2</sup>"This month is to be for you the first month, the first month of your year. <sup>3</sup>Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb for his family, one for each household. <sup>4</sup>If any household is too small for a whole lamb, they must share one with their nearest neighbour, having taken into account the number of people there are. You are to determine the amount of lamb needed in accordance with what each person will eat.

<sup>5</sup>The animals you choose must be year-old males without defect, and you may take them from the sheep or the goats. <sup>6</sup>Take care of them until the fourteenth day of the month, when all the members of the community of Israel must slaughter them at twilight. <sup>7</sup>Then they are to take some of the blood and put it on the sides and tops of the doorframes of the houses where they eat the lambs. <sup>8</sup>That same night they are to eat the meat roasted over the fire, along with bitter herbs, and bread made without yeast.

## PSALM 91

O you who dwell in the shelter of the Most High and abide in the protection of Shaddai—

I say of Adonai, my refuge and stronghold,  
my God in whom I trust,  
that God will save you from the fowler's trap,  
from the destructive plague.

God will cover you with God's pinions;  
you will find refuge under God's wings;  
God's fidelity is an encircling shield.

You need not fear the terror by night,  
or the arrow that flies by day,  
the plague that stalks in the darkness,  
or the scourge that ravages at noon.

A thousand may fall at your left side,  
ten thousand at your right,  
but it shall not reach you.

You will see it with your eyes,  
you will witness the punishment of the wicked.

Because you took Adonai—my refuge,  
the Most High—as your haven,  
no harm will befall you,  
no disease touch your tent.

For Adonai will order God's angels  
to guard you wherever you go.

They will carry you in their hands  
lest you hurt your foot on a stone.

You will tread on cubs and vipers;  
you will trample lions and asps.

"Because he is devoted to Me I will deliver him;

I will keep him safe, for he knows My name.

When he calls on Me, I will answer him;

I will be with him in distress;

I will rescue him and make him honoured;

I will let him live to a ripe old age,

and show him My salvation."

## SAVE THE DATE

### **Thursday 9 February**

#### **7.00pm: Kolnoa-Cinema: Rabin, the Last Day**

*Doors for all screenings open at 7pm, with screenings starting at 7.45pm*

Timed for the 20th anniversary of the assassination of peacemaker Yitzchak Rabin (Israeli Prime Minister), this gripping docudrama takes newsreel footage together with reconstructions of the murder investigation, in an attempt to reach the truth. Directed by Venice Film Festival favourite Amos Gitai, it's a tale full of first person-testimonies, and police and secret service failings, that don't quite match up. Far-right religious groups stoke anti Rabin feeling, the Fascist law student assassin smirks irritatingly, and a young boy on the street repeatedly chants 'Death to Rabin!', and gets his wish...but at what cost? Two moments of black humour punctuate the film - a psychiatrist describes Rabin as a dangerous schizophrenic like Adolf Hitler, and a shtiebel full of religious zealots casts Kabbalistic curse on Rabin. Compelling viewing.

### **Thursday 16 February**

#### **12.15pm: Seymour Group Lunch**

Guest speaker: Alan Balfour, author and playwright, who will be talking about his new book 'Waiting for Walter'.

To book: Call Hermy Jankel on 020 7722 8489, if she is unavailable please leave a clear message. Early bookings will be appreciated, to facilitate catering arrangements. Please advise Hermy by 10.00am on the Friday before the lunch. Cancellations can only be accepted by that time, or you will be charged. Parking Problem? We aim to finish our meetings by 2.30pm

### **Saturday 18 February**

#### **1.00pm: Library Hour**

On the third Saturday of the month, the Bob Shafritz Library opens its doors to all. You can browse the shelves, talk to the Librarian, and borrow and return books. This month Henry Dyson is speaking about Chagall, this will be followed by a lively discussion. For further information please email Debbie Sonin at [dsonin22@gmail.com](mailto:dsonin22@gmail.com)

### **THE WLS CHARITABLE FUND PURIM TOMBOLA NEEDS YOU!**

Please bring any unwanted new gifts to reception,  
33 Seymour Place W1H 5AU, marked 'Tombola'.

# ANNOUNCEMENTS

## NEXT SHABBAT

<b>10 Feb</b>	<b>Friday</b> Erev Shabbat Combo Service	<b>6.00pm</b>
<b>11 Feb</b>	<b>Saturday</b> Shabbat Rinah	<b>10.00am</b>
	Coffee Morning	<b>10.30am</b>
	Shabbatots Cafe	<b>10.30am</b>
	Shabbat Morning Service	<b>11.00am</b>

## NEXT SHABBAT

<b>5 Feb</b>	Religion School	<b>10.00am</b>
<b>6 Feb</b>	Parashat Hashavuah	<b>12.30pm</b>
<b>7 Feb</b>	JPrep	<b>6.30pm</b>
	Lyons Learning Project	<b>7.00pm</b>
<b>9 Feb</b>	Kolnoa	<b>7.30pm</b>

## REGULAR MONTHLY ACTIVITIES

<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Fri</b>	Shabbat Shira	<b>7.15pm</b>
<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Fri</b>	ShabbaTots Cafe	<b>10.30am</b>
<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Sat</b>	ShabbaTots Service	<b>10.30am</b>
<b>3<sup>rd</sup> Sat</b>	The Library Hour	<b>1.00pm</b>
<b>2<sup>nd</sup> Tue</b>	Young Adults Torah on Tap	<b>7.30pm</b>
<b>1<sup>st</sup> Thu</b>	Kishkushim	<b>7.30pm</b>
<b>2<sup>rd</sup> Thu</b>	Kolnoa-Cinema	<b>7.00pm</b>
<b>3<sup>rd</sup> Thu</b>	Seymour Group	<b>12.30pm</b>
	Kishkushim	<b>7.30pm</b>
<b>1<sup>st</sup> Sunday</b>	Contact the Elderly Tea Parties	<b>3.00pm</b>

## REGULAR WEEKLY ACTIVITIES

<b>Sun:</b>	Religion School	<b>10.00am</b>
	Sunday Workout - Adult Education Programme	<b>10.00am</b>
	WLS Youth Clubs	<b>1.00pm</b>
<b>Tue:</b>	Berkeley Lunch Club	<b>10.00am</b>
<b>Wed:</b>	Jewish Preparation Classes	<b>6.30pm</b>
	Adult Ed	<b>8.30pm</b>