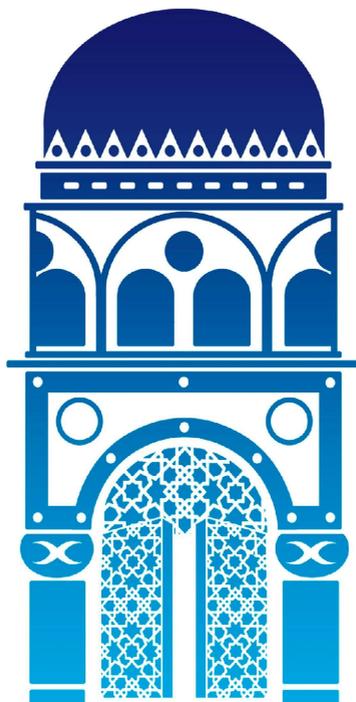


# WEST LONDON SYNAGOGUE

ק"ק שער ציון

WELCOMES YOU



שַׁבַּת שְׁלוֹם

SHABBAT SHALOM

31 August-1st September

21 Elul 5778

# SHABBAT SHALOM AND WELCOME TO WEST LONDON SYNAGOGUE

## FRIDAY

**6.00pm:**

### **Erev Shabbat Service**

Led by Rabbi David and Rabbi Neil

Sermon by: Rabbi David

**Wardens:**

Paul Jaffa, Oliver Walton and Sydney Levinson

**Beadles:**

Julia and Julian Markson

## SATURDAY

**10.30am:**

### **Coffee Morning**

**11.00am:**

### **Shabbat Morning Service**

Led by Rabbi Julia and Rabbi Neil

Sermon by: Rabbi Julia

Torah Read by: Sandro Levi (Bar Mitzvah)

**Wardens:**

Paul Jaffa, Oliver Walton and Anthony Stewart

**Beadles:**

Julia and Julian Markson

**Torah:**

Deuteronomy 28:61-29:5

**Haftarah:**

Isaiah 60:1-10 and 19-22

**10:00pm**

### **Selichot Service**

Led by Rabbi Julia, Rabbi Helen and Rabbi David

*Please join us for Shabbat kiddush after the service.*

### **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 KI TAVO

*Parashat Ki Tavo* addresses the time when the Israelites will settle in the land of Israel. Moses instructs them to place in a basket the first fruits they have harvested and present them, together with a prayer, to the priest at the sanctuary. Their prayer is to be a formula recalling they were slaves in Egypt, liberated by God, and given the land whose first fruits they now enjoy. They are also to set aside a tenth part of their yield for the Levite, the stranger, the fatherless, and the widow, and they are to keep all the commandments given to them. In this way they will be a treasured people to God. Moses and the elders tell them, when they have settled in the land, to write the commandments on large plastered stones and set them up on Mount Ebal, where they are also to build an altar to God. The representatives of the tribes of Simeon, Levi, Judah, Issachar, Joseph, and Benjamin are to stand on Mount Gerizim to hear the blessing describing the good times that will come as a result of observing God's commandments. Facing them on Mount Ebal, representatives from the tribes of Reuben, Gad, Asher, Zebulun, Dan, and Naphtali are to stand to hear the curse resulting from disobeying the commandments. God promises the Israelites blessings of plenty, security, and peace if they observe faithfully the teachings of Torah. Curses of destruction, agony, want, and exile will befall them if they spurn the teachings of Torah. "Observe faithfully all the terms of this covenant," Moses warns, "that you may succeed in all that you undertake."

## COMMUNITY NEWS

We wish a warm mazal tov and good wishes to:

- Sandro Levi and his family on Sandro's Bar Mitzvah.

גַּם כָּל־חֲלִי וְכָל־מִפָּה אֲשֶׁר לֹא כָתוּב בְּסֵפֶר הַתּוֹרָה הַזֹּאת יַעֲלֶם יְיָ עָלֶיךָ  
עַד הַשְּׁמֹדֶךָ: סָב וּנְשֹׂאתֶם בְּמַתִּי מַעֲט תַחַת אֲשֶׁר הֵייתֶם כְּכֹכְבֵי הַשָּׁמַיִם  
לְרֹב כִּי־לֹא שָׁמַעַתְּ בְּקוֹל יְיָ אֱלֹהֶיךָ: סָג וְהָיָה כַּאֲשֶׁר־שָׁשׂ יְיָ עֲלֵיכֶם  
לְהִיטִיב אֶתְכֶם וּלְהַרְבּוֹת אֶתְכֶם כֵּן יֵשִׁישׂ יְיָ עֲלֵיכֶם לְהַאֲבִיד אֶתְכֶם  
וּלְהַשְׁמִיד אֶתְכֶם וְנִסְחַתֶּם מֵעַל הָאֲדָמָה אֲשֶׁר־אֲתָה בָּא־שָׁמָּה לְרִשְׁתָּהּ:

סָד וְהִפְיִצְךָ יְיָ בְּכָל־הָעַמִּים מִקְצֵה הָאָרֶץ וְעַד־קְצֵה הָאָרֶץ וְעַבְדְּתָ שֵׁם  
אֱלֹהִים אֲחֵרִים אֲשֶׁר לֹא־יָדַעְתָּ אֶתָּה וְאֶבְתִּיךָ עֵץ וְאֶבֶן: סָה וּבְגוּיִם הָהֵם  
לֹא תִרְגְּיעַ וְלֹא־יִהְיֶה מְנוּחַ לְכַף־רַגְלְךָ וְנָתַן יְיָ לְךָ שֵׁם לֵב רָגֹז וְכִלְיוֹן  
עֵינַיִם וְדַאֲבוֹן נַפֶּשׁ: סוּ וְהָיוּ חֲטִיף תְּלָאִים לְךָ מִנְּגִד וּפְחַדְתָּ לִילָה וְיוֹמָם  
וְלֹא תִאֲמִין בְּחַיִּיךָ: סז בְּבִקֹּר תֹאמֶר מִי־יִתֵּן עָרֹב וּבְעָרֹב תֹאמֶר מִי־יִתֵּן  
בְּקֹר מִפְּחָד לְבַבְךָ אֲשֶׁר תִּפְחָד וּמִמְרָאָה עֵינֶיךָ אֲשֶׁר תִּרְאֶה: סח וְהִשִּׁיבְךָ  
יְיָ | מִצְרַיִם בְּאֲנִיּוֹת בְּדֶרֶךְ אֲשֶׁר אָמַרְתִּי לְךָ לֹא־תִסִּיף עוֹד לִרְאֹתָהּ  
וְהַתְּמַכְרְתֶם שֵׁם לְאִי־בִיד לְעַבְדִּים וּלְשִׁפְחוֹת וְאִין קִנְיָה: ס ט סט אֱלֹהִי  
דְבָרֵי הַבְּרִית אֲשֶׁר־צִוָּה יְיָ אֶת־מֹשֶׁה לְכַרֵּת אֶת־בְּנֵי יִשְׂרָאֵל בָּאָרֶץ מוֹאָב  
מִלִּבְד הַבְּרִית אֲשֶׁר־כָּרַת אִתְּם בְּחָרֹב:

א וַיִּקְרָא מֹשֶׁה אֶל־כָּל־יִשְׂרָאֵל וַיֹּאמֶר אֲלֵהֶם אַתֶּם רְאִיתֶם אֶת כָּל־אֲשֶׁר  
עָשָׂה יְיָ לְעֵינֵיכֶם בָּאָרֶץ מִצְרַיִם לְפָרְעָה וּלְכָל־עַבְדֵי וּלְכָל־אֲרָצוֹ:  
ב הַמְּסוֹת הַגְּדֹלֹת אֲשֶׁר רָאוּ עֵינֶיךָ הַאֲתַת וְהַמְּפִתִים הַגְּדֹלִים הָהֵם:  
ג וְלֹא־נָתַן יְיָ לְכֶם לֵב לְדַעַת וְעֵינַיִם לְרְאוֹת וְאָזְנִים לְשָׁמַע עַד הַיּוֹם הַזֶּה:  
ד וְאוֹלַךְ אֶתְכֶם אַרְבַּעִים שָׁנָה בַּמִּדְבָּר לֹא־בָלוּ שְׁלֹמְתֵיכֶם מֵעֲלֵיכֶם וְנַעַלְךָ  
לֹא־בִלְתָּהּ מֵעַל רַגְלְךָ: ה לַחֵם לֹא אָכַלְתֶּם וַיִּין וְשִׁכָּר לֹא שָׁתִיתֶם לְמַעַן  
תִּדְעוּ כִּי אֲנִי יְיָ אֱלֹהֵיכֶם:

## DEUTERONOMY 28:61-29:5

**28** 61 Moreover, Adonai will bring upon you all the other diseases and plagues that are not mentioned in this book of Teaching, until you are wiped out. 62 You shall be left a scant few, after having been as numerous as the stars in the skies, because you did not heed the command of Adonai your God. 63 And as Adonai once delighted in making you prosperous and many, so will Adonai now delight in causing you to perish and in wiping you out; you shall be torn from the land that you are about to enter and possess.

64 Adonai will scatter you among all the peoples from one end of the earth to the other, and there you shall serve other gods, wood and stone, whom neither you nor your ancestors have experienced 65 Yet even among those nations you shall find no peace, nor shall your foot find a place to rest. Adonai will give you there an anguished heart and eyes that pine and a despondent spirit. 66 The life you face shall be precarious; you shall be in terror, night and day, with no assurance of survival. 67 In the morning you shall say, "If only it were evening!" and in the evening you shall say, "If only it were morning!"—because of what your heart shall dread and your eyes shall see. 68 Adonai will send you back to Egypt in galleys, by a route which I told you you should not see again. There you shall offer yourselves for sale to your enemies as male and female slaves, but none will buy. 69 These are the terms of the covenant which Adonai commanded Moses to conclude with the Israelites in the land of Moab, in addition to the covenant which was made with them at Horeb.

**29** 1 Moses summoned all Israel and said to them: You have seen all that Adonai did before your very eyes in the land of Egypt, to Pharaoh and to all his courtiers and to his whole country: 2 the wondrous feats that you saw with your own eyes, those prodigious signs and marvels. 3 Yet to this day Adonai has not given you a mind to understand or eyes to see or ears to hear. 4 I led you through the wilderness forty years; the clothes on your back did not wear out, nor did the sandals on your feet; 5 you had no bread to eat and no wine or other intoxicant to drink—that you might know that I Adonai am your God.

## ISAIAH 60:1-10 AND 19-22

Arise, shine, for your light has dawned; The Presence of Adonai has shone upon you! Behold! Darkness shall cover the earth, And thick clouds the peoples; But upon you Adonai will shine, And God's Presence be seen over you. And nations shall walk by your light, Kings, by your shining radiance. Raise your eyes and look about: They have all gathered and come to you. Your sons shall be brought from afar, Your daughters like babes on shoulders.

As you behold, you will glow; Your heart will throb and thrill—For the wealth of the sea shall pass on to you, The riches of nations shall flow to you. Dust clouds of camels shall cover you, Dromedaries of Midian and Ephah. They all shall come from Sheba; They shall bear gold and frankincense, And shall herald the glories of Adonai. All the flocks of Kedar shall be assembled for you, The rams of Nebaioth shall serve your needs; They shall be welcome offerings on My altar, And I will add glory to My glorious House. Who are these that float like a cloud, Like doves to their cotes? Behold, the coastlands await me, With ships of Tarshish in the lead, To bring your sons from afar, And their silver and gold as well—For the name of Adonai your God, For the Holy One of Israel, who has glorified you. Aliens shall rebuild your walls, Their kings shall wait upon you— For in anger I struck you down, But in favour I take you back.

No longer shall you need the sun For light by day, Nor the shining of the moon For radiance [by night]; For Adonai shall be your light everlasting, Your God shall be your glory. Your sun shall set no more, Your moon no more withdraw; For Adonai shall be a light to you forever, And your days of mourning shall be ended. And your people, all of them righteous, Shall possess the land for all time; They are the shoot that I planted, My handiwork in which I glory. The smallest shall become a clan; The least, a mighty nation. I Adonai will speed it in due time.

## RABBI DAVID'S THOUGHT FOR THE WEEK

Several years ago, after a run of similar pastoral experiences, I realised that we needed to do something to support the many individuals within our community who are struggling with addictions, especially alcohol. We have an excellent Social Care team who are always there to help.

The Jewish New Year, with all its hope and potential, can provide a wonderful opportunity for turning over a new leaf. That is why, in order to be pastorally supportive, for the last few years I, together with several other members, have gone teetotal for the period between Selichot (this Saturday 1st September) and the end of Simchat Torah (nightfall on Monday 1st October).

Known as our "Dry Holy Days", this period of deliberate sobriety is designed to enable those in our community who are battling addictions to feel that they are not alone. An added benefit is that in a world which can feel awash with consumption, a little period of conscious abstinence can greatly enhance the important seasonal work of spiritual introspection.

Since embarking on this annual Dry Holy Days, I have become increasingly aware that we have alcohol at almost every Synagogue event - of course there's nothing wrong with this - but it can be a real struggle if you're someone who has come to your house of worship in order to strengthen your spiritual resolve to battle an addiction. In fact, the more of our 'recovering' members whom I encounter, the more aware I become of what it must be like to be surrounded by all that temptation. Which is why it is so valuable that an independent and confidential Alcoholics Anonymous, 12-Steps Group, has a meeting in our premises every Tuesday at 7.30pm.

Of course, the Dry Holy Days does not have to focus exclusively on alcohol; some people have taken this period to tackle another addiction, be it gambling, drugs or sugar. So this year, in solidarity with those in our community who are in recovery, or who need encouragement to begin the battle against their addiction, I willingly enter our Dry Holy Days. You are welcome to join me.

May the year ahead be l'chayim - for a better life.

Shanah tovah

# SAVE THE DATE

## **Saturday 1 September**

### **8.45pm: Dessert Island Discs & Selichot Service**

Prepare for the High Holy Days with our moving choral Selichot service. The evening commences at 8.45pm in the Stern Hall when our new President, Mark Fox, will shipwreck Professor Chris Bowers-Broadbent (WLS Director of Music), Maya Levy (WLS Community Musician) and Malcolm Singer (retired Director of Music at the Yehudi Menuhin School, WLS member, and distinguished composer/conductor).

Over wine, coffee and pudding we will hear, courtesy of our magnificent Choir, the seasonal tunes that our three music lovers would take with them to their High Holy Day desert island. At 10.00pm we will make our way into the Sanctuary for Havdallah, followed by our beautiful and moving Selichot service which gently commences our Days of Awe.

## **Tuesday 4 September**

### **6.30pm: CBT Café**

*Keeping Up Appearances - this month we will continue to explore the effects of mental ill health on family and friends.*

The CBT Café is a partnership between WLS and Sophie and Emma, who founded their company, 'Unravelling Minds', in order to help lessen the stigma surrounding mental health.

The Café is a place for those with lived experience of mental health, whether in their own lives or family or friends or those whom they work with professionally to come and share experiences and meet new people and help dissolve the stigma too often associated with mental health issues. It is a non-therapeutic environment for people to meet each other. So drop in, unwind and learn, and what better way to do this than over a cup of tea and a piece of cake. After all, mental health is for everyone, just like cake!

For more information and RSVP please contact Tirza Waisel on 020 7535 0278.

## **Sunday 9 September**

### **6.00pm: Erev Rosh Hashanah Intergenerational Seder**

Come join Rabbis Julia and Helen as we experience a new departure for WLS, a partly Sephardi style Seder (running parallel to the services) for Erev Rosh Hashanah, with a meal and service around the table. It's fun for the children and educational for all.

Cost: £29.50 - Member, £35.00 - Non member, £15.00 - Children up to 12. Contact Kathryn Forro on 020 7535 0259 to book.