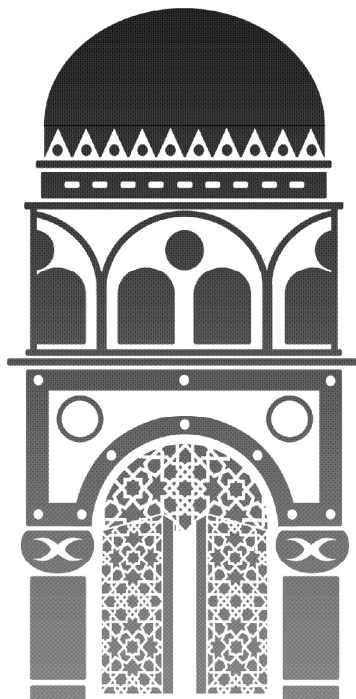


WEST LONDON SYNAGOGUE

ק"ק שער ציון

WELCOMES YOU



שַׁבַּת שְׁלוֹם

SHABBAT SHALOM

21-22 December 2018

14 Tevet 5779

SHABBAT SHALOM AND WELCOME TO WEST LONDON SYNAGOGUE

FRIDAY

6.00pm:

Erev Shabbat Service

Led by Rabbi Julia & Rabbi Helen

Sermon by: Rabbi Julia

Wardens:

Rita Yusupoff, Oliver Walton and Steven Rowe

Beadle:

Micky Nathanson

SATURDAY

10.30am:

Coffee Morning

11.00am:

Shabbat Morning Service

Led by Rabbi Julia & Rabbi Helen

Sermon by: Rabbi Helen

Wardens:

Rita Yusupoff, Oliver Walton and Steven Rowe

Beadles:

Monica Jankel

Torah:

Genesis 48:8-22

Haftarah:

Isaiah 65:8-19 & 25

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 VAYECHI

Vayechi may be translated “and he lived” and records the last years and death of Jacob. After living in Egypt for seventeen years, Jacob calls his son Joseph and his grandsons, Manasseh and Ephraim, to his bedside for a blessing. He asks Joseph to bury him with Abraham and Isaac at the cave of Machpelah. Afterwards he calls all of his sons to his side and blesses each one. When Jacob dies, Joseph and his brothers bury him in Hebron. After their father’s death, Joseph’s brothers begin to fear that Joseph will now punish them for selling him into slavery. He reassures them that they are safe and promises to care for them and their families. Joseph lives to the age of one hundred and ten. Just before he dies he tells his family that God will return them to the Land of Israel and instructs them to carry his bones up from Egypt at that time.

COMMUNITY NEWS

We wish a warm mazal tov and good wishes to:

- Natalie Clein & Jernej Gregoric on their Auf Ruf.
- Aaron Clein-Gregoric on his baby naming ceremony.
- Susan Bentata and Jennifer Henderson on their significant birthdays.

וַיֵּרָא יִשְׂרָאֵל אֶת־בְּנֵי יוֹסֵף וַיֹּאמֶר מִי־אַלֶּה: ט וַיֹּאמֶר יוֹסֵף אֶל־אָבִיו בְּנֵי
 הֵם אֲשֶׁר־נָתַתְּ לִי אֱלֹהִים בְּזֶה וַיֹּאמֶר קָח־סָנָא אֵלַי וְאֲבָרְכֶם: י וַעֲיִנֵי
 יִשְׂרָאֵל כָּבְדוּ מֵאֲדָן לֹא יוּכַל לְרַאות וַיִּגַּשׁ אֹתָם אֱלֹו וַיִּשַׁק לָהֶם וַיַּחַבֵּק
 לָהֶם: יא וַיֹּאמֶר יִשְׂרָאֵל אֶל־יוֹסֵף רְאֵה פָנָי לֹא פָלַתִּי וְהִנֵּה הִרְאָה אֹתִי
 אֱלֹהִים גַּם אֶת־זַרְעֲךָ: יב וַיּוֹצֵא יוֹסֵף אֹתָם מֵעַם בְּרָכָיו וַיִּשְׁתַּחוּ לְאֶפְרוֹ
 אֶרְצָה: יג וַיִּקַּח יוֹסֵף אֶת־שְׁנֵיהֶם אֶת־אֶפְרַיִם בְּיָמֵינוּ מִשְׁמָאל וַיִּשְׂרָאֵל
 וְאֶת־מְנַשֶּׁה בְּשִׁמְאֵלוֹ מִימִין יִשְׂרָאֵל וַיִּגַּשׁ אֵלָיו: יד וַיִּשְׁלַח יִשְׂרָאֵל
 אֶת־יָמָיו וַלְשֵׁת עַל־רֹאשׁ אֶפְרַיִם וְהוּא הַצַּעִיר וְאֶת־שִׁמְאֵלוֹ עַל־רֹאשׁ
 מְנַשֶּׁה שְׂכַל אֶת־יָדָיו כִּי מְנַשֶּׁה הַבְּכוֹר: טו וַיְבָרֵךְ אֶת־יוֹסֵף וַיֹּאמֶר
 הָאֱלֹהִים אֲשֶׁר הִתְהַלְכוּ אֲבוֹתַי לְפָנָיו אֲבָרְכֶם וַיִּצְחַק הָאֱלֹהִים הִרְעִה
 אֹתִי מַעֲוֲדֵי עַד־הַיּוֹם הַזֶּה: טז הַמְלֵאדָּה הַגָּאֵל אֹתִי מִכָּל־דָּע יְבָרֵךְ
 אֶת־הַנְּעָרִים וַיִּקְרָא בָהֶם שְׁמֵי וְשֵׁם אֲבוֹתַי אֲבָרְכֶם וַיִּצְחַק וַיִּדְגּוּ לְרֹב
 בְּקֶרֶב הָאָרֶץ: [שלישי] יז וַיֵּרָא יוֹסֵף כִּי־יָשִׁית אָבִיו יָדָיו עַל־רֹאשׁ
 אֶפְרַיִם וַיִּרַע בְּעֵינָיו וַיִּתְמַךְ יָד־אָבִיו לְהַסִּיר אֹתָהּ מֵעַל רֹאשׁ־אֶפְרַיִם
 עַל־רֹאשׁ מְנַשֶּׁה: יח וַיֹּאמֶר יוֹסֵף אֶל־אָבִיו לֹא־כֵן אָבִי כִּי־זֶה הַבְּכוֹר שֵׁם
 יְמִינְךָ עַל־רֹאשׁוֹ: יט וַיִּמָּאֵן אָבִיו וַיֹּאמֶר יָדְעָתִי בְּנִי יָדְעָתִי גַם־הוּא
 יִהְיֶה־לָּעַם וְגַם־הוּא יִגְדֹּל וְאוּלַם אַחִיו הַקָּטָן יִגְדֹּל מִמֶּנּוּ וְזָרְעוֹ יִהְיֶה
 מְלֹא־הַגּוֹיִם: כ וַיְבָרְכֶם בַּיּוֹם הַהוּא לֵאמֹר בֶּן יְבָרֵךְ יִשְׂרָאֵל לֵאמֹר
 יִשְׁמַךְ אֱלֹהִים כָּאֶפְרַיִם וְכַמְנַשֶּׁה וַיִּשֶׁם אֶת־אֶפְרַיִם לְפָנָי מְנַשֶּׁה:
 כא וַיֹּאמֶר יִשְׂרָאֵל אֶל־יוֹסֵף הִנֵּה אֲנִי מֵת וְהִיָּה אֱלֹהִים עִמָּכֶם וְהִשִּׁיב
 אֶתְכֶם אֶל־אֶרֶץ אֲבוֹתֵיכֶם: כב וְאֲנִי נֹתְתִי לְךָ שְׂכָם אַחַד עַל־אֲחִיךָ אֲשֶׁר
 לְקַחְתִּי מִיַּד הָאֱמֹרִי בְּחָרְבֵי וּבְקִשְׁתֵּי:

GENESIS 48:8-22

48:8 Noticing Joseph's sons, Israel asked, "Who are these?" 9 And Joseph said to his father, "They are my sons, whom God has given me here." "Bring them up to me," he said, "that I may bless them." 10 Now Israel's eyes were dim with age; he could not see. So [Joseph] brought them close to him, and he kissed them and embraced them. 11 And Israel said to Joseph, "I never expected to see you again, and here God has let me see your children as well." 12 Joseph then removed them from his knees, and bowed low with his face to the ground. 13 Joseph took the two of them, Ephraim with his right hand—to Israel's left—and Manasseh with his left hand—to Israel's right—and brought them close to him. 14 But Israel stretched out his right hand and laid it on Ephraim's head, though he was the younger, and his left hand on Manasseh's head—thus crossing his hands—although Manasseh was the first-born. 15 And he blessed Joseph, saying, "The God in whose ways my fathers Abraham and Isaac walked, the God who has been my shepherd from my birth to this day— 16 the Angel who has redeemed me from all harm—Bless the lads. In them may my name be recalled, and the names of my fathers Abraham and Isaac, and may they be teeming multitudes upon the earth." 17 When Joseph saw that his father was placing his right hand on Ephraim's head, he thought it wrong; so he took hold of his father's hand to move it from Ephraim's head to Manasseh's. 18 "Not so, Father," Joseph said to his father, "for the other is the first-born; place your right hand on his head." 19 But his father objected, saying, "I know, my son, I know. He too shall become a people, and he too shall be great. Yet his younger brother shall be greater than he, and his offspring shall be plentiful enough for nations." 20 So he blessed them that day, saying, "By you shall Israel invoke blessings, saying: God make you like Ephraim and Manasseh." Thus he put Ephraim before Manasseh. 21 Then Israel said to Joseph, "I am about to die; but God will be with you and bring you back to the land of your ancestors. 22 And now, I assign to you one portion more than to your brothers, which I wrested from the Amorites with my sword and bow."

ISAIAH 65:8-19 & 25

Thus said Adonai: As, when new wine is present in the cluster, One says, "Don't destroy it; there's good in it," So will I do for the sake of My servants, And not destroy everything. I will bring forth offspring from Jacob, From Judah heirs to My mountains; My chosen ones shall take possession, My servants shall dwell thereon. Sharon shall become a pasture for flocks, And the Valley of Achor a place for cattle to lie down, For My people who seek Me. But as for you who forsake Adonai, Who ignore My holy mountain, Who set a table for Luck And fill a mixing bowl for Destiny: I will destine you for the sword, You will all kneel down, to be slaughtered— Because, when I called, you did not answer, When I spoke, you would not listen. You did what I hold evil, And chose what I do not want. Assuredly, thus said Adonai: My servants shall eat, and you shall hunger; My servants shall drink, and you shall thirst; My servants shall rejoice, and you shall be shamed; My servants shall shout in gladness, And you shall cry out in anguish, Howling in heartbreak. You shall leave behind a name By which My chosen ones shall curse: "So may Adonai slay you!" But God's servants shall be given a different name. For whoever blesses themselves in the land Shall bless themselves by the true God; And whoever swears in the land Shall swear by the true God. The former troubles shall be forgotten, Shall be hidden from My eyes. For behold! I am creating A new heaven and a new earth; The former things shall not be remembered, They shall never come to mind. Be glad, then, and rejoice forever In what I am creating. For I shall create Jerusalem as a joy, And her people as a delight; And I will rejoice in Jerusalem And delight in her people. Never again shall be heard there The sounds of weeping and wailing.

The wolf and the lamb shall graze together, And the lion shall eat straw like the ox, And the serpent's food shall be earth. In all My sacred mount Nothing evil or vile shall be done —said Adonai.

RABBI DAVID'S THOUGHT FOR THE WEEK

It's interesting how loss can sometimes give as well as take. At countless funerals and shiva prayers I've heard a mourner respond to someone with the words: "I never knew that". What transpires is simply this - one of the people comforting a mourner has shared with them a new memory about the deceased; something they had never known about their departed loved one, despite having spent many decades together. It's a lovely moment, because the mourner gains another precious fragment of memory to cherish.

Many times, that new memory is then re-shared with the other mourners. Suddenly, a room filled with sorrow can have a fleeting moment of fascinated, lively joy; it's almost as if the dead person's life continues, albeit only for an instant. I love those moments, not least because they are deeply rooted in the Jewish way that we grieve; by sharing our loss and our memories.

This week's portion is called Vayechi – which means "and he lived". It could be taken as an ironic name because in this week's portion both Jacob and Joseph die. And yet, that's not the fundamental message. It's our job to try and focus on a person's life, rather than fixate on the difficult moments leading up to their death. It's also our job to ensure that they live on, not least by sharing their memories. That is why we often add two little words when we recall a departed loved one - Zichrono Livracha – may their memory be for a blessing.

As we approach a new secular year and we reflect back on the past, as well as look ahead to the future, may we remember those whose love enriched our lives. May we recall not that they died, but rather, Vayechi, that they lived.

SAVE THE DATE

Monday 7 January

6.30pm: CBT Cafe

This month - New beginnings after the festive season

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 CBT Café is a place for those with lived experience of mental health, whether in their own lives or in the lives of those close to them, to come and share experiences. It is a non-therapeutic environment for people to meet together.

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!

RSVP would be appreciated but not essential. Cake donations warmly welcomed. For more information and RSVP please contact Tirza Waisel on 020 7535 0278.

Saturday 12 January

11.00am: Head On - The Mental Health Awareness Shabbat

We're joining over 100 synagogues, organisations and groups taking part across the UK, to help raise the profile of mental health and mental illness in the Jewish Community.

Wednesday 16 January, 7pm

Lyons Learning Project: Nice Jewish Girls - Jewish Women Through Fashion

Donation's invited (suggested £15) proceeds to Jewish Women's Aid

A unique exploration of Jewish female identity through the lens of fashion, with Professor Carolyn Mair and poet and activist Leah Thorn. In conversation, Carolyn and Leah will discuss issues of fashion and clothing that have impacted them as Jewish women, including assimilation and upward mobility and the imperative to dress modestly. Leah will show a short film about her poetry and fashion project 'Older Women Rock!' and 'Older Women Rock!' poetic/clothing and jewellery will be on display. Carolyn will discuss how psychology enables us to understand fashion as an expression of identity and how fashion as communication is problematic.

Sign up here: www.lyonslearning.org.uk/course/nice-jewish-girls/