

# WEST LONDON SYNAGOGUE

ק"ק שער ציון

WELCOMES YOU



שַׁבַּת שְׁלוֹם

SHABBAT SHALOM

3/4 May 2019

29 Nisan 5779

# SHABBAT SHALOM AND WELCOME TO WEST LONDON SYNAGOGUE

## FRIDAY

**6.00pm:**      **Erev Shabbat Service**  
Led by Rabbi Neil

**7:15pm:**      **Shabbat Shirah Service**  
Led by Rabbi Sybil

**Wardens:**      Gillian Westwood, Vivien Feather, Liliane Chan  
**Beadle:**        William Campos-Ortega

## SATURDAY

**10.30am:**      **Coffee Morning**

**11.00am:**      **Shabbat Morning Service**  
Led by Rabbi David & Rabbi Neil  
Sermon by: Rabbi David

**Wardens:**      Gillian Westwood, Vivien Feather, Liliane Chan  
**Beadle:**        William Campos-Ortega

**Torah:**         Leviticus 19:1-18  
**Haftarah:**     Micah 4:1-7

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

### **Doctor or fully trained first aider?**

If you are a doctor, trained first aider or fully trained mental health first aider please make yourself known to the wardens and beadle.

## PARASHAT K'DOSHIM

*Parashat K'doshim*, which means "holiness", lists those ritual and ethical laws that, if followed, will make the Jewish people a "holy" people.

## COMMUNITY NEWS

We wish a warm Mazel Tov to:

- Oliver Armes on his Bar Mitzvah.
- Max Pearlman on his Bar Mitzvah.
- Patrick Mocatta on his significant birthday.

א וַיְדַבֵּר יְיָ אֶל־מֹשֶׁה לֵאמֹר: ב דַּבֵּר אֶל־כָּל־עַדְת בְּנֵי־יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם קְדָשִׁים תִּהְיוּ כִּי קָדוֹשׁ אֲנִי יְיָ אֱלֹהֵיכֶם: ג אִישׁ אִמּוֹ וְאָבִיו תִּירָאוּ וְאֶת־שִׁבְתֵּי תִשְׁמְרוּ אֲנִי יְיָ אֱלֹהֵיכֶם: ד אֶל־תִּפְנוּ אֶל־הָאֱלִילִים וְאֵלֶּהִי מִסֹּכָה לֹא תַעֲשׂוּ לָכֶם אֲנִי יְיָ אֱלֹהֵיכֶם: ה וְכִי תִזְבְּחוּ זֶבַח שְׁלָמִים לַיהוָה לְרֹצְנֵיכֶם תִּזְבַּחְהוּ: ו בַּיּוֹם זִבְחֵיכֶם יֹאכַל וּמִמַּחֲרַת וְהַנּוֹתֵר עַד־יוֹם הַשְּׁלִישִׁי בָּאֵשׁ יִשָּׂרֶף: ז וְאִם הָאֹכֵל יֹאכַל בַּיּוֹם הַשְּׁלִישִׁי פְּגוּל הוּא לֹא יִרְצָה: ח וְאֹכְלוֹ עֹנֵו יִשָּׂא כִּי־אֶת־קֹדֶשׁ יְיָ חָלַל וּנְכַרְתָּה הַנֶּפֶשׁ הַהוּא מֵעַמִּיהָ:

ט וּבְקַצְרְכֶם אֶת־קִצְרֵי אֲרָצְכֶם לֹא תִכְלֶה פֶּאת שָׂדֶךְ לְקַצֹּר וּלְקַט קִצְרֶיךָ לֹא תִלְקֹט: י וְכִרְמֶךָ לֹא תַעֲזוֹל וּפְרֹט כִּרְמֶךָ לֹא תִלְקֹט לַעֲנִי וְלִגֵּר תַעֲזֹב אֹתָם אֲנִי יְיָ אֱלֹהֵיכֶם: יא לֹא תִגְנְבוּ וְלֹא־תִכַּחֲשׂוּ וְלֹא־תִשְׁקְרוּ אִישׁ בְּעַמִּיתוֹ: יב וְלֹא־תִשְׁבְּעוּ בְשֵׁמִי לְשָׁקֵר וְחָלַלְתָּ אֶת־שֵׁם אֱלֹהֶיךָ אֲנִי יְיָ: יג לֹא־תַעֲשֶׂק אֶת־רֵעֶךָ וְלֹא תִגְזֹל לֹא־תִלְוֶן פְּעַלְתָּ שְׂכִיר אֶתְּךָ עַד־בִּקּוֹר: יד לֹא־תִקַּלֵּל חֵרֶשׁ וּלְפֹנִי עֹזֵר לֹא תִתֵּן מְכַשֵּׁל וּרְאֵתָ מֵאֱלֹהֶיךָ אֲנִי יְיָ:

טו לֹא־תַעֲשׂוּ עוֹל בְּמִשְׁפָּט לֹא־תִשָּׂא פְּנֵי־דָל וְלֹא תִהַדֵּר פְּנֵי גָדוֹל בְּצַדִּיק תִּשְׁפֹּט עַמִּיתְּךָ: טז לֹא־תִלְוֶה רֵכִיל בְּעַמִּיתְּךָ לֹא תַעֲמֹד עַל־דָּם רֵעֶךָ אֲנִי יְיָ: יז לֹא־תִשָּׂנֵא אֶת־אֲחִיךָ בְּלִבְבְּךָ הִזְכַּח תּוֹכִיחַ אֶת־עַמִּיתְּךָ וְלֹא־תִשָּׂא עָלָיו חֲטָא: יח לֹא־תִקֹּם וְלֹא־תִטּוֹר אֶת־בְּנֵי עַמֶּךָ וְאֶהְבֵּת לְרֵעֶךָ כְּמוֹךָ אֲנִי יְיָ:

## LEVITICUS 19:1-18

1 Adonai spoke to Moses, saying: 2 Speak to the whole Israelite community and say to them: You shall be holy, for I, Adonai your God, am holy. 3 You shall each revere your mother and your father, and keep My sabbaths: I Adonai am your God. 4 Do not turn to idols or make molten gods for yourselves: I Adonai am your God. 5 When you sacrifice an offering of well-being to Adonai, sacrifice it so that it may be accepted on your behalf. 6 It shall be eaten on the day you sacrifice it, or on the day following; but what is left by the third day must be consumed in fire. 7 If it should be eaten on the third day, it is an offensive thing, it will not be acceptable. 8 And one who eats of it shall bear the guilt, for having profaned what is sacred to Adonai; that person shall be cut off from kin.

9 When you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest. 10 You shall not pick your vineyard bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger: I Adonai am your God. 11 You shall not steal; you shall not deal deceitfully or falsely with one another. 12 You shall not swear falsely by My name, profaning the name of your God: I am Adonai. 13 You shall not defraud your fellow. You shall not commit robbery. The wages of a labourer shall not remain with you until morning. 14 You shall not insult the deaf, or place a stumbling block before the blind. You shall fear your God: I am Adonai.

15 You shall not render an unfair decision: do not favour the poor or show deference to the rich; judge your kin fairly. 16 Do not deal basely with members of your people. Do not profit by the blood of your fellow: I am Adonai. 17 You shall not hate your kinsfolk in your heart. Reprove your kin but incur no guilt on their account. 18 You shall not take vengeance or bear a grudge against members of your people. Love your fellow as yourself: I am Adonai.

## MICAH 4:1-17

But in the last days it shall come to pass, that the mountain of the house of Adonai shall be established in the top of the mountains, and it shall be exalted above the hills; and people shall flow to it. And many nations shall come, and say, Come, and let us go up to the mountain of Adonai, and to the house of the God of Jacob; and Adonai will teach us the ways, and we will walk in God's paths; for Torah shall go forth from Zion, and the word of Adonai from Jerusalem. And God shall judge between many peoples, and shall decide concerning far away strong nations; and they shall beat their swords into ploughshares, and their spears into pruning hooks; nation shall not lift up sword against nation, nor shall they learn war any more. But they shall sit everyone under the vine and under the fig tree; and none shall make them afraid; for the mouth of Adonai of hosts has spoken it. For let all people walk everyone in the name of their god, and we will walk in the name of Adonai, our God for ever and ever. In that day, says Adonai, I will assemble her who limps, and I will gather him who is driven out, and her whom I have afflicted; And I will make her who limps a remnant; and he who was cast off, a strong nation; and Adonai shall reign over them in Mount Zion from this time forth, and for evermore.

## RABBI DAVID'S THOUGHT FOR THE WEEK

Seven and half years ago, within days of starting at WLS, I officiated at a funeral for a congregant. The deceased was a lovely woman who passed away after a long and brave struggle. Her then 87-year-old widower was utterly bereft, especially as he was increasingly isolated. Fortunately, Jo Michaels, our Head of Social Care had just been appointed. A week after the funeral, Jo and I went to visit the widower. He asked us to promise him that however long he lived, we would do our best to ensure that he could remain in his home and even pass away there. We responded that we could not promise, but that we would do our very best. Throughout the last seven and a half years we have had the privilege of supporting this man, including taking him out on his 90<sup>th</sup> birthday for a celebratory lunch. Between us, we have visited him at times of poor health and times of joy. In so many ways this widower was no different to the hundreds of other members your rabbis and social care workers visit on a regular basis, and yet, his spirit and vulnerability touched us. This week's parasha is called Kedoshim, which means holiness. Kedoshim is a very special portion because it is the central parsha of the Torah, located right in the middle of the scroll. At the very centre of Kedoshim are a series of ethical mitzvot, called the Holiness Code. In the middle of these commandments, which focus on our ethical behaviour, lies the famous line: "one should stand up for the elderly and show respect for an old man" (Leviticus 19:32). Last weekend, as we began to read Kedoshim, our friendly widower, passed away. Jo and I had been able to honour his wishes, for he died at home. Since the funeral I have been reflecting on what a great privilege it is to be allowed into people's lives at times of sorrow and great joy. That is our holy work, as a holy community.

## SAVE THE DATE

### Friday 10 May

#### Yom Ha'Atzmaut Oneg Shabbat

6pm: Traditional Friday night service with our own SHABBAT SHIRA musicians - free admission, all welcome

7.15pm: Oneg Shabbat dinner plus singing and dancing with klezmer band - ticket holders only

One of the most popular events in the calendar. Each year at the Yom Ha'atzmaut Oneg, our generations come together to celebrate Israel's Independence in dancing and song, sharing good food and wine in a convivial atmosphere, with music provided by our favourite klezmer band, SHIR.

Tickets on line from [ticketsource.co.uk/eretzi](https://ticketsource.co.uk/eretzi), or buy direct from Kathryn on 020 7535 0259.

£30 per adult member (FISH or VEGGIE dinner) | £37.50 per adult non member (FISH or VEGGIE dinner) | £18 child, fulltime student, or unwaged (FISH or VEGGIE dinner) | £250 for a table of ten (your choice of FISH or VEGGIE dinners)

Price includes a fully catered three course meal, wine, table service, and lots of fun!

### Tuesday 14 May

#### 6.00pm: CBT Café - When the Black Dog Visits: Living with Depression

6pm for 6.30pm sharp start

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 appreciated but not essential. Cake donations welcomed!

For more details or to RSVP, contact Tirza on 020 7535 0278.

### Thursday 16 May

#### 12.30pm: Seymour Group Lunch

*Guest speaker: Vera Grodzinski, art historian*

£15 payable at the door.

Book early by phoning Hermy Jankel on 020 7722 8489. If she is unavailable please leave a clear message. Cancellations will only be accepted before 10am on the preceding Monday. Otherwise you will be charged. Parking? We aim to finish by 2.30pm