

WEST LONDON SYNAGOGUE

ק"ק שער ציון

WELCOMES YOU



שַׁבַּת שְׁלוֹם

SHABBAT SHALOM

9/10 August 2019

9 Av 5779

SHABBAT SHALOM AND WELCOME TO WEST LONDON SYNAGOGUE

FRIDAY

6.00pm: **Erev Shabbat Service**
Led by Rabbi Helen
Sermon by: Rabbi Helen

Wardens: Gillian Westwood, Liliane Chan and Michelle Ross
Beadle: Micky Nathanson

SATURDAY

10.30am: **Coffee Morning**

11.00am: **Shabbat Morning Service**
Led by Rabbi Helen
Sermon by: Rabbi Helen
Torah read by: Zippi Lyttleton

Wardens: Gillian Westwood, Liliane Chan and Michelle Ross
Beadle: Monica Jankel

Torah: Deteronomy 1:1-21
Haftarah: Isaiah 1:1-27

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 D'VARIM

Parashat D'varim begins a series of speeches by Moses to the Israelites. They are about to enter the Land of Israel. Moses will die in Moab on Mount Nebo. He reminds the people that they will take possession of the land given to Abraham, Isaac and Jacob. He recalls the time when he was unable to lead them by himself and how God told him to appoint wise leaders to assist him. Moses also recounts sending scouts to explore the land, resulting in a divisive report that frightened the people with predictions of defeat. Because of the scouts' lies and the peoples' lack of faith, their whole generation was not allowed to enter the land. Only Caleb and Joshua son of Nun, who brought back a positive report, would lead the new generation of Israelites into the Land of Israel. Moses then recounts their route of travel from Ka-deesh-barnea southward to Ezion-geber, then northward skirting Edom and Moab to Kedemoth and Heshbon, and their victorious battles with Sihon, king of Heshbon and Og, king of Bashan.

COMMUNITY NEWS

אֱלֹהֵי הַדְּבָרִים אֲשֶׁר דִּבֶּר מֹשֶׁה אֶל-כָּל-יִשְׂרָאֵל בְּעֵבֶר הַיַּרְדֵּן בְּמִדְבַּר בְּעֶרְבָה מִזֶּדֶן סוּף בְּיַרְדֵּן וּבִין-תְּפֹל וּלְבָן וּחְצֵרֹת וְדִי זָהָב: אֲחֵד עֶשֶׂר יוֹם מִחֹרֵב דֶּרֶךְ הַר-שַׁעִיר עַד קָדֵשׁ בְּרֻנֵּי: וַיְהִי בְּאַרְבַּעִים שָׁנָה בַּעֲשֵׁתֵי-עֶשֶׂר חֹדֶשׁ בְּאַחַד לַחֹדֶשׁ דִּבֶּר מֹשֶׁה אֶל-בְּנֵי יִשְׂרָאֵל כְּכֹל אֲשֶׁר צִוָּה יְיָ אֱתוֹ אֱלֹהִים: אַחֲרַי הִכְתּוּ אֶת סִיחוֹן מֶלֶךְ הָאֱמֹרִי אֲשֶׁר יוֹשֵׁב בְּחִשְׁבוֹן וְאֶת מֶלֶךְ הַבְּשָׁן אֲשֶׁר-יוֹשֵׁב בְּעִשְׁתָּרֹת בְּאַדְרָעִי: בְּעֵבֶר הַיַּרְדֵּן בְּאַרְץ מוֹאָב הוֹאִיל מֹשֶׁה בָּאֵר אֶת-הַתּוֹרָה הַזֹּאת לֵאמֹר: יְיָ אֱלֹהֵינוּ דִּבֶּר אֵלֵינוּ בְּחֹרֵב לֵאמֹר רַב-לָכֶם שָׁבֹת בְּהַר הַזֶּה: פָּנּוּ וְסַעוּ לָכֶם וּבְאוּ הַר הָאֱמֹרִי וְאֶל-כָּל-שְׂכֵנָיו בְּעֶרְבָה בְּהַר וּבְשִׁפְלָה וּבַנְּגֹב וּבַחוּף הַיָּם אֶרֶץ הַכְּנַעֲנִי וְהַלְבָּנוֹן עַד-הַנְּהַר הַגְּדֹל נְהַר-פָּרָת: רָאִה נָתַתִּי לְפִנֵּיכֶם אֶת-הָאָרֶץ בָּאוּ וּרְשׁוּ אֶת-הָאָרֶץ אֲשֶׁר נִשְׁבַּע יְיָ לְאַבְרָהָם לְאַבְרָהָם לְיִצְחָק וּלְיַעֲקֹב לָתֵת לָהֶם וּלְזָרְעָם אַחֲרֵיהֶם: וְאָמַר אֲלֵכֶם בְּעַת הַהוּא לֵאמֹר לֹא-אוּכַל לְבַדִּי שְׂאת אֶתְכֶם: יְיָ אֱלֹהֵיכֶם הִרְבָּה אֶתְכֶם וְהִנֵּכֶם הַיּוֹם כְּכּוֹכְבֵי הַשָּׁמַיִם לָרֹב: יְיָ אֱלֹהֵי אֲבוֹתְכֶם יִסַּף עֲלֵיכֶם כְּכֶם אֶלֶף פְּעֻמִּים וַיְבַרְךְ אֶתְכֶם כְּאֲשֶׁר דִּבֶּר לָכֶם: אֵיכָה אֶשָּׂא לְבַדִּי טְרַחְכֶם וּמִשְׁאֲכֶם וְרִיבְכֶם: הֵבּוּ לָכֶם אַנְשִׁים חֲכָמִים וּנְבִיִּים וַיְדַעִים לְשִׁבְטֵיכֶם וְאַשְׁמִיִם בְּרֹאשֵׁיכֶם: וַתַּעֲנוּ אֹתִי וַתֹּאמְרוּ טוֹב-הַדְּבַר אֲשֶׁר-דִּבַּרְתָּ לַעֲשׂוֹת: וְאַקְחֵ אֶת-רֹאשֵׁי שְׁבֻטֵיכֶם אַנְשִׁים חֲכָמִים וַיְדַעִים וְאַתָּן אוֹתָם רֹאשִׁים עֲלֵיכֶם שְׂרֵי אֱלֹפִים וְשְׂרֵי מֵאוֹת וְשְׂרֵי חֲמִשִּׁים וְשְׂרֵי עֶשְׂרֹת וְשְׂרֵי לְשִׁבְטֵיכֶם: וְאַצְוָה אֶת-שְׁפֹטֵיכֶם בְּעַת הַהוּא לֵאמֹר שְׁמַע בֵּין-אַחֵיכֶם וּשְׁפֹטֶתֶם צְדָק בֵּין-אִישׁ וּבֵין-אָחִיו וּבֵין גֵּרוֹ: לֹא-תִכְרוּ פָנִים בַּמִּשְׁפָּט כַּקֶּטָן כַּגְּדֹל תִּשְׁמַעוּן לֹא תִגְוְרוּ מִפְּנֵי-אִישׁ כִּי הַמִּשְׁפָּט לְאֱלֹהִים הוּא וְהַדְּבַר אֲשֶׁר יִקְשֶׁה מִכֶּם תִּקְרְבוּן אֵלַי וְשִׁמְעֵתִיו: וְאַצְוָה אֶתְכֶם בְּעַת הַהוּא אֶת כָּל-הַדְּבָרִים אֲשֶׁר תַּעֲשׂוּן: וְנִסַּע מִחֹרֵב וְנָלַךְ אֶת כָּל-הַמִּדְבָּר הַגְּדוֹל וְהַנּוֹרָא הַהוּא אֲשֶׁר רְאִיתֶם דֶּרֶךְ הַר הָאֱמֹרִי כְּאֲשֶׁר צִוָּה יְיָ אֱלֹהֵינוּ אֲתָנוּ וּנְבֵא עַד קָדֵשׁ בְּרֻנֵּי: וְאָמַר אֲלֵכֶם בְּאַתֶּם עַד-הַר הָאֱמֹרִי אֲשֶׁר-יְיָ אֱלֹהֵינוּ נָתַן לָנוּ: רָאִה נָתַן יְיָ אֱלֹהֵיךָ לְפָנֶיךָ אֶת-הָאָרֶץ עֲלֶיהָ רָשׁ כְּאֲשֶׁר דִּבֶּר יְיָ אֱלֹהֵי אֲבֹתֶיךָ לְךָ אֶל-תִּירָא וְאַל-תַּחַת:

DEUTERONOMY 1:1-21

¹These are the words Moses spoke to all Israel in the wilderness east of the Jordan - that is, in the Arabah - opposite Suph, between Paran and Tophel, Laban, Hazeroth and Dizahab. ²(It takes eleven days to go from Horeb to Kadesh Barnea by the Mount Seir road.) ³In the fortieth year, on the first day of the eleventh month, Moses proclaimed to the Israelites all that the Eternal One had commanded him concerning them. ⁴This was after he had defeated Sihon king of the Amorites, who reigned in Heshbon, and at Edrei had defeated Og king of Bashan, who reigned in Ashtaroath. ⁵East of the Jordan in the territory of Moab, Moses began to expound this law, saying: ⁶The Eternal One our God said to us at Horeb, "You have stayed long enough at this mountain. ⁷Break camp and advance into the hill country of the Amorites; go to all the neighboring peoples in the Arabah, in the mountains, in the western foothills, in the Negev and along the coast, to the land of the Canaanites and to Lebanon, as far as the great river, the Euphrates. ⁸See, I have given you this land. Go in and take possession of the land the Lord swore he would give to your fathers - to Abraham, Isaac and Jacob - and to their descendants after them." ⁹The Appointment of Leaders at that time I said to you, "You are too heavy a burden for me to carry alone. ¹⁰The Lord your God has increased your numbers so that today you are as numerous as the stars in the sky. ¹¹May the Lord, the God of your ancestors, increase you a thousand times and bless you as he has promised! ¹²But how can I bear your problems and your burdens and your disputes all by myself? ¹³Choose some wise, understanding and respected men from each of your tribes, and I will set them over you." ¹⁴You answered me, "What you propose to do is good." ¹⁵So I took the leading men of your tribes, wise and respected men, and appointed them to have authority over you - as commanders of thousands, of hundreds, of fifties and of tens and as tribal officials. ¹⁶And I charged your judges at that time, "Hear the disputes between your people and judge fairly, whether the case is between two Israelites or between an Israelite and a foreigner residing among you. ¹⁷Do not show partiality in judging; hear both small and great alike. Do not be afraid of anyone, for judgment belongs to God. Bring me any case too hard for you, and I will hear it." ¹⁸And at that time I told you everything you were to do. ¹⁹Then, as the Eternal One our God commanded us, we set out from Horeb and went toward the hill country of the Amorites through all that vast and dreadful wilderness that you have seen, and so we reached Kadesh Barnea. ²⁰Then I said to you, "You have reached the hill country of the Amorites, which the Eternal One our God is giving us. ²¹See, the Eternal One your God has given you the land. Go up and take possession of it as the Eternal One, the God of your ancestors, told you. Do not be afraid; do not be discouraged."

ISAIAH 1:1-27

The vision of Isaiah the son of Amoz, which he saw concerning Judah and Jerusalem in the days of Uzziah, Jotham, Ahaz, and Hezekiah, kings of Judah. Hear, O heavens, and give ear, O earth; for Adonai has spoken, I have reared and brought up children, and they have rebelled against me. The ox knows his owner, and the ass his master's crib; but Israel does not know, my people does not consider. Ah, sinful nation, a people laden with iniquity, a seed of evildoers, children who are corrupters; they have forsaken Adonai, they have provoked the Holy One of Israel to anger, they have turned backwards. Where should you still be stricken that you revolt again? Every head is sick, and every heart is faint. From the sole of the foot to the head there is no soundness in it; but wounds, and bruises, and sores; they have not been pressed, nor bound up, nor softened with oil. Your country is desolate, your cities are burned with fire; as for your land, strangers devour it in your presence, and it is desolate, as if overthrown by strangers. And the daughter of Zion is left like a shelter in a vineyard, like a lodge in a garden of cucumbers, like a besieged city. If Adonai had not left us a very small remnant, we should have been like Sodom, and we should have been like Gomorrah. Hear the word of Adonai, rulers of Sodom; give ear to the Torah of our God, people of Gomorrah. To what purpose is the multitude of your sacrifices to me? said Adonai; I am full of the burnt offerings of rams, and the fat of fed beasts; and I delight not in the blood of bulls, or of lambs, or of male goats. When you come to appear before me, who has required this at your hand, to trample my courts? Bring no more vain offerings; incense of abomination they are to me; as for new moons and sabbaths, and the calling of assemblies, I cannot bear iniquity along with solemn meeting. Your new moons and your appointed feasts my soul hates; they are a trouble to me; I am weary of enduring them. And when you stretch out your hands, I will hide my eyes from you; and, when you make many prayers, I will not hear; your hands are full of blood. Wash yourselves, make yourselves clean; put away the evil of your doings from before my eyes; cease to do evil; Learn to do well; seek judgment, relieve the oppressed, judge the orphan, plead for the widow. Come now, and let us reason together, said Adonai; though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. If you are willing and obedient, you shall eat the good of the land; But if you refuse and rebel, you shall be devoured with the sword; for the mouth of Adonai has spoken it. How the faithful city has become a harlot! It was full of judgment; righteousness lodged in it; but now murderers. Your silver has become dross, your wine is mixed with water; Your princes are rebellious, and companions of thieves; every one loves bribes, and follows after rewards; they judge not the orphans neither does the cause of the widow reach them. Therefore said Adonai, the mighty One of Israel, ah, I will ease me of my adversaries, and avenge me of my enemies; and I will turn my hand upon you, and smelt away your dross as with lye, and take away all your base alloy; and I will restore your judges as at the first, and your counsellors as at the beginning; afterward you shall be called, the city of righteousness, the faithful city. Zion shall be redeemed with judgment, and those who return to her with righteousness.

RABBI SYBIL'S THOUGHT FOR THE WEEK

I am writing this Thought for the Week from Malta, where my family are meeting for our annual holiday. As we do every year when on holiday, we will go to a local synagogue and try attend a service there.

It is something I really recommend for you to do on holiday - even if you do not come regularly to services at home. It is a way to get to know something of the locality in which you are staying and meet local people. Some are remarkably hospitable, inviting visitors back for a Friday night meal. Some hold lavish kiddushes - kosher meat kiddushes which are a meal in themselves - and to which all are invited. Some, weary from the endless stream of tourists are quite unfriendly, even hostile. But whatever the reception it is worth it. After all, wherever a Jew goes in the world - if there is a community, they are at home. Even if you are not familiar with the usually Orthodox style of worship, and splitting the family so that women are banished upstairs may not be the most pleasant experience, nevertheless, you will usually find someone to talk to, and take note of the surroundings - often quite beautiful - and the music which can be quite lovely. Moreover, there are more and more Reform and Liberal synagogues opening up which will welcome you with open arms.

We usually spend our holidays in Europe and it is surprising how few places we have been to that do not have a synagogue. I think only Sicily has not had a synagogue. Even so, it has several places of Jewish interest, - an ancient Mikvah, a copy of the 1492 edict of expulsion that rid the island of its Jews - for example. On Malta, the only synagogue is run by Chabad. There is also a kosher restaurant that we are keen to sample. There, it is likely we will meet fellow Jewish tourists and that can sometimes be the start of long lasting friendships.

And here is another Idea. Come with me to India next January, and visit a huge variety of synagogues, joining in the unique Indian ceremony for Elijah the Prophet, with which they welcome visitors. Visit the synagogue where our beloved member, Reggie Gourgey z"l grew up and join in services with the Liberal community that was once served by our Rabbi Hugo Gryn z"l. Meet one of the last eight Jews of the Paradesi Synagogue in Cochin and go to synagogues in the backwaters which are not usually open to travellers. All this and all the tourist sites of Kerala and Mumbai. Do get in touch (sybil.sheridan@wls.org.uk) and join me on this - a holiday of a lifetime!

SAVE THE DATE

Monday 2 September

6.00pm: CBT Cafe

The topic is: 'Why can't we say when we are not OK?'

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.

Friday 13 September

7.15pm: Friday Night Dinner

Guest speaker - LUCIANA BERGER, MP

Luciana Berger, MP – Independent Member of Parliament for Liverpool Wavetree, who will talk about her life in politics.

The cost is £29.50 per adult member and £35 per adult non-member, which includes a catered 3 course meal. Please note that places cannot be guaranteed without payment and that we are unable to offer refunds up to one week prior to a dinner.

For more information or to book, please contact Kathryn Forro on 020 7535 0259.