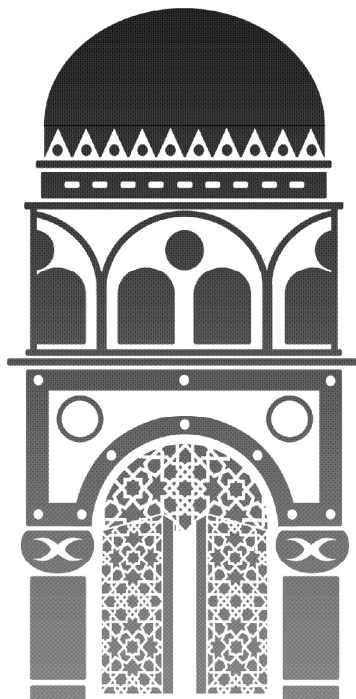


# WEST LONDON SYNAGOGUE

ק"ק שער ציון

WELCOMES YOU



שַׁבַּת שְׁלוֹם

SHABBAT SHALOM

7/8 February 2020

13 Shevat 5780

# SHABBAT SHALOM AND WELCOME TO WEST LONDON SYNAGOGUE

## FRIDAY

**6.00pm:**

**Erev Shabbat Service**

Led by: Rabbi Helen and Rabbi Sybil

Sermon by: Rabbi Helen

**7:15pm:**

Shabbat Shirah

Led by: Student Rabbi Elliott Karstadt

**Wardens:**

Liliane Chan, Monica Jankel & Gillian Westwood

**Beadle:**

Micky Nathanson

## SATURDAY

**10.30am:**

**Coffee Morning**

**11.00am:**

**Shabbat Morning Service**

Led by: Rabbi Helen & Rabbi Sybil

Sermon by: Rabbi Sybil

**Wardens:**

Lilliane Chan, Monica Jankel & Paul Jaffa

**Beadle:**

Micky Nathanson

**Torah:**

Exodus 14:26-15:27

**Haftarah:**

Judges 5:1-9

*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.

## SHABBAT B'SHALLACH

*Parashat B'shallach* takes its name from the second word of the Torah portion. *B'shallach* means "when he sent forth" and refers to Pharaoh's decision to free the Israelites. Led by Moses, they depart from Egypt, but Pharaoh changes his mind and decides to pursue them. When the Israelites see Pharaoh and his army approaching, they complain to Moses that he has brought them into the wilderness to die. He assures them that God will save them and leads them through the Sea of Reeds. From the other side they watch as the pursuing Egyptians are drowned. In celebration, Moses and the Israelites sing a song of praise to God. Afterwards they begin their journey through the Sinai desert. Despite their victory over the Egyptians and their liberation, however, the Israelites continue to complain to Moses. They cry out that they have no water to drink, no bread to eat. God grants them water and provides them with "manna," a food substance resembling flour. While the Israelites are camped at Rephidim, they are attacked by the Amalekites. Joshua, who has been appointed by Moses, successfully destroys the Amalekite forces.

## COMMUNITY NEWS

We wish a warm Mazel Tov to:

- Kay Chapman on her admission ceremony.
- Shirley Shapiro on her significant birthday.

כו ויאמר יהוה אל־מֹשֶׁה נטה את־יָדְךָ על־הַיָּם וישבו הַמַּיִם על־מִצְרַיִם על־רֶכְבּוֹ  
 ועל־פָּרָשָׁיו: כז ויט מֹשֶׁה את־יָדוֹ על־הַיָּם וישב הַיָּם לפניו בְּקֶרֶךְ לְאִיתָנוּ ומִצְרַיִם  
 נָסִים לקראתו וינער יהוה את־מִצְרַיִם בתוֹךְ הַיָּם: כח וישבו הַמַּיִם ויכסוּ את־הָרֶכֶב  
 ואת־הַפָּרָשִׁים לְכֹל חֵיל פְּרֹעֹה הַבָּאִים אַחֲרֵיהֶם בַּיּוֹם לֹא־נִשְׁאָר בָּהֶם עַד־אָחָד:  
 כט ובני יִשְׂרָאֵל הִלְכוּ בַּיַּבֵּשׁה בתוֹךְ הַיָּם והַמַּיִם לָהֶם חֲמָה מִיַּמִּינֶם ומִשְׂמָאלֶם:  
 לו וישע יהוה בַּיּוֹם הַהוּא את־יִשְׂרָאֵל מִיַּד מִצְרַיִם וירא יִשְׂרָאֵל את־מִצְרַיִם מֵת  
 על־שֵׁפֶת הַיָּם: לא וירא יִשְׂרָאֵל את־הַיָּד הגְּדֹלָה אֲשֶׁר עָשָׂה יְהוָה בַּמִּצְרַיִם וייראו  
 הָעָם את־יְהוָה ויאֲמִינוּ בִּיהוָה ובִּמֹשֶׁה עַבְדּוֹ: אאז יִשִׁיר־מֹשֶׁה ובני יִשְׂרָאֵל  
 את־הַשִּׁירָה הַזֹּאת לַיהוָה ויאמרו לאמר אֲשִׁירָה לַיהוָה כִּי־גָאָה גָאָה סוּס וָרֶכֶב רָמָה  
 בַּיָּם: ב עֲזֵי וזְמֶרֶת לָהּ וַיהִי־לִי לִישׁוּעָה זֶה אֱלֹהֵי וְאֲנֹהוּ אֱלֹהֵי אָבִי וְאַרְמָמְנָהוּ: ג יהוה  
 אִישׁ מִלְחָמָה יְהוָה שְׁמוֹ: ד מִרְכַּבַּת פְּרֹעֹה וְחִילוֹ יָרָה בַיָּם ומבחר שְׁלֹשׁוֹ טַבְעוֹ  
 בַּיָּם־סוּף: ה תַּהֲמֹת יְכַסִּימוּ יָרְדוּ בַּמְצוּלֹת כְּמוֹ־אֲבָן: ו יִמִּינֶךָ יְהוָה נֶאֱדָרִי בַּכַּחַם וּמִינֶךָ  
 יְהוָה תִּרְעַץ אוֹיֵב: ז וּבֶרֶב גְּאוֹנוֹךָ תַּהַרֵס קִמְיָד תִּשְׁלַח חֲרָנֶךָ וְאִכְלָמוּ פִקֹּשׁ: ח וּבְרוּחַ  
 אֲפִיד נַעֲרָמוּ מַיִם נֶצְבוּ כְּמוֹ־יַד זֹלִים קָפְאוּ תַּהֲמֹת בַּלְבָּבִים: ט אָמַר אוֹיֵב אֲרֹדְךָ אֲשִׁיג  
 אַחֲלֶקךָ שָׁלַל תִּמְלָאמוּ נַפְשֵׁי אַרְיֵק חֲרָבִי תוֹרִישְׁמוּ יָדִי: י נִשְׁפַּת בְּרוּחֶךָ כִּסְמוּ יָם צַלְלוּ  
 כְּעוֹלָוֹת בַּמַּיִם אֲדִירִים: יא מִי־כִמְכָה בָּאֵלֶם יְהוָה מִי כִמְכָה נֶאֱדָר בִּקְדוֹשׁ נוֹרָא תַּהֲלֹת  
 עָשָׂה פְּלֵאָ: יב נְטִיתִי מִיַּמִּינֶךָ תִּבְלַעְמוּ אֶרֶץ: יג נְחִיתִי בַּחֲסֻדֶךָ עִם־זֵי גְּאֻלָּתְךָ נַחֲלַתְךָ בַּעֲזֶךָ  
 אֶל־נוֹה קְדוֹשֶׁךָ: יד שָׁמְעוּ עַמִּים יִרְגְּזוּן חֵיל אֲחִזֵּי יִשְׁבִּי פְּלִשְׁתִּי: טו אֲזַ וְנִבְהִלוּ אֱלוֹפֵי  
 אֲדוּם אֵילֵי מוֹאָב וְאֲחֻזָּמוּ רַעַד נִמְגּוּ כֹל יִשְׁבִּי כְּנַעַן: טז תִּפֹּל עֲלֵיהֶם אִמְתָּה וְיִפְחַד  
 בְּגֹדֶל זֹרְעֶךָ יִדְמוּ כַּאֲבוֹ עַד־יַעֲבֹר עִמָּךָ יְהוָה עַד־יַעֲבֹר עִם־זֵי קִנִּיתִי: יז תִּבְאֲמוּ וְתִטְעֲמוּ  
 בְּהַר נַחֲלַתְךָ מְכוֹן לְשִׁבְתֶּךָ פְּעֻלַּתְךָ יְהוָה מִקְדָּשׁ אֲדָנִי כּוֹנֵנִי יָדִידִי: יח יְהוָה | מִלֶּךְךָ לְעֵלֶם  
 וְעַד: יט כִּי בָא סוּס פְּרֹעֹה בְּרֶכְבּוֹ וּבַפָּרָשָׁיו בָּלִים וַיִּשָּׁב יְהוָה עֲלֵיהֶם את־מִי הַיָּם וּבְנֵי  
 יִשְׂרָאֵל הִלְכוּ בַּיַּבֵּשׁה בתוֹךְ הַיָּם: כ ותקח מֶרְלֵם הַנְּבִיאָה אַחֲוֹת אֶהֱרֹן את־הַתּוֹף בְּיָדָהּ  
 וּתִצְאֹן כָּל־הַנְּשִׁים אַחֲרֶיהָ בַּתְּפִים וּבַמְחֹלֹת: כא וּתַעַן לָהֶם מֶרְיָם שִׁירוֹ לַיהוָה  
 כִּי־גָאָה גָאָה סוּס וָרֶכֶב רָמָה בַּיָּם: כב וַיִּשָּׁע מֹשֶׁה את־יִשְׂרָאֵל מִיַּם־סוּף וַיִּצְאוּ  
 אֶל־מִדְּבַר־שׁוּר וַיִּלְכּוּ שְׁלֹשֶׁת־יָמִים בַּמִּדְבָּר וְלֹא־מִצְאוּ מַיִם: כג וַיִּבְאוּ מֵרְתָה וְלֹא יָכֻלוּ  
 לְשִׁתּוֹת מַיִם מִמֶּרְהָ כִּי מָרִים הֵם עַל־כֵּן קָרָא־שְׁמָהּ מֶרְהָ: כד וַיִּלְנוּ הָעָם עַל־מֹשֶׁה  
 לֵאמֹר מַה־נִּשְׁתָּה: כה וַיַּעַק אֶל־יְהוָה וַיֹּרְהוּ יְהוָה לְעַץ וַיִּשְׁלַךְ אֶל־הַמַּיִם וַיִּמְתְּקוּ  
 הַמַּיִם שֶׁם שָׁם לוֹ חֶק וּמִשְׁפָּט וְשֶׁם נִסָּהוּ: כו וַיֹּאמֶר אִם־שָׁמוּעַ תִּשְׁמָע לְקוֹל יְהוָה  
 אֶלְהִיד וְהִנֵּשֶׁר בְּעֵינָיו תַּעֲשֶׂה וְהֶאֱזִינָתְךָ לְמִצּוֹתָיו וְשָׁמַרְתָּ כָּל־חֻקָּיו כָּל־הַמְּחֹלָה  
 אֲשֶׁר־שָׁמַתִּי בַּמִּצְרַיִם לֹא־אֲשִׁים עֲלֶיךָ כִּי אֲנִי יְהוָה רַפְּאֶךָ: כז וַיִּבְאוּ אֵילִמָּה וְשֶׁם  
 שְׁתִּים עֶשְׂרֵה עֵינֹת מַיִם וְשִׁבְעִים תַּמְרִים וַיַּחֲנוּ־שָׁם עַל־הַמַּיִם:

## EXODUS 14:26-15:27

26 Then the Eternal One said to Moses, "Stretch out your hand over the sea so that the waters may flow back over the Egyptians and their chariots and horsemen." 27 Moses stretched out his hand over the sea, and at daybreak the sea went back to its place. The Egyptians were fleeing toward it, and the Eternal One swept them into the sea. 28 The water flowed back and covered the chariots and horsemen—the entire army of Pharaoh that had followed the Israelites into the sea. Not one of them survived. 29 But the Israelites went through the sea on dry ground, with a wall of water on their right and on their left. 30 That day the Eternal One saved Israel from the hands of the Egyptians, and Israel saw the Egyptians lying dead on the shore. 31 And when the Israelites saw the mighty hand of the Eternal One displayed against the Egyptians, the people feared the Eternal One and put their trust in him and in Moses his servant. 15 Then Moses and the Israelites sang this song to the Eternal One: "I will sing to the Eternal One, for he is highly exalted. Both horse and driver he has hurled into the sea. 2 "The Eternal One is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him. 3 The Eternal One is a warrior; the Eternal One is his name. 4 Pharaoh's chariots and his army he has hurled into the sea. The best of Pharaoh's officers are drowned in the Red Sea. 5 The deep waters have covered them; they sank to the depths like a stone. 6 Your right hand, Eternal One, was majestic in power. Your right hand, Eternal One, shattered the enemy. 7 "In the greatness of your majesty you threw down those who opposed you. You unleashed your burning anger; it consumed them like stubble. 8 By the blast of your nostrils the waters piled up. The surging waters stood up like a wall; the deep waters congealed in the heart of the sea. 9 The enemy boasted, 'I will pursue, I will overtake them. I will divide the spoils; I will gorge myself on them. I will draw my sword and my hand will destroy them.' 10 But you blew with your breath, and the sea covered them. They sank like lead in the mighty waters. 11 Who among the gods is like you, Eternal One? Who is like you—majestic in holiness, awesome in glory, working wonders? 12 "You stretch out your right hand, and the earth swallows your enemies. 13 In your unfailing love you will lead the people you have redeemed. In your strength you will guide them to your holy dwelling. 4 The nations will hear and tremble; anguish will grip the people of Philistia. 15 The chiefs of Edom will be terrified, the leaders of Moab will be seized with trembling, the people[c] of Canaan will melt away; 16 terror and dread will fall on them. By the power of your arm they will be as still as a stone—until your people pass by, Eternal One, until the people you bought[d] pass by. 17 You will bring them in and plant them on the mountain of your inheritance—the place, Eternal One, you made for your dwelling, the sanctuary, Eternal One, your hands established. 18 "The Eternal One reigns for ever and ever." 19 When Pharaoh's horses, chariots and horsemen[e] went into the sea, the Eternal One, brought the waters of the sea back over them, but the Israelites walked through the sea on dry ground. 20 Then Miriam the prophet, Aaron's sister, took a timbrel in her hand, and all the women followed her, with timbrels and dancing. 21 Miriam sang to them: "Sing to the Eternal One, for he is highly exalted. Both horse and driver he has hurled into the sea." "The Waters of Marah and Elim 22 Then Moses led Israel from the Red Sea and they went into the Desert of Shur. For three days they traveled in the desert without finding water. 23 When they came to Marah, they could not drink its water because it was bitter. (That is why the place is called Marah. 24 So the people grumbled against Moses, saying, "What are we to drink?" 25 Then Moses cried out to the Eternal One, and the Eternal One showed him a piece of wood. He threw it into the water, and the water became fit to drink. There the Eternal One issued a ruling and instruction for them and put them to the test. 26 He said, "If you listen carefully to the Eternal One your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Eternal One, who heals you." 27 Then they came to Elim, where there were twelve springs and seventy palm trees, and they camped there near the water.

## JUDGES 5:1-9

On that day Deborah and Barak son of Abinoam sang: When locks go untrimmed in Israel, When people dedicate themselves—Bless Adonai! Hear, O kings! Give ear, O potentates! I will sing, will sing to Adonai, Will hymn Adonai, the God of Israel. O Adonai, when You came forth from Seir, Advanced from the country of Edom, The earth trembled; the heavens dripped, Yea, the clouds dripped water, The mountains quaked—Before Adonai, God of Sinai, Before Adonai, God of Israel. In the days of Shamgar son of Anath, In the days of Jael, caravans ceased, And wayfarers went by roundabout paths. Deliverance ceased, ceased in Israel, Till you arose, O Deborah, Arose, O mother, in Israel! When they chose new gods, Was there a fighter then in the gates? No shield or spear was seen Among forty thousand in Israel! My heart is with Israel's leaders, With the dedicated of the people—Bless Adonai!

## **RABBI HELEN'S THOUGHT FOR THE WEEK**

In Judaism we have four New Years. The best known is Rosh Hashanah, but the greenest of them all, Tu Bishvat, the New Year for Trees begins on Sunday night. Our Seder begins at 6.30pm, do let me know if you would like to join us.

From the 16th century it became a tradition to have a Seder using seven crops produced in the land of Israel. We start with white wine and end with red wine, symbolic of the reawakening of the land as spring approaches. Many haggadot have been written for this festival of nature, and they underline our obligation to care for the created world and to avoid waste. Our synagogue has become an Eco-synagogue and is hosting the awards after the Seder when we will hear from the director of Kew Gardens at 7.30pm. Green mitzvot have been around for a long time, but this is our chance to develop our Green Team and share new ways to care for the environment and cherish the natural world.

### **THE CHARITABLE FUND PICK-A-BAG LUCKY DIP**

SUNDAY 8 MARCH, FROM 10AM  
AT THE BIG PURIM PARTY FOR ALL WLS FAMILIES!

MONDAY 9 MARCH, FROM 5.30PM  
AT THE MY FAIR ESTHER PURIM SPIEL

The Charitable Fund needs new adult and children's gifts to be brought to reception (33 Seymour Place, W1H 5AU) clearly marked for our Purim Lucky Dip.

# SEE YOU THERE

## **Sunday 9 February**

### **Erev Tu Bishvat**

#### **6.30pm: WLS Tu Bishvat Seder**

We will drink 4 cups of wine/grape juice and eat special fruits to celebrate the New Year for Trees. For catering purposes, please book in advance with Kathryn on 020 7535 0259.

#### **7.30pm: EcoSynagogue Awards**

ALL WELCOME! A chance to learn more about EcoSynagogue, its plans and activities. With special guest speaker, Richard Deverell, Director of Kew Gardens.

## **Tuesday 11 February**

### **10am: New Berkeley Lunch Club**

Every 2nd Tuesday of the month, £11 chargeable on the door to cover expenses. A social club offering companionship and fun activities, refreshments and board games, gentle exercises and a hot three-course lunch.

If you are interested in joining the New Berkeley Lunch Club as a member or as a volunteer, please contact Tirza Waisel on 020 7535 0278.

## **Thursday 13 February**

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

Guest speaker: Rabbi Julia Neuberger – 'Reflections on My Years at West London' £15 payable at the door. Book early by phoning Hermy Jankel on 020 7722 8489. If unavailable please leave a clear message. Cancellations only accepted before 10am on the preceding Monday. Otherwise you will be charged. Parking? We aim to finish by 2.30pm.

### **7.00pm: Kolnoa-Cinema: Je T'aime/Terminal**

A zany romantic comedy to put us in the mood for tomorrow's Valentine's Day. An indecisive Israeli takes the plunge and sets off for America to meet up with and marry the kibbutz volunteer he thinks he's in love with, but a chance encounter on the journey leads him astray in the most delightful way. Great score from award winning composer Issar Shulman.

Doors open 7pm for drinks and snacks, 7.45pm screening, and admission is free, but donations towards catering are very welcome.

## **Saturday 15 February**

### **1pm: Library Hour**

At this month's Library Hour, Rabbi Helen Freeman will be interviewing Dr Alex Lloyd, Lecturer in German at Oxford University, whose students translated the White Rose pamphlets into English for the first time ever.

The White Rose Group was an extraordinary group of young students and their lecturer who wrote pamphlets against the Nazis to enlighten their friends about the risk of Fascism. They paid with their lives, but their bravery has inspired many people. Please join us to learn of their story.

For further information please email Debbie Sonin at [dsonin22@gmail.com](mailto:dsonin22@gmail.com)