

9th Kislev 5769/6th December 2008

Minister: Rabbi Lionel Rosenfeld

Emeritus Chazan: Rev. Moshe Dubiner

Parashat Vayetze

Hertz Cohen Stone Gutnick Shabbat Begins 3.38pm

Sedra 106 164 144 180 Shabbat ends 4.46pm

Haftarah 118 188 1140 1386



A guide for the bereaved of Mumbai , by Sherrie Mandell

To the families of those killed in the Mumbai terrorist attacks: it will take many years before you accept that you are the person whom tragedy has visited. Make no mistake - this tragedy will affect you for the rest of your life. You will long for the person who was murdered. You will long for the person you used to be.

People will ask you: Do you hate the killers? And when you answer no, they will think that something is wrong with you.

But hate is not something you have the energy for; you are too sad to hate. Besides, you are a person who loves. To turn to hate would make you like the killers, and you refuse to let that happen to you. You will never have the happiness that you had, something will always be missing- the person you loved, as well as your belief that life was good.

Now you have experienced true evil. Your loved one was deliberately targeted. That evil does not go away from your eyes. When you close them, you see your loved one in his last minutes - you see yourself the moment you got the news. (There are short-term therapies like EMDR* that can help you deal with the shock of the trauma.)

DON'T FORGET your other children, especially if they are young. They are the silent victims. People think they don't understand they understand everything. They know what has happened to their brother or father or sister or mother. But they don't want to talk about it with you. Make sure they have art or music or dance therapy, that they get to express what has happened inside them.

When people tell you to be strong, don't feel that you have to be. If you don't allow yourself to mourn, you will never again be happy. Mourning is the active process of transforming grief. It is a demanding process. You need support to engage in the work of mourning.

There are other victims of terror who have been through what you are now experiencing. Sometimes it is other survivors who can best offer you support - not the experts who may not understand what you really need. Don't be afraid to tell others what you need.

You will find gifts in your pain: new people, faith, things you didn't know. Embrace whatever blessings come to you.

People will be around you at first, but then eventually it's you and your family - and your grief.

Let yourself cry now; otherwise you will be crying in the years to come. Don't let others tell you that your loved ones died for nothing. They died because they were innocent victims of radical Islamic hatred. They died because radical Islam is vicious and evil and worships destruction and stands against everything you hold dear.

When you refuse to be bowed by hatred and savagery, you honour your loved one by sanctifying life. For this reason it is paramount that you seek justice - but do not seek revenge. Revenge embitters you while justice elevates you. Justice is motivated by love; revenge is motivated by hatred. Revenge is the modus operandi of the terrorists, and their hatred for others will in the end be defeated.

Keep speaking about the evil that was perpetrated against your loved one. Don't allow the media or others to call the murderers militants or freedom fighters.

Insist that your loved one's murder be remembered. Shabbat Shalom.

The writer's 13-year-old son Koby was murdered in Israel by terrorists in 2001. She and her husband Seth created the Koby Mandell Foundation which offers healing programs for families struck by terror (kobymandell.org). Her book "The Blessing of a Broken Heart" won a National Jewish Book Award in the USA.

With acknowledgment to the Jerusalem Post, December 2nd 2008.

*EMDR is an acronym for 'Eye Movement Desensitisation and Reprocessing', a powerful psychological treatment method developed by an American clinical psychologist, Dr Francine Shapiro, in the 1980's to treat psychological trauma arising from war-related experiences, assault, natural disaster and physical abuse.

Next Shabbat - Vayishlach

12th—13th December

Commences 3.36pm Mincha & Kabbalat Shabbat 3.45pm

Announcements

We are delighted to welcome the world-renowned liturgical composer and arranger, Stephen Glass together with Chazan Gideon Yechiel Zelermyer from Montreal and Choral Ensemble from North America: Montreal: Edward Aronson, Damon Hankoff, Max Henry, Ted Lazarus, Jason Lipstein, Conor O'Neil, Jake Smith. Seattle: Jonah Hister. New York: Alan Iny. Hartford Ct.: Benjamin Rauch

We thank them for enhancing our services over this Shabbat

We welcome Rabbi Yisroel & Rebbetzin Lew and all those attending our 'FRIDAY NIGHT LIVE' Dinner

Kiddush Sponsor

Cyril Chody invites the congregation to Kiddush to celebrate his birthday

Breakfast Sponsor

Breakfasts this week are sponsored anonymously by a member of the morning Minyan

Birthdays—Mazal Tov to:

| | |
|----------------|--------------|
| Jemima Levy | Jade Salem |
| Joshua Newmark | Dov Diamond |
| Adrian Wallace | Debra Ziff |
| Michael Green | John Fenner |
| Rebecca Lewis | Freda Allman |

Wedding Anniversary— Mazal Tov to:

Juliette & Stuart Levy
Susan & Clive Truman
Marion & Guy Naggar

Refuah Shelema

| | |
|------------------|--------------------|
| Caroline Buchler | Miriam bat Sara |
| Sidney Jaque | Shlomo ben Sara |
| Nat Winsor | Noach ben Miriam |
| | Chaya |
| Gertie Endfield | Rachel bat Yehudit |
| Raphael Etesami | Raphael ben Michal |
| Seymour Freed | Shmuel Ze-ev ben |
| | Sara Rivka |

Friday 5th December

- 7.30 am Shacharit followed by breakfast & Haftarah Shiur by Ervin Landau
3.45 pm Mincha, & Choral Kabbalat Shabbat, D'var Torah by Rabbi Lionel Rosenfeld

Shabbat 6th December

- 8.45 am Shiur with Henry Knobil
9.15 am Choral Shabbat morning service
After Kiddush Luncheon Club
3.45 pm Mincha, followed by Seudah Shlishit, & D'var Torah by Rabbi LR
4.46 pm Maariv & Havdalah

Sunday 7th December

- 8.30 am Shacharit followed by breakfast and Thought for the Day by Alan Goldberg
10.00 am Cheder Age 4 – 12 years. Contact Batsheva Burns for further information on 0796 88 555 96 or email cheder.marblearch@gmail.com

Monday 8th December

- 7.30 am Shacharit followed by breakfast & D'var Torah by Michael Milston
10.30 am Rabbi Rosenfeld's Parsha Shiur for Ladies

Tuesday 9th December

- 7.30 am Shacharit followed by breakfast & Shiur by Rabbi Yosef Vogel

Wednesday 10th December

- 7.30 am Shacharit followed by breakfast and Parsha Shiur by Ervin Landau

Thursday 11th December

- 7.30 am Shacharit followed by breakfast & D'var Torah by Bernard Silver

Friday 12 December

- 7.30 am Shacharit followed by breakfast & Haftarah Shiur by Ervin Landau

**Mincha & Ma'ariv through the week
Sun 7th - Thurs 11th December 3.45pm**

Security Rota

Joshua Ejdalbaum. David Kaye. Victor Lee.

Kiddush Rota

Ruth Hanbury. Linda Sharpe.

Office Hours over the Public Holidays

Please note that the Synagogue office will close at 3.00pm on Wednesday 24th December, re-opening on Sunday 28th December until 3.00pm on Wednesday 31st December, reopening on Friday 2nd January

FOR YOUR INFORMATION

Rabbi Rosenfeld's Parsha Shiur for Ladies

A weekly series. New participants are most welcome. Next Shiur Monday 8th December at 10.30am.

Rabbi Rosenfeld's GCSE—Judaism Class

There are now 6 teenagers studying in this class. There is still time to enrol. Email Rabbi Rosenfeld on rabbilr@marblearch.org.uk or call the office.

Luncheon Club this Shabbat 6th December

Only a few places left. Please make your reservation through the office

Sunday 21st December

Lighting of the first Chanukah Candle.

First day Chanukah Monday 22nd December



Consecration

The consecration of the stone in loving memory of Leonard Sanitt z"l will take place on Sunday 21st December 2008 at Bushey at 12 noon.

Please make a note now in your diary:

Monday 19th January 2009 at 7.45pm

Rabbi Dr. Akiva Tatz—'Dangerous Therapy in Medicine and Surgery'

Rabbi Dr. Akiva Tatz was born in Johannesburg, South Africa. After practising as a doctor in both South Africa and the U.S., he moved to Israel where he practised both in hospital and general medicine in Jerusalem and engaged in a number of year's Talmudic study and later teaching in Jewish thought and medical ethics in Jerusalem. He is the Founder and Director of the Jerusalem Medical Ethics Forum and has written a number of books on the subject of Jewish Thought and Philosophy.

Thursday 22nd January 2009 at 5.00pm

Holocaust Memorial Day

Please book now to attend the reception and service to commemorate the anniversary of the Holocaust and join with several dignitaries including the Lord Mayor of Westminster and Government Ministers

Update—Bloomstein Hall

We are pleased to advise that the refurbishment is progressing on schedule.

Our Rabbi

You can contact Rabbi Lionel & Natalie Rosenfeld at rabbilr@marblearch.org.uk

Tel: 020 7535 0458, mobile: 07811202244

Our Website: For details of times of services and future events, go to www.marblearch.org.uk