

Parshat Emor

	Hertz	Cohen	Stone	Gutnick		Shabbat Begins	8.21pm
Sedra	513	740	672	780		Shabbat ends	9.33pm
Haftarah	528	761	1176	1439			

Look after yourselves very well" – "ונשמרתם מאד לנפשותיכם"

(Deuteronomy Chapter 4 v.15)

The above verse is the source for reminding us that in Judaism, spiritual and physical health go together. Maimonides who was also a great physician in his time, emphasizes how having a totally healthy body is among the ways of serving G-d; there many references exhorting us to look after our bodies so as to live longer - and thus perform more mitzvot.

When I was a 15 year old schoolboy my father found out that for the whole of the autumn term I had been "bunking off" cheder (do any of you remember those days when cheder was after school 3 evenings a week, in addition to Sunday mornings?). I prepared for a difficult confrontation with Dad. What had brought me, the dutiful son of a rabbinical father, to give up Torah study? Well, my grammar school (William Ellis, not Hasmonean!) was situated on the edge of Hampstead Heath by Highgate Ponds, and our PE teacher had started to take us running round the Ponds. It was then that I discovered an ability to run long-distance. Before long I was competing in inter-school 7- mile runs. Surprisingly I was the only Jewish boy (Yiddisher genes don't naturally lend themselves to run 7 miles in mud, wind and rain) – but I had given up cheder to train regularly after school and was winning race after race.

Why am I boring you with all this? Because my revered father did not do what I had anticipated when he found out - after some goody-goody told tales on me to Mr. Grossman, the unpopular and terrifying cheder headmaster at Kinloss (may his memory be for a blessing). Dad called me into his study and quoted me the verse at the top of the page, actually congratulating me on my prowess - but reminding me that spiritual health was equally important. We compromised: I could continue to train, but my Torah study would have to be rescheduled in my spare hours. The result was that I went on running, and have done so ever since, though the goal these days is to finish rather than win!

This brings me, if in a rather sneaky way, to the Appeal (Isn't there always one? Don't stop reading!)

On Sunday May 24th I'm participating in the Maccabi Community Fun Run over 10 kilometers. Each runner chooses a charity to represent, for which he/she hopes to raise sponsorship - a leaflet regarding the Fun Run is attached. I've chosen to run for **JBD** – Jewish Blind & Disabled, firstly because it's not in the spotlight as some of the "bigger name" charities which will have many running for them and also because JBD's Chairman is John Joseph, who has been a member here at WMA with his wife Sandra and all their family for many years (and his parents before him).

JBD would be delighted to hear from you, prepared to sponsor me for 10 kilometers –from 50p a km up and up! You can return the attached form directly to them, or if you prefer, to me at the synagogue office.

Wishing you all a healthy and pleasurable Shabbat- **Look after yourselves very well!**

Rabbi Lionel Rosenfeld

Announcements

Mazal Tov to Emmanuelle Zaoui on her Bat Mitzvah and to parents Laure & Yoel Zaoui, grandparents Claudine & Robert Ghoula-Houri & Violette Zaoui and all the family

Kiddush Sponsor

Laure & Yoel Zaoui invite the congregation to Kiddush to celebrate Emmanuelle's Bat Mitzvah

Breakfast Sponsor

Breakfasts this week are kindly sponsored by the Honorary Officers and Board of Management.

Birthdays— Mazal Tov:

Alexander Cedar	David Schmidt
Max Truman	Sophie Aaronson
Simon Lyons	Beatrice Bengio
Annabelle Josyfon	Carole Brecker
Colin Wagman	Stanley Simmonds
Barbara Green	Michael Birnhak
Carmel Gainsford	Sylvia Keston
Cynthia Clore	

Wedding Anniversaries—Mazal Tov

Tara & Jeremy Wayne
Carole & Howard Brecker
Rina & Trevor Waterman

Refuah Shlemah

Basil Appleby	Baruch Pinchas ben Zissel
Alf Bloomstein	Abba ben Golda
Seymour Freed	Shmuel Zeev ben Sara Rivka
Gala Colover	Chana bat Yehudit
Nat Winsor	Asher Mordecai ben Shifra
Caroline Buchler	Noach ben Miriam Chayah
	Miriam bat Sara
	Shira bat Leah
	Rivka Bat Chava

Next Shabbat: Behar-Bechukotai

15th—16th May 2009

Commences 8.32pm Mincha & Kabbalat Shabbat 7.15pm

Friday 8th May

- 7.30 am Shacharit followed by breakfast & Haftarah Shiur by Ervin Landau
7.15 pm Mincha, Kabbalat Shabbat & D'var Torah

Shabbat 9th May

- 8.45 am Shiur with Henry Knobil
9.15 am Shacharit
8.30 pm Mincha, Sseudah Shlishit & D'var Torah by Rabbi Lionel Rosenfeld
9.33 pm Maariv & Havdalah

Sunday 10th May

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

Monday 11th May

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

Tuesday 12th May Lag Ba'Omer

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

Wednesday 13th May

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

Thursday 14th May

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

Friday 15th May

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

**Mincha & Ma'ariv through the week
Sun 10th —Thurs 14th May 2009 7.00pm**

Kiddush Rota

Rachael Phillips. Ruth Rouach.
Linda Sharpe. Carol Truman

Security Rota

Alan Goldberg. David Harouni. Mark Pasha

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 events, go to
www.marblearch.org.uk

FOR YOUR INFORMATION

Parsha Shiur for Ladies

Next Shiur Monday 11th May at 10.30am

Annual General Meeting Monday 18th May at 8.00pm

Your vote is important and affects the future of your Synagogue. **Please take the time to use it**

Monday 15th June at 7.45pm R.B. Kitaj—The Controversial Artist

Lecture with Art Historian Patricia Utermohlen. Please join us for this very interesting event.

Please note that the visit to the Government Art Collection on the 6th May 2009 is now full.

Rosh Hashanah Brochure

We are now starting to compile articles and photographs for the Rosh Hashanah brochure. If you would like to write an article please send it via email to maureen@marblearch.org.uk

Art Exhibition at WMA

You will have seen the current art exhibition in the Bloomstein hall. This has received a very favourable response and we will therefore be arranging for other exhibitions to take place.

If you have a collection you wish to display or know of an artist who would like to display their work please contact Steven Truman on 020 8457 2955 or steven@premiermp.co.uk to discuss it further.

Large Print Siddurim—Polite Request

Would anyone who has a large print Siddur in their box please return this to the book case so it can be used to follow the service by those who are sight impaired.

Market Place at WMA

A great new addition to our website has been launched ... [Market Place](#), an opportunity for our members to support each other in these economically challenging times.

Whatever business you are in let us know by emailing marketplace@marblearch.org.uk so we can include your listing free on the web site. Whatever you need to buy from a fridge to a flight check the website first and support our members. Our web page can be found at www.marblearch.org.uk/marketplace.html Organised and updated by Steven Truman & Jonathan Abro.

