

29th Cheshvan 5771/6th November 2010.

Minister: Rabbi Lionel Rosenfeld

Emeritus Chazan: Rev. Moshe Dubiner

Parashat Toldot - Shabbat Mevarchin—Machar Chodesh

	Hertz	Cohen	Stone	Gutnick		
Sedra	93	140	124	156		Shabbat begins 4.12pm
Haftarah	948	1189	1207	1487		Shabbat ends 5.14pm

CAN WE LIVE BOTH A SPIRITUAL AND A MATERIAL LIFE?

Of the three *Avot* (Patriarchs) of the Jewish people, Isaac is probably the most difficult with whom to identify. The lives of both Abraham and Jacob are richly detailed in the Torah and fleshed out in the words of our sages. By contrast, there are precious few episodes in the Torah involving Isaac, and in most of them he appears together with either his father Abraham or his son Jacob.

But there is one particularly noteworthy thing we do know about Isaac: Alone of the three *Avot*, he spent his entire life in the land of Israel. When, during a famine, he planned to temporarily move out of the country, as Abraham had done and as Jacob would later do, G-d told him: "*Do not descend to Egypt*" (Genesis 26:2). Rashi, the French 11C commentator on the Torah, explains, "*Because the lands outside of Israel are not suitable for you.*"

In general, the narratives in the Torah are meant to teach us how to lead our lives. This is even more so with the events in the lives of the Patriarchs, specifically meant to be "signs for the children". In short, each of us has an Abraham-aspect, an Isaac-aspect, and a Jacob-aspect in our souls and personalities. So the question is: For the majority of us, who either have never lived in Israel or who do live there but sometimes travel outside Israel, in what way can we emulate Isaac?

Part of the answer is that wherever we live, we aspire to live in the land of Israel - and we make this a major part of our daily prayers. But it actually goes much deeper than that. We may think of the Jewish people as being divided into two general categories: those who spend their time in Torah study, such as full-time Yeshiva students; and those who are part of the general workforce and professions. Generally, the idea is that the second group, which includes most of us, brings Godliness into the outside world by giving *tzedakah* (charity) from our earnings, or behaving in accordance with the Torah's standards of ethics and general morality, and so forth. This parallels what Abraham did; he went to the outside world and traveled around extensively to teach people about G-d.

But Isaac worked differently. The land of Israel in which he spent his entire life was more than just a geographical location; it was a sanctified area, like the Torah scholar's study hall. Instead of Isaac having to go out and work on making the world more spiritual, he could stay where he was and have the outside world come to him. The people of the time clearly realised Isaac's spiritual greatness - as did the Philistine king Avimelech, who came declaring, "*We have seen that G-d is with you*" (ibid. 26:28).

Each of us should strive to combine within ourselves both Abraham's and Isaac's methods. Most of the time, the average person is an Abraham, having to go down into Mesopotamia or Egypt, or their modern counterparts, and work on them from within. However, there are times when we have to be like Isaac, withdrawing for a time from the outside world to "recharge our batteries" with Torah study and prayer, undistracted by mundane affairs. The reverse is also true: an Isaac-person needs to take time out of his studies to help Jews who are "outside", both physically and spiritually, to come closer to authentic Jewish observance.

Shabbat Shalom !

From a Dvar Torah by Rabbi Alexander Heppenheimer

Next Shabbat - Vayetze

12th—13th November 2010

Commences 4.01pm Mincha & Kabbalat Shabbat 4.00pm

Announcements

A hearty Mazal Tov to Lisa Ronson and Paul Althasen on their forthcoming marriage and to parents Gail & Gerald Ronson and Margaret & Gerald Althasen
Margaret & Gerald Althasen have great pleasure in inviting you to Kiddush after the service to celebrate

A warm welcome to our Friends from the Danish Church who are with us this Shabbat

Breakfast Sponsor

Breakfasts for the morning Minyan this week have been kindly sponsored by Ann & Howard Richenberg to mark the Yahrzeit of Ann's Father Bela Reiner z"l

Birthdays—Mazal Tov to:

Jack Sorrell	Oliver Peters
Joseph Mishon	Amber Goldman
Jacob Lyons	Nicole Sharpe
Alison Goldberg	Eve Brenner
Harvey Soning	Stuart Lipton
Jacqueline Kershaw	Jack Mautner

Wedding Anniversary—Mazal Tov

Barbara & Bernard Diamond

Refuah Shleimah

Ruth Bromberg	Ruth bat Elsa
Gemma Levine	Tsipora Chana bat Eliezer
Lisbeth Morgan	Chaya bat Miriam
Gala Colover	Chana bat Yehudit
M.A.	Devorah bat Yocheved
Stuart Caplan	Zelig ben Etta Rasha Hacohen
Aitan Cobb	Aitan Gavriel ben Shulamit Aviva
Paul Simons	Pinchas ben Anita
Gerald Bloomberg	Yosef ben Devorah
Nat Winsor	Noah ben Miriam Chaya
Seymour Freed	Shmuel Zeev ben Sara Rivka
Alex Guberman	Natan ben Miriam

Friday 5th November

7.30 am Shacharit followed by breakfast & Haphtarah Shiur by Ervin Landau
4.00 pm Mincha, Kabbalat Shabbat & D'var Torah by Rabbi Lionel Rosenfeld

Shabbat 6th November

8.45 am Shiur with Ervin Landau
9.15 am Shacharit
4.00 pm Mincha, followed by Seudah Shlishit which this week has kindly been sponsored by Joseph Shavleyan in loving memory of his brother Ben-Hur ben Gershon z"l, & D'var Torah by Rabbi Rosenfeld
5.14 pm Maariv & Havdalah

Sunday 7th November—1st day Rosh Chodesh Kislev

8.30 am Shacharit followed by breakfast and D'var Torah
Restarts Cheder Aged 4—12 years. Contact Rabbi Lionel Rosenfeld for further information on 07811202244 or email rabbilr@marblearch.org.uk or Miriam Kaye marblearchcheder@hotmail.com

Monday 8th November—2nd Day Rosh Chodesh Kislev

7.15 am Shacharit followed by festive breakfast & D'var Torah by Michael Milston
10.30 am Shiur for Ladies led by Rabbi Rosenfeld

Tuesday 9th November

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

Wednesday 10th November

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

Thursday 11th November

7.30am Shacharit followed by breakfast & D'var Torah

Friday 12th November

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

Mincha & Ma'ariv through the week
Sun 7th —Thurs 11th November 4.00pm

Kiddush Rota

Esther Isaacs. Amanda Miller. Linda Sharpe

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

Tel: 020 7535 0458 mobile: 07811202244

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

Western Marble Arch Synagogue has facilities for the disabled

FOR YOUR INFORMATION

There is at present an exhibition of beautiful Ketubot in the Bloomstein Hall.

Pirkei Avot Shiur—will not be held this Shabbat

Kindly note that from Friday evening 12th November the Shiur will take place weekly after Kabbalat Shabbat

Rabbi Rosenfeld's Shiur for Ladies

Next Shiur Monday 8th November at 10.30am. Ladies who have not previously attended are most welcome.

Monday Mornings -Healing at WMA

Sonia Shalam continues with her healing sessions on Monday mornings. Please phone her on 07799353708 to book a session or for further information. .

GCSE—'Judaism' weekly course for teenagers taught by Rabbi Lionel Rosenfeld every Thursday at 6.00pm

Anyone who wishes to join this intensive class preparing for the June exam should email or call Rabbi Lionel Rosenfeld, see below

Thursday 18th November at 7.15pm FIRST SIMON WIESENTHAL MEMORIAL LECTURE

This lecture entitled 'Putting Anti-Semitism on Trial' will be given by Anthony Julius. NOT TO BE MISSED

22nd—24th November Exhibition of paintings from the famous Safrai Gallery from Jerusalem

Please come along to what will be a very interesting and enjoyable exhibition. **On Wednesday 24th November at 7.30pm there will be a cheese and wine reception to highlight the exhibition when the Israeli Cultural Attache will be present.**

Sunday 28th November at Central Synagogue—Rehearsals for the Sound of Music in preparation for the joint 2011 Purim Celebrations

Actors, singers, stage hands, technical help with lighting, sound, sets and costumes. No experience necessary just people interested in having fun. There will only be limited number of rehearsals. Contact Raquel on 020 7580 1355 for more details

Tuesday 7th December 2.30—5.00pm Archers Chanukah Party—Free Admission

Please come along with your friends for our Annual 'Chanukah Bash' for our senior members where there will be good food, good company, good entertainment, **Lighting of the Menorah and singalong with Rabbi Lionel Rosenfeld** and a free super prize draw.

Communal Dinner and Evening with Santa- Sebag Montefiore— 17th January 2011

In support of the charity Ovarian Cancer Action Funding research, raising awareness, giving a voice. Reception 7.15pm, Dinner 7.45pm, £45 per head. Please call or email the office today to make your booking. 020 77239333, office@marblearch.org.uk

Operation Winter Survival.

Once again we will be collecting warm winter items for help towards this good cause. Please bring your goods along to the Synagogue. This year they require new and nearly new winter hats, gloves and scarves