

10th Shevat 5771/15th January 2011

Minister: Rabbi Lionel Rosenfeld

Emeritus Chazan: Rev. Moshe Dubiner

Parashat Beshalach Shabbat Shirah

	Hertz	Cohen	Stone	Gutnick		
Sedra	256	407	366	422		Shabbat begins 4.04pm
Haftarah	281	434	1152	1404		Shabbat ends 5.13pm

PARSHAT BESHALACH - MAKING CHANGES

"When Pharaoh let the people leave, God did not lead them along the Philistine Highway, although it was the shorter route. God's consideration was that if the people encounter armed resistance, they would lose heart and return to Egypt." (Exodus 13:17)

The Jewish people needed to break away entirely from their lives as slaves in Egypt. They were not ready for war, to resist. There was a spiritual component of this as well, given our sages' teaching that the greatest war is the one within us, between our good and evil inclinations. The Philistines shared many of the same immoral practices as the Egyptians, and exposure to their society could have been a further negative influence. Instead, G-d effected a "clean break" from the degraded practices and enslavement of Egypt, taking us out into the open desert.

Rabbi M. Miller in his book "Sabbath Shiurim," identifies this -- the sudden break -- as one of two competing models for how one should halt a bad habit or practice. The other, of course, is more gradual -- and he finds a source for this in the Torah as well: Moshe says to Pharaoh, "and now, let us go out three days' journey into the desert, and we will sacrifice to HaShem our G-d." [3:18]

Why did Moshe imply that the people would return in three days, when they were never to return? The *Malbim* (Rabbi Meir Leibush, 1809-1879) says that Moshe wanted to offer Pharaoh the easiest possible request -- demonstrating the extent of Pharaoh's evil when he refused even to do that. For the Jews, however, says Rabbi Miller, this was designed to accustom the Jewish nation to the idea of leaving. They could go out into the desert for a while, but still have the opportunity to return. This provides a paradigm for the idea of a slow, gradual transition.

So, which method is best? When a person wants to change his life for the better, should he gradually modify his practices, or suddenly leap into a new pattern of behaviour? The answer, Rabbi Miller says, is that we need both. To make a sudden change has obvious risks -- if one fails in the attempt, then he or she has accomplished nothing, and may be too bruised to try again: "To undertake more than one is really capable of, and then to regret one's action, is worse than never to have tried at all: the aftermath of failure can become a serious and permanent drawback to moral progress." At the same time, the advantage of sudden change over gradual shifts is that once a person successfully crosses a narrow bridge, he or she can "burn it" -- and permanently close out the bad behaviour.

What one should do, he says, is follow the model of the Israelites. First, think about making a "small" change -- to go out three days' journey. Gradually build strength and confidence. Improve gradually. Then, when one is ready, make the leap forward, which will firmly establish new practices and do away with the old.

Shabbat Shalom.

From a D'var Torah by Rabbi Yaakov Menken, founder of "Project Genesis" and author of "The Everything Torah Book".

Next Shabbat: Yitro- Choral Shabbat

21st—22nd January 2011

Commences 4.15pm

Mincha followed by Choral Kabbalat Shabbat 4.30pm

Announcements

Mazal Tov to Gideon Schmidt on his Bar Mitzvah, to parents Susi & Yaacov Schmidt, brother David and all the family.

Susi & Yaacov have much pleasure in inviting the congregation to Kiddush after the service to celebrate.

Breakfast Sponsor

Breakfast for the morning minyan this week has been kindly sponsored by Marion & Peter Reichwald to commemorate the Yahrzeits of Marion's father Tobias Press z"l and Peter's father Leo Reichwald z"l.

Birthdays—Mazal Tov to:

Jack Miller	Ariella Esfandi
Oscar Isaacs	Cameron Shayle
Abigail Sage	Barney Davis
Charlotte Rouach	Isaac Leung
John Offenbach	Michael Djanogly
Raquel Gilinski	Brian Kirsch
Wendy Lipton	Rosalyn Springer
Becky Cohanim	Harry Heber
Patricia Davis	Anthony Isaacs
Harold Gould	Stanley Bloom

Wedding Anniversary—Mazal Tov

Jacqueline & Timothy Eppel
Lorraine & David Esdaile
Sandra & John Joseph
Barbara & Stanley Green

Refuah Shlemah

CM	Chaya Bella bat Esther
Renata Knobil	Mereleh bat Raizel Berel
Gemma Levine	Tsipora Chana bat Eliezer
Lisbeth Morgan	Chaya bat Miriam
Gala Colover	Chana bat Yehudit
M.A.	Devorah bat Yocheved
Arnold Lee	Aharon ben Esther Halevi
Lewis Clein	Yehudah Yonah ben Liba
Aitan Cobb	Aitan Gavriel ben Shulamit Aviva
Paul Simons	Pinchas ben Anita
Nat Winsor	Noah ben Miriam Chaya
Seymour Freed	Shmuel Zeev ben Sara Rivka
Alex Guberman	Natan ben Miriam
Benny Ollech	Ben Zion ben Yitta
Ivan Leon	Yitzhak Aryeh ben Sarah Leah

Condolences

We wish long life to Alison Goldberg on the passing of her father Norman Freed z'l

Friday 14th January

- 7.30 am Shacharit followed by breakfast & Haftarah Shiur by Ervin Landau
4.00 pm Mincha, Kabbalat Shabbat & D'var Torah by Rabbi Rosenfeld followed by Pirkei Avot Shiur

Shabbat 15th January

- 8.45 am Shiur with Ervin Landau
9.15 am Shacharit, Keriat HaTorah & Haftarah by Gideon Schmidt
4.00 pm Mincha, followed by Seudah Shlishit sponsored by Joseph Shavelyan in memory of his brother Ben-Hur Shavelyan z'l, & D'var Torah by Rabbi Rosenfeld
5.13 pm Maariv & Havdalah

Sunday 16th January

- 8.30 am Shacharit followed by breakfast and D'var Torah by Alan Goldberg
10.00 am **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 17th January

- 7.30 am Shacharit followed by breakfast & D'var Torah by Michael Milston
10.30 am Rabbi Rosenfeld's Shiur for Ladies
7.15 pm Evening with Santa Sebag-Montefiore

Tuesday 18th January

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

Wednesday 19th January

- 7.30 am Shacharit followed by breakfast and Parsha Shiur

Thursday 20th January—Tu B'Shevat

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

Friday 21st January

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

Come and strengthen our Friday night and Shabbat Afternoon Minyanim

Mincha & Ma'ariv through the week
Sun 16th—Thurs 20th January 4.00pm

Kiddush Rota

Frances Goldberg, Ruth Hanbury, 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

FOR YOUR INFORMATION

SPECIAL EVENTS

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

Choral Shabbat Weekend 21st—22nd January with Stephen Glass of Montreal

Join us for Choral Friday night and Shabbat morning services next weekend.

ONGOING EVENTS

Rabbi Rosenfeld's Shiur for Ladies

Next Shiur Monday 17th January 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

Bar & Bat Mitzvah Classes: next class Sunday Morning January 16th & Monday Evening 17th

Rabbi Rosenfeld teaches a new once-weekly class for boys and girls a year away from their Bar or Bat Mitzvah, Sunday mornings in Cheder and Monday evenings. All interested families should contact him.

Yadgaroff Library

The YAdgaroff Library is open every day for those wishing to study or browse the fine selection of books.

Sponsoring an Event

If you are celebrating a Simchah or commemorating a family Yaharzeit or if you are just feeling generous, please consider contacting the office and sponsoring a Shabbat morning Kiddush, the morning Minyan breakfasts or the weekly Newsletter.

