



SHABBAT ZEST

Parshat Noach 12th Tishrei 5777

Torah Reading / Haftara:

Artscroll – p.54/1133

Living Torah – p.52/1058

SHABBAT TIMES:

Candle Lighting:
3:56pm

Kabbalat Shabbat
Davening: 5:30pm

Shabbat Morning
Davening: 9:15am

Mincha: After Kiddush

Shabbat Ends 5:08pm

NEXT SHABBAT
VAYEIRA

CANDLE LIGHTING
@ 3:39 PM

This week the
Haftorah will be
read by ...



Parsha In a Nutshell

Genesis 12:1-17:27

G-d speaks to Abram, commanding him, "Go from your land, from your birthplace and from your father's house, to the land which I will show you." There, G-d says, he will be made into a great nation. Abram and his wife, Sarai, accompanied by his nephew Lot, journey to the land of Canaan, where Abram builds an altar and continues to spread the message of a one G-d.

A famine forces the first Jew to depart for Egypt, where beautiful Sarai is taken to Pharaoh's palace; Abram escapes death because they present themselves as brother and sister. A plague prevents the Egyptian king from touching her, and convinces him to return her to Abram and to compensate the brother-revealed-as-husband with gold, silver and cattle.

Back in the land of Canaan, Lot separates from Abram and settles in the evil city of Sodom, where he falls captive when the mighty armies of Chedorlaomer and his three allies conquer the five cities of the Sodom Valley. Abram sets out with a small band to rescue his nephew, defeats the four kings, and is blessed by Malki-Zedek the king of Salem (Jerusalem).

G-d seals the Covenant Between the Parts with Abram, in which the exile and persecution (galut) of the people of Israel is foretold, and the Holy Land is bequeathed to them as their eternal heritage.

Still childless ten years after their arrival in the Land, Sarai tells Abram to marry her maidservant Hagar. Hagar conceives, becomes insolent toward her mistress, and then flees when Sarai treats her harshly; an angel convinces her to return, and tells her that her son will father a populous nation. Ishmael is born in Abram's eighty-sixth year.

Thirteen years later, G-d changes Abram's name to Abraham ("father of multitudes"), and Sarai's to Sarah, and promises that a son will be born to them; from this child, whom they should call Isaac ("will laugh"), will stem the great nation with which G-d will establish His special bond. Abraham is commanded to circumcise himself and his descendants as a "sign of the covenant between Me and you." Abraham immediately complies, circumcising himself and all the males of his household.

Haftorah

Isaiah 40:27-41:16

The Haftorah for this week discusses Abraham's journey to the land of Canaan at G-d's behest, and touches upon Abraham's miraculous battle against the four kings, both of which are described in this week's Torah reading.

The prophet Isaiah addresses Israel's complaint: "'My way [of serving G-d] has been ignored by the Lord, and from my G-d, my judgment passes [unrewarded]."

Isaiah reminds Israel of the Creator's greatness. The time will come when "He will give the tired strength, and to him who has no strength, He will increase strength. Youths shall become tired and weary, and young men shall stumble, but those who put their hope in the Lord shall renew [their] vigour, they shall raise wings as eagles; they shall run and not weary, they shall walk and not tire." Nevertheless, "there is no comprehension of His wisdom," and as such, at times we cannot understand why He chooses to delay the reward of the righteous.

The Haftorah then turns its attention to the idolatrous nations of the world. Isaiah reminds them of Abraham's greatness, how after arriving in Canaan he pursued and defeated four mighty kings. "The islands saw and feared; the ends of the earth quaked." Nevertheless, the nations who witness these miracles did not abandon their ways. "The [idol] craftsman strengthened the smith, the one who smoothes [the idol] with the hammer strengthened the one who wields the sledge hammer; the one who glues its coating says, "It is good," and he strengthened it with nails that it should not move..."

G-d promises the Jewish nation to reward them for their loyalty to G-d. "Do not fear for I am with you; be not discouraged for I am your G-d. . . Behold all those incensed against you shall be ashamed and confounded; those who quarrelled with you shall be as naught and be lost."

UPCOMING EVENTS

5th-20th November – 20th International Jewish Film Festival at Odeon South Woodford

11th & 12th November - Shabbat UK. Do not miss out!!! This is an extremely popular event so book fast!!! Reserve Seats/Tables with the Office now.

12th November – Special 1st Birthday Kiddush for Amiel and Yakira Portnoy @ 1 Alderton Mews, after Shabbat service

12th November – Motsei Shabbat Concert with Portnoy Brothers @ Chigwell Synagogue at 7:30pm. Book at www.jewishessex.com

13th November – Sunday Shacharit Breakfast

19th November – Motsei Shabbat – Board of Deputies President Questions and Answers @ 61 Traps Hill @ 5:30pm

29th January 2017 - The return of Shir. The fabulous klezmer band are coming back for an encore. Reserve Tickets with the Office now.

December – Chanukah Lightings – all 6.30pm – Doughnuts, hot drinks music and entertainment:

24th: Chigwell Green

25th: Buckhurst Hill, Queens Rd

26th: Loughton

28th: Fullwell Cross Roundabout

29th: Bell Hotel, Epping

31st: Gants Hill Roundabout

Recurring Events

Cheder OPEN

Mummy and Me Relunched

Yahrzeits for the coming week 11th to 17th Cheshvan:

11. Janice Tancer – Father

12. Karen Posner – Mother

14. Lewis Lane – Mother

16. Gwen Bradman – Sister

16. Susan Scher – Father

16. Glen Ward – Father

17. Lindsey Morris – Father

A Little Deeper – Jewish Horoscopes

The Sages tell us that G-d took Abraham and lifted him into the heavens, above the stars themselves. This is probably not meant to be taken literally. They explain, however, the message. G-d was telling Abraham that he was now above the stars. The stars would have no influence on his future or the future of his children.

It often comes as a surprise for people to find out that Judaism does in fact believe in star signs and horoscopes. In Jewish thinking, a person's whole future is mapped out in the stars, and for one who knows how, reading the stars is like reading a book of the future. Now this does not mean that one should take too seriously what is said in the tabloid horoscopes. I am absolutely confident that someone with a real knowledge of how to read the stars would not bother writing for a newspaper.

It is, however, forbidden in Torah law for a Jew to read the stars or listen to someone who can do so. A Jew, as G-d told Abraham, should be "above the stars."

The only person whose future is mapped out in the stars is the one who does not take responsibility to make meaningful decisions in their life. If a person rides through life on auto-pilot, responding to circumstance based on how they feel, then their future is mapped out already. Their course through life has been charted. It is a life of cause and effect, which, for one who understands how, is entirely predictable.

It's like a ball in a frictionless pinball machine. If you know the starting acceleration and mass of the ball, as well as the location and force exerted on the ball by every bumper, you will be able to predict exactly where the ball will go. It's complex, but entirely predictable. If, however, a human being is at the flippers, his free will now makes it impossible to determine how the ball will move. It is now completely within the hands of that person to decide.

So too in life: If a person takes the driver's seat and makes meaningful decisions, he can change the destiny mapped out for him. If he looks into himself to decide what he really wants from life, and charts a course to achieve it, then his future is in his own hands.

Our horoscopes are only as true as we allow them to be. Unfortunately, it is much easier to go through life on automatic pilot. Life can go where the stars say it will, or where we want it to go. The choice is entirely ours to make.

Wishing you all a good Shabbos