



SHABBAT ZEST

Parshat Toldos 3rd Kislev 5777

Torah Reading / Haftara:

Artscroll – p.124/1137

Living Torah – p.116/1070

SHABBAT TIMES:

Candle Lighting:
3:34pm

Kabbalat Shabbat
Davening: 6:30pm

Shabbat Morning
Davening: 9:15am

Mincha: After Kiddush

Shabbat Ends 4:50pm

NEXT SHABBAT
VAYEITZEI

CANDLE LIGHTING
@ 3:32 PM

This week the
Haftorah will be
read by
Michael Newman

IMPORTANT SERVICE NOTICE

Friday night
service on Dec
23rd and 30th will
be at 3:30pm

Mazel Tov o
Debra and
Barry Gershon
on the wedding
of their
daughter
Anneka to
Jeremy
Kornhauser

Parsha In a Nutshell

Genesis 25:19-28:9

Isaac and Rebecca endure twenty childless years, until their prayers are answered and Rebecca conceives. She experiences a difficult pregnancy as the “children struggle inside her”; G-d tells her that “there are two nations in your womb,” and that the younger will prevail over the elder.

Esau emerges first; Jacob is born clutching Esau’s heel. Esau grows up to be “a cunning hunter, a man of the field”; Jacob is “a wholesome man,” a dweller in the tents of learning. Isaac favours Esau; Rebecca loves Jacob. Returning exhausted and hungry from the hunt one day, Esau sells his birthright (his rights as the firstborn) to Jacob for a pot of red lentil stew.

In Gerar, in the land of the Philistines, Isaac presents Rebecca as his sister, out of fear that he will be killed by someone coveting her beauty. He farms the land, reopens the wells dug by his father Abraham, and digs a series of his own wells: over the first two there is strife with the Philistines, but the waters of the third well are enjoyed in tranquillity.

Esau marries two Hittite women. Isaac grows old and blind, and expresses his desire to bless Esau before he dies. While Esau goes off to hunt for his father’s favourite food, Rebecca dresses Jacob in Esau’s clothes, covers his arms and neck with goatskins to simulate the feel of his hairier brother, prepares a similar dish, and sends Jacob to his father. Jacob receives his father’s blessings for “the dew of the heaven and the fat of the land” and mastery over his brother. When Esau returns and the deception is revealed, all Isaac can do for his weeping son is to predict that he will live by his sword, and that when Jacob falters, the younger brother will forfeit his supremacy over the elder.

Jacob leaves home for Charan to flee Esau’s wrath and to find a wife in the family of his mother’s brother, Laban. Esau marries a third wife—Machalath, the daughter of Ishmael.

Haftorah

Malachi 1:1-2:7

Being that tomorrow is Rosh Chodesh, the Haftorah is exclusive for a Shabbos that coincides with Erev Rosh Chodesh. The Haftorah is from Shmuel I Chapter 20. It describes the emotional parting between Yehonasan the son of Shaul, and David, the future king of Israel. The Gemara states that the greatest love ever manifested between two people was the love that existed between Yehonasan and David.

David had already been anointed by Shmuel to succeed Shaul as king, and his relationship with his mentor, King Shaul, had deteriorated to the extent that David had to flee for his life. Yehonasan, wanting to ascertain the extent of Shaul's hatred for David, devised a plan, whereby David would be absent from Shaul's Rosh Chodesh meal. If his father acted lovingly in asking about David's absence, then it would be safe for David to return. If not, David would flee. In the end, David was forced to flee Shaul's wrath. The extraordinary aspect of Yehonasan's love for David was the fact that he protected David with his life, even though he knew that David would succeed Shaul as king, rather than himself.

UPCOMING EVENTS

18th December – Chanukah Extravaganza – Loughton Synagogue.

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

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

Recurring Events

Cheder OPEN

Mummy and Me Running

**Yahrzeits for the coming week
3rd – 9th Kislev:**

3. Ricci Davis – Father

3. Jessie Glassar – Mother

3. Sandra Lorraine – Father

5. Ian Levene – Father

6. Susan Wiseman – Father

7. Geoffrey Curtis – Father

7. Phillip Curtis – Father

8. Clive Green – Mother

8. Mitchell Green – Mother

8. Sylvia Rosen – Husband

A Little Deeper – Instant Gratification

Of all types of sibling rivalry, probably the most intense is with twin boys. Jacob and Esau, the twin sons of Isaac and Rebecca, began struggling even inside the womb! At birth, they fought to see who would get out first. And they grew up vying for the attention of their father Isaac -to see who would inherit the mantle of Jewish leadership. The Torah (Genesis 25:29-34) describes a pivotal incident:

"One day Jacob was cooking lentil stew, and Esav came in hungry from the field. Esav declared, 'I'm famished. I beg you to feed me that red stew!' Jacob said, 'In exchange, sell me your birthright.' Esav said, 'Behold, I am dying, so what good is this birthright anyway?!' So Esav agreed to sell the birthright. Jacob gave him bread and lentil stew. Esav ate and drank, and went on his way, despising the birthright."

On a deeper level, there is another way to understand Esav's statement, "I'm going to die anyway." Esav is revealing his philosophy of life: "The world begins when I'm born, and ends when I die. So who needs to be concerned with intangibles like a 'spiritual birthright.' I'll take the stew and be happy now!"

The Midrash says that after consummating the deal, Esav mocked Jacob's stupidity. "I got a hot bowl of soup and you got some abstract future reward!" laughed Esav. Esav is driven by physical desire, concerned only with the here and now. He demands instant gratification. He seeks physical pleasure and comfort, because for him, the pleasures of the body are all that life has to offer. This is reflected in his actions:

Every human being is comprised of two components – the physical (body) and the spiritual (soul). Each part needs to be nourished and sustained, yet achieves this through very different means. The body seeks comfort and immediate gratification: food, sleep, money. The soul seeks longer-lasting, eternal pleasures: meaning, love, good deeds, connection to G-d through prayer and study G-d's word the Torah. This ability to consider long-term consequences is what distinguishes the mature from the immature. A child cannot predict that eating 20 sweets now will lead to a stomachache. A university student may not see that late-night parties might affect his entire career track. Or a father may not see that working overtime can lead to irreparable disconnection from his wife and children.

Today, each of us is fighting Esav's battle: body versus soul. The multi-billion-dollar media machine constantly entices us to buy into the lifestyle of "Instantaneous-ism." Between fast-food, iPads, streaming-hands-free-one-click-ordering, we've become accustomed to a world where immediacy is the norm. The affect is that we've lost our sense of perspective.

Marketing experts don't want us to mature. They want us to remain in our impulsive, ego-driven demand for games and instant fun. To win the battle, we must be pro-active in undertaking spiritual activities. Something as simple as saying a blessing over food turns a "physical" act into a spiritual experience. Davening each day even if for 5 minutes with our tefillin on.

Next time you're at a levaya, listen closely to the hesped - eulogy. You will never hear about what kind of car he or she drove, how many different restaurants he visited, or how much money he shrewdly invested. If these things are mentioned it is indeed a tragedy beyond words. At that moment of everlasting truth, what is truly important is being a devoted parent, donating money to build a hospital, caring for others, and personal integrity. The acts of bringing G-d into one's own life as well as those around them, how they overcame challenges to grow and into bigger more wholesome individuals who's spiritual achievements matched and surpassed all others.

Wishing you all a Good Shabbos