



SHABBAT ZEST

Parshat Va'eschanan 16th Av 5776

Torah Reading / Haftara:

Artscroll – p.958/1196

Living Torah – p.884/1224

SHABBAT TIMES:

Candle Lighting:
7:35pm

Kabbalat Shabbat
Davening: 7:00pm

Pre Shacharit Parsha
Shiur: 8:45am

Shabbat Morning
Davening: 9:15am

Mincha: 6pm

Shabbat Ends 9:07pm

NEXT SHABBAT
EIKEV

CANDLE LIGHTING
@ 7:35 PM

This week the
Haftorah will be
read ...

Parsha In a Nutshell

Deuteronomy 3:23-7:11

Moses tells the people of Israel how he implored G-d to allow him to enter the Land of Israel, but G-d refused, instructing him instead to ascend a mountain and see the Promised Land.

Continuing his “review of the Torah,” Moses describes the Exodus from Egypt and the Giving of the Torah, declaring them unprecedented events in human history. “Has there ever occurred this great thing, or has the likes of it ever been heard? Did ever a people hear the voice of G-d speaking out of the midst of the fire . . . and live? . . . You were shown, to know, that the L-rd is G-d . . . there is none else beside Him.”

Moses predicts that in future generations the people will turn away from G-d, worship idols, and be exiled from their land and scattered amongst the nations; but from there they will seek G-d, and return to obey His commandments.

Our Parshah also includes a repetition of the Ten Commandments, and the verses of the Shema, which declare the fundamentals of the Jewish faith: the unity of G-d (“Hear O Israel: the L-rd our G-d, the L-rd is one”); the mitzvot to love G-d, to study His Torah, and to bind “these words” as tefillin on our arms and heads, and inscribe them in the mezuzot affixed on the doorposts of our homes.

Haftorah

Isaiah 40:1-26

This week’s haftorah is the first of a series of seven “haftarot of Consolation.” These seven haftarot commence on the Shabbat following Tisha B’Av and continue until Rosh Hashanah.

This section of Isaiah begins with G-d’s exhortation to the prophets: “Console, O console My people . . . Announce to Jerusalem that her period of exile has been fulfilled and that her sins have been forgiven.”

Isaiah’s prophecy describes some of the miraculous events that will unfold with the onset of the messianic era, such as the return of the exiles to Jerusalem, the revelation of G-d’s glory, and the rewards and retribution that will then be meted out.

The prophet then goes on to comfort the people, describing G-d’s power and might, and reassuring them of His care for His people.

UPCOMING EVENTS

6th September - Leslie Kleinman Talk - Reserve your place now by contacting the office with number of tickets to admin@loughtonsynagogue.com. £5 donation per ticket.

27th September - Rabbi Dr Rafi Zarum Talk - Reserve your place by contacting the office with number of tickets to admin@loughtonsynagogue.com. £5 donation per ticket.

30th October – Quiz Night - Prices TBC. Reserve Seats/Tables with the Office now.

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

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 Closed – Resumes 4th September

Yahrzeits for the coming week 16th – 22nd Av:

- 16. Richard Cohen - Father
- 17. Cyril Cowan - Wife
- 17. David Cramer - Sister
- 17. Vivien Klein - Mother
- 18. Cyril Cowan - Mother
- 18. Daphne Gilbert - Mother
- 19. Audrey Gee - Brother
- 21. Gerald Borman - Brother
- 21. Bernard Kashket – Mother

Stonesetting

17th Av – 21st August – Leonard Lieberman – Brother – 2:30pm Waltham Abbey

A Little Deeper – The Joy of Now

In the Shema, we say, "You shall love G-d with all your heart, with all your life and with all your possessions." This is a commandment to be willing to give up even our lives and our possessions in the pursuit of meaning. The Sages explain that for some people, their money is more valuable than their life, so the Torah needs to state both.

But why would the Torah think that a person might value money more than life? Surely if he is no longer alive, his money is not all that useful to him?

When looked at from a different perspective, there are actually plenty of people who are willing to give up their lives for their money. How many people do you know who are spending so much time making money that they have no time to actually "live"? They are making money in order to live - but then they don't live.

I think the psychology is as follows:

Each one of us knows deep down that life itself is so beautiful that all of its bothersome details just pale into insignificance. At the same time, so many of us feel that we are just not tapping into that goodness. We know there is so much more out there that we are just not experiencing, so much we are missing out on.

We Jews know that the only way to engage fully in life is by doing just that. Savour every bite of the orange you are eating. Focus intently on the warmth of the sun on your skin. See the goodness in those around you, and love them for it. Even savour the moment when you change your beautiful baby's nappy! It's all there to be enjoyed.

Life is rich, so rich, that even its most mundane aspects can be heavenly. But here's the rub: the effort of enjoying life is often so great, that we would rather not bother. The effort of really focusing in order to fully experience a juicy orange is such a hassle that we'd rather just mindlessly go through the chewing motions while watching people bleed to death on TV, or some other pathetic screen.

Deep down we know we are missing out when we do that, so we have to find a way to convince ourselves that we really are trying to find fullness in life. How do we do it? There are many mechanisms, and chasing money is a particularly good one. Here's the line of reasoning: Once I have enough money, I will be able to enjoy life in its fullest sense. I'm not selling myself short; I'm just building my bank account until I can really engage in life.

Quite obviously, this is not a means for engaging in life. It is merely a sophisticated excuse for not doing so. People don't really value money more than life. It's just so much more comfortable to chase money than it is to chase life. Chase Life!

The bottom line is that if you want to enjoy life, you have to take the effort to enjoy the "now" - not build toward some sort of wonderful future where all will be so much better. Life is rich for you now. Life is full for you now. Life is so short. Don't let the pursuit of a better life be an excuse for not living that better life right at this moment. Don't excuse yourself enjoying life with your children by telling them you're still working to make things better for them. Enjoy life with them now!

Wishing you all a Good Shabbos