

# CONNECT

TISHREI 5781 - SEPTEMBER 2020

chabad  
lubavitch centres  
*n.e london & essex*



Charity No. 1123001

SUPPORTING COVID-19 WITH LOVE!

# Editor's Comment

Dear Reader

Much has changed since our Pesach Issue of Connect.

Covid 19 hit, changing the world and our lives dramatically. All that was normal was destabilised and we had to find a way to keep protected and safe. Our health became our priority. Pesach plans were abandoned and “stay at home” and “Stay safe” became the mantra.

We were inundated, as the calls came flooding in and requests were received for help and support, from local to international. The requests came from concerned relatives to those who found themselves in self isolation, often as they were alone with nobody to turn to. What would happen to Pesach and the Seder this year? Some needed help with conducting a seder and the requirements to do so, some basic shopping, others just wanted reassurance and a patient listening ear. They knew that they could turn to Chabad and Chabad galvanised an action plan to be implemented with immediate effect.

The Chabad response was as always – to find a way. Tracht Gut vet Zein Gut, Think positive.

In this issue of Connect, we share with you insights to the many perspectives of Chabad’s response to the varying needs of the wider community.

Wishing you a Shana Tova

Mrs Devorah Sufrin

We wish Mrs Devorah Sufrin  
our warmest wishes of Arichat Yamim  
Long life, with Healthy Years full of joy and Nachat  
on the passing of her Father  
Mr Eliyahu Vogel z"l  
on 2nd Sivan - 25th May

May we merit to share Simchot and Good Tidings together.

# New Year Message 5781

by the Lubavitcher Rebbe, Rabbi Schneerson zy"o



It is significant that the anniversary of Creation is not celebrated on the first day of Creation, but on the sixth, the day when Man was created. Rosh Hashanah marks the beginning of a new year, a new date in the cycle of time, and everyone hopes and prays that it will also be the beginning of a new era in one's personal life, one that is "good and sweet" materially and spiritually.

It is significant that the anniversary of the Creation is not celebrated on the first day of Creation, but on the sixth, the day when Man was created. Herein lies a profound lesson for every one of us:

Man, the microcosm ('small world') contains within him all the 'Four Kingdoms' into which the macrocosm, the universe at large, is divided. In the course of his life, man passes through the stages of inanimate, vegetable and animated existence until he reaches maturity and begins to live a rational and spiritual life of a human being.

Rosh Hashanah, and the Ten Days of Repentance introducing the New Year, is the time for self-evaluation and mature reflection on the profound lessons of these solemn days:

Just as the world, begins its true existence, from the day Man was created, so too, each and every individual must realise that his whole essence and purpose consists of the true human element of his being and the 'humanization' of the inanimate, vegetable and animal parts of which he is composed.

It is not enough, if part of his time and effort correspond to the behaviour of a true human being. It is necessary that the 'man' should inspire, sublimate, elevate and sanctify all his component parts, including the animal, vegetable and inanimate. This in turn ensures that they too, respond to the call, *"Come, let us worship, let us bow down and kneel before G-d, our Maker."* Such a life in accordance with the commands of the Creator, a life in accordance with the Torah and Mitzvoth which G-d, our Maker, has given us, and only such a life, justifies one's own existence, and justifies thereby also the Creation.

With Blessings for a Happy, Healthy and Sweet New Year.

ALSO HIGHLY CONTAGIOUS:

KINDNESS, HOPE  
AND POSITIVITY

DON'T WAIT TO CATCH IT  
FROM OTHERS

BE A CARRIER

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# Rosh Hashanah-5781

*A New Year message from Rabbi Aryeh MBE & Devorah Sufrin  
Co-Directors & Head Shluchim- Chabad Lubavitch Centres North East London & Essex*



## **"Challenges gives way to opportunity"**

Who could have imagined the world that we live in experiencing a pandemic that we have seen, lived and living through at this time?

Who could have imagined that our Chabad Centres, open 24/7 for the whole community, would be forced to close our doors for five months?

Yet, Chabad never sleeps!! When faced with challenges, Chabad always seeks the opportunity they present.

This "Connect" issue is dedicated to Chabad's collective response to Covid-19 across Essex. It gives you, the reader an inside glimpse of the possibilities and opportunities we could never have imagined possible. But, yes they are real!

Pesach and Shavuot were so different to what we have been used to. As things stand, the likelihood is that Rosh Hashanah, Yom Kippur and Succot will continue to be a challenge.

Read the short articles, feedback from our beneficiaries and volunteers in the pages that follow. They are testimony to what we, Chabad, have achieved during these challenging times.

Driven by the Lubavitcher Rebbe's, Rabbi Schneerson zy"o passion for continuous growth, Chabad cannot and will never stand still.

As our friends and supporters reading this Connect magazine, we thank you for partnering with Chabad, as we continue to make Jewish life in Essex, vibrant, realistic and inclusive, whatever the changing odds.

Thank you for responding to our Rosh Hashanah appeal, partnering with us at Chabad and ensuring that our efforts and enthusiasm to provide and service the wider community, remains possible.

**Wishing You and Yours, a Very Happy Healthy and Safe New Year.**

# Zooming through Co...

What does one do, when all your activities and the heart of your operation i.e. our Chabad Houses are forced to shut our doors by order of the Government as the pandemic of Covid -19 gets a grip?

Pesach was at the brink of being cancelled!

Last February, how many of us had heard of Zoom, as a means of communication?



Rabbis Zoom Meeting Galvanising Our Covid Response

The last communal event that our Chabad House hosted was our annual Purim party, which as always was such fun. Did we think for one moment that a fancy dress party and such fun would be the last chance for our loving community to cross our threshold?

Pesach was in four weeks time and the Centre's plan to ensure that all would be thoroughly cleaned and ready to host our annual Communal Seder for some 100 plus people was all lined up to go. In fact, the kitchen stove had already been professionally cleaned.

At Chabad, we all had to learn very fast, and become experts in Zoom. Upping our game in the technological world had now to become second nature.

The first Zoom led by Rabbi Sufrin MBE, entitled "15 easy steps to conduct a Seder service" was attended by many participants who reported back to him that they found this session extremely enlightening and helpful.

Mrs Devorah Sufrin first used zoom to lead a hands on Matzah bake, thus ensuring that our Cheder Children did not lose out.

# vid - Gants Hill.

Bar Mitzvah were held via Zoom and sadly, Funerals and Shivas were conducted in the same way.



Through these initial trial sessions, what came to light, was how appealing this new medium is, and that our community and friends were seeking to engage with their Chabad Centre and feel connected.

As a result, since Pesach, the following zoom and Facebook sessions are taking place daily and weekly, reaching some 250 people per week who perhaps would have been cut off with no community contact.

Including:

- 10 minute each weekday "spiritual get up and go"
- Weekly one to one learning
- Weekly Counselling sessions (most days per week)
- Weekly Sedra class

- Weekly Kabalat Shabbat with guests speakers from across the UK and the USA
- Weekly Havdala service after Shabbat
- Weekly one to one ladies learning
- Fortnightly talk & tea for solo ladies
- Fortnightly Ladies lunch and learn
- Weekly Bat Mitzvah classes
- Weekly Cheder classes & one to one reading tuition

Whilst Synagogue Services restarted in July, albeit with small numbers due to social distancing rules, the beneficiaries of the Kabalat Shabbat service wanted the zoom sessions to continue. TG we now do both from our Chabad centre, with a live zoom service on Friday evening up until 8pm when we as a community bring in Shabbat.

It seems embracing new technologies is here to stay.....



# Food Distribution - C

***Supporting some 500 plus people each week.***

The outbreak of the Covid 19 pandemic saw an escalation of Chabad's provision of necessities to many recipients. Initially help was needed with Pesach provisions as many had anticipated either going away or joining family or friends which was no longer possible. Chabad usually hosted up to 100 guests at the communal Seder. Our thinking hats were donned and "Pesach to you" was born.

You can't come to us – so we will send the Seder to you! Spurring ourselves into action the work began. Seder in a box – a beautifully presented Seder Kit with every item needed for the Seder. (A beautiful project of Chabad UK). A full Seder Meal, Matzos, wine, Haggadot, a Seder mat and even a toy frog to liven up the plague story. If you needed it, Chabad provided it.



Many people were stressed because they could not go shopping for Pesach. We took in their orders and TG managed to make arrangements with several Kosher Shops in NW London and had all their orders delivered to us.

Hundreds of people benefited from these initiatives and were able to celebrate Pesach – albeit in a very different manner than they were accustomed to.

Since Pesach weekly food deliveries continue to be made up and delivered to needy families each week. In addition to the food packages, a homemade challah, chicken soup and a potato kugel are delivered to numerous people just to let them know that they are being thought of.



# Gants Hill Centre

In order for Chabad's weekly Thursday and Friday distributions to take place, a coordinated operation takes place by volunteers Graham Nygate, principle lead & Howard Harris. Their dedicated efforts ensure that the food for distribution is picked up and delivered to Mrs Devorah Sufrin who leads a group of amazing volunteers to make up the packages and deliver them to the doorsteps of all concerned.

Much of the food used for this distribution comes through a charity called "Fairshare" who saw Chabad as a befitting charity to partner with in food distribution to the needy.



Seder Meals being Prepared

They have been instrumental in ensuring that previously discarded but perfectly good food is distributed to those who can use it instead of it being thrown away. Food is picked up from Tesco, and more

recently other supermarkets such as



Distribution of Matza

Asda, Morrisons, Waitrose, Co-op and Bookers Cash and Carry. Some 500-600 people benefit every week from this joint food distribution project through local soup kitchens.



Food Distribution to Needy Families

# Buckhurst Hill Update

Here at Chabad Buckhurst Hill, we have been manic busy over lockdown, in fact, it feels like we have been busier serving the community remotely than when people were coming to us in person. It was hard for us to close our doors, but for everyone's safety, we were closed for a long three and half months. However, while we were physically closed, and services and events had to go on hold, we opened our hearts and turned our focus to connecting with people remotely and galvanising support and assistance for those who were shielding and unable to get it.

Our Cheder immediately went online, 10 Bar Mitzvah lessons continued over Sykpe and Zoom and at the end of the term, we had the most fun rolling out a red carpet in front of each of our Cheder children's homes and doing a "Cheder Graduation at YOUR Front Door" for each child.

This selection of pictures gives some insight into our Covid responses – you can see for yourself what we have been up to.



Cheder Graduation



Online Barmitzvah Lessons



Cheder Online

We delivered packages for Pesach – Seder to Go kits, Special Hand baked Matza and assisted with shopping for those who needed.

We delivered packages and cheesecake for Shavuos to over 50 families.

We have been delivering weekly care packages of homemade Challah, potato kugel and grape juice each week to between 10-20 different families.

We successfully moved our Cheder Online continuing to provide quality Jewish education in a fun and interactive way for some many.

We hosted several well attended Zoom lectures.

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Take-Away Cooking



Shabbos Packs Delivery



Seder To Go Kits

We offered Zoom Hebrew lessons for kids stuck at home regardless of if they had been from a Jewish school or not.

Live streamed Pre Shabbat service each week which attracted up to 50 participants each week.

We also ran our first ever Crowdfunding Campaign and raised £60,000 that supports all the above and more...

Let's all pray that we and our loved ones can keep well, stay safe and have a blessed and Happy New Year.

Rabbi Odom & Henny Brandman and family and all at Chabad Buckhurst Hill



Babycino Online



Cooking Lessons Online



Matza Distribution

# Epping Through Covid

We moved into our new spacious family home, doubling up as our Epping Chabad House in early March. We were so excited as we enjoyed our first expanded Shabbat service, welcoming larger numbers, the future looked bright and exciting. Then the pandemic, Covid – 19 closed our doors to the public.

In consultation with our colleagues, we realised not only would this pandemic not hold us back but we now had an opportunity to reach out to so many more within the wider Epping communities through other mediums. Innovative programming has given us the opportunity to reach even further.

Our zoom “getting to know you” sessions have been a great success, bringing in a large viewing crowd way beyond the boundaries of our community. In addition to our own learning and discussion groups, we brought “virtual” speakers from abroad including:



- Hindy Markowitz, NY, who shared how she lives and inspires others overcoming being visually impaired.
- Mrs Dinah Hurwitz, Shlucha, Temecula, California, whose husband is confined to his bed through ALS, yet together inspire thousands through their weekly blogs on marriage guidance and messages from the Torah.
- Mr David Katz, who shared his Tanzania photography project as he continues to inspire “overcoming challenges and impairment”.

**SHARE THE LOVE PROJECT** – Each week throughout the lockdown, Rivka has been busy preparing Challot, homemade cakes and biscuits to be delivered by Rabbi Posen and his children on Friday, spreading love and care, when so many were in isolation. Seeing the children with their Father, their new local Rabbi, brought warmth to their hearts,

# 'd-19

knowing that someone cares about them. Some had heard of Chabad further down the Essex corridor up to Gants Hill & others not, but this being hand delivered by their own Rabbi, prepared by their Rebbetzin Rivka, and now a family fully settled into Epping Essex, brought joy beyond description. Some 100 families have benefitted from this project and showing a keen interest in Chabad Epping's future activities.

The Sunday evening weekly Wine & Chat, welcomes some 25 families for a community get together which includes games, quizzes, and a great socialising opportunity.

We held our first Falafal take away in June, led by Yair & Marcia Cohen & Family, with some 100 orders, the place was buzzing. Pick up with social distancing all in place and a successful event, enjoyed by all. Having tested the waters we are sure this type of food event can be a regular for Chabad Epping going forward.

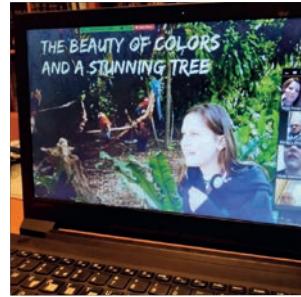
Since the easing of lockdown, Chabad has now resumed its weekly Shabbat services. With the added good fortune of fabulous weather, most have taken place outside in the back garden, which allows social distancing and singing of services (curtailed indoors).

Plans are being drawn up for a very exciting month of Tishrei, including High Holyday services, Shofar blowing, Tashlich and Sukkot activities for the whole family.

We are all looking forward to our second year Shlichut here in rural Epping, which is set to grow together with you in an ever increasing way.



Sharing the Love



Hindy Markowitz



NY, Wine & Chat

Wishing you and your Families a very Healthy Happy, sweet and successful New Year.

Rabbi Yossi & Rivka Posen

# Southend News

The Cheder at SWHC which is run in conjunction with Chabad Essex, led by Head teacher Mrs Devorah Sufrin, zoomed through the last term of this academic year with on line classes for all the children.

Each child enjoyed an individual one to one weekly class, spread over Monday & Tuesday evenings (instead of just a Monday), to ensure that each child was able to develop their individual learning and reading ability. Lockdown may have prevented the children from going to Cheder, but using this technology brought Cheder into the children's homes weekly.



Reading, fun learning activities, even baking a Matzah for Pesach and Bat Mitzvah Club all continued on line, ensuring that the children were able to keep up with their individualised learning.

The academic year culminated with an exciting zoom graduation devised and run by Mrs Sufrin. The children were addressed by Rabbi Hyman, Rabbi of SWHC & Principal of the Cheder, Mrs Adrienne Moss – Education officer and Mrs Samantha Hambling a class teacher.

Each of the children spoke so beautifully, sharing their thoughts and feelings about Cheder during lockdown. Two of the children recited a moving and meaningful prayer asking Hashem to help all those who are unwell followed by Mrs Sarah Miller, herself a Parent, speaking on behalf of the parent body.

Head Teacher Mrs Devorah Sufrin presented each child with their certificate and prize to

mark the amazing progress that they had made.

To conclude this year's unique end of term prize giving, Rabbi and Mrs Sufrin drove to the homes of all the children. Each child received, their well-earned certificates and prizes as well as some noshy bits to celebrate with. Well done to the children of Southend Cheder- you rock!!

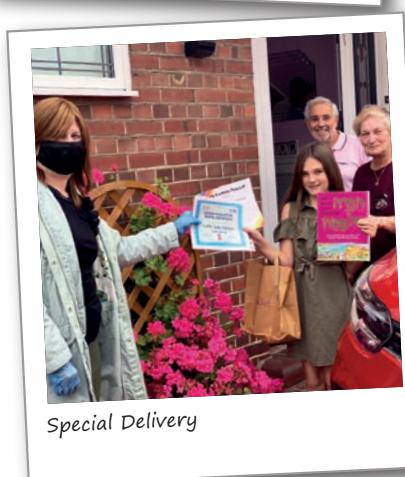
Rabbi & Mrs Sufrin's monthly Adult education classes continued on zoom, in addition to maintaining one to one classes for individualised tuition, whilst maintaining relationships developed over many years.



Special Delivery



Special Delivery



Special Delivery

## THE MONTH OF ELUL

The Jewish month of *Elul* is a time to review one's behaviour and spiritual progress over the past year. This helps us prepare for *Rosh Hashanah*, the Jewish New Year. It is an appropriate time for *Teshuvah*, which means returning to G-d. We do this by increasing in prayer, charity and compassion for those around us. Personal change takes effort and consistency, but it is possible. Our self-improvement helps us become closer to G-d.

Rabbi Shneur Zalman of Liadi taught that G-d is very approachable during this month. "The King is in the field", rather than His palace, and "anyone who wants can meet Him. He receives everyone all with a happy expression and shows a smiling face to them all."

## ROSH HASHANAH

19th & 20th September – 1st & 2nd Tishrei 5781

 First Day Rosh Hashana begins Friday 18th September – **6:49pm**

 Second Day Rosh Hashana begins 19th September – **AFTER 7:54pm**

Rosh Hashana ends 20th September – **7:52pm**

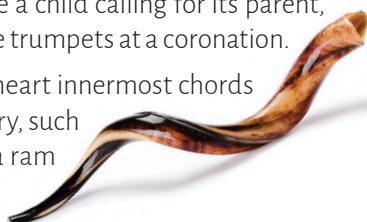


*Rosh Hashanah* means "Head of the Year". It marks the beginning of the Jewish year and the day that G-d created Adam and Eve. This highlights the unique relationship between G-d and humanity. On *Rosh Hashanah*, we crown G-d as the supreme King of the Universe. We proclaim G-d's dominion over Creation, His power of remembrance, and *Shofar*'s sound.

### The Shofar

On *Rosh Hashanah*, we blow the *Shofar*, which is a ram's horn, the oldest and most primitive of wind instruments. This year, since the first day of *Rosh Hashanah* falls on *Shabbat*, we do not blow the *Shofar* until the second day. In total, we blow one hundred sounds from the *Shofar*. Its sound is simple and plaintive, yet majestic and powerful. Simultaneously a cry from the heart, like a child calling for its parent, while also crowning G-d as King of the Universe, like trumpets at a coronation.

The sound of the *Shofar* instils awe, striking at the heart innermost chords of the soul. It also evokes key events in Jewish history, such as the Binding of Isaac, when Abraham sacrificed a ram in place of his son.



## Festive Meals



On each night and day of *Rosh Hashanah* we eat a festive meal. On each night, we start the meal by symbolically asking G-d for a year of sweetness and renewal. On the first night, we eat a slice of apple dipped in honey.

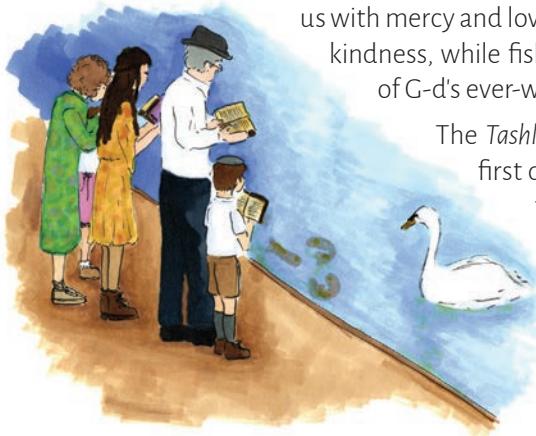
On the second night of *Rosh Hashanah*, we add a blessing to our *Kiddush* to serve as a “*Havdalah*”, separation, between the sanctity of *Shabbat* and *Yom Tov*.

After *Kiddush*, we eat a “new fruit”, a seasonal fruit that we have not tasted since its season began. Many people choose pomegranate, because it is full of seeds, just as each of us is full of good deeds.



## Tashlich

On the second day of *Rosh Hashanah* before sunset, we go to a river, lake or any body of water holding live fish. We recite the *Tashlich* Prayer, symbolically cast away our sins, and ask G-d to judge us with mercy and love on this holy day. Water symbolises kindness, while fish, which have no eyelids, remind us of G-d's ever-watchful providence.



The *Tashlich* ceremony is usually held on the first day of *Rosh Hashanah*. This year, since the first day of *Rosh Hashanah* falls on *Shabbat*, we defer *Tashlich* until the second day.

Someone who cannot recite *Tashlich* on *Rosh Hashanah* may do so until the last day of *Sukkot*.

## TZOM GEDALIAH

**Monday 21st September – 3rd Tishrei**

The day after *Rosh Hashanah* is *Tzom Gedaliah*, the first of the six Fast Days. We recall *Gedaliah's* assassination. He was the governor of Judea, over 2'400 years' ago. His death led to the Jews fleeing to Egypt, triggering further bloodshed. It also delayed Jewish settlement in the Holy Land for more than fifty years.

In memory of *Gedaliah*'s death and its tragic aftermath, we fast every year on the day after *Rosh Hashanah*. It is a "minor" Fast, beginning at dawn and ending at nightfall. If *Tzom Gedaliah* ever falls on *Shabbat*, we postpone the Fast until Sunday.

## SHABBAT SHUVAH

 Shabbat Shuvah begins Friday 25th September – **6:33pm**

 Shabbat Shuvah ends Saturday 26th September – **7:38pm**

We call the *Shabbat* between *Rosh Hashanah* and *Yom Kippur* "*Shabbat Shuvah*", the *Shabbat of Return*. Customarily, the rabbi of congregation discusses the importance of *Teshuvah*, repentance. Our Sages taught that G-d forgives the sins of Israel when rabbis encourage their communities to improve.

## YOM KIPPUR

 Yom Kippur begins Sunday 27th September – **6:28pm**

 Yom Kippur ends Monday 28th September – **7:33pm**

*Yom Kippur* is the Holiest Day of the Year. We are closest to G-d, and our soul's essence, on this day. *Yom Kippur* means "Day of Atonement". The *Torah* says, "For on this day He will forgive you, to cleanse you from all your sins, before G-d."

*Yom Kippur* is a "major" Fast, beginning at sundown on Sunday 27th September and ending after nightfall on Monday 28th. For nearly 26 hours we "afflict our souls". We abstain from food and drink, and do not wear leather footwear. We neither wash, nor apply lotions and creams, and we abstain from marital relations. Instead, we spend the day at the synagogue, praying for forgiveness.

This year, it is important to plan how you can keep *Yom Kippur* properly while adhering to social-distancing guidelines. It is also important to reach out to your rabbi for guidance if you have a medical condition that prevents you from fasting.

### *Yom Kippur Eve – Sunday, 27th September*

#### **Kaparot**

We do the *Kaparot* Service early in the morning before *Yom Kippur* (with a live chicken, fish or money), which we then donate to charity.

#### **Festive Meals**

On the day before *Yom Kippur*, it is a *Mitzvah* to eat and drink. We eat two meals, one in the morning, and another light meal (like chicken) just before *Yom Kippur* starts.

## Tzedakah - Charity

We give charity generously throughout the period between *Rosh Hashanah* and *Yom Kippur* (excluding the days of *Rosh Hashanah*, *Shabbat Shuvah* and *Yom Kippur*). On the day before *Yom Kippur*, we increase in charity, because *Tzedakah* is a great source of merit and serves as protection against harsh decrees.

## *Yom Kippur Day – Monday, 28th September*

### Prayer



On *Yom Kippur*, we are likened to angels, and many have the custom to wear white clothing while praying. Wearing white reminds us of our mortality and urges us to repent. There are many prayer services throughout *Yom Kippur*. If you can't make them all, because of personal circumstances, join in the first *Yom Kippur* service, the *Kol Nidrei* prayer that opens the first night service.

### *Yizkor Memorial Prayer*

On *Yom Kippur*, we remember our relatives and friends who have passed on. We recite the special *Yizkor* Memorial Prayer after the morning services.

We connect deeply with the souls of our loved ones during *Yizkor*, since they descend from heaven momentarily to be with us in prayer.



### Neilah

*Yom Kippur* ends with the *Neilah*, prayer followed by a *Shofar* blast and *Maariv* evening services. After this, we recite the *Havdalah* service marking *Yom Kippur*'s end. We then break our fast.

## THE HOLIDAY OF SUKKOT

### *2nd – 9th October 2020*

- 第一条 First Day Sukkot begins Friday 2nd October – **6:17pm**
- 第二条 Second Day Sukkot begins 3rd October – **AFTER 7:22pm**
- 第三条 Second Day Sukkot ends 4th October – **7:20pm**

### The Sukkah

*Sukkot* is a seven-day Festival (*Chag*), soon after *Yom Kippur*, commemorating G-d's protection of our ancestors after our exodus from Egypt. *Sukkot* means "huts". The *Torah* tells us to live in temporary outdoor shelters during this Festival. The *Sukkah* (hut) surrounds us on all sides, representing our faith in G-d's protection and care throughout our lives.

## The Four Species

Each day of *Sukkot*, except on Shabbat, we perform the *Mitzvah* of ***Arbah Minim***. This *Mitzvah* is to take Four Species — a ***Lulav***, an ***Etrog***, two ***Hadassim*** and three ***Aravot*** — recite a *Brachah* (blessing) and gently shake them three times in each direction. This represents G-d's presence everywhere.

- ◆ The ***Lulav*** is a palm branch from a date-palm tree. The date has a sweet taste but no smell. This symbolises the academic: a scholar with vast knowledge but with less practical dedication to performing *Mitzvot*.
- ◆ The ***Hadassim*** are myrtle branches, which have a pleasant smell but no taste. ***Hadassim*** symbolise the active person: someone who does many *Mitzvot* but doesn't invest energy into learning *Torah*.
- ◆ The ***Aravot*** are willow branches, having neither taste nor smell. The ***Aravot*** symbolise the simple person who does not dedicate himself to performing *Mitzvot*, nor invests energy into learning *Torah*.
- ◆ The ***Etrog***, a citron, has both taste and smell. The ***Etrog*** symbolises the person who studies *Torah* and invests great effort into performing each *Mitzvah*.



We bind these four into a “bouquet”, reciting the blessing and shake it. This symbolises unity and diversity, because we need all four species to complete the set. Similarly, we only celebrate the unity of our nation when we value, and include, everyone.

## The Sukkah

We observe *Sukkot* by doing our everyday tasks in the *Sukkah*. We eat, learn *Torah* and relax in the *Sukkah*, just as we would in our homes. A *Kosher Sukkah* must have solid walls and a roof of leaves or vegetation. This roof should feature more shade than sun.

For the entire Festival, we eat all our meals in the *Sukkah* unless prevented by inclement weather. Each time we begin a meal in the *Sukkah*, we say a special blessing.



## HOSHANA RABBAH

*Friday, 9th October*

On *Rosh Hashanah* and *Yom Kippur*, G-d judges all the inhabitants of world individually. In contrast, at the end of *Sukkot*, G-d judges the world *collectively*, concerning water,

fruit and crops. We call the seventh day of the *Sukkot* Festival “*Hoshana Rabbah*”. It is on this the day that G-d seals this judgement.



Since all forms of life depend on water, we say extra prayers of repentance, similar to *Yom Kippur*.

## SHEMINI ATZERET & SIMCHAT TORAH

*Shabbat 10th & Sunday 11th October*

⚠ Shemini Atzeret begins Friday 9th October – **6:01pm**

⚠ Simchat Torah begins 10th October – **AFTER 7:07pm**

Simchat Torah ends 11th October – **7:04pm**

At the conclusion of *Sukkot* and *Hoshana Rabbah*, we celebrate the Festival of *Shemini Atzeret* and *Simchat Torah*. We rejoice in our renewed connection to G-d. It is a day celebrating the unique role we have as G-d's chosen nation: the nation that studies His wisdom, the holy *Torah*. We mark the day with unbridled joy, and we dance with the *Torah* scroll.

## SHEMINI ATZERET

*Shabbat 10th October*

On *Shemini Atzeret*, we hold Festival Services and a festive meal at home. Customarily, we eat in the *Sukkah* on *Shemini Atzeret*, but don't say a blessing on the *Sukkah*. Many communities also dance with the *Torah* on the night of *Shemini Atzeret* (Friday 9th October) just as on *Simchat Torah*. As with all arrangements for the

High Holiday period this year, check with your local synagogue and follow all safety and social-distancing guidelines.

## Yizkor Memorial Service

On *Shemini Atzeret*, during the morning Services, we recite the *Yizkor* Memorial Service again. We also say *Tefillat Geshem*, an extra prayer to ask for the life-giving rains of the winter season.

## SIMCHAT TORAH

### Sunday 11th October

*Simchat Torah* is the festival of rejoicing with the *Torah*. We hold it, hug it, dance and sing with it. The *Torah* is a gift from G-d to each Jew.

During the Synagogue Services, we read the last portion of the *Torah* to end our annual cycle of reading the *Torah* each *Shabbat*. However, we don't wait for the following *Shabbat* to restart the cycle: instead, we begin reading from the beginning again. This shows we love the *Torah* and we are eager to start the new cycle. On *Simchat Torah* night and the following day, we celebrate with heartfelt joy. We sing and dance in the synagogue, holding the *Torah* scrolls. We circle the synagogue's *Bimah* (the central *Torah*-reading platform) seven times.



## SHABBAT BREISHIT

### Shabbat, 17th October

- ➊ Shabbat Breishit begins Friday 16th October – 5:46pm
- ➋ Shabbat Breishit ends Saturday 17th October – 6:52pm



We call the first *Shabbat* after *Simchat Torah* "*Shabbat Breishit*" because we begin our annual cycle of *Torah* reading, with the portion of *Breishit*. At the end of *Shabbat Breishit*, as we face the approaching winter months, we are like Jacob, our Forefather, who embarked on long travels. We have renewed our bond with G-d and filled our spiritual suitcases with prayer, *Mitzvot* and joy. We can gradually 'unpack' these blessings throughout the months ahead and keep the flame of this relationship burning brightly.

# Rosh Hashanah chabad lubavitch centres Gants Hill

2020–5781

ב'ה

- First Day Rosh Hashanah begins Friday 18th September – **6:49pm**
- Second Day Rosh Hashanah begins 19th September – **AFTER 7:54pm**
- Rosh Hashanah ends 20th September – **7:52pm**

If you live **outside** Greater London, visit [www.chabad.org/6226](http://www.chabad.org/6226) for the times of Shabbat and Yom Tov in your region.

## **Ma Nishtanah... Why is this Rosh Hashanah different from all others?**

Sadly, many people will be unable to attend Synagogue Services this year to hear the Shofar being blown. This year, Rosh Hashanah begins on Shabbat, so we only blow the Shofar on the *second day* of Rosh Hashanah, **Sunday 20th September**. In these unprecedented times, Chabad Lubavitch North East London & Essex will bring the sound of the Shofar to you, safely and in line with social-distancing guidelines. Join us at **Chabad Gants Hill** for a **Special Shofar-blowing Ceremony** at **12.45pm**, or at the following outdoor locations and times:



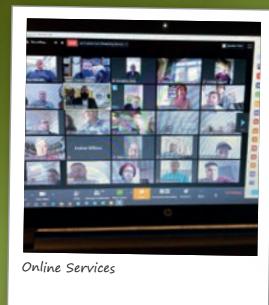
- 1. 2:00pm** at Clayhall Park (Rose Garden)
- 2. 5:00pm** at Valentines Park on Cranbrook Rd.



**Shofar & Tashlich:** We will blow the Shofar at the Valentines High School entrance of Valentines Park at 5:00pm. Afterwards, please join us to recite the Tashlich Prayer and symbolically cast away all sins. Water symbolises kindness, while fish, having no eyelids, remind us that G-d is ever-watchful.

Throughout Rosh Hashanah, there will be limited accommodation (fully compliant with safety guidelines) for Shul Services at Doris Shapiro House, 397 Eastern Avenue. Email Jacquie at [admin@chababilford.co.uk](mailto:admin@chababilford.co.uk), or call the Office on **020 8554 1624** to check seating availability and reserve your place. **Shanah Tovah!**

# Covid 19 in Essex



# Charidy Fundraising

Covid-19 left our financial resources really challenged.

Chabad's annual fundraising dinner had to be cancelled, with what means would we have to see through the second half of 2020?

Some 50% of our annual budget has to be found, in addition to ongoing regular donations, memberships and activity income.

On the third of Tammuz – 25th June, Chabad worldwide marked the 25th anniversary of the Passing of the Lubavitcher Rebbe, Rabbi Menachem Schneerson zy"o.

Together with a fascinating online educational programme on Chabad, the Rebbe's Leadership and his emissaries worldwide, a fundraising CHARIDY was launched here in the UK for the first time.

Some 28 Chabad Centres across the UK, joined forces to raise awareness of Chabad and its amazing effort in its response to Covid – 19, whilst raising funds for each Centre to maintain its services, when funds are so tight.

Our Chabad Centre, Gants Hill, which also houses the Essex and NE London Head office, has numerous communal responsibilities as well as providing seed money for new Essex Centres, its Shluchim families and supporting special projects raised some £41,059 in 28 hours.

With a goal set at £36,000 – 522 friends and supporters helped Chabad beat its target, making this day so very uplifting and special.

It is you, our friends and donors, ongoing support that enables Chabad to continue to be the success story that it continues to be.

Whether you are a one off supporter, monthly or annual contributor, we wish to thank you for considering Chabad worthy of your support. At Chabad every penny is valued and we make every penny count.



Challas Ready to be Baked



One of Our Many Volunteers



Gallons of Chicken Soup

# Recipients Feedback

"I really appreciate the Challa and Chicken Soup as well as the other bits. Thank you for caring".

"Your meals are really tasty - I can't cook for myself so this is my one hot meal a week".

Thank you so much for the food parcel. Very welcome".

"THANKYOU, THANKYOU FOR THE WONDERFUL FOOD BOX YOU SEND US EVERY FRIDAY. THIS IS THE FIRST PINEAPPLE I HAVE HAD IN YEARS. ALL THE FOOD IS SO GOOD AND WE ARE SO GRATEFUL".

"This has made such a difference to our lives. Thank you so much, it really helps us".

"I cannot thank you and the Chabad community for the incredibly generous and beautifully fresh produce which arrives every week. Honestly I cannot tell you how much it is appreciated".

"Devorah, I really do thank you for the food parcel".

# Volunteers Speak



Aaron Wilson

Working as a volunteer for Chabad during the pandemic was an incredibly heart warming experience as I was able provide a vital service to all those in need.

I was proud to be part of this brilliant initiative and become closer to the Jewish community. I have been able to meet some wonderful people and will continue to make volunteering with Chabad a part of my life in the future.

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Lockdown brought dramatic and extraordinary change, yet with it, the gift of time. Utilising this time by helping to deliver pre shabbos food to members of our community who, for various reasons, were shielding at home, became the highlight of my week. Over time, I have built relationships with wonderful, resilient and caring humans. I have shared their frustration at not seeing loved ones; lamented the state of our ever growing grey roots, exchanged recipes for pickled cucumbers, understood the importance of "the daily walk" and felt humbled by their stoic yet eternal optimism and unquestionable belief in the return to normality.



Liz Dvorkin

To all of you wonderful people who have shared your front doorstep (at a safe 2 metres of course!) I wish you a healthy and happy New Year Shone Tova.



Lisa Starr

Whilst Covid and lockdown has certainly brought immense challenges to all of us, the many and varied opportunities available through Chabad with Rabbi and Mrs Sufrin have been amazing. Although I, like so many others, have really missed being able to get together with the Chabad community in a physical sense, in so many ways lockdown has also brought me closer to the community, with the daily Facebook live or zoom sessions, and provided opportunities that would not have been possible pre-lock down.

For me, the chance to delve deeper into my understanding of Judaism and our prayers and practices has had such a powerful and meaningful impact.

Rabbi Sufrin's daily morning Facebook live sessions as we have been going through the Siddur right from the beginning and the Tuesday night Shiurs on the weekly Sedra, have not only explained our prayers and the Torah passages i.e. what we do and why we do it, but has most importantly bought them to life, with a practical understanding of how we can use what we learn in our daily lives and I have been so inspired by this.

Also, Kabbalat Shabbat has been an enjoyable and fun way to bring Shabbat in together, and I have really enjoyed all of the guest speakers that we have met from the Chabad community around the UK and overseas.

This is just the tip of the iceberg of the incredible and tireless work that Rabbi and Mrs Sufrin have achieved during these months and I am so grateful for everything they have done. Thank you!

# "I went to Shul this week"

by Natasha Field

Even though I don't attend shul on a weekly basis, I have always felt safe and secure in the knowledge that my beautiful Chabad Gants Hill family, led by the incredible Rabbi and Mrs Sufrin, has always been open to welcome me warmly at any time.

However, once the pandemic hit and the shul had to close their doors, my sense of security was affected. With Pesach and Shavuot stuck at home I truly felt the absence of the shul environment in my life and that was devastating.

However, with stringent measures in place to ensure our safety, I was delighted to be invited to the re-opening and to attend shul once more over Shabbos. It felt strange not to be able to see the smiles on each other's faces due to mask wearing, but the service was delivered by Rabbi Sufrin's excellence and I enjoyed the warmth and community spirit which was very much needed.

My love of my Chabad Gants Hill family and the absence of shul services has shown that the Sufrins really are essential key workers for our spiritual and emotional needs.

I am delighted that we can now daven together and keep our community going during these difficult times and will never take for granted these blessings ever again."



Hand Sanitiser Station



Posters in Place



Social Distancing Signs



Social Distancing Tables



Social Distancing Interior Signs



Protected Bimah

# Weekly Food Distribution

## A Massive Thank You to all Our Volunteers

David Amroon

Adrian Bourne

Lorraine Dias

Liz Dvorkin

Howard Harris

Debora Hiller

Clare Karni

Laurel Nygate

Debra Rein

Angela & Barry Shine

Rebbetzin Judy Singer

Lisa Starr

Florence Stoll

Chavi Sufrin

Shterni Sufrin

Yvonne Wajchandler

Aaron Wilson



**AN ENORMOUS THANK YOU TO  
GRAHAM NYGATE  
FOR ORGANISING & COORDINATING  
THE PICKUPS & DELIVERIES.**

# CGI Camp 2020

## Chabad Gan Izzy Essex Summer Camp 2020

Against all odds, Chabad ran an extremely successful Summer Day Camp this year, where over 70 children had a fantastic fun experience, all in accordance with Government guidelines for the safe running of summer schemes.

A 15 foot climbing wall, roller skating sessions and a magic shows were some of the special activities brought into Camp in place of the usual trips. Teens have been going out to outdoor activities including archery, rocket launching and axe throwing



Reaching for the Stars



Bowling @ Summer Camp



Gladiators



Summer Camp Fun



Cholent Making



Scaling New Heights @ Camp

# CST wishes our community a peaceful, healthy & safe New Year



It is CST's mission to protect our Jewish communities up and down the country. We are committed to you, and ensuring your security, so that Jewish life can continue to exist and thrive in the UK.

The past year has been filled with challenges, both individual and collective. The pandemic has touched all of our lives, some in deeply tragic ways. The ability to physically meet with friends, family and in community – the networks that can make the most difficult and uncertain of times more bearable – has been removed. Where there is crisis, anger and blame follow, often directed at Jewish people. Now that we can gather together once again, CST is here to make sure it happens safe from prejudice and physical harm.

We wish that the security we provide were not necessary, but sadly terrorism, although rare, is a reality that can happen anywhere. Last Yom Kippur, the synagogue in Halle, Germany, was attacked by

a neo-Nazi. Using a homemade gun, he tried and failed to enter the synagogue, but did kill a passer-by and a customer at a nearby kebab shop. It was the cooperation of the congregants and shul staff, simply properly closing the door behind them, that saved the lives of those inside the service.

CST is here to protect you and facilitate the flourishing of Jewish life. This works best when you work with us. Please be mindful of basic security procedures and of our many dedicated volunteers who are devoting their time and efforts to ensure our safety, allowing us to spend the High Holy Days in peace. We wish you a safe, happy New Year, and a meaningful fast.

Please consider volunteering for CST or donating to us. We are a charity and we cannot do our work without your help. In an emergency, call the Police and then call our 24-hour National Emergency Number 0800 032 3263.

[www.cst.org.uk](http://www.cst.org.uk) Community Security Trust @CST\_UK

National Emergency Number (24-hour) 0800 032 3263

London (Head Office) 020 8457 9999

Manchester (Northern Regional Office) 0161 792 6666

# chabad

lubavitch centres

n.e london & essex

Head Office

Doris Shapiro House  
397 Eastern Avenue, Gants Hill, Ilford, Essex, IG2 6LR  
Tel: 020 8554 1624

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Southend

& growing