

HIGHLight

Bromley Reform Synagogue newsletter

A Family Affair



The Chanukah Party on the first night of Chanukah (Sunday, 2 December) was very much a family affair, involving the Cheder children and their parents and grandparents. After Cheder head teacher Vicki had lit the first candle all the families who had brought their own chanukiyot lit the candles at their tables before tucking into the party food and drinks.

Welcome to our new Rabbi



Rabbi Chava Koster is due to join us in the coming month and to conduct her first Shabbat morning service on 26 January

January 2019 - Tevet/Shevat 5779

Council of Christians and Jews

South East London Branch

Tuesday, 22 January 2019 at 8.00 pm

Refreshments from 7.45 pm

at **St Stephen's Church, College Road, SE21**
(beside Sydenham Hill railway station)

In the same week as the Jewish New Year for Trees (Tu B'Shvat), our panel will be discussing:

"The Importance of Trees in the Bible and in South East London"

Panel:

Edwin Malins, Great North Wood Project Officer

Danny Nemu, Author, *"Science Revealed"*

Dr John Posner, Chairman, Bromley Reform Synagogue

For further details, please contact **Stephen Weil** via the Synagogue: 020 8460 5460



In This Month's Highlight

View from the Chair	2
Dorothy Bohm photographs	2
Cheder News	3
Social Centre News	3
Holocaust Memorial Day	3
Chanukaklaas 5779	4
JJBS Woodland Cemetery	4
Bromley Three Faiths Forum.....	5
Kol Nidre Appeal Thanks	5
Candles and a Conga in Catford	6
Social and Personal	6
The Abraham's Tent Project.....	6
SE10 and Beyond.....	6
Kol Nidre Appeal Thanks	7
Song for Tu B'Shvat.....	7
Music Matters	7
Reform and Mental Health.....	8
Services.....	8
The Meaning of Tu B'Shvat	8
Dates for Your Diary	9
Anni Albers at Tate Modern	9
Advertisements	10

Meeting our Financial Demands - View from the Chair

Just to update you about progress with our appointment of **Rabbi Koster**. She is due to join us this month, as planned. The exact date is a little uncertain at the moment as it depends on the arrival of her shipping. She parted with the contents of her house in New York early in December but exactly when the container will arrive is not known at the time of writing. In the meantime, Rabbi Koster has spent time in Italy and the Netherlands and has made a couple of brief trips to Bromley, where she will be living, at least for the first year. She is looking forward to joining us as soon as possible.

You will recently have received a request for payment of your annual subscription to the shul. After some years of limiting the increase in subscriptions to the minimum possible, financial demands have forced us to increase our income and the Board unanimously agreed that this year subscriptions must rise by inflation. Nobody takes pleasure from increasing your financial commitments but needs must.

I thought it might be helpful to summarise how your money is spent. It's really quite simple; after deduction of the levy to Reform Judaism and funeral expenses to the Jewish Joint Burial Society, our subscription is split three ways. About a third is spent on our rabbi, another third on our building and the last third is spent on everything else. True, we have been without a rabbi for 6 months, which obviously saved us some money but there are significant expenses involved in recruitment of a new rabbi and the difference has little effect in the long term. For a membership of our size, employment of a full-time rabbi is a big commitment but some years ago, when we were facing financial difficulties, the membership voted unequivocally in favour of continuing with this policy because of the benefits such a person can bring to the community. I have not heard anyone dissent from this. Long may it continue.

The only other employees we have, and on whom we are so dependent, are all part-time, namely our administrator **Janet Burlem**, Head of Cheder **Vicki**

Ashmore, our Cheder teachers and security officer. Yes, it would be very convenient to employ some more staff for longer hours but that is simply not possible without a substantial increase in our membership. Despite the limitations, I often think we are a stronger community because of the voluntary commitment of time and effort of so many of our members.

The costs of our building include physical maintenance such as the recent roof repairs and replacement sash windows and of course cleaning and a few hours of caretaking. We also have to pay insurance, heating, lighting, telephone and rental of our photocopier. And then there is other expenditure such as hiring the Crofton Halls for High Holydays, printing and posting Highlight and so on.

As a matter of principle, and quite unlike some other synagogues, we don't charge separately for particular items such as having children attend cheder, preferring that the cost be borne by the whole community. Of course, we recognise that not everyone is in a position to afford the full subscription and, where appropriate, discounted subscriptions are negotiated and agreed but we are dependent on everyone paying as much as they can afford. I can assure you we run a very tight ship and Janet our administrator and Sandra our treasurer are always on the lookout for where savings can be made. We also rely on the generosity of our members at fund raising events including the recent Chanukah Fair.

To turn to other matters, I want to mention the Three Faiths Forum. On Monday, 10 December, there was a very interesting session hosted by our shul but led by **Dr Omar Taha** of the Al-Emaan Centre mosque in Keston, who taught us about the meaning of the opening text of the Quran, the *Sura Al-Fatiha*, 'The Opening'. We then broke into small study groups, each led by a member of the mosque. It was fascinating and made me realise how close our religions are. Indeed, the word *Fatiha*, is related to the Hebrew word '*Peticha*' which also means 'opening' and the Quran's word for God's mercy is almost identical

to our word '*rachamim*', which both derive from the word for the sustaining and nurturing environment of the



'*rechem*' (womb). The atmosphere in the room was so positive; it was wonderful to feel that we could all learn so much from each other.

These Three Faiths sessions will continue but we don't yet have a date. Meanwhile, the next meeting of our other important interfaith activity with the Council of Christians and Jews (CCJ) is due to take place at St Stephen's Church near Sydenham Hill Station in College Road on Tuesday, 22 January. Since we will be celebrating our new year of trees, Tu B'Shvat, some experts will be lecturing to us on the subject of 'trees', which are so essential for our survival, both physically and spiritually. Do come along.

Finally, I would like to thank two very special people, my son Dan and **Stephanie Alberti**. Dan has long served as Senior Warden and has just passed the baton on to Stephanie, who, without dropping it, has just grabbed it and taken on this vital role in the shul. Thank you both for all you have done and continue to do for the shul.

John Posner, Chairman

V&A Museum of Childhood

Little Happenings:

Photographs by Dorothy

Bohm

Dorothy Bohm has been taking photographs for over 70 years, ever since her father gave her a camera as she fled Nazi Germany as a child.

Little Happenings explores the universal qualities of childhood. This exhibition is part of **Insiders Outsiders**, a nationwide arts festival celebrating refugees from Nazi Europe and their contributions to British culture.

Until 17 March 2019

Cambridge Heath Road, E2.
020 8983 5200.

Cheder News



Throwing Balloons at the Chanukah Party

Happy New Year! I hope you all had a wonderful, restful break and are ready to start the Spring Term at Cheder.

1. Our first day back will be on **Sunday, 6 January, 2019 at 10 am**. Please make sure your children come **on time and regularly to Cheder**. Missing lessons not only disrupts what their teachers have planned, but it also makes it difficult for your children to bond with their classmates. If they don't bond, they may not want to come. Cheder is about so much more than just a Jewish education. It's about creating a Jewish community and this can't work unless we parents create it together. So let's encourage those bonds that could keep our kids happy and our community growing and hopefully ensure that our children make friendships that last a lifetime.
2. Thank you so much for sending in your tzedakah money to support last term's Jewish Child's Day. For the next two terms, Kittah Chet has decided to raise money for Cancer Research UK and the Folly Wildlife Rescue. They'll be giving a presentation to the Cheder during assembly in January. Please keep sending in those spare pennies so that we can teach our children the importance giving Tzedakah, (charity) as it says in the Talmud: "Tzedakah is equal to all the other commandments combined".
3. Our next **Youth Club** meeting is scheduled for **Sunday, 20 January at Sadeh Farm!** This Sunday will

also be Tu B'Shvat, so there will be a programme at Sadeh after Cheder on that day. I've not been told all of the details, but I'm pretty sure the day will include planting, getting dirty and drinking hot apple juice. What better way could we spend a Sunday afternoon? Let's get those secondary-school aged kids to Youth Club! For more information, contact our Youth Leader, **Lili Evans**: lili.evans@live.co.uk.

4. And, last but not least, please check the security rota on this page to see if we are expecting you to show up next term for security. Any problems, please contact **Katia Pisetzky** on: pisetzky@gmail.com

That's all for now. Until next month,
L'Shalom,
Vicki, Cheder Head Teacher

Holocaust Memorial Day

Civic commemoration event
Sunday, 27 January at 3 pm
Broadway Theatre, Catford SE6

This year's theme:

'Torn from home'

A production by Lewisham's schools, including poetry, dance, drama and music

Tickets are free and available from the Theatre Box Office

Tel: 020 8690 0002 or at www.broadwaytheatre.org.uk

Social Centre News

The Social Centre met again on 12 December and although we did not have a speaker we still enjoyed the company, playing various games and of course we were given a special lunch for Chanukah, which included potato latkes and lokshen pudding and was excellent!

We did the exercises with Andreas and, after lunch, **Sue Bowyer** led us in singing "You are my sunshine", which was a pleasant surprise and very enjoyable. By popular request she has been asked to sing again in the new year.

We look forward to seeing you all again at our next meeting on **Wednesday, 9 January** and, in the meantime, we hope you'll keep warm and well and have an enjoyable time.

We wish you all a happy, healthy secular New Year.

Zelda Stone and Dianne Mathews

January Social Centre dates:

Wednesdays, 9 and 23 January, 10.30 am to 2.30 pm. All are welcome.

Cheder Security Rota - Purim Term 2019/5779

6 January	Carl/Maleka Levy
13 January	Leila Angel Serrano Pinto
20 January	Rachel Kamhi
27 January	Aleksandra/Steven Love
3 February	Flora Spiegel/Anthony Miller
10 February	Mariella/Roger Russell
Cheder Half Term	
3 March	Alona Sheridan/Clare/Robin Bazalgette
10 March	Phil/Joanna Burchill
17 March	Chiara Messineo/Gary Brown
24 March	Ruth/Ed Dwight
31 March	Len Campling
7 April	to be confirmed

Chanuklaas 5779 by Rabbi Chava Koster

*Saint Nicholas, good holy man!
Put on your Tabard, the best you can,
Go, therewith, to Amsterdam,
From Amsterdam to Spain,
Where apples bright of Orange,
And likewise those granate surnam'd
Roll through the streets,
all free and unclaim'd*

This holiday nursery rhyme was one of the many Sinterklaas poems I grew up with and last week I had the pleasure of experiencing a double stroll down memory lane. In addition to celebrating Chanukah with my family, I also found myself surrounded by the older Sinterklaas traditions I grew up with, even though Sinterklaas in my family was better known as Chanuklaas, or the Chanukah man.

The English translation above came from a pamphlet that John Pintard released in New York in 1810. It is the earliest source mentioning Spain in connection to Sinterklaas. Pintard wanted St. Nicholas to become patron saint of New York and hoped to establish a Sinterklaas tradition in New Amsterdam. Apparently he received help from the Dutch community in New York, which provided him with the original Dutch Sinterklaas poem. Strictly speaking, the poem does not state that Sinterklaas comes from Spain, but that he needs to go to Spain to pick up the oranges and pomegranates. So the link between Sinterklaas and Spain goes through the oranges, (also the official name of the Dutch royal household, and another name for the The Netherlands itself (Oranje)) perhaps an explanation why I like the vibrant colour orange so much, even though that might be a tad Freudian)

Originally, the Sinterklaasfeest celebrates the name day, 6 December, of Saint Nicholas (270–343), patron saint of children. Saint Nicholas was a Greek bishop of Myra in present-day Turkey. In 1087, half of his relics were furtively transported to Bari, in southeastern Italy; for this reason, he is also known as Nikolaos di Bari (then a Spanish city). In this tradition St. Nicholas comes from Spain and has a black assistant depicted as a Morisco page boy known as Zwarte Piet.

Because of the help he gave to sailors in his home town, Saint Nicholas was venerated as the patron saint of sailors, which is why he comes to the Netherlands by steamboat. His anonymous gifts and kindness towards children had already

secured him the patronage of children, by the elders of Lycia, his home province. The holiday was both an occasion to help the poor, by putting money in their shoes which evolved into putting presents in children's shoes.

The modern tradition of Sinterklaas as a children's holiday was likely confirmed with the illustrated children's book *Sint Nicolaas en zijn knecht* ('Saint Nicholas and his servant'), written in 1850 by the teacher **Jan Schenkman** (1806–1863). Some say he introduced the images of Sinterklaas delivering presents by chimney, riding over the roofs of houses on a dappled mare, and arriving from Spain by steamboat.

Zwarte Piet (Black Pete) is Sinterklaas' much beloved helper of the absent-minded and gullible Sint and today of course the source of a huge conversation on race in the Netherlands— should Black Pete turn into a colourful Pete? There are various explanations of the origins of the helpers. One is that Saint Nicholas liberated an Ethiopian slave boy called 'Piter' (from Saint Peter) from a Myra market and the boy was so grateful he decided to stay with Saint Nicholas as an assistant.

In addition to celebrating Chanuklaas Dutch style, I attended a pre-Chanukah celebration at the Liberal Jewish Congregation I grew up in, founded in 1931. During those early years, the town attracted many immigrant German Jews and the community's liturgy was established with clear influences from Jewish liturgical composers like Ludwig Lewandowski and Salomon Sulzer.

questions and hopes showed a lot of overlap

After the war, there were few survivors. Besides all the effort that was needed to resume normality, a small group of about 50 families continued the community in 1954, and appointed **Rabbi Jacob Soetendorp**, under whose leadership the synagogue experienced a steady growth. Today some 1,000 units, i.e. families, couples and individuals are affiliated with the LJC Amsterdam.

My dear friend and former Hebrew school teacher **Drs. Chaim van Unen** shared some of his experiences and thoughts with me about the future of the Liberal Jewish community in the Netherlands and the community's

continued at foot of next column

JJBS Woodland Cemetery

The JJBS Woodland Cemetery is now nearly seven years old and proving to be more popular than originally expected. It provides a natural environment where the surroundings are planted with British native trees and plants to provide a green environment and graves are marked with a simple memorial rather than a large stone tombstone. A beautiful wood-clad ohel (prayer hall) has been in use for three years and an environmental friendly gathering hall is planned where families can meet before or after an interment or stone-setting. It will also provide an on-site office for the JJBS staff. Over 120 funerals have been conducted and 15 urns of ashes have been interred in the columbarium.

The Governors of JJBS have recently been discussing the management of the Woodland Cemetery and have come up with new guidelines to ensure that it maintains our ecological goals while providing a setting which meets the needs of families when burying their loved ones. Graves may be left naturally with meadow grass or may be planted with native British woodland plants. JJBS is responsible for the overall maintenance of the Woodland Cemetery and the planting of trees around the copses of graves but planting and maintenance of individual graves is the responsibility of the family. When you choose a woodland burial (either in advance or at the time of death) families are given the option of the type of areas where they wish to be buried. To maintain the natural look, the guidelines specify how the graves may be planted and what unsuitable items are not allowed.

If you wish to consider a woodland burial, do visit the Woodland Cemetery to see how it looks and the choices available. You may wish to discuss your choice with your family and Rabbi and the JJBS staff will be happy to answer your questions and offer advice. More details are available on the JJBS website: www.jjbs.org.uk or call the JJBS office on 020 8989 5252.

with the Mission Statement of the Reform Movement in Britain. As we light our candles, it is my fervent hope that we as a community continue to be filled with light of the Chanukah and hope for the future of Progressive Judaism worldwide.

Rabbi Chava Koster

The Three Faiths Forum



The Three Faiths Forum in session - Dr. Omar Taha from the Al-Emaan Centre is on the right and Rev. Steve Varney of St. Mark's is seated centre

The Three Faiths Forum held its third and final session on the scriptures of the three faiths at Bromley shul on Monday, 10 December. Some thirty people – Christians, Moslems and Jews – attended to hear an introduction to and join in a discussion on the Quran, Islam's holy scripture.

The meeting was chaired by the **Reverend Steve Varney**, Vicar of St. Mark's Church, Bromley South, who welcomed us all and invited **Dr. Omar Taha** from the Keston Al-Emaan Centre to lead the session. Omar began by reading a translation of the seven verses which form the preface to the Quran and are recited by Moslems every time they pray, which is at least five times a day.

The speaker distributed a handout containing these seven verses with footnotes explaining some of the original Arabic terms and setting out ten questions for discussion, although he did not expect the discussion to extend beyond the first two or three questions.

Following Omar's introduction and after those present had been given some time to read and quietly digest the verses we were divided into groups of three or four people, representative of each of the faiths, to discuss the verses among themselves. For some time the room was abuzz

with lively discussion while Dr. Omar went round listening to each group in turn.

The discussions were followed by a refreshment break and then we reassembled in plenary session for questions and further discussion. The chairman then thanked Omar for his interesting exposition and everyone for turning up on a cold winter evening, and gave special thanks to the synagogue for its hospitality and delicious refreshments.

The Editor

The Opening

- 1 In the name of God, the Lord of Mercy, the Giver of Mercy!
- 2 Praise belongs to God, Lord of the Worlds,
- 3 The Lord of Mercy, the Giver of Mercy,
- 4 Master of the Day of Judgement.
- 5 It is You we worship; it is You we ask for help.
- 6 Guide us to the straight path:
- 7 the path of those You have blessed, those who incur no anger and who have not gone astray.



The Kol Nidre Appeal – A letter of thanks from the Jewish Deaf Association (JDA) to our Administrator

Dear Janet

Further to our Chief Executive Sue Cipin's phone call to you expressing our delight at the very kind donation of £3,711 raised through Bromley Shul's High Holyday Appeal, I wanted to write and thank you too.

You may not be aware that JDA is the only organisation in the UK that serves people who are both deaf and Jewish and we are so delighted to know that word of our services has spread.

JDA provides a diverse range of social, cultural and educational activities and support services for those whose lives are compromised by deafness – people of all ages, faiths and methods of communication. Our warm and welcoming community centre is a 'home from home' to members of the deaf and deafblind signing community, whose lives are enriched by our cultural, educational and religious activities. Our staff and volunteers are supplemented by specially trained, professional BSL interpreters, lip-speakers, speech-to-text support and "hands on" communicator/guides for deafblind people.

JDA is the only place in the UK where Jewish deaf and deafblind sign language users are able to keep their Jewish identity alive and uphold Jewish traditions together as a community – with all interactive religious services made fully accessible for all, with the opportunity for everyone to be involved.

As a small yet far-reaching charity, we depend entirely on voluntary donations and every pound raised has a significant impact on the many deaf and deafened people, the most vulnerable of whom depend on us completely.

Please pass on our very sincere thanks to all members of the congregation who contributed to this appeal, and particularly the lovely person who suggested us!

With warmest wishes,
Marilyn
(Marilyn Rowland)
Fundraising Officer



Candles and a Conga in Catford

Chanukah 5779 saw a first for Lewisham. The borough's Mayor and Mayoress invited the Jewish communities of Catford and Bromley, along with people from Lewisham's mosque and Hindu temple and several churches, civic dignitaries, MPs and a number of Jewish organisations to a Chanukah candle lighting at the civic centre. The evening started with a tree planting outside (where it was cold and wet) and continued indoors with a warm welcome and entertainment from accordionists **Benzion** and **Claudio**. **Eric Lindsey** and **Pip Wolfson** told the story of Chanukah and explained the symbolism of the menorah and the part played by the dreidel, whereupon every one of the nearly 200 people present was given one to take home. All this was interspersed with appropriate Jewish melodies from both Cantor **David Rome** and members of the London Yiddish Ukulele Group, including Bromley's own **Michael** and **Lesley Zuke**.

Catford shul Chairman **Joe Burchell** and Mayor **Damien Egan** presided over the lighting of the candles by selected guests, among them the Mayoress, Catford's **Liane Segal**, Catford shul's "first lady", **Marie Blumenfeld** (Sugarman), and the Archdeacon of Lewisham and Greenwich, **Alastair Cutting**. The fantastic kosher food – latkes,



Marie Blumenfeld and Liane Segal (Mayoress of Lewisham) lighting the menorah at the Chanukah celebration at the Lewisham Civic Centre

Social and Personal



Mazal tov to **Stephanie Amiel** (above) our new Senior Warden and Chair of the Religion and Ritual Committee.

GET WELL SOON - Pauline Jeffrey writes: We wish a speedy recovery to all of those who are known to us and are ill at this time.

Welcome to New Members:

Mr. Jamie Altman of Beckenham and **Mr Yossi Felberbaum** of Lewisham.

doughnuts, sandwiches and more – emulated the story of the Chanukah oil: not knowing how many people would come, the organisers had prepared for a moderate attendance, but the goodies lasted until all the people had been able to have some. Despite the fact that the room was packed, the excellent playing of the accordionists inspired some very lively dancing by a small throng. The Israeli-dancing conga line, led by the indefatigable **Jennie Sugarman**, picked up en route everyone from babes to the Mayor as it threaded its way round the room.

This was a night to remember with so much goodwill being generated and fun had. Thanks are due to everyone who made the evening such a success, to Phoenix Housing Association for sponsorship and to Lewisham borough for making us so welcome. The cry that went out at the end of the evening was "Next year in the civic centre again?"

Judi Sheffrin (Bromley) and Paul Stanton (Catford) from notes provided by Jennie Sugarman

Abraham's Tent project - a flat for Syrian refugees



South London Liberal Synagogue are nearing the end of their project to house a refugee family in a flat in their building in Streatham. They are hoping that a family will move in early in 2019

You will have seen the appeal for domestic items of furniture etc. in last month's *Highlight*. They would be very pleased to hear from anyone who can donate items - please email abrahamstent@southlondon.org to offer.

Please be advised, however, that they cannot accept all the items that you may wish to donate. Simply because the flat has limited space. They will, of course, be pleased to accept financial donations.

Thank you

Ann Fried

SE10 and beyond

Happy Holidays everyone!

Barbara (Saalfeld) has kindly offered to host an evening on **Tuesday, 22 January** at the usual time of 7.30 pm. She has suggested we talk about any book or story or poem with Jewish content. If you have something to recommend or discuss, please bring it with you. For those of you who have never been before, normal proceedings are that we talk, eat, drink, talk, eat, drink ...

So RSVP to Barbara: saalfeldbgred@gmail.com. She will provide the address and any other details you need.

Also if you have dates or ideas for February, March or the rest of the year, please just let us know.

Best wishes, **Michelle**
Michelle Brooks Evans
via the Synagogue: 020 8460 5460

The Kol Nidre Appeal – Thanks from Myisrael

Thanks to the incredible generosity of Bromley Synagogue last Kol Nidre, people in need in Israel are getting the support they desperately need.

Single mother of three Sima is one of them. Sima left her husband after enduring years of domestic violence and last year was forced to move from Jerusalem to Ashkelon for financial reasons. She found herself with no support network and spiralled into depression. Every day felt like an uphill struggle – trying to make ends meet whilst managing her three young children alone.

Sima's life has been transformed by Family Nest, one of Myisrael's under-the-radar charities in Israel. At Family Nest, Sima has found an entire community of women with similar experiences who are ready to befriend and support her. She takes part in lots of Family Nest's activities, from art therapy to self-esteem workshops to baking. She has discovered a world where she doesn't feel alone, where she can develop skillsets to cope with daily challenges, and where she can rebuild her confidence and belief in a better future for her children.

The money raised by Bromley shul, over £5,700, will enable Sima and many others like her to benefit and thrive from all that Family Nest has to offer.

Your generosity is also helping to transform lives at one other Myisrael charity, Beit Kobi. Beit Kobi supports lone soldiers of the IDF's Givati Brigade - soldiers who have no family or friends nearby to support them during their army service.

Beit Kobi makes sure its lone soldiers have all the love, encouragement and support they need. They are given comfortable, homelike apartments which they can return to during any holiday and where they benefit from the support of their fellow soldiers facing similar challenges. And they are paired with one of Beit Kobi's volunteer "adopted" families who care for them as if they were their own. With Beit Kobi by their side, lone soldiers have everything they need to flourish.

Family Nest and Beit Kobi are two of Myisrael's 18 adopted charities in Israel. Each one is helping vulnerable



people break negative cycles of poverty, violence, and neglect. Without Myisrael, their remarkable work would be virtually unknown in the UK. To find out more about Myisrael, please visit www.myisraelcharity.org

Thank you for choosing to support Myisrael – we couldn't do what we do without communities like you.

Danni Franks

Founder and Chief Executive
Myisrael, 4 Prince Albert Road, London,
NW1 7SN, Tel: 020 3004 8994.

A Song for Tu B'Shvat

The almond tree blossoms
and a golden sun does shine.
Birds from every rooftop
announce the festive time:

*Tu B'Shvat is here –
the festival of trees*

The land cries out:
the planting time has come!
Let everyone take a sapling.
Let us go to dig and plant.

*Tu B'Shvat is here –
the festival of trees*

Let us plant each mountain and hill
from Dan to Be'er Sheva
and we shall again possess our land
- the land of olives, oil and honey.

*Tu B'Shvat is here –
the festival of trees*

*Source: Reform Sidduer, Calendar of
the Year*



Music Matters

a series of Lecture-Recitals at

Whitgift House, 76, Brighton Road, South Croydon, CR2 6AB
in the Chapel, 7.00 for 7.30 - 9.30 p.m.

Spring Season 2019

Tuesday 8 January

Fiddling in Latin

David Juritz - a trip through the S American violin world

Tuesday 22 January

Birds and Music - a violinist's view

Paul Barritt

Tuesday 5 February Gala

Weber's Quintet for Clarinet and Strings

Nicoline Kraamwinkel, Martin Smith, Michael

Posner and Julia Desbruslais - string quartet

with **Margaret Archibald** clarinet

Tuesday 19 February

Learning from the past: building the future

Colin Lawson, Director of the RCM

This Illicit and Devious Business

Trevor Ford explains how it's all put together

'Cellos' Series Five

Julia Desbruslais and Tim Posner

The Lakeside Clarinet Quartet

Charlotte Bartley and friends

Tuesday 5 March

Tuesday 19 March

Tuesday 2 April

Wine, juice, sparkling water and nibbles will be available at the break.

All donations for refreshments go entirely towards the Music Matters series overall.
£12 per lecture-recital; £20 for 5 February Gala

Fantastic value season ticket: £65 for the entire spring season

Cash or cheque payable to "Everyone Matters" in advance or on the door.

Bank transfer in advance to "Everyone Matters" 30-84-51, 3473956

Reform Judaism and Mental Health

Reform Judaism is committed to being an inclusive and supportive community and to promoting mental well-being for all.

Mental Health Shabbat takes place on **11 and 12 January 2019**. You can register for a JAMI resource pack at jamiuk.org/head-on/ The pack includes lots of ideas about how to use the event to raise awareness and engage in conversations about mental health in communities, and a sermon by **Rabbi Laura Janner-Klausner**.

Reform Judaism is pleased to be partnering with Unravelling Minds to offer communities a chance to host a CBT café – that’s Cake, Crafts, Cocktails or even Challah Before Therapy! CBT cafés were co-founded by a member of a Reform community following her own experience of mental ill-health and the positive impact of informal social support and a chance to talk about mental health. Cafés last 90 minutes, and are facilitated by people with experience of mental health problems – there is no agenda, just a chance to talk and listen in a relaxed environment. Cafés are for everyone, whether you have personal experience, are a carer or are just interested in finding out more about mental health. Reform Judaism is able to fund communities to hold cafés in January – please contact **Sharon Daniels** (020 8349 5666) to find out more or arrange this.

Mental Health Conference.

Following the huge success of our Loneliness and Isolation Conference last year, we will be holding a conference on Mental Health on **Thursday 23 May** in London. We are delighted that **Jonny Benjamin, MBE**, will be amongst a host of excellent speakers and facilitators. Full details will be available early in the new year.

British Museum

Witnesses: Émigré Medallists in Britain

This exhibition features a range of medals spanning six centuries, many of which document important historical events and famous figures.

Until 7 April 2019

SERVICES

January 2019– Tevet/Shevat 5779

No Friday evening services until further notice.
Saturdays at 10.30 am, unless otherwise stated

Friday 4 January

Saturday 5 January

Va'era (28 Tevet)

service led by Marilyn Freeman,
Scroll reader: Hadassah Britz

Monday 7 January

Rosh Chodesh Shevat

Friday 11 January

Saturday 12 January

Bo (6 Shevat)

service led by Judy Koekoek

Friday 18 January

Saturday 19 January

Shirah (Beshalach - 13 Shevat)

service led by Anna Posner

Monday 21 January

Tu B'Shvat

Friday 25 January

Saturday 26 January

Yitro (20 Shevat)

service led by Rabbi Chava Koster

The Meaning of Tu B'Shvat Customs and Concepts according to Kabbalah

The meaning of the New Year of the Trees

The New Year of the Trees marks their awakening to life, symbolizing the awakening of a person to achieve the purpose of life: equivalence with nature's quality of love, bestowal and connection.

The meaning of 'A man is like a tree in the field'

A tree has a special internal structure that feeds from the ground and stretches upward toward the sun. The most important part of the tree is its fruit. In general, any plant, everything that grows from the earth, feeds us and is the basis of our material life. Our spiritual development functions according to the principle that we operate as a tree through all kinds of actions we do.

The meaning of Fruits

Fruits represent attaining our purpose in life, which is to harmonize with nature's quality of love, bestowal and connection. In principle, everyone would want to attain this goal if they understood how sweet that fruit is: an eternal and perfect existence in

absolute attainment without any restrictions and problems.

Whether we want it or not, we nevertheless get closer to it. However, Kabbalah can accelerate our path if we use it correctly. Otherwise we'll have to advance the way we do now, with the help of unpleasant blows from nature that push us forward. There is a beautiful future ahead of us and I hope that the same sweetness we feel from the good fruits of the earth and plants, we will feel from fulfilling our soul.

Source: <http://www.kabbalah.info/bb/tu-bishvat-meaning/>

Written by: **Dr. Michael Laitman**

Tu B'Shvat falls this year on **Monday, 21 January**.

There will be family activities, in which the Cheder is participating, at Sadeh Farm on **Sunday, 20 January**, from 1.30 to 5 pm.



Dates for Your Diary

January

T	1	
W	2	
Th	3	Bromley Stitchers and Knitters, 10 am to 12 noon at Pauline's
F	4	
S	5	Vayera
S	6	Cheder Purim term begins, 10 am
M	7	Rosh Chodesh Shevat
T	8	
W	9	Social Centre - 10.30 am to 2.30 pm at the Shul
Th	10	
F	11	Mental Health Shabbat
S	12	Bo - Mental Health Shabbat
S	13	
M	14	
T	15	
W	16	
Th	17	
F	18	
S	19	Shirah (Beshallah)
S	20	Youth Club afternoon visit to Sadeh Farm to celebrate Tu B'Shvat
M	21	Tu B'Shvat
T	22	CCJ meeting on the subject of Trees, 7.45 for 8 pm at St. Stephen's Church, Sydenham Hill
W	23	Social Centre - 10.30 am to 2.30 pm at the Shul
Th	24	Bromley Stitchers and Knitters, 10 am to 12 noon at Pauline's
F	25	
S	26	Yitro
S	27	Holocaust Memorial Day - Civic Commemoration, 3 pm at Broadway Theatre, SE6
M	28	
T	29	
W	30	
Th	31	

February

F	1	
S	2	Mishpatim
S	3	
M	4	
T	5	
W	6	Rosh Chodeash Adar 1
Th	7	
F	8	
S	9	Terumah
S	10	
M	11	
T	12	
W	13	Social Centre - 10.30 am to 2.30 pm at the Shul
Th	14	
F	15	
S	16	Zachor (Tetzaveh)
S	17	
M	18	
T	19	
W	20	
Th	21	
F	22	
S	23	Ki Tisa
S	24	
M	25	
T	26	
W	27	Social Centre - 10.30 am to 2.30 pm at the Shul
Th	28	

Tate Modern - Anni Albers

A chance to see the beautifully intricate and Modernist textiles woven by German Jewish artist **Anni Albers**. Born in Berlin in 1899, Albers studied and worked at the Bauhaus and survived the Holocaust (along with her husband Joseph) thanks to a teaching residency at the experimental Black Mountain College in North Carolina. This will be the first major exhibition of Albers' work in the UK.

Until 27 January 2019



Find us on Facebook!

www.facebook.com/BromleyReformSynagogue

or Tweet us @BromleyShul) ...





JEWISH CARE

Jewish Legacy

A gift in someone's Will means Lewis can use the art room whenever he likes

Lewis, community centre member

From helping them express their inner Chagall to making sure they see a friendly face and enjoy a hot Kosher meal every day, our work depends on donations. £1 in every £4 that we raise comes from gifts in people's Wills.

To find out more please call Alison Rubenstein on 020 8922 2833 or email arubenstein@jcare.org

#PeopleOfJewishCare

Jewish Care Charity Reg No. 802559

STRAWBERRY HOUSE CLINIC

BACK PAIN?

We offer effective treatment for back and neck problems, sciatica, sports injuries and much more.

Andreas Jochim DO MSc
Charlotte Parker M.Ost
Ernesto De La Cruz
Valdes B.Ost

12 Station Approach Hayes
 Bromley BR2 7EH

020 8650 0509
www.strawberryhouseclinic.co.uk

BEAUTIFUL CARDS

A range of lovely nature-based images, plus bespoke designs for special occasions




A percentage of every sale will go to the Synagogue.

Details, prices and samples from

Judi Sheffrin,
 via the Synagogue: 020 8460 5460

PET PHOTOGRAPHY

Unique images of your pets taken at home or on location

CALL SIMON 07721 649901
www.takenbysimon.co.uk




TAKEN BY SIMON.CO.UK
 PHOTOGRAPHY ON LOCATION
 FAMILY PORTRAITS ALSO COMMISSIONED