

So... What's Nu ? Mazel tov!

Barmitzvah

Zach Wittels son of Rowan and Ruth Wittels on the occasion of his Barmitzvah and grandson of Janet Emert and Jeff and Myrna Wittels

Births

Greg and Sindy Benatar on the birth of a son

Jeff and Lynn Zidel on the birth of a grandson

Seats for Rosh Hashanah

Main Shul – Are you looking for a temporary seat in the main Shul for a family member or a friend? Contact Harelle on e-mail

harelle@sandtonshul.co.za

MiCommunity Hall Minyan – Bookings for the Hall minyan have opened. Contact Devorah between 12h00 and 14h30 or e-mail micomunity@sandtonshul.co.za to book your seat

Our Sandton Jolly Seniors Club

Join Rabbi Shaw every Wednesday morning for a fun filled inspirational morning!

BRING YOUR FRIENDS!

Time: 10h00

Venue: Games Room

DATE	EARLIEST TIME FOR TALLIS AND TEFILLIN	LATEST TIME FOR SHEMA	SUNSET
17 August	5:48:42 AM	9:23:28 AM	5:48:40 PM
18 August	5:47:53 AM	9:22:55 AM	5:49:07 PM
19 August	5:47:03 AM	9:22:22 AM	5:49:33 PM
20 August	5:46:12 AM	9:21:48 AM	5:50:00 PM

Got a Halachic Question?

Need a quick answer?

Sms or WhatsApp Rabbi Shaw on

0726966535 or e-mail

davidshaw@sandtonshul.co.za

SECURITY

CSO Security / Medical Emergency & Information Number: 086 18 000 18

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THE JEWISH WOMEN'S NATIONAL DAY OF PRAYER

A project initiated by our Dear Mother Devorah (Dawn) Nates נ"ע in 1995 requesting all Jewish women throughout South Africa and now internationally, to set aside a few minutes extra, on

Erev Shabbat,

Friday, 17th August 2018

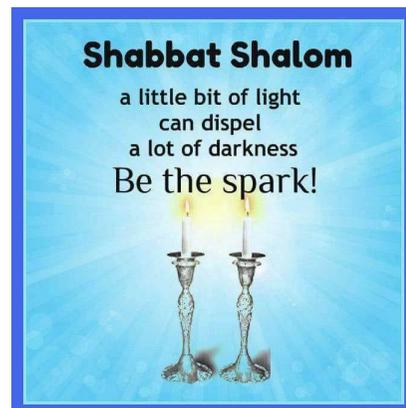
6 Elul 5778

At 5:31 p.m. in Johannesburg

And 6:00 p.m. in Cape Town

So that together, we can pray for Peace and Harmony in South Africa and in our Holy Land.

Pledge a donation to any charity of choice, and Recite Psalm 27, in the tranquillity of our own homes, just before lighting the Shabbat candles.



Make the Connection

ת"ס

18 August 2018

7 Elul 5778

Candle Lighting: 5.31pm
Parsha: Shoftim
Mincha: 5.00pm
Havdalah: 6.21pm
Haftorah: Zach Wittels



PARSHA PAGE NO.:

ART SCROLL:
Sedra Page 1024
Haftorah Page 1199
HIRSCH:
Sedra Page 728
Haftorah Page 914

SandtonShul

Shoftim: A Summary

Topics in this week's portion include: Judges and Justice, Forbidden Trees and Pillars worshipped as idols, Blemished Sacrifice, Penalties for Idolatry, The Supreme Court, The King, Levitical Priests, Priestly Portions, Special Service, Divination and Prophecy, Cities of Refuge, Murder, Preserving Boundaries, Conspiring Witnesses, Preparing for War, Taking Captives, Conducting a Siege and the Case of the Unsolved Murder.

This week we have the famous admonition: "Righteousness, Righteousness shall you pursue, so that you will live and possess the Land that the Almighty your God, gives you"

Dvar Torah by Rabbi Zelig Pliskin

The Torah (Deuteronomy 20:2-8) states that before the Jewish army went to war an announcement was made that certain categories of people should return home: he who has built a new house, but has not dedicated it; he who has planted a vineyard, but has not partaken from the fruits; he who has betrothed a wife, but has not married her. Verse 8 reads: "And the officers shall speak further to the people and they shall say: 'Is there a man who is fearful and fainthearted? Let him go and return to his house and let him not make the heart of his brethren faint as well as his heart' ".

What does this mean and what is the connection of the fourth category to the previous three categories?

Rabbi Yosi Haglili explains (Babylonian Talmud, tractate Sotah 44a, cited by Rashi) that the fourth category refers to someone who fears that he is unworthy of being saved because of his transgressions. Rabbi Yosi adds that this is the reason why the other three categories were told to go home. If someone would leave the ranks because of his sins, he would feel embarrassed. However, since other groups were also sent home, people would not know which individuals were leaving for which reasons.

This is truly amazing. A large number of soldiers are sent home in wartime in order to save a sinner from humiliation. We must learn from here that we must do everything possible to protect people from shame.

A timely message for the month of Elul by Rabbi Benjamin Blech

The women's 5000m race at the European Athletic Championships in Berlin last week finished in chaotic fashion for the Israeli competitor. It was a race that will long be remembered – not because of how it was won but rather how it was lost. And the stunning defeat for a world champion runner, Kenyan born Israeli Lonah Chemtai Salpeter, is a powerful reminder of a profound idea central to Elul, the month preceding Rosh Hashanah.

Salpeter, who had successfully claimed the gold in the 10,000m race earlier in the program, seemed on the way to another notable victory. Neck and neck with Netherlands' Sifan Hassan with a lap to go, she appeared assured of at least silver if not gold this time round. Until the inexplicable happened. Salpeter slowed down before the final "bell lap" mistakenly assuming the race was over! She pulled across the lanes to prematurely celebrate her medal. Spectators gasped in horror. Commentators couldn't believe what they saw. The other runners were stunned. Lonah realized her error too late and desperately tried to rejoin the race – but alas it was too late. She came in fourth place, and remarkably still beat the Israeli record.

The incident reminds me of the immortal words of Yogi Berra, "It ain't over till it's over."

Tears of despair, of misery and of anguish could not undo the reality for Lonah Salpeter of stopping too soon. Of course, it was unintentional but the consequence was the same.

Life is filled with moments that similarly challenge us.

Napoleon Hill, in his inspirational book *Think and Grow Rich*, tells the remarkable story of the almost billionaire which he subtitled *The Man Who Quit Too Soon*. It is about an uncle of R. U. Darby, caught by the gold fever in the gold-rush days, who went west to dig and grow rich. He staked a claim and went to work with pick and shovel. After weeks of labor, he was rewarded by the discovery of the shining ore. He needed machinery to bring the ore to the surface. Quietly, he covered up the mine, retraced his footsteps to his home in Williamsburg, Maryland, and told his relatives and a few neighbors of the 'strike.' They got together money for the needed machinery and had it shipped to a smelter. The returns proved they had one of the richest mines in Colorado. Down went the drills! Up went their hopes.

Then something happened. The vein of gold ore disappeared! They had come to the end of the rainbow and the pot of gold was no longer there. They drilled on, desperately trying to pick up the vein again—all to no avail. They finally decided to quit.

They sold the machinery to a junk man for a few hundred dollars and took the train back home. The junk man called in a mining engineer to look at the mine and do a little calculating. The engineer advised that the project had failed because the owners were not familiar with fault lines. His calculations showed that the vein would be found just three feet from where the Darbys had stopped drilling!

Don't make the mistake and think you've come as far as you need to go. You can go further.

And that's exactly where it was found. The junk man became incredibly wealthy because he knew not to quit too soon.

This is an important message for the month of Elul as we lead up to the High Holy Days. The last month of the calendar preceding the New Year makes one major demand on us: Don't make the mistake and think you've come as far as you need to go. You can go further. Don't quit the race before you've accomplished everything you're capable of doing.

The tragedy for many, as it was for Lonah Salpeter, is to stop too soon. There is more time in the race of our lives, time to be worthy of the prizes God may very well have in store for us as eventual winners. How sad it would be if we ignored the profound insight of Thomas Edison:

"Many of life's failures are people who did not realize how close they were to success when they gave up.

FUNNY THINGS: Bed Time Ritual

Little Shloimie Rothbart had just been put to bed for the umpteenth time and his mother's patience was wearing thin. "If I hear you call 'Mommy' one more time, you will be punished," she warned him sternly.

For a while it was quiet, and then she heard a small voice call from the top of the stairs, "Mrs. Rothbart? Can I have a drink of water?"

7
TIPS FOR
ROSH HASHANAH
By Alyssa Rachel Gross

How to get closer to your best self this New Year.

- 1 If not now, when?**
It's never the perfect time to change an ingrained habit. Don't wait for a magical moment or to hit rock bottom. Start today.
- 2 Gradual steps**
Stop trying to change everything all at once. Make an ironclad commitment to one action.
- 3 Write down your goals**
Write it down, type it out, or text yourself your goals for the month or the year. Not only will you have a daily anchor to review but you will also have a benchmark for success.
- 4 Tell someone**
Let someone (or a few) know that you're making a change. You'll gain support and accountability. And once you see them rooting you on, you won't want to let them down.
- 5 Break it down**
If you want to supercharge an area of your life, break it down into an actionable set of steps. Instead of saying "I'd like to get healthy", write down "no sugar in my coffee" or "1 hour at the gym on Monday and Wednesdays."
- 6 Focus on the rose**
Keep your eye on what you're working towards rather than on what you are giving up. Every rose has its thorns. Focus on the rose.
- 7 Be kind to yourself**
Forgive yourself when you slip up. Talk to yourself as you would a good friend or your child, expressing compassion, understanding and inspiration to jump back on the horse.

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