So... What’s Nu?
Our Sandton Jolly Seniors Club
Food for thought with Rabbi Shaw!
Join us on Wednesday mornings for a fun morning!
Bring your friends!
Time: 10h00 Venue: Games Room

Bridge Club
Every Monday morning
Time: 09h15 – 12h30
Venue: Shul Foyer
Cost: R70/Player

Got a Halachic Question?
Need a quick answer
Sms or WhatsApp Rabbi Shaw on 072 6966535 or e-mail davidshaw@sandtonshul.co.za

Shabbat Halacha
If one has a bad headache or one needs to lie down, it is permissible to take medicine. The reason for not taking medicine is to prevent one grinding powder on Shabbat. Therefore, when needed, it is permissible, even to ask a gentile to prepare the medicine (O.C. 328:1)

Condolences
Robyn Cowan on the loss of her father
Maxine Cohen on the loss of her sister
Beryl Lutrin on the loss of her mother
Lynn Stoch on the loss of her mother

Sandton Shul
29 July 2017 / 06 Av 5777

Candle Lighting Fri: 5.21pm
Mincha Shabbos: 4.50pm
Havdalah: 6.13pm
Parshat: Devarim Shabbat Chazan

Make the Connection

Stand Up Paddle Board and Facing Life’s Waves
by Rob Eisenberg

Stand Up Paddle board (SUP) is the latest craze in Tel Aviv. All summer long you can see people paddling their way through the Mediterranean along the Tel Aviv coastline. After “SUPing” for weeks, I realized that SUP is a good metaphor for life.

The waves come at you from all directions, from straight in front of you and from right behind you. You have to do your best to maintain your balance and continue moving forward. Lots of times you see the waves so you can anticipate the challenge. Other times you just need to react.

Life hits us the same way. There are risks and problems and we do our best to prepare and plan. But sometimes God sends us a wave we can’t see and we’re taken by surprise. We have to do our best to hold on and stay afloat.

Sometimes we see the wave and over-compensate, causing us to be tossed forward off the deep end. We need to do our best not to overreact to situations and put things in perspective. As the wise King Solomon’s ring inscription keenly read, “This too shall pass.” How often do we get caught up in reacting to something only to find out that it wasn’t as bad as we had imagined?

When you’re on your paddle-board, the important thing is to keep moving forward, despite the waves. You don’t always know where you will end up, but you let go and enjoy the adventure. This reminds me of the classic struggle between God’s will and free will. Both play a part in SUP and in life. God has an overall goal and plan for each of us, but it’s up to us to get there. Sometimes there are waves that come from out of the blue that we can’t control, but we can always control our reaction to those and our resolve.

The key is to maintain balance on the paddle board, no matter how overwhelming it gets. Squat a little bit, stand on one leg or up straight, lean forward, back, right or left and sometimes all at the same time!! Be flexible. Your paddle is there to help you maintain your balance and composure, giving you more stability. In life that support can be a friend, a mentor, someone who can give you advice and perspective before you venture out on your own again.

It’s easy to navigate calm waters but it’s also not exciting and uneventful. Bigger waves present more challenges and enable you to build your core muscles and get better. In life, growth occurs only outside the comfort zone. At times we get stuck in our mundane existence and routine. When challenges arise, our character is tested and pushes us through.
Don’t be afraid of the wave. You need to face it head on and be perpendicular to it. That gives you more of a chance to stay upright as opposed to staying parallel to the wave or trying to get around it which will more often than not cause you to capsize when it hits you on the side. We may be tempted to try avoiding or running away from our problems in life, but that only leads to trouble. The most effective way to deal with them is to face them head on, directly. Admit there is a problem, run into it so to speak, and then work out a plan to overcome them.

You’re going to fall off the SUP and it hurts. You scrape a leg or swallow salt water. Life is painful at times, but you have to get back up. You can’t just sit in the water and wait for help. You have to keep trying! Sure you can take a break, close your eyes and let the waves take you where they may. Your body becomes one with the water as you flow along with the waves. This is the highest form of trusting God. You feel you are completely in God’s hands and you relinquish control.

Sometimes in life we feel confused and unsure of our direction. We can take a step back and allow God to guide us, ride the wave and notice the subtle nuisances in which God directs our journey. And when we are ready to take the helm again, we can see the reasons we had to go through those experiences.

Enjoy the journey and don’t avoid the big waves. Face those challenges head on and keep paddling forward.

A Letter to My Beloved on Tisha B’Av

by Rabbi Yisroel Gelber

My Dear Beloved,

I miss you. Every summer, as the weather warms, I feel a loneliness deep in my heart. I think back to the days when we used to be together in one home. We were so close. You would protect me and look out for my every need. When I needed to feel your love or seek your guidance, I knew exactly where to turn. You allowed me to give to you in a way that brought us closeness. I sacrificed for you and you knew it. There was an unbreakable trust between us. Knowing you were with me brought me great joy.

But over time I disappointed you and I let you down. What was important to you was not important to me. I became self-centered and distant. You lost your trust in me and I lost my trust in you. Eventually you had me leave our home, so I could not return and life has never been the same. I felt your anger towards me. It has been a very painful struggle. The love and clarity I once had has vanished. Each time I walk by the site of our old home, I am flooded with memories of a different life.

I want you to know that I have not for one second forgotten about our relationship, and I am trying to change. I have worked on opening myself up and learning how to have a real relationship. I want to be better, even though the dark world I now inhabit sometimes obscures my vision and makes this effort so very hard. At the same time, it has allowed me to become stronger and in made me realize I can be who you believe I can be.

I am trying... and I am crying out to you again. I desperately yearn for the day we can reconcile and rebuild our home.

Please know I have changed. I am not the same as I was before. Please give me another chance. Please rebuild Your Temple so we can dwell there together again, forever.

Your Beloved,

The Jewish People

Tisha B’Av

The Jewish people experienced a special bond with the Almighty when the Bais Hamikdash, the Holy Temple in Jerusalem, existed. During this period, the Jewish nation received unique Divine countenance and protection.

The letter then moves to the pain of the separation and the pain of viewing the Kotel (Western Wall) which was the sight of the Temple. The two Temples were destroyed and the Jewish people went into exile, scattered throughout the world and distanced from the Almighty. The Talmud explains the root cause of this destruction—the Jews’ practice of “sinais chinam” (baseless hatred) among themselves. The Jews experienced a time of great darkness, dislocation and disconnection from God that continues to this very day as we witness the rise of global anti-Semitism, alienation and assimilation.

We beg for reconciliation with our Beloved—God Himself, this healing reflected in the rebuilding of the holy Temple in Jerusalem where God’s Presence will once again dwell.

The Hebrew month of Av, a month representing the mourning of the Temples’ destruction, precedes Elul—the month of repentance that proceeds Rosh Hashanah and Yom Kippur. “Av” (spelled Aleph Bais) can be read as a Hebrew acronym for “Elul ba” – “the month of Elul is approaching." Feeling the pain of separation and longing for our rightful return is an emotional and spiritual precursor to heartfelt repentance. When we experience the lack and yearn for its removal, we atone for rupturing our relationship and make ourselves ready for reconciliation.

Tisha B’Av @ Sandton Shul

Monday 31 July 2017
Fast begins @ 5.38pm - Main Shul
Mincha @ 4pm – Main Shul
Ma’ariv @ 6.15pm followed by the reading of Eichah and an impactful multimedia presentation by the Chofetz Chaim Foundation introduced by Rabbi David Shaw – Main Shul

Tuesday 1 August 2017
Shacharit @ 7.30am followed by Eicha and the recital of Kinnot – Main Shul
Hugh Raichlin tracing his journey through the Shteletlach of Latvia, Lithuania and Belarus – A Jewish World That Is No More @ 3.45pm – Upstairs Shul
Mincha @ 5pm - Upstairs Shul
Ma’ariv @ 5.50pm
Fast ends @ 6.05pm

FUNNY THINGS: An Apple a Day

Little Moishe Solomon was eating an apple in the back seat of the car, when he asked, “Abba, why is my apple turning brown?”

“Because,” his father, a college professor explained, “after you ate the skin off, the meat of the apple came into contact with the air, which caused it to oxidize, thus changing the molecular structure and turning it into a different colour.”

There was a long silence. Then Moishe asked softly, “Abba, are you talking to me?