

AROUND THE SHULES

with Sophie Deutsch



THE GREAT SYNAGOGUE Charming chamber concert

THE Affinity Collective string quartet played to an audience of over 200 people at The Great Synagogue late last year.

Those in attendance were overwhelmed by the beautiful sounds produced by the quartet, and treated to a performance by Cantor Joshua Weinberger.

NSTE Festivals are for giving

AFTER the launch of Livracha – a North Shore Temple Emanuel (NSTE) social action initiative – in December last year, the shule will be continuing to collect items for people in need inspired by the themes of each Jewish festival.

Facilitated by Jews for Social Action (JSA) at NSTE, the group initially ran a collection drive for cooking oil – a high-need item for refugees – and then donated the cooking oil to the Asylum Seekers Centre last year.

Whether oil or other items related to other Jewish festivals, NSTE members and visitors to the shule can bring and deposit items in a basket provided by JSA, who then delivers the donations to the recipient organisation after each festival.

"In the midst of our most joyous times – our festival celebrations – we mustn't forget those in need, but share our abundance with them," commented senior rabbi of NSTE Nicole Roberts.

"Places of worship need to become 'inspiration destinations'... When people come to shule, they need a visible reminder that there is something they can do, and that there are many other people around them who care. Our overflowing

basket outside the sanctuary doors in our foyer is that reminder. Livracha is one small step in making our shule an 'inspiration destination'."

PARRAMATTA SYNAGOGUE Allen's Anzac address

FOLLOWING the centenary of the Battle of Beersheba last year, Peter Allen, the national coordinator of the Centenary of Anzac Jewish Program (CoAJP), will be presenting on the topic of The Centenaries of Beersheba and Jerusalem: from sublime victory to ridiculous surrender – the untold story, at the Parramatta Shule Friendship Club this weekend.

Using videos and photos, Allen will take the audience on a journey from the story of the Australian Light Horse and their charge on Beersheba to the relief of Jerusalem by general Allenby.

Allen is the national coordinator of CoAJP, which was created in 2012 under the auspices of the Executive Council of Australian Jewry. He has spoken about World War I and the Jewish diggers, and overseen the preparation and publication of *Jewish Anzacs – Jews in the Australian Military* by Mark Dapin. He also attended the centenary commemorations of the Battle of Fromelles in 2016 in France and the Battle of Beersheba in 2017.

The talk is at 2pm on Sunday, January 21.
RSVP: parrasynagogue@gmail.com

CBD CHABAD

Wellness in Judaism

MAINTAINING a healthy body, mind and soul – key concepts in a holistic approach to health and Judaism – will be explored at CBD Chabad's workshop for women on January 30, after a successful first workshop was held earlier this week.

"G-d gave each and every one of us a precious and unique body and soul. We therefore have an obligation and responsibility to make every effort and truly exert ourselves to insure that our body, mind and soul are healthy," commented Rebbetzin Sara-Tova Yaffe, director of the women's division of CBD Chabad, who shared with *The AJN* her thoughts on the Jewish approach to health.

"When we maintain a healthy and balanced life style, we are then able to perform our spiritual duty as effectively as possible, as well as achieving our personal life mission.

"There are innumerable sources in Jewish scripture that

discuss the importance of health, both physically, mentally and emotionally. While we often joke about the fact that Jews always associate our Jewish experience (and survival) with food, there is great emphasis throughout the Written and Oral Torah on maintaining one's physical, emotional and mental health.

"One of our greatest commentators and physicians in our history, the Rambam (Maimonides), dedicated his life's mission to spreading the awareness of holistic health. We know that when a person is healthy in mind and body, then he or she is able to accomplish so much more in all areas of life; personal, relationships, career, Godly service and the like."

At the workshop, holistic health coach and former teacher, Nicole Sokol, will guide the audience on a journey to find balance in their everyday lives.

"In these fast-paced times, it is hard to find balance and this lack

of balance in all aspects of our lives can affect our emotions and ultimately our health.

"Holistic nutrition focuses on finding balance between our work life, our relationships, our passions, our physical well-being, what we eat and our spirituality," said Sokol.

As Jewish women are termed *akeres habayit* – the cornerstone of the family home – concepts relating to holistic health are essential for women.

"It is the Jewish woman that serves as the core of her family, her relationships and herself," commented Yaffe.

"She cares for a myriad of people on a daily basis. But in order for her to dutifully care for those around her, she must be healthy in body and mind first. Only once she cares for herself, can she adequately care for others."

The session is on Tuesday, January 30 at 8-9.30pm at The Paddington Shtiebel.
Tickets: \$20. RSVP: Rebbetzin Sara-Tova Yaffe, 0422 470 655.

CONGREGATIONS

congs@jewishnews.net.au

BONDI MIZRACHI SYNAGOGUE

(02) 9130 5973; www.mizrachi.org.au
Rabbi Shua Solomon
Services: SHACHARIT: 6.30am every weekday morning. Sunday: 8am.
Weekday & Sunday MAARIV: 6.30pm.
Friday night: 6.30pm during summer.
Shabbat morning: 9.30am;
Shabbat Mincha: 25 minutes before sunset, followed by seudat shlishit.

THE CENTRAL SYNAGOGUE

(02) 9355 4000; Fax: (02) 9355 4099;
www.centralsynagogue.com.au

Coogee Batory Kindergarten: (02) 9664 1492.

CREMORNE SYNAGOGUE

(02) 9908 1853;
www.cremornesynagogue.com;
info@cremornesynagogue.com.
Rabbi Chaim Konceptolski.
Services: Friday 6pm; Saturday Shacharit/Mussaf 9.30am, Mincha and seudat shlishit one hour and 15 minutes before Shabbat ends winter time, 5.30pm summertime;
Shacharit Monday 6.30am.
Cheder - enquiries to the Rabbi.

DOVER HEIGHTS SHULE

THE GREAT SYNAGOGUE

(02) 9267 2477; Rabbi Dr Benjamin Elton;
Cantor Josh Weinberger;
www.greatsynagogue.org.au.
Friday night: 6pm followed by Kiddush (entry Elizabeth Street). Shabbat morning: Class (shiur) at 8.30am, Shacharit 8.45am-11.30am followed by Kiddush (entry Elizabeth Street). Shabbat Mincha: after Kiddush. Shacharit: Monday and Thursday 7am/ Tuesday, Wednesday and Friday 7.15am; Entrance on weekdays is from Castlereagh Street. Rosh Chodesh, Chol Hamoed and Selichot 6.45am.

KEHILLAT MORIAH

(02) 9375 1600; Rabbi: Dr Aryeh Solomon.
Office: Monday-Friday 8am-4.30pm.
Services: Fridays 6.30pm; Saturday 9.30am
Call office for information on Shabbat services, bar/bat mitzvahs, anniversaries and weddings.

MAROUBRA SYNAGOGUE

Rabbi Yossi Friedman:
Services: Mornings Monday and Thursday 6.30am except on Rosh Chodesh 6.15am.
Sunday morning 8am;
Evening services Sunday to Thursday 7.30pm; Friday 6.30pm.

www.nste.org.au; Rabbi Nicole Roberts,
Rabbi Emeritus Richard Lampert
Services: Friday 6.30pm, Saturday 10am
Apples & Honey Preschool (02) 9412 4839
Meah Hebrew & Religion School 0416 688 911
Years K-6: Sundays 9am,
Years 5-6: Wednesdays 4pm,
Year 7: Thursdays 4.30pm.

OR CHADASH

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