

United Synagogue—ק"ק בנטו ישראל

BUSHEY & DISTRICT AFFILIATED SYNAGOGUE

# **NEWSLETTER**

**Number 34**

**Purim - Pesach**

**.5738-1978**

The Honorary Officers and  
Board of Management

wish all members, their families  
and friends a happy, healthy  
and Kosher Pesach.

# editorial

## FREEDOM - PAST AND PRESENT

The story of Purim shows us how near Persian Jewry was to extermination but for the timely intervention of Queen Esther and Mordechai and the humanity and gratitude of a king.

Forty years ago the millions of Jews in Europe were not so lucky for Hitler, the twentieth century Haman, and his army of thugs and weak-minded individuals all but achieved their goal.

And yet the saga repeats itself. Russia, never known for its love of Jews when ruled by the Czars, continues the theme of trying to eradicate Jewishness. Now it is slightly more subtle. The mass exterminations of Stalin's day have given way to psychological pressures and deprivation, constant scrutiny and forced unemployment which subsequently results in accusations of "anti-Soviet" activity - not being grateful for the glorious Motherland - hoping that the spark of Judaism will eventually die.

It seems so long ago, Haman and Hitler, - and so far away - Persia and Russia, - that we forget it could be us or it could happen here. Months ago I wrote of the dangers of the National Front activity and was even advised not to describe it as Fascist yet now the community, Jewish and non-Jewish, is on the defensive. Some misguided, irrational, leftish extremists are even on the offensive which has had the effect of making martyrs of the National Front.

Every Pesach we thank the Almighty for freeing us from bondage and giving us our freedom, yet there are those who would dearly love to be able to say that they are truly free. Let us not forget them at both Sederim and let us not forget that there are still those, within our borders, who would gladly see US demoralised, degraded and destroyed.

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## DINNER & BALL

Knowing that it is impossible to please everyone, The Functions Committee must have come pretty close on Saturday 4 March.

Without a doubt the function was Bushey community's social event of 5738 and it's success must be mainly because it was for US and was wonderfully supported by very many members. Those who did not, could not or would not come missed out.

Colin Fink

# from the wardens' box

As you know, as part of the process of appointing a part-time minister we were visited by Rabbi Kass and Rabbi Lerner.

When subsequently reconsidering these and other applicants for the post the Ministerial Selection Committee felt absolutely certain that the position had to be considered as full-time.

Accordingly, a meeting was arranged between our Honorary Officers and Honorary Officers of the United Synagogue as a result of which certain preconditions were laid down following the acceptance of which we would be able to advertise for a full-time minister.

Hopefully, by the time you read this, the advertisement will have appeared in the "Jewish Chronicle".

It is right that members should be aware of one particular undertaking given by the Board of management; that if we shall have appointed a minister prior to Nosh Hashanah 1978 the membership fees for a male schedule member shall be £69.00 p.a. with effect from Nosh Hashanah 1978. It is equally important to note that of this £10.00 increase over the current male schedule member's fees, £1.50 is due to an increase in Funeral Expenses Scheme contributions, £1.50 is due to an increase in the Additional Education Levy (both of these being approved and applied by the Council of the United Synagogue), and £1.00 is a levy which our Board have approved as a contribution to the United Synagogue Welfare Committee's Area Youth Officer Scheme in which we are going to participate.

So the actual financial implications of making a full-time appointment - including repayment of a considerable capital borrowing from the U.S. to help with the purchase of a Minister's residence - will add

only £6.00 p.a. into the current fees for the year 1978/79. If we have made the appointment prior to Nosh Hashanah 1978.

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Please would you note that the A.G.M. will be on Monday 22 May. This year is an Election Year; the ballot box will open at 7.30 p.m., the business of the meeting will commence at 8.30 p.m.

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On behalf of the Community, may we express our thanks to the Gan Aviv Parents' Association.

Through their efforts over the last year we now have floor covering throughout the upstairs rooms as well as lampshades in all the classrooms. We are most grateful to the Parents' Association for this invaluable help in further equipping the Synagogue premises.

Ronald Cole ..... David Shulman

## Purim

### wednesday 22 March

6.45 p.m. minchah  
7.20 p.m. "Purim", a talk by Mr. Richard Kosten.  
7.45 p.m. Maariv and reading of the Megillah by Mr. Richard Kosten.

### Thursday 23 March

6.45 a.m. Shachrit & Megillah.

# social and personal

M. C. B L T O V

- .....to Marion and Jerry Wilson on their son Peter's Barmitzvah.
- .....to Susan and Kenneth Arfin on the birth of a daughter, Hayley Lisa, a sister for Ross.
- .....to Susan and Peter Bennett on the birth of a son, Toby, a brother for Robin.
- .....to Frankie and John Mellerman on the birth of a daughter, Amy Miriam, a sister for Joanne.
- .....to Jacqueline and Raymond Richards on the birth of a son, David Anthony, a brother for Gaynor.
- .....to Angela and Eddie Sheridan on the birth of a son, Adam.
- .....to Mr. & Mrs. Colin Mayover on the engagement of their son, Boyd.
- .....to Jeffrey Epstein, elder son of Shirley and Paul Epstein, on his 21st birthday.
- .....to Hannah Molder, one of our Talmud Torah teachers, who is getting married on April 4th.

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D A R U C H H A B A H - Welcome

We extend a warm welcome to the following new members and their families who have recently joined our community:-

Barry Brahams  
 Stephen Cooper  
 Stephen Cole  
 Barry Fligg  
 Victor Fox  
 Henry Harris  
 Stephen Hockley  
 Marvin Messias  
 Tony Myers  
 Anthony Wairn  
 Bernard Redmond  
 Jonathan Shephard  
 Evelyn Tropp  
 Beryl Walters

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REFUAN SHELAIMOH - GET WELL

We wish a speedy recovery to good health to Miss Donna Rosenthal, Mrs. Jackie Phillips and Mr. Jeffrey Bush who have all been in hospital recently.

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Y I Z K O R

We offer our sincere condolences to Mrs. Jenny Cole and Mrs. Hilary Brass on their recent very sad bereavements.

We wish them both and their families long life and no more sorrow.

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**ANNUAL GENERAL MEETING**

Your presence will be most welcome at the Synagogue on Monday 22 May. Ballot box open from 7.30 p.m. Meeting commences at 8.30 p.m.

# news & views

## CHARITIES

The following organisations have approached us to support their causes and in accordance with the Board's decision some months ago, we print their names and sincerely hope that members and their families will give generously:-

The Shaare Zedek Hospital,  
Jerusalem;

The Jewish Welfare Board;

The Metropolitan Hospitals  
Sunday Fund;

The Sir Israel Brodie Chair  
in Biblical Studies at Jews  
College;

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## ANNUAL GENERAL MEETING

Monday evening 22nd May is a date everyone should keep free in order to attend the Synagogue's A.G.M. Your attendance is important as we wish you to have a say in the way the Synagogue is run and who runs it.

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## LEST WE FORGET

It is our duty to ensure that all names of those who perished during the Holocaust are perpetuated in the HALL OF NAMES at the YAD VASHEM JERUSALEM. A separate PAGE OF TESTIMONY, an eternal visible memorial for each and every one of the Jewish martyrs is being kept. If you had relatives and friends in Nazi occupied territories who were victims of the Holocaust, you are urged to apply for the requisite number of forms to: Mrs. Ursula Webster, The Board of Deputies of British Jews, Woburn House, Upper Woburn Place, London, WC1H 0EP.

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## THE COUNCIL OF CHRISTIANS & JEWS

As the number of Jewish families in the bushey area is growing, anyone interested in participating in the formation of a local group should contact Colin Fink or Brian Silverman

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## WATFORD ANTI-RACIST COMMITTEE

"This group functions to counter the propoganda of the racists, as and when they spread their poisonous creed".

It would be encouraging if a number of our members, perhaps in the name of the Synagogue, identified with this Group and its aims.

If you are interested and would like more information, contact Colin Fink NOW.

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## 12 HOURS FOR ISRAEL

Earls Court - Sunday 7 May  
A handbill is enclosed with this Newsletter.  
Make sure you and your family attend.

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## CHILDREN'S SERVICES

2 Children's services are held every week for the very young ones and those a little older.

This is the opportunity for your children to learn about the Service, participate and discover the meaning behind what is said.

Do you remember the times you have said "If only I knew what it was about" or "I wish I could have had the opportunity"?

Don't deny your children.  
Don't let them blame you.

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# About Purim

## Two Purim Precepts

It has been shown how the physical elements most essential to man have been established by the Creator, in His great kindness, to be the most abundant and available. The same is true in the realm of the spiritual. Those Mitzvos most essential to the well-being of the *Neshomo* (soul), are precisely those that are the easiest to fulfill. This can be learned from the Mitzvos of the approaching festival of Purim. The following seven mitzvos are connected with the Purim festival. 1. Reading the Megilla, 2. Reading the special portion of the Torah set aside for Purim, 3. Saying the *Al Hanissim* Purim prayer in the *Shemoneh Esray* of the daily services and in the *Birchas Hamozon* (Grace after meals), 4. Prohibition of fasting and sadness, 5. To rejoice, to feast, and to drink to the extent that one reaches a state of great merriment, 6. *Mishloach Monos* - sending food gifts to one's friends and, 7. *Mattonos L'Evyonim* - giving charity to the poor.

Examination of these seven mitzvos in detail reveals that they are not equally easy to fulfill. Some are more complex than others and some require more preparation than others; however, the two mitzvos that express the essence of Purim better than any of the others (food gifts and charity) are also the *easiest* to observe.

*Megilla*: In order to read the Megilla, both a kosher Megilla and a trained reader (a *Baal Koreh*) are required. The Megilla must be written, without errors, in clearly legible and legally prescribed lettering, with a special ink on the parchment made from the skin of a kosher animal. The writing is done by a

specially trained *Sofer* (scribe) with a reed or feather pen.

*Reading the Torah*: The laws governing the writing and reading in a *Sefer Torah* are even more stringent than those of the Megilla. In order to fulfill the Mitzva of reading the Torah on Purim, a kosher *Sefer Torah*, a trained reader and a *Minyan* (quorum of 10 adult males), are all required.

The *Al Hanissim Prayer* can only be said in the set prayer services or during the *Birchas Hamozon* (Grace after meals). In the latter case, one would obviously have had to complete the kind of meal over which *Birchas Hamozon* is said. In the former case, one would have had to complete a minimum sequence of prayers before he came to the suitable point in the service for fulfilling this Mitzva.

*Rejoicing and the prohibition of fasting etc.* are mitzvos which depend on the feelings and emotional state of the individual. The essence of these mitzvos is to meditate and dwell at length on those thoughts that generate a joyous frame of mind and to turn away from fasting and sadness.

All the above restrictions and preparations are completely unnecessary in the case of *Mishloach Monos* and *Mattonos Lo'Evyonim*, the last two Mitzvos. They do not even require a *Brocho* (blessing) to be pronounced at their fulfillment. All one must really do is to give two different kinds of edibles (e.g. an apple and a candy, or a cookie and some raisins) to one friend, and to donate one penny to each of two poor people.

It is evident from the above that the last two Mitzvos are the easiest to fulfill and are "readily available."

## HASIDIC TALE

A Purim story told  
by the Sachatover  
Kebbe.

"In Cracow there lived a drunkard who was in the habit of drinking even more than usual a fortnight before and a fortnight after Purim.

He gave the following reason: Haman was no fool. He understood that it was not possible to find all the Jews in a single day for slaughter. It would take at least a month to ferret them out of their hiding places. Hence, his original plan was to devote the entire four weeks of Adar for this purpose.

Later, it occurred to him that if his plan miscarried, and the Jews would have occasion to celebrate their deliverance, they would enjoy a month's festivity. This, Haman could not countenance and he therefore issued the decree for a single day's execution.

For this reason, I consider it proper to defeat Haman's evil plan to limit our enjoyment and I celebrate the whole month."

# youth and education

## TALMUD TORAH PRIZE-GIVING

The Second Annual Prize-Giving was held in the Synagogue on 11 December, 1977.

Thanks to the generosity of members of the community who donated money for prizes, Mrs. Judi Back presented prizes to the following children:-

### CLASS I

Debra Barnard  
Melanie Bernitz  
Darren Caplan  
Robert Coleman  
Andrew Davidson  
Daniel Frankel-Pollen  
Danielle Freyd  
Martin Geminder  
Juliette Green  
Kochelle Harris  
Kuth Herman  
Sarah Kafetz  
David Kahan  
Joanna Kay  
Julian Levene  
Jonathan Levene  
Jodi Lynn  
Natalie Press  
Joanna Salamon  
Deborah Sacks  
Robin Shulman  
Jonathan Skelker

### CLASS II

Samantha Bratt  
Gayle Davidson  
Andrea Harvey  
Gregory Leader-Cramer  
Melanie Liebert  
Beth Myers  
Andre Nathan  
Robert Paydon  
Melanie Press  
James Selby  
Rebecca Trup  
Paul Waissman  
Nicola Waxman  
Samantha Wilson  
Stephen Zatman

### CLASS III

Juliet Kogove  
Mandy Sunkin

### CLASS IV

Rachel Cohen  
Alison Woolfe  
Michael Zatman

### CLASS V

Simon Herman  
Heloise Lampert  
Deborah Levene  
Sarah Silverstone

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## TALMUD TORAH - LEARNING DIFFICULTIES

Did you know that the London Board of Jewish Religious Education has special facilities for teaching children with learning difficulties or handicaps of various kinds?

For further information, please contact John Blank, 950 3780.

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## AREA YOUTH SCHEME

As you will have read elsewhere, the Board have approved our participation in a U.S. sponsored Area Youth Scheme. An officer has been appointed and he will be visiting us in the near future to discuss the requirements of the community's youth.

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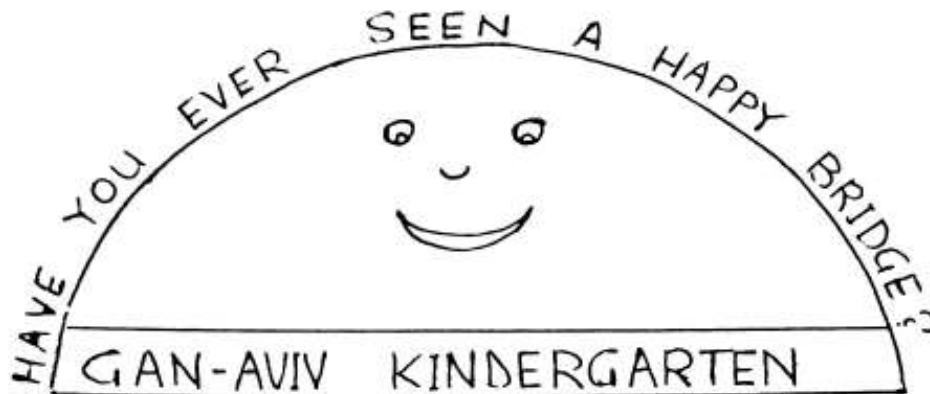
## ADULT EDUCATION - MODERN HEBREW

Classes for beginners are now held every Wednesday evening at 7.30 pm. in the Beth Hamedrash.

For further information, please contact Marcel Beller or any member of the Education Committee.

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Do you know about us? We are open every morning from nine o'clock until twelve o'clock.

This is how we see ourselves - a bridge, between home and school, helping members' children take that first crucial step in social independence happily and securely.

Our intake of thirty children is divided into three smaller units so that each child can benefit fully from caring, individual and qualified help from one of our team of four adults.

We get to know our children very well and the fact that we are a successful and happy group is largely due to the support and interest of our parents; the channels are open to solve problems and share successes.

Since you are a member of the Synagogue, you will care that your child's development is built on the solid basis of Jewish worship and practice. We also care and teach and enjoy together the aspects of Judaism that lend themselves to this age-group.

This is a typical Friday morning at our kindergarten:-

- 9.00-9.30 Free choice of toys on shelves.
- 9.30-9.45 Group activity - flash cards, Snap, made up of numbers, letters or shapes. News.
- 9.50-10.15 Cutting, sticking, glueing, painting.
- 10.15-10.45 Free play in hall, dressing up, sand, bricks, Wendy House, slide.
- 10.45-11.00 Milk, apples & prayers.
- 11.00-11.30 Number & letter work, general knowledge, news.
- 11.30-12.00 Assembly, Shabbat Table, Jewish rhymes & dances.

EACH DAY IS DIFFERENT

Would your child like this sort of morning?

Find out more about your own kindergarten. HOW?

Well - Buttonhole Aron Sager or Philip Skelker.

Talk to parents who have children with us know.

Find out when our next open evening is and take the opportunity to come and see:-

The childrens work  
Apparatus  
Premises.

Meet the Staff - See if you like us!!

Ask questions. Q

# ladies guild

Recent meetings of the Guild have been very well attended and enthusiasm is running high.

It is pleasing to note that we have many new members who are taking an active interest in all the activities.

A full programme is being planned for the year and this includes a Fashion Show on Monday 3 April, details of which are shown in full in the advert below; we are also hoping to present a Barn Dance some time in the summer, further details of which will be announced soon.

The Chanukah party was a great success and we are hoping for a "repeat performance" with the Purim Party.

At the time of going to press a "Kitchen Shower" has been arranged at the home of Elisabeth Rinkelstein when members will bring along various items which are required for our Shul Kitchen.

A large crowd attended a recent "New Members Evening" which was very enjoyable and brought in several "new members". All the entertainment was devised and arranged by members of the Guild.

We look forward to welcoming YOU at our next meeting.

For details of all meetings etc., please contact:-

Betty Segalov	950 3485
Shirley Epstein	950 5217
Raena Frankel-Pollen	950 1236
Sharyn Blank	950 3780

## BUSHEY SYNAGOGUE LADIES GUILD

*are proud to present*

### *A Spring & Summer Fashion Show by Georgie's of Elstree*

*to be held at*

THE SYNAGOGUE HALL  
Police Station Lane

on MONDAY, 3rd APRIL at 8 p.m.

*Clothes on sale after show*

Donation £1.50

Refreshments included

## football

With only 4 matches left to play in the season, Bushey United should finish in a reasonably high position in the table, although sadly promotion has eluded us for another season. This is mainly due to the fact that out of the last 5 matches we have only managed to draw 3 and have lost 2.

However, despite this enthusiasm runs high, and this was clearly shown recently, when the team turned out in all weathers to play matches in bad conditions

including frozen pitches, heavy snowfalls and freezing wind and rain.

John Nash remains the leading goal scorer with 12 goals to his credit. However with a total of 60 goals scored by the team so far this season it should be said that the rest of the team do not "sleep on the job"!

So far 19 people have represented the team this season.

10 David Hornick

# functions committee

## DINNER & BALL - 4 MARCH

This year, thanks to so many members of the community and their friends, we were able to raise over £2,600 for the Synagogue as well as give everyone a wonderful evening.

It was a pleasure to see so many people enjoying themselves which made all of us on the committee very pleased indeed.

We have provisionally booked the same venue for SATURDAY 3 MARCH, 1979, and will be pleased to reserve a place or a whole table for you.

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## "FRINGO" AGAIN!

After last year's successful evening of Frog Racing and Bingo, we are repeating it on SUNDAY 14 MAY. Tickets will be available shortly.

Don't miss out like many did last year.

Henry Saunders

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## COMING SHORTLY

A course of 6 lectures by eminent speakers on practical Jewish topics.

Will be held during this Spring and Summer.

WATCH YOUR NEWSLETTER FOR FURTHER INFORMATION

## PEASACH RECIPES

### Chocolate Florentines

- 2 egg whites (large)
- 3 oz icing sugar
- 2 oz plain choc. (grated)
- 5 oz blanched almonds
- 3 oz plain choc. (melted)

Grease baking sheet well. Whisk egg whites until stiff. Add  $\frac{1}{2}$  icing sugar and 1 oz. of grated chocolate. Whisk again. Fold in remaining icing sugar, chocolate and almonds. Place small heaps of mixture on baking sheet and bake in centre of pre-heated oven, (160°C, 325°F, Gas no. 3) until dry. Coat flat side in the melted chocolate and leave to harden.

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### Orange and Almond Cake

- 5 eggs
- $\frac{1}{2}$  cup ground almonds
- 1 tablespoon grated orange rind
- 1 cup sugar
- $\frac{1}{2}$  cup fine matzo meal
- 1 tablespoon orange juice.

Beat eggs in large bowl, add remaining ingredients and mix thoroughly. Pour mixture into buttered tin. Bake Regulo 4 or 350°F for about  $\frac{1}{2}$  hour. Cool in tin.

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### Shortcake

- $\frac{1}{2}$  lb Tomor
- $\frac{1}{2}$  lb Sugar
- 1 standard egg
- 12 oz fine matzo meal
- 4 oz potato flour

Cream marg and sugar. Add egg and beat well. Add meal and potato flour and knead into a soft dough. Press mixture into 2 flan rings and mark each into 6 or 8 sections. Bake in pre-heated oven Regulo 5 or 375°F (190°C) for 30/40 minutes. Sprinkle with castor sugar and cut through whilst still hot.

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# SOVIET JEWRY

Several weeks ago some of the women of Bushey United Shul and others gathered together to hear from two members of the 35's (Women's Campaign for Soviet Jewry). They explained the plight of "refuseniks" and it was agreed that we should do what we could to help one such family.

It was suggested that people continue to write to the Prestin family, but also that we begin working for Boris Chernobilsky and his family in Moscow who are more recent refuseniks. Boris is 34 and is a qualified radio electronics engineer, his wife's name is Yelena and they have 2 girls, Anne aged 6 and Genya aged 3.

They first applied for a visa to go to Israel in 1976 (Spring) and were refused on the grounds of the "secrecy" of Boris's work - but no explanation of this has been received. Boris was arrested in October, 1976, when he and 52 other Jews went for explanations about why their visas had been refused, together with another young family man Iosif As. worldwide protest backed up a defence committee set up in Moscow and suddenly both men were released without being tried. The authorities claimed the young families of both men were the reason for the release, but it is thought that the protests here and in Russia were the real reason.

What we can do for these people to help them get their visas quickly is to write often to them so that the Soviet Authorities know that we are working for them. We must be aware if anything like an arrest occurs and act with telegrams and letters of protest; and we can do this for other refuseniks in Russia too.

The Chernobilsky's have two young children like many of us - they are worried about the lack of Jewish Education for their daughters and would appreciate books for them to read and learn from. If you have any or want to buy some, please get in touch with me and I shall explain how to send them. If you have a minute to spare, just get a picture postcard and send it to them greetings and best wishes and "how are you".

Please get in touch with me or Linda Tenenbaum, 950 4237 or Jackie Shulman 950 6060 if you will join our group and get their address.

Lastly, whatever will have happened to Anatoly Sharansky by the time you read this? It is almost one year since he was arrested (March 15th) as I write this, and a trial seems imminent.

All the Jews in Russia are waiting to see what happens, especially the refuseniks because if Anatoly Sharansky is charged with treason, what can be in store for them.

Get involved - please help.

Sharyn Blank

## STOP PRESS SOVIET JEWRY

"PRISONLAND" a film smuggled out of Russia showing conditions in Russian prisons, will be shown in the Shul on WEDNESDAY 3 MAY at 8.30

Tickets £1 from S. Blank  
J. Shulman  
L. Tenenbaum

# do you know....

## Seder

### קידוש (Recite Kiddush)

Usually each person who knows how, recites the Kiddush individually or in unison aloud. Those who wish can rely upon the Kiddush recited by the person conducting the Seder. If this is practiced, both the reader and listener must have in mind that the Kiddush shall be accredited to him (the listener) as if he himself recited it. To get such credit the listener must be silent during the recital of the Kiddush, pay attention to each word and answer "Amen" at the end of each Brocho. This procedure can be followed whenever a ברכה (blessing) is to be pronounced.

A year when the first Seder falls on Saturday night, an addition to the Kiddush, known as הברלה is said. The Kiddush and the additional Haddallah is found in every Haggadah.

After the Kiddush is pronounced, each one drinks the first cup of wine. *Both male and female are required to drink at least more than half of the cup.* The one conducting the Seder, and any male who wishes, drinks the wine reclining on left side.

### ורחץ (Wash Hands Without Brocho)

Then all participants wash hands in the traditional manner (twice upon each hand with cup or glass which has no chip or crack) but the Brocho על נטילת ידים is *not* pronounced. This is mandatory because we must wash our hands before eating a food dipped in liquid. No Brocho is recited because it does not precede the המוציא.

### כרסם

The person conducting the Seder distributes pieces of כרסם (vegetable) to all present. Each piece to be less than a כזית (the size of an average green olive) to avoid the necessity for a ברכה אחרונה (short grace). The Karpas is dipped in salt water and the Brocho בורא סרי האדמה is said. The full text of the Brocho is found in the Haggadah. When reciting the Brocho he is to have in mind that this Brocho shall also include and cover the Moror (bitter herbs) which he will eat later during the Seder.

### יחץ (Break the Middle Matzoh)

The person conducting the Seder then breaks the middle one of the 3 Matzohs into 2 unequal parts. He wraps the larger part in a cloth or napkin and places it between the pillows of his reclining seat or any other safe place for his אפיקומן (Afikoman). The remaining part of the Matzoh he replaces to its former position.

### Say the Hagadah

It is best that the one who conducts the Seder translates the Hagadah into a language that everyone understands. The purpose of reciting the Hagadah is to relate the story of, and the happenings leading to the exodus from Egypt. It is therefore obligatory to intersperse the Hebrew with explanations in English or any language the participants understand so that the narrative can take on its true significance.

The Matzohs are uncovered and the "Ho Lachmo Anyo" is said. The cups are then filled the second time and the youngest asks the "four questions". The Hagadah is continued until "Go'al Yisroel" when the second cup of wine is drunk reclining to the left side.

### Wash hands

Everyone washes their hands as in the manner described when we dip the vegetable in salt water. This time, however, we recite the blessing "al N'tilas Yodayim". One should not talk until after the next blessing.

### מוציא מצה

The one reciting the Seder recites the "Motzei" over the two and a half Matzohs on the Seder Dish. He then puts down the bottom Matzoh, and over the upper and middle half Matzoh recites the blessing "Al achilas matzoh". He then breaks off two pieces, no less than the volume which when compressed is equal in size to half a medium egg (one ounce dry measure), "from the upper matzoh together with no less than this volume from the middle, divided matzoh. This is then eaten leaning on the left side. Those present also take similar quantities, recite the blessing and eat it, if men, reclining. In case there was not enough Matzoh on the Seder plate then more should be used.

These two quantities of Matzoh should be eaten in no more than 4-5 minutes.

\*This measurement is called a "Kezayis" and from now on will be referred to as such.

### Bitter herbs

Take Bitter herbs no less than the size of a Kezayis, dip it into the Charoses (only dip, but do not eat the charoses together with the maror), recite the blessing "Al achilas maror". This is eaten without leaning and again within a period of 4-5 minutes.

### Sandwich

Break the bottom matzoh, put bitter herbs, the size of a Kezayis, between two pieces of matzoh, also the size of a Kezayis, and say "Zecher Le'Mikdash Ke'Hillel". This is also dipped into the charoses and eaten leaning. Additional matzohs should be used if the one is not enough.

### The meal

One should avoid filling oneself at the meal in order to be able to eat a Kezayis of the Afikoman with relish.

### צדוק

After the meal is completed, Kezayis size pieces of the Afikoman are distributed and eaten leaning. Again, if there is insufficient Afikoman more can be added. Everyone participating in the Seder should eat the Afikoman.

### כרף

Fill the third cup, and Grace after meals is said. After Grace after meals we recite the blessing over the wine and drink it reclining on the left side. Pour the Cup of Elijah open the doors onto the street and recite "She'foch Chamos'cho". After this paragraph we close the doors.

### Hallel

Fill the fourth cup of wine. Finish the Hallel and after reciting the blessing, drink reclining on the left side. It should be noted that while for the previous cups we were only obliged to drink over half of the cup, the last one has to be finished entirely.

### Accepted נרצה

If all the above order is followed then our service will be acceptable to G-d. We finish off with songs sung to their traditional tunes. After the Seder no food whatsoever should be eaten and no drink unless very weak e.g. water.

# timetable

## SHABBAT

Friday/Shabbat	Shabbat Commences	Friday Eve Service at	Shabbat afternoon Service at	Shabbat Ends
17/18 March	5.53	6.00	6.00	6.53
24/25 March	7.05	7.15	7.00	8.06
31/1 April	7.17	7.30	7.15	8.18
7/8 April	7.28	7.30	7.30	8.31
14/15 April	7.40	7.45	7.45	8.44
21/22 April	See Pesach Services Timetable.			
28/29 April	See Pesach Services Timetable.			
5/6 May	8.00	8.00	8.15	9.23
12/13 May	8.00	8.00	8.30	9.37
19/20 May	8.00	8.00	8.45	9.49
26/27 May	8.00	8.00	9.00	10.01
2/3 June	8.00	8.00	9.15	10.11
Shabbat Mornings 9.30		Sunday Mornings		8.30

## PESACH

- Friday 21 April - Fast of the Firstborn  
 Morning Service at Stanmore Synagogue.  
 (Firstborn who wish to avoid fasting should attend the service, when there will also be a "siyyum".)  
 - Shabbat/Yomtov commences at 7.52 p.m.  
 - Evening Service commences at 8.00 p.m.  
 - 1st Seder.
- Shabbat 22 April - 1st day Pesach.  
 - Morning service commences at 9.30 p.m.  
 - Afternoon/Evening service commences at 8.00 p.m.  
 - Light candles AFTER 8.57 from an existing flame.  
 - 2nd Seder.
- Sunday 23 April - 2nd day Pesach.  
 - morning service commences at 9.30 a.m.  
 - Afternoon/Evening service commences at 8.00 p.m.  
 - Yomtov ends at 8.59 p.m.
- Monday - Thursday, 24 - 27 April, inclusive -  
 Chol Hamoed morning service at 7.10 a.m.
- Thursday 27 April - Yomtov commences at 8.02 p.m.  
 - Afternoon/Evening service commences at 8.15 p.m.
- Friday 28 April - 7th day Pesach.  
 - Morning service commences at 9.30 a.m.  
 - Light candles BEFORE 8.04 p.m. from an existing flame.  
 - Afternoon/Evening service commences at 8.15 p.m.
- Shabbat 29 April - 8th day Pesach.  
 - Morning service commences at 9.30 a.m. (YIZKOR)  
 - Afternoon/Evening service commences at 8.15 p.m.  
 - Shabbat/Yomtov ends at 9.10 p.m.

## ROSH CHODESH

Nissan	Shabbat	8	April	9.30 a.m.
Iyar	Sunday & Monday	7&8	May	8.15 & 7.10 a.m.
Sivan	Tuesday	6	June	7.10 a.m.

## useful 'phone numbers

SYNAGOGUE (Office open Sunday 10 a.m. - 1p.m.) Secretary: Mrs. Susan Sperber.	- 950 7340	PUBLIC RELATIONS & NEWSLETTER Colin Fink.	
WARDENS			
Ronald Cole	- 950 3566	FUNCTIONS COMMITTEE	
David Shulman	- 950 6060	Henry Saunders	- 950 4290
FINANCIAL REPRESENTATIVE		YOUTH & EDUCATION	
Lionel Finkelstein	- 950 1988	Brian Silverman	
COVENANTS OFFICERS		KASHRUT OFFICER	
Allan Conway	- 950 6602	Elisabeth Finkelstein	- 950 1988
Leon Mitchell	- 950 5496	LADIES GUILD	
MEMBERSHIP		Betty Segalov	- 950 3485
Paul Epstein	- 950 5217	Shirley Epstein	- 950 5217
KINDERGARTEN - MANAGEMENT COMMITTEE		BOARD OF DEPUTIES - BUSHEY REP.	
Philip Skelker (Chairman)	- 950 7203	Laurence Brass	9
Aron Sager (Secretary)	- 950 7123	LONDON BOARD OF JEWISH RELIGIOUS EDUCATION - BUSHEY REP.	
KINDERGARTEN - PARENTS ASSOCIATION		Philip Skelker	- 950 7203
Aron Sager (Chairman)	- 950 7123		
BUILDINGS - MAINTENANCE			
Godfrey Kaye			
BUILDINGS - DEVELOPMENT			
Johnny Back	- 950 1327		
<hr/>			
OTHER LOCAL COMMITTEES, NOT UNDER BOARD OF MANAGEMENT AUSPICES.			
THE 1973 TRUST FOR ISRAEL		ECLIPSE SOCIETY	
Johnny Back (Chairman)	- 950 1327	Suzanne Seymour	- 950 5522.
LEAGUE OF JEWISH WOMEN (Watford & District)		SOVIET JEWRY COMMITTEE	
Rose Mitchell	- 950 5496	Sharyn Blank	- 950 3780

The views expressed by the  
Editor and other contributors  
are not necessarily those of  
the Synagogue Board of  
Management.

GAN AVIV PARENTS ASSOCIATION

BROWSE AND BUY BOOK EVENING

Thursday 13 April, 1978  
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 Bushey.

at 8.30 p.m.  
 \* \* \* \* \*

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 \*\* MILL HILL MUSIC SOCIETY \*\*  
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\*\*\*\*\*  
 SUNDAY 9 April, 7.45 p.m.

JAMES GALWAY  
 and the ZAGREB SOLOISTS

Music by Bach & Vivaldi  
 \*\*\*\*\*

SATURDAY 20 MAY, 7.45p.m.

CHILINGARIAN STRING  
QUARTET with ANDREA  
GIFFORD (Guitar).

Music by Hadyn, Boccherini  
 and others.  
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The recipes on Page 11 are from a Pesach Cookery Book, copies of which can be obtained from Barbara Salamon, 950 4523. It costs £2.25, the proceeds going to Youth Aliyah.