

Record turnout for communal Seder

Pat Lipert

The seder for Pesach 5779 was a huge success with 80 members and visitors attending the first night of Passover observance at The Barn in Trelissick Gardens, Feock in April. People came from near and far to celebrate the traditional Haggadah service which highlights our Exodus from Egypt.

Knowing that this was being celebrated by families all over the world at this time in this season, either at home or in synagogues, heightens the awareness that we, the family of Israel, are united in our reverence for our roots, our common history and our love of Judaism. This festival of freedom seems, each year, to be more precious and relevant. First night seder is one of our most popular venues, not only for its inclusive and lively readings from the Haggadah but also for its sumptuous meal meticulously prepared by members of Kehillat Kernow. It truly is a night 'different from all other nights.' The service was enthusiastically and impeccably led by our Vice Chairman, Adam Feldman. His command of the text, his resonant voice, and a lifetime of having done this before, made each section of the service, particularly special.

So many of us were thinking of past seders



'And it came to pass at midnight...' Adam Feldman, centre, leads the Passover service with his attentive daughter, Hannah (left).

when precious family surrounded us, the present seder itself and very plausibly future seders through all our children who attend this time of hope, this time of love to celebrate the precious gift of freedom. It was a service filled with song, prayer and meaningful commentary throughout. Along with the traditional four cups of wine, the Hillel sandwich, a spectacular Mah Nishtana performed by our under 13 year olds with help from more senior leaders, much role playing through the more dramatic sections of the Haggadah and memorable, nostalgic

tunes, it couldn't have been a more joyous and informative ritual.

Many thanks go to our Chairman Jeremy Jacobson who welcomed and greeted all the guests through his very witty introductory remarks, to Harvey Kurzfield, Life President, who officially passed over the service leadership to Adam, to Treasurer Leslie Lipert who worked behind the scenes, to all the chefs who created a spectacular meal, and most especially, to Anne and David Hearle, who organised the entire festival. Next year in Jerusalem or Cornwall!

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Chairman's remarks

Jeremy Jacobson

At our recent Club Night, we watched the film *Disobedience*, based on Naomi Alderman's novel of the same name. A young woman, Ronit, returns home from New

York to Hendon to attend the memorial service for her dead father, the revered rabbi of the Orthodox community. Ronit has been estranged from both the community and her father for several years. On her return, she stays with her

cousin, Dovid, and his wife, Esti, with whom Ronit had a passionate affair years before. Esti now appears to be an observant Jewish wife, horrified when, absent-mindedly she accidentally lets drop a tiny sliver of butter into a saucepan filled with chicken simmering for the Shabbat evening dinner. However, the passion between the women is rekindled and they break the religious laws as practised by the community.

At the end of the story, Esti, accompanied by her husband, makes a speech to the congregation just as Dovid is about to assume the role of Rabbi. They stand hand-in-hand. To the massed, Orthodox community, she confesses that she is Lesbian, that she has decided not to act on her desires but not to remain silent either. Over the next few months some of the congregants leave, including the Chairman, but many don't. They are, in a sense, chastened, cleansed and renewed by Esti's confession, by her courage and by the love that enables her and Dovid to stay together and yet, to keep a space in their hearts for Ronit. Both Esti and Dovid are heroes. The former makes the difficult choice to remain Orthodox but not to live a lie. The latter, schooled since he was a young boy by his uncle, the great Rabbi, with a view to him eventually taking over from his mentor and teacher, accepts the rabbi's role, but does not abandon Esti. His heroism lies in his ability to break out of the straitjacket of his upbringing and understand an alien and seemingly immoral behaviour, in his courage and in his willingness to understand and love both his wife and his cousin.

Jewishly speaking...

In 1914, Franz Kafka wrote: "What have I in common with Jews? I have hardly anything in common with myself." Submitted by Chairman Jeremy Jacobson Do you have a favourite quote on the subject of Jews? Send in your selection for the next newsletter to: editor@kehillatkernow.com

High Holy Days schedule

Pat Lipert

The Days of Awe come at the end of the September this year and the beginning of October. It will be the year 5780. Services will be held at The Barn at Roselidden Farm near Helston. Directions can be obtained by checking your web-site or contacting any member of Kehillat Kernow. This year we will have a services of Reform Judaism student Rabbi Eleanor Davis leading the Yom Kippur Services.

The Erev Rosh HaShannah Service will begin Sunday, 29 Elul, September 29th at Roselidden Farm at 6:30pm. Kiddush and a New Year's supper, catered by Peter and Jos Hadfield and sponsored by Kehillat Kernow will follow the service.

The first day of Rosh HaShannah, Monday,

September 30th, 1 Tishri, will take place at Roselidden Farm. The service begins at 10:30am and will be followed by Kiddush and a New Year's luncheon sponsored by the KK Community.

On Tuesday, October 8th, the Erev Yom Kippur Service, Kol Nidrei, 9th Tishri, will be held at Roselidden Farm and begin at 7pm. On Wednesday, 10th Tishri, October 9th, Yom Kippur Services will be offered at Roselidden Farm beginning at 10:30am. The Service schedule will run as follows:

Morning Yom Kippur Service to begin at 10:30am and finish about 1pm.

Afternoon Service to begin about 1:30pm. Yizchor Service will begin at 4:30pm. Neilah Service will begin at 5pm. Breaking of the fast will follow with a dinner provided by Kehillat Kernow.

Why so long on this book? Although our faith can seem mightily controlling, a force for conformity, a religion of "Thou shalt..." and "Thou shalt not...", *Disobedience* echoes and updates a strong tradition of rebellion by brave individuals. "Even though you offer Me burnt offerings and grain offerings, I will not accept them; for your peace offerings of fattened cattle, I will have no regard," reports Amos. "Rather, let justices be revealed like water and righteousness like an ever-flowing stream." Similar sentiments abound among the prophets, some of whom rebuked kings and priests for their outward piety and

inner corruption. Have things changed? We live in a world where many of leaders preach one thing and practise another, where words carry falsehood and silence hides truth. In this same world, many scream hatred at those who hold opinions different from their own. In our small, beautiful corner of this world, let us continue to defend truth - and truths - for reality can be many sided. Honesty and humanity must go together. As the rabbi said, giving judgement to two opposing litigants, "You're right, and you're right". How can that be possible, his students asked? "You're right, too!"



Streetdraw 24 - Organised by a Falmouth University student, a group of art and illustration students including other Falmouth residents spent 24 hours drawing people and places in and around Falmouth. This included drawings at the Jewish Cemetery and adjoining Dissenters' Burying Ground. A selection will go on public display at an exhibition at the Royal Cornwall Polytechnic Society between the 21st-26th of October (photo and caption by Anthony Fagin).

'Disobedience' - observed not practised



So much to say-Members of KK and guests enter into a lively discussion about the upcoming film, *Disobedience*, and catch up on the latest news as well.

Pat Lipert

Members of Kehillat Kernow and visitors celebrated 'Disobedience,' the film and book by Naomi Alderman at the April Film/Food/Book/Fact Night at the Malpas Village Hall. Both the film and book raised all kinds of avenues for discussion before,

during and after the viewing which examined the impact of alternative lifestyles in an orthodox Jewish community in Hendon. The issues of freedom of choice versus tradition, various interpretations of Jewish law and how it could and should be practised, the physical and psychological impact of being raised in a strictly orthodox community, and

what constitutes happiness were all addressed through various central characters in depth and through stereotypical personages of stock Jewish members of a closed community: the gunzer machers, the mover and shakers, the academics, the variant family units, the frumers and the freer spirits.

Centrally, though, both the book and the film look at the importance and complexities of love and the possibility of emotional self-fulfilment in an environment where Halacha pervades all aspects of life.

While the book concentrated on all these issues through the impact of the death of community synagogue's most revered and renowned Rav Krushka, the film dwelled on the interpersonal relationships between the three central characters: R. Dovid Kuperman, heir apparent to replace his uncle, the Rav and his emotionally damaged wife, Esti, who still longs for her first great love, Ronit, the Rav's daughter, who has escaped her oppressive roots to live a more liberal lifestyle in New York. When Ronit returns to her community to make some kind of closing soon after her father's death, their relationship is renewed. From there on, the plot thickens. While the film exploits Ronit and Esti's passionate lesbian relationship, the book discusses the greater religious, political and human reactions to their affair.

In short, the book is better. The film invents, distorts, and while cinematically well made, is dramatically different. Such is show business. Prior to the viewing, another fine Jewish dinner was served. Dessert and an animated discussion followed after the film.

Many thanks to Adam and Melanie Feldman for arranging the venue, to Jeremy for bringing the film, and to all those members and guests who brought delicious food and helped with the 'washing up,' to ensure that it was another fine, should-not-have-been-missed evening for the Film/Book/Food/Fact Club. If you haven't attended one of these club events, make sure you catch the next one.



Purim treat - KK's Murray Brown leads the Purim service at Exeter Synagogue as part of his quest to reach the wider Jewish community whilst a student at Exeter University. Not only did Murray head the Exeter (Uni) Shul Committee and serve as Shabbat Officer for the university's Jewish Society, but also served as part-time Sh'liach Tsibbur for Exeter Synagogue leading both Masorti and Reform services while a student at the university. Murray graduated from Exeter Uni this Spring and now goes on to Manchester to attend an advanced teacher training course.



Food, glorious food-What film/book/food/fact club night would be complete without a grand nosh and this display proves that this night was no different from all other club nights.

Lest we forget: Lisa Cooper lecture

Members of Kehillat Kernow were treated to an historical and personal lecture about life in the Pale of Settlement in the Ukraine following the Shabbat Service in Blackwater on the 11th of May delivered by Cornwall resident, Lisa Cooper, journalist and historian. Based on her book, "A Forgotten Land," Cooper told the story of her grandmother's experiences and other members of her family, who managed to survive the turbulent period of time in the

Russian Empire during the late 19th, early 20th centuries. As Jews, they endured pogroms, the 1st World War, the Russian Revolution and Civil War, as their once comfortable lives as scholars and grain merchants came to a shattering halt. How this family survived at all in the Jewish Pale in the Ukraine for over a hundred years before some of them managed to escape to the Canada and the UK, makes for a fascinating and heroic story for life is 'stranger than fiction' and often much more fantastical and miraculous.



Furry and non-furry listeners-Lisa Cooper didn't mind speaking to an array of visitors and members of Kehillat Kernow, including the dog, when she gave her lecture about her Jewish Russian heritage.

Cooper told the story of her grandmother, Hana Pearl Unikow Cooper, based on translated Yiddish audio tapes that her father recorded of his mother, an 'inveterate storyteller,' of growing up in a small Russian town, Pavolitch, about 60 kilometres from Kiev in what is now the western Ukraine. Told through the voice of Pearl, what is clear is how vibrant, these Jewish communities had been despite the persecutions, extortions, virulent and violent anti-Semitism, revolution after revolution, pogroms, famine, disease and endless uncertainty. Eventually, these communities



Like grandmother, like granddaughter-Lisa Cooper begins her lecture about life in The Pale of Settlement for her own family and other Jewish families.

were torn apart; attrition, death and emigration finished them off and the Nazis would vanquish any remnant left into oblivion. It is only through documentation like this, that we gain a more defined picture of what was lost, what was recovered and how much of our heritage we owe to those determined people of the once forgotten Pale who struggled to survive. Many thanks go to Chairman Jeremy Jacobson who arranged for the lecture, to all those who prepared a special Kiddush on the day, and especially to Lisa Cooper who gave so freely of her time and insight to provide such a rich and rewarding Shabbos lecture.

Oaks for a strong future

Pat Lipert

Envision Abraham sitting under the terebinth tree on the Plains of Mamre hosting the angels of God with the Shekinah protecting him. The mighty Oak has been featured in many passages in Torah which is why members of Kehillat Kernow planted one at Penmount when they participated in a tree planting at the Dor Kemmyn site's Field of Peace with other members of the Inter-Faith Forum on Sunday, the 24th of March.



Working for peace-David Hearle and Adam Feldman muck in to do all the hard work of planting a substantial oak tree in the Field of Peace at the Inter-Faith Forum's Dor Kemmyn site.

The Buddhist Community planted a lime tree nearby.

Fifteen members of the Jewish Community gathered around to watch David Hearle supervise and plant the oak tree along with many others from the Inter-Faith Forum. Help with the digging also came from Adam Feldman and John Adelson.

The event came after some members of the community, led by Chairman Jeremy Jacobson, had attended the Islamic Community Centre for prayers and speeches of support following the murder of worshipping members of the New Zealand Islamic Communities in Christchurch. At the tree planting ceremony, after a greeting by Rita Stephen, Co-ordinator of the Inter-Faith Forum, Jeremy Jacobson noted how appropriate it was to plant symbols of life after prayers for the dead for it is the Jewish emphasis on life which is so integral in our religion. This was followed by traditional Jewish blessings, and a poem on oaks by Pat Lipert of KK, and excerpts from our siddurim for Tu Bishvat read by Adam Feldman.

The Buddhist community read a poem related to their faith and chanted when their lime tree was planted.

The Field of Peace is an important reminder of how all of us of many faiths and walks of life can gather for a common purpose. The divine approval also must have been working for the day was full of sunshine, balmy breezes and in short, a perfect Cornwall day, to plant hope and new life for the future.

Falmouth burial grounds visitations

In keeping with national 'Love your burial ground week' in June, several Falmouth cemeteries were open to the public through a series of walks in order to appreciate the historic significance of so many luminaries who contributed to the culture and life of this Cornish community.

Five guided tours through the Old Falmouth Cemetery and the Ponsharden Cemeteries were conducted from the 8th of June through the 16th of June.

The project was led by the Falmouth Town Council Cultural Services and Grounds and Facilities Teams and the Friends of Ponsharden Cemeteries.

Henrietta Boex, Director of Cultural Services said, "The people buried there played their part in the story of Falmouth and Penryn. Their different faiths are a reminder of the richness and variety of our community and the histories we share."

The Ponsharden Cemeteries encompass The Dissenters' Burying Ground and the Jewish Cemetery, the latter of which was recently listed by Historic England as one of the top ten 'Irreplaceable' Places of 'Faith and Belief' in the country which includes Stonehenge and Canterbury Cathedral in this category.

Spectacular Pesach

The communal seder and reading of the Hagaddah for 5779 was the biggest and most popular event of the year for Kehillat Kernow. Held each year now at Trelissick Gardens in Feock, it always guarantees an evening of inspiration, joy, celebration and hope for a future of peace and freedom.



It's all in the family - Nathan, Rosie and grandpa Alan get their heads around the Hagaddah, something they have done with our communal seders for many years.



It's tradition!-The 'Mah Nishtana' portion of the Pesach service is always a special moment when service leaders and children all join together for the Four Questions.



From generation to generation - Loyal KK members Karen Myers and her father, Gerry Myers, enjoy a few moments of gaiety before the services begin.



So much to say - When large groups of Jews gather at Pesach, the festive spirit is infectious.



Happy moments - Pat Lipert and Melanie Feldman find something very amusing as they look up at service leader, Adam Feldman (not pictured), during one of his many entertaining anecdotes.



Organisers extraordinaire - Anne and David Hearle finally get to sit down and relax after all their hard work preparing the Passover venue.



Where's the Hillel sandwich? Jeremy and Mai Jacobson reflect on the upcoming seder meal they are about to share after the first half of the service ends.

Editorial

With the coming of Spring and early summer most of our Torah readings in Leviticus focus on the concept of Tzedakah, to do that which is just and righteous in order to draw nearer to God, and implicit in this is the Jewish concept of charity. It is, unlike the secular Western concept of charity comprising spontaneous acts of good will or generosity, based on a central, ethical, religious obligation for all Jews, rich or poor. Mentioned 157 times in the Masoretic Text denoting righteousness, its additional definition of charity evolved most explicitly in rabbinic Judaism in Talmudic times. Who does not know of the agrarian roots of Tzedakah from the poignant story of Boaz leaving his gleanings for Ruth or Maimonides' eight levels of charity spelled out in his Mishneh Torah, or remember the pushke, the blue and white tin boxes for deposits of Tzedakah coins for charity in our homes? Tzedakah is reciprocal and considered one of the most important of the 613 commandments.

In terms of Tzedakah, in Hebrew the word for giving is natan, which interestingly can be spelled the same both backwards and forwards. So also, is the reciprocal nature of charity for those who give in the right spirit, receive so much in return. British Jews have a great deal of which to be proud for their active and on-going philanthropy.

British Jews, like Jews throughout the world, give more to charity than the wider populations in which they live.

In a recent survey, 93% of all British Jews surveyed both secular and religious, made at least one charitable donation in the past year either to Jewish or non-Jewish charities contrasted with 57% in the wider society. Thirty-seven percent of British Jews gave more than half of their charitable donations to Jewish charities but forty-five percent of British Jews gave more than half to general charities. The young gave as well as the old, though the older population (65+) gave more; the wealthiest of British Jews gave the most and those with religious or communal engagement, gave much more. The Institute for Jewish Policy Research found, "The more religious the respondent is, the more money they give in total to charity...Overall, 60% of British Jews give to both general and Jewish charities; 25% choose only non-Jewish charities; 8% only Jewish charities and 7% do not donate to charity at all."

The Tanakh reminds us of our obligation to give to those in need and in practice most of us have a keen sense of social responsibility giving not only the coins in our pockets but also time and effort to charitable causes and organisations beyond the special acts of Tzedakah during holidays and life cycle event. This generosity is the reason why our own community continues to thrive.

Well done each of you!

Marathon Mel does it again!

Melanie Feldman

It is said that Marathon Day itself is nothing to be feared, it is the victory lap - the hard work is done during the 6 months or more of training. It is also said that running a marathon is life changing. Well, many of you saw me plodding off in the direction of Malpas after shul during the winter and in all I put in 500 miles during the training months. So what did this extraordinary experience do in my fairly ordinary life? I have loved watching the London Marathon on TV since the early 1980s when it began. I'm not a sporty person and when I heard I had got a place I felt slightly apprehensive but mostly excited and honoured to get such an amazing opportunity. Training - mmmm. I knew I would do it, I knew I would get around on the big day. I joined a supporters' group for beginner marathon runners on

Facebook and during the winter I started to feel like a runner. I learned about fuelling, gels, tapering, ITB and hamstrings injuries, sports massage and foam rollers. I said 'no' when asked to take on extra commitments at work, I went out running and didn't feel guilty leaving the family at home. The training time meant I had to be single minded - selfish I suppose, but I felt drawn to something bigger than a whim of vanity and I enjoyed doing something completely different by myself. It gave me another identity beyond mum/wife and surgeon/colleague.



And the winner is...-Melanie Feldman with her medal, runs cross the finishing line. She did it!

Marathon day in London is fantastic. I lived in London as a student and again as a junior doctor. I have no great affection for the city where I fell and was trodden on as people stormed past me (over me) spread-eagled on the ground. But... All the anonymity



What a star!-Jemima Feldman is jubilant as she hugs her very special mum who has achieved something so worthwhile.

evaporates. Strangers scream encouragement in your face with the passion of the football supporter on FA cup day. People stand for hours offering snacks and sweets. Thousands of official volunteers choreograph the phenomenal ballet that is moving 45,000 people from Greenwich Park to The Mall, kit handed back to each runner as they stagger towards families at the end. I feel goose bumps every time I remember it and it will always be one of the great days of my life. I raised money for 2 charities that are important to me, Bowel Cancer UK and The David Nott Foundation. I was very touched by the support of friends, families and several of my patients and their families. Kehillat Kernow was enormously generous both in donating to my chosen charities and importantly in the support and love I felt (especially when heading out into the wind early on Saturday afternoons). Thank you all. During wet winter nights and freezing mornings, weekends when I felt fit for nothing after 20 miles of training, at all those times (and between miles 15-20) I vowed never again. But.... it was an amazing experience. I had thought I could do it in 5 hours. It took 5 hours 43 minutes, so to an extent I have unfinished business. Yes, I have indeed entered the ballot again. There is only a 4% chance of getting in, I have been lucky once before, so maybe, just maybe, I will get a chance to do it all over again.

Your people shall be my people

Pat Lipert

Shabbat morning service is always the most important period of the week, but sometimes, something very special happens, something intangible and so poignant and moving, that the presence of the Shekinah seems to hover in the air. Those who attended the service conducted by visiting Bournemouth Reform Synagogue Rabbi Maurice Michaels on the 25th of May to formally admit Mai Jacobson and Roger Chatfield into the Family of Israel were witness to this.

This was a family event, both immediate and extended, with partners and husbands, children and friends and KK members participating in the service of B'chukkotai. To be sure, the blessings far out-weighed the curses, the topic of the parsha, as Rabbi Michaels led us through the Saturday morning Shabbat service with grace, sensitivity, warmth and finesse.

Having travelled all the way from Bournemouth the night before to celebrate Friday night, Rabbi Michaels oversaw the conversions of both Mai and Roger during the past two years which culminated with their official acceptance at the Beth Din the end of January. Welcoming and working with those who wish to convert to Reform Judaism is something close to his heart and this was evident with the service he so masterfully led.

The Service of Affirmation of the Jewish Faith



Oh happy day-Simchas don't get any better than this after the Service of Affirmation into the Jewish faith. From left to right are: Roger Chatfield, Mai Jacobson, Rabbi Maurice Michaels and Pat Lipert, their KK teacher.

which followed the regular service is both moving and relevant. With Mai and Roger, it was particularly soul-stirring and impressive, because of their long-standing commitment and deep involvement for the past several

years with Kehillat Kernow. Mazel Tov to Rut bat Sarah Imeinu and Shalom Simcha ben Avraham Avinu. We and the Family of Israel are so lucky to have you now fully, officially embraced in our Community.

David & Goliath

Harvey Kurzfield

The mighty man strides forth before his Philistine tribe.

They stand and cheer and laugh in scorn As he yells the words that encourage fear.

"Send out your champion to this battlefield. Let us fight this day for glory and whoever wins this fairest of fights - Ha! His tribe will tell the story."

The silence of bewilderment rings like a lion's roar,
And each man looks towards his brother, bereft of strength, failing in courage,
As if facing a dangerous 'other'.

Amidst the silence, from within the crowd a young boy strides
A determined glint shines in his eyes. He descends from the hill onto the plain
Where the giant waits and cries...

"This insult is too much to bear. Take heed, this child will be crushed to death.
His blood will be on your hands. And then my people will drive you out,
To scatter you in distant lands."

The young boy's arms gleam in the sun as he

kneels at first in prayer
Crying "God, give me the strength I need to vanquish all my foes
And undertake this terrible deed.

"See!" Cries the monolith, "How he sits in the dust and dirt,
His skin I'll strip, his guts I'll spread, his bones will I grind into ash....
And thus by my mighty hand all Israel will be dead!"

So saying he brandishes his sword and whirls it round his head.
He stabs at the sky, he lunges all about.
His postures are all a blur to the eye.

Meanwhile, calmness possesses the boy and placing a single pebble
Within his well-used sling he twirls it round, and around and around
Watched in fear by Saul, his King.

It strikes the Goliath full on his head He stares, his eyes unhinged.
His legs, quivering, buckle at the knees, his sword clatters to the ground
And forward he falls, like a slow-born sneeze.

The rising dust obscures the sight of the boy running forward at pace

He picks up the sword, jerks it high in the air
And the fallen man's head rolls of its own accord.

The wait that rises from Philistine throats is matched by the cheers of their foes.
One army retreats in disarray while another pursues full of heart
Young David stands, waiting to pray.

Thoughts whirling in his mind, he turns and walks away
Adonai, he believes, is by his side, his choice no longer free.
Towards his kingship, now his goal, he holds his head with pride.

Derusha speakers wanted

Ever wanted to give a short sermon? Do you have a few words to add to the parsha at Saturday morning services? We need you! You are welcome to deliver the commentary on any week's parsha by contacting Pat Lipert and she will put you on the rota for 5779-5780.

Notices and diary

Mazel Tov:

- David and Anne Hearle for organizing a splendid Pesach
- Leah Hearle on her recent marriage in Cincinnati
- Melanie Feldman on completing the 2019 London Marathon in April
- All our KK students on completing their exams
- Mai Jacobson and Roger Chatfield on their formal induction into the family of Israel
- All those KK members who volunteered to do a Derusha for a Shabbat service
- Rachel Brown and Roger Chatfield on their significant birthdays

Get Well Soon:

- Vera Collins
- Gloria Jacobson
- Mandy Pearce

Condolences:

- Leslie Lipert on the loss of his niece, Barbara
- David Hearle on the loss of his brother

Diary:

Aug 3 rd	Masei (Sharim), 2 Av, 10:30am, TBS
Aug 17 th	Va-ethannan (Lev Taylor), 16 Av, 10:30am, TBS
Aug 31 st	Re-eh (Pat), 30 Av, 10:30am, TBS
Sep 14 th	Ki Tetze (Sharim), 14 Elul, 10:30am, TBS
Sep 29 th	Erev Rosh Hashannah, 29 Elul, Sun., Roselidden Farm, Helston, 6:30pm
Sep 30 th	Rosh Hashannah, 1 Tisri, Mon.,

Oct 8th

Roselidden Farm, Helston, 10:30am

Oct 9th

Erev Yom Kippur, Kol Nidrei, 9 Tishri, Tues., Roselidden Farm, 7pm

Oct 14th

Yom Kippur, 10 Tishri, Wed., Roselidden Farm, 10:30am

Oct 26th

Sukkot, 15 Tishri, Mon., No service Bereshit (Adam), 27 Tishri, 10:30am, TBS

Nov 9th

Lech Lecha (Pat), 11 Cheshvan, 10:30am, TBS

Nov 23rd

Hayyei Sarah (Adam), 25 Cheshvan, 10:30am, TBS

Dec 7th

Vayetze (Pat), 9 Kislev, 10:30am, TBS

Dec 21st

Vayeshev (Adam), 23 Kislev, 10:30am, TBS

Dec 22nd

Erev Chanukkah, Sun., No service Chanukkah, Mon., First Day. No service

Dec 23rdJan 4th

Va-yiggash (Pat), 7 Tevet, 10:30am, TBS

Jan 18th

Sh'mot (Adam), 21 Tevet, 10:30am, TBS

Feb 1st

Bo (Pat), 6 Shevat, 10:30am, TBS

Contacts:

Kol Kehillat Kernow Editor: Pat Lipert. Photography: Leslie Lipert. Registered Charity No 10990562.

Leslie's joke

Thinking ahead

Two Jews meet on a train. The younger one asks the older one the time.

No answer. Again he asks, this time in a louder voice.

Again, no answer. Eventually he taps the man on the knee and almost shouts the question.

At last, reluctantly, the elder Jew tells him the time.

"And why did this process take so long, may I ask?" enquires the younger man.

"Well, it's like this. When we get to Minsk you won't know anyone, so I'll ask you home for dinner with my family. I have a beautiful young daughter. You will fall in love with her and you're a nice looking boy, no problem. But do I want a son-in-law who doesn't even own a watch?"



Attention borrowed book miscreants!

Please return all borrowed library books to Pat Lipert, librarian of the Arnold and Leatrice Levine Library.

Check your shelves, closets, any nooks or crannies. They are hiding in there somewhere.

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Summer grain salad

Melanie Feldman

This is very loosely based on a recipe in Good Food magazine but when I've made it, the combinations

a r e
a d a p t e d
d e p e n d i n g
o n w h a t's i n
t h e
c u p b o a r d.

The must have ingredients are lime, mint, basil and avocado

2 Grains: rice, buckwheat, quinoa... as I tend to overlook them, I use a packet of precooked grains but you could cook your own.

A big handful of mint leaves and a big handful of basil, finely chopped.

Juice of 2 limes and at least an equal volume of a tasty olive oil

Handful chopped spring onions
1/2 packet rocket

Additional green vegetable such as asparagus or French beans, lightly steamed or boiled.
1 chopped ripe avocado

An acidic fruit - strawberries, oranges, ripe peaches would all do nicely.

Mix it all up and tuck in!



Healthy refreshment - A bowl of this delicious summer salad is not only a treat on a warm summer day but good for you

SUDOKU

How to play: Complete the grid so the numbers 1 to 9 appear only once in each row, each column and 3x3 box. Don't worry; no maths is involved. Only logic is required to solve the puzzle. Have fun!

IT'S MODERATELY HARD

3			6	2		8		
2		6	4				3	
9	7			5	8			
	3						7	
			2	7			5	9
	6				2	3		5
		8		1	4			2

For the solution and more free puzzles, have a look at the Sudoku website: sudokusolver.com.