



Las Novedades

Shabbat Shalom

Welcome to our new Novedades!

We've received very positive feedback from the first edition of our new Novedades. If you have any ideas to contribute, please see the feedback section at the end.

This week's services and times

SERVICES

- 17h45:** Friday Mincha
- 18h00:** Kabbalat Shabbat
- 08h30:** Saturday Sachrit
- 17h45:** Saturday Mincha
- 18h48:** Shabbat ends
- 07h00:** Weekday Sachrit
- 08h00:** Sunday Sachrit

SHABBAT CANDLE LIGHTING

Earliest: **17h07**

Latest: **17h55**

WEEKLY TORAH READING: DEVARIM CHAZON

Parasha: Stone (900) Hertz (702)

Haftorah: Stone (1193) Hertz (725)

Zechirot

SHABBAT | 10 AUGUST

Moshe H Franco - father of Betty Rodman & Joe Franco

Kate Gotlieb - mother of Michael Gotlieb

SUNDAY | 11 AUGUST

Maurice Alhadeff - father of Nadia Alhadeff

MONDAY | 12 AUGUST

David Cunio - father of Abraham Cunio

Sylvia Benatar - mother of Raymond Benatar & Rosianne Habib

TUESDAY | 13 AUGUST

Maurice Marco

Flore Danon - mother of Maurice & Marcel Danon & Rachele Franco

Sadoc Codron - husband Vivian Codron, and Father of Leon & Salvo Codron

WEDNESDAY | 14 AUGUST

Rose Berg - grandmother of Natalie & Nicole Berg

FRIDAY | 16 AUGUST

Maurice Schneider - father in law of Mimo Franco

Birthdays and Anniversaries

We wish happy birthday to the following members

SHABBAT | 10 AUGUST

Charlie Bitton

MONDAY | 12 AUGUST

Gavin Pollack

FRIDAY | 16 AUGUST

Abbi Hasson

Natasha Sha'altiel

We wish happy anniversary to the following members

MONDAY | 12 AUGUST

Nikki & Ray Joselyn

Condolences

We wish condolences to JJ Benzaken on the passing of his beloved sister in Paris. We wish the family long life.

From the desk of the Rabbi

Each & every year I ask myself the same question: how can I feel the loss, the sadness of our exile during the saddest period and day on the Jewish calendar, Tisha B'Av.

As we know, Tisha B'Av marks the destruction of both Temples in Jerusalem, as well as other catastrophes of Jewish history is around the corner. This coming Monday night, August 12, and the following day, August 13, will be set aside for rituals of communal mourning. We will sit low to the ground, keep our greetings to one another to a minimum, and make ample space to sit in our communal grief and pain.

Many of the events that Tisha B'Av commemorates occurred hundreds, even thousands, of years ago. If it is the very distant past, why the need to continue observing this day?

In part, it is because the tragedies of Tisha B'Av are not only historically significant, but are still relevant to us today. We still not only feel the impact they have had, but because of the lessons that we glean from them.

Quoting an article in which Leslie Klein, a contemporary Jewish historian, and the academic dean of the Women's Institute of Torah Seminary and College, based in Baltimore: "The Jewish people didn't have faith in GD and in Moshe that the land of Cana'an, (Israel) was a good place for them, and instead believed the negative information that came from the spies. They believed the 'fake news' they were told that night, and for that, were punished".

Tisha B'Av is not only an occasion to reflect on the tragedies that occurred on the 9th of Av, but during the totality of Jewish history. The prevalent custom is to use the date as an opportunity to mourn for victims of the many tragedies that have befallen us. The Spanish Inquisition, Pogroms, Libels, the Holocaust, October 7th and other devastating events.

As it is a communal day of mourning for all the tragedies that have happened to Jewish people throughout our history, we collectively mourn. Why? Because we are one nation, so your tragedies are my tragedies.

The Beit HaMikdash was our Creator's beloved home, and ours, too. There was a problem of *sinat chinam*, baseless hatred, and so during Tisha B'Av, our objective is to do the opposite, to spread love amongst our Jewish brothers and sisters and stand together in our mourning.

So how can we have a meaningful Tisha B'Av? Perhaps to think of it slightly differently than we may be used to.

While mourning remains the primary goal of Tisha B'Av, the fact that we have experienced so many hardships, yet still persist as a nation, is inspiring. We are the same nation that experienced GD's incredible might with the Exodus, received the Torah, many miracles, and have passed our Holy Torah and status as a Holy Nation. WE are a testament to the resilience of the Jewish people, and that we will not forget who we are, and that no matter what has happened to us, we believe we are here to work toward a better future with GD in this world.

Yes, of course it is important to remember what we've lost, physically and spiritually. In fact, it's essential. We experienced loss, and even 2,000 years later, are still experiencing that same loss. Our commemorating Tisha B'Av shows that we yearn for redemption, yearn for a world that is truly Godly, at peace, free from strife and confusion. There's an importance in remembering where we come from and what's important to us as a nation. It is easy to lose sight of that, but ultimately, we are affirming our unity, that we care about each other, even while recognizing what we've lost. We are a nation that does not passively "not forget", but rather we are a nation that actively remembers.

Please see our schedule for Tisha B'Av this coming Monday evening and Tuesday. Please be in touch if you would like to discuss the day over the phone, zoom, or any other time. We at SHC are here for YOU, as you are here for US. We are ONE. May this month of Av be transformed into a month of joy, life and peace.

Shabbat Shalom

Naftali, Rachel & kiddies



Social @ Sephardi

Ladino phrase of the week

REUCHIDA BUENA

In ladino this is said when wanting to wish someone "good success".

In English, this would mean goodluck.

It is what we wish for you all, every day and always.

Chai Kitchen will be happening again this month at our Kehila on the 15th August. Join us (in a time slot that suits you best) on Thursday morning when we will be chopping, peeling, cooking and packing delicious Shabbat meals for those in need in our greater Jewish community. A link to sign up will be sent out this week on the SHC News WhatsApp group.

Our **Padel tournament** will be taking place this Sunday, 11th August. Should you be keen to participate, join our Padel Whatsapp group below for details and registration. We have had a super response and know it's going to be an "Olympic" game!

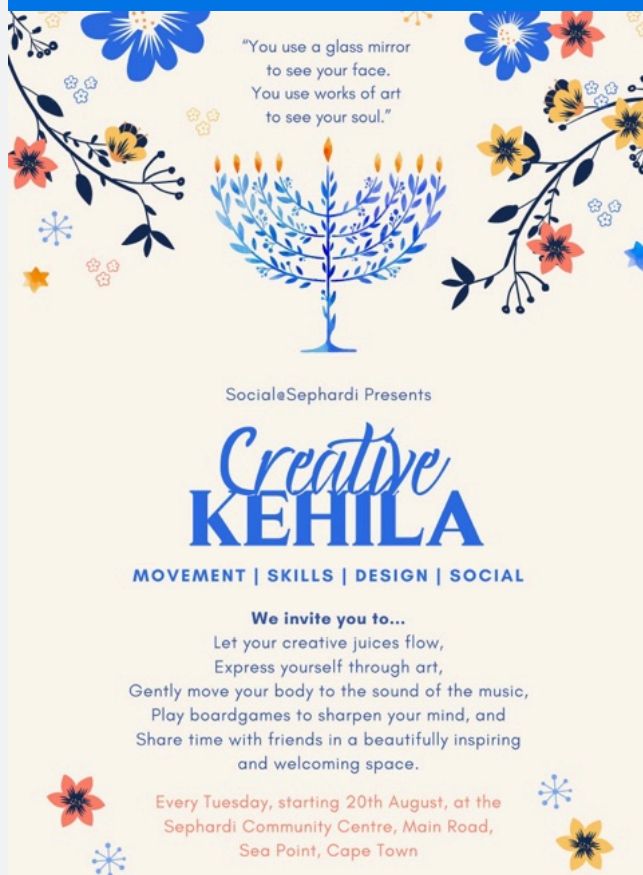
Join us every Friday at 4.30pm for our **ZOOM Kabbalat Shabbat**. [Click here](#) to join, or we will send the link on Friday morning on the SHC News WhatsApp group. Join us for an opportunity to welcome the Shabbat in the comfort and warmth of your home.

We are offering two new events this month, welcoming you to your home away from home, at the Sephardi Community Centre. All information and details are provided below.

Email: social@sephardi.co.za

What's new at the SHC?

NEW CLUB: CREATIVE KEHILA



"You use a glass mirror to see your face. You use works of art to see your soul."

SocialeSephardi Presents

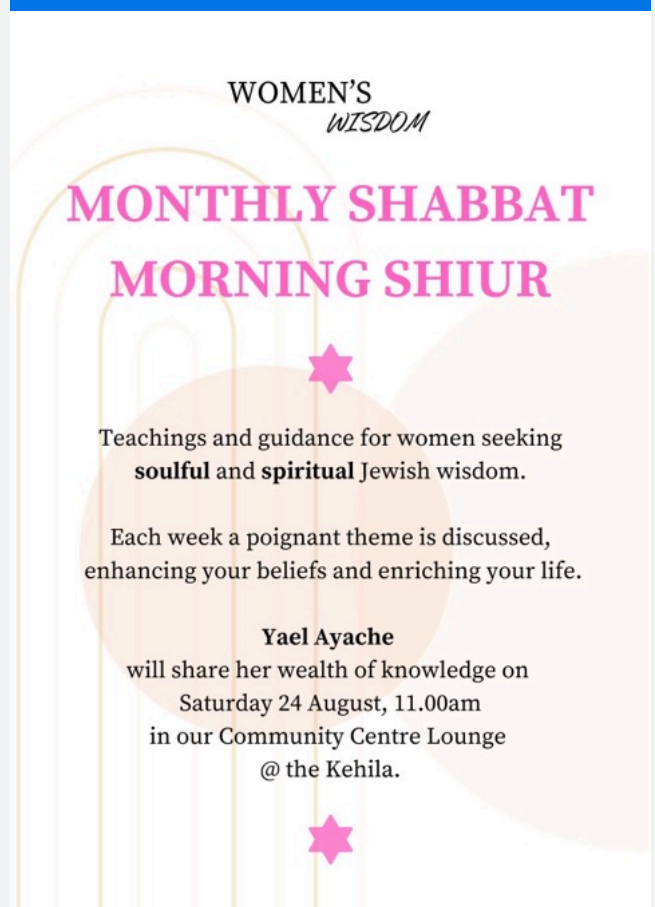
Creative KEHILA

MOVEMENT | SKILLS | DESIGN | SOCIAL

We invite you to...
Let your creative juices flow,
Express yourself through art,
Gently move your body to the sound of the music,
Play boardgames to sharpen your mind, and
Share time with friends in a beautifully inspiring and welcoming space.

Every Tuesday, starting 20th August, at the Sephardi Community Centre, Main Road, Sea Point, Cape Town

NEW CLUB: SHABBAT MORNING SHIUR



WOMEN'S WISDOM

MONTHLY SHABBAT MORNING SHIUR

Teachings and guidance for women seeking **soulful** and **spiritual** Jewish wisdom.

Each week a poignant theme is discussed, enhancing your beliefs and enriching your life.

Yael Ayache will share her wealth of knowledge on Saturday 24 August, 11.00am in our Community Centre Lounge @ the Kehila.

Starting 20 August, every Tuesday morning we are opening our doors and welcoming you to our new Creative Lounge - a space to be creative in mind and body. Art classes, board games, knitting & crocheting, playing cards, Ageless Grace, and socialising with your family and friends. Your home away from home.

Join our WhatsApp group below for details and to register to attend.

[Join the WhatsApp Group](#)

Once a month members of our community will share their insights into Jewish soulful and spiritual wisdom. Starting this month, on 24 August at 11.00am, with Yael Ayache.

Keep an eye on the SHC WhatsApp Community for more details.

Keep an eye out on the Women's wisdom WhatsApp group for more details.

[Join the WhatsApp Group](#)

Don't forget to follow us on social media



Facebook Page
[Sephardi Hebrew
Congregation](#)



Instagram Page
[@sephardihebct](#)



**Private Facebook
Group**
[Sephardi Hebrew
Congregation](#)

Coming up at the SHC

FRI | 09 AUGUST

SUN | 11 AUGUST

KABBALAT SHABBAT

zoom

If you can't make it to the Kehila because:

A: You're in Israel/London/Greece
 B: It's storming outside
 C: You are very comfortable on your couch
 D: Any other reason

Join our community on ZOOM to welcome in the Sabbath



Weekly on Friday afternoon at 16h30-17h00

The Zoom link will be shared every Friday morning on the SHC Notices WhatsApp group.

Or click on the link below.

Zoomagogue

Join us every Friday at 4.30pm for our ZOOM Kabbalat Shabbat.

[Zoom link here](#)



SHC **RACKET+BALL CLUB**

PADEL

Experience the thrill of playing indoor Padel with your fellow Sephardi players.

Tournament
Sunday 11th August
18.30-20.00
R180p/p

Venue: Racket+Ball Club, 261 Bree Street

If you'd like to participate, join the WhatsApp group below.

Sephardi Padel

Experience the thrill of playing indoor Padel with your fellow Sephardi players this Sunday, 11 August.

[Join the WhatsApp Group](#)

TUES | 13 AUGUST



TISHA B'AV

Tuesday afternoon, 13 August

Please come together for the film screening of **"The Path to Nazi Genocide"**

This 38-minute film introducing the history of the Holocaust will be screened at the Kehila, followed by an open and guided discussion.

Please join us for this meaningful service guided by Rabbi Silver.

Learn with us. Join us.



TUES | 20 AUGUST



MOVEMENT | SKILLS | DESIGN | SOCIAL

Weekly R30 base fee to participate

			
Social Creativity 10:00am Base fee	Ageless Grace 11:00-12:00 Base fee - R70	Art Therapy 13.30-15.00 Base fee - R70	Cards Club 13.30pm Base fee
Knitting, crocheting, Scrabble and Tile Rummy.	Gentle movement and fitness for the body and mind.	Guided painting classes for ladies. All levels welcome.	Let's play cards together! Rummy, Bridge & Kaluki.

All costs include a mini buffet with Sephardi treats and beverages.

Plus we will arrange guest speakers, once-off creative offerings or an organised outing to somewhere inspiring and beautiful in Cape Town!

HOW IT WORKS

Kindly join our WhatsApp group below to stay updated and to register weekly.

Activities will be announced on the group where you'll be able to easily book your spot via a poll.

Tisha B'Av Film Screening

Please come together for the film screening of "The Path to Nazi Genocide".

This 38-minute film introducing the history of the Holocaust will be screened at the Kehila, followed by an open and guided discussion.

Creative Kehila

Join us for art classes, board games, knitting & crocheting, playing cards, Ageless Grace, and socialising with your family and friends. Your home away from home.

Join our WhatsApp group below for details and to register to attend.

[Join the WhatsApp Group](#)

Want to stay up to date with upcoming and past events?

Join our [Facebook community](#).

Whats been happening at the SHC

INTERNATIONAL SPAIN DILLER SEMINAR | 7 July

Spain

Attended by Alexand Franco, who reflects on his experience:

"On the 7th of July a group of 20 Jewish Teens from Cape Town embarked on the one week International Spain Diller Seminar. Among this group were 3 teens from our community, myself, Benjamin and Samuel Marks. After almost a year of evolving and learning as Jewish Leaders in Cape Town we were eager to meet the other groups that were taking apart from around the world. Cohorts from Canada, Australia, America and Israel spent this week with us as we bonded and made new connections with fellow Jewish teens that had had similar experiences to us throughout the Diller program.

The week involved touring the towns of Cordoba and Granada, learning about the history of the Jewish people in Spain, listening to first-hand experiences of October 7th, many discussions and talks on Judaism in the 21st Century and of course making new friends. During our tour of the Jewish quarter in Cordoba we visited a museum solely dedicated to the history of Sephardic Jews. After a short presentation from the tour guide, myself, Samuel and Benjamin wandered around constantly finding things that were familiar to us, personally it was very interesting reading about the history of our community.

Taking part in the Diller program is one of the best decisions I have ever made. I have gained a great deal of knowledge on how to be a good leader in and out of the Jewish community and grown in understanding of my Jewish identity"



We would love to hear about your Jewish experiences and involvement within the Jewish community in Cape Town and beyond.
Email: social@sephardi.co.za

Coming up in Cape Town

MON | 05, 12, 19 AUGUST

SUN | 11 AUGUST

ESHET CHAYIL: IS SHE FOR REAL? WHAT IS HER SECRET?

Nicole Green explores the relevance of an ancient text in the context of the post-modern feminine

Mondays Aug 5, 12, 19
19H00-20H30 SAST Online
R500

RSVP: lauren@snitcher.org +27828802257
Viv Anstey, Director: vivanst@iafrica.com
www.meltoncapetown.org

Four Winters Film

Nicole Green explores the relevance of an ancient text in the context of the post-modern feminine.

[RSVP here](#)

MON | 12 AUGUST

FILM CLUB



THE FIFTH HEAVEN

SUNDAY 11 AUG 2024

AT 6:00 PM

LIGHT REFRESHMENTS SERVED FROM 5:30PM

RSVP: SAZFEVENTS@CTJC.CO.ZA
021 464 6714



MINIMUM R50
DONATION



Film Club | The Fifth Heaven

Please note earlier Winter start time.
Light refreshments served from 5:30 PM

Tickets: Minimum R50 Donation
Venue Upon registration

[Register here](#)

SAT | 17 AUGUST

<p>LIMMUD CAPE TOWN #CreateTheThingsYouWishExisted 17-18 August 2024</p>  <p>Shirli Gilbert Shirli Gilbert, Professor of Modern Jewish History at UCL, teaches Holocaust Studies, Jews in Africa, and racism.</p>	<p>LIMMUD CAPE TOWN #CreateTheThingsYouWishExisted 17-18 August 2024</p>  <p>Betty Q/Anna Ciszewska Burlesque Pioneer and Activist. Betty Q, Poland's leading burlesque performer, feminist activist, TEDx speaker, and former Director of Education at Polish Office of Souchou.</p>
<p>LIMMUD CAPE TOWN #CreateTheThingsYouWishExisted 17-18 August 2024</p>  <p>Elliot Vaisrub Glassenberg Elliot Vaisrub Glassenberg, a Queer Jewish educator-activist, advocate for pluralism, refugee rights, and LGBTQ inclusion at BINA.</p>	<p>LIMMUD CAPE TOWN #CreateTheThingsYouWishExisted 17-18 August 2024</p>  <p>Shai Cherry Shai, a Jewish educator and rabbi, wrote on Jewish responses to Darwinism and authored "Brash through Time" and "Coldest Justice".</p>

Limmud 2024



Legend of Destruction | A Worldwide Tisha B'av Film Screening

Experience the gripping tale of the destruction of the Second Temple in 70 CE, as Jerusalem becomes a powder keg of social unrest and religious fervor amidst Roman rule. With stunning visuals and a stirring score, LEGEND of DESTRUCTION is definitely a must see.

[Book here](#)

TUES | 20 AUGUST

THURS | 22 AUGUST

Shirli Gilbert, Betty Q/Anna Ciszewska, Elliot Vaisrub Glassenberg and Shai Cherry are the perfect examples of the diversity that Limmud values strive to represent.

Spanning a wide range of topics from refugees, relocation, LGBTQ+, even Burlesque, we're sure you'll agree that the line-up is incredibly varied, with something that's bound to appeal to everyone.

[Register here](#)

**BEN-GURION'S DREAM -
THE NEGEV IN THE WAKE OF
OCTOBER 7**
Ben-Gurion's vision of the Negev is
more relevant than ever



PROF. DANIEL CHAMOVITZ
President of Ben-Gurion University of the Negev

20 AUGUST 2024 | 18:30
R100 per person - includes light meal



REGISTER NOW

021 464 6714 | sazevents@ctjc.co.za

Ben Gurion's Dream - The Negev in the wake of Oct 7


Nicole Green explores the relevance of an ancient text in the context of the post-modern feminine.

[Register here](#)


CHOOSING LIGHT

'On the ability to choose, at any given moment, to see the good, to choose for myself the story and to create for myself the reality that suits me'

SPEAKER | IRIS HAIM
Mother of Yotam, one of the three hostages that was killed by the IDF after escaping Hamas captivity in Gaza.



CAPE TOWN | THURS 22 AUG | 7PM FOR 7:30PM
TICKETS | R180
BOOK HERE: <https://qkt.io/IrisHaimCT>



Iris Haim | Choosing Light

Join our Cape Town community as we pay tribute to the resilience of an Israeli Mother who chooses light over darkness

Iris is the mother of Yotam, one of the three hostages that was killed by the IDF after escaping Hamas captivity in Gaza.

[Register here](#)

What did you think of this week's edition of the Novedades?

We'd love to hear your thoughts!

[Let us know](#)

SEPHARDI HEBREW CONGREGATION OF CAPE TOWN

LET'S STAY CONNECTED

65 Regent Rd, Sea Point, Cape Town
Tel: +27 21 439 1962



