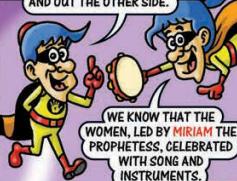
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BESHALACH: LADY J - SPREADING SUNSHINE!

THIS SHABBAT IS ALSO KNOWN AS SHABBAT SHIRA - THE SHABBAT OF SONG. THE PARASHA THIS WEEK DESCRIBES THE SONG OF THE SEA THAT THE JEWISH PEOPLE SANG TO THANK GOD FOR THEIR SAFE ARRIVAL THROUGH THE SPLIT SEA AND OUT THE OTHER SIDE.

THE TORAH TEACHES US THAT IT WAS BECAUSE OF THE INSPIRATIONAL WOMEN, LED BY MIRIAM, THAT THE JEWISH PEOPLE WERE SAVED FROM EGYPT. THEREFORE, SOME SHULS CHOOSE THIS SHABBAT TO HONOUR AND CELEBRATE WOMEN IN THEIR COMMUNITY, AS 'WOMEN'S SHABBAT'.

Lady Amelie Jakobovits. known affectionately as Lady J', was a remarkable lady. Married to Chief Rabbi Lord Immanuel Jakobovits, Lady J managed to inspire every person she met.



TALKING ABOUT INSPIRATIONAL WOMEN, HERE'S ONE OF OUR FAVOURITES ...



She fled from the Nazis. She wasn't blessed with financial wealth. And she didn't have a university degree. But she had faith, a caring soul and a love of life. She knew who she was and what was right. And she strove for peace and harmony not perfection.

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Lady J was always concerned that people should not just be living for themselves. There was no I in her life. She used to say, We're here for a purpose. We're here to help other people around us."







She would go the extra mile to make someone feel special. For example, speaker David Horovitz (then editor of The Jerusalem Post) she phoned his of chocolates he liked. She then had

when sending a thank you gift to guest mother to find out exactly what variety them delivered to his hotel - the most personal gesture of his career.



Lady J was famous for 'doing it right away'! When she heard that someone was sick, she would visit or call right there and then.

LADY J PERSONIFIED 'SAY A LITTLE, DO A LOT'. MANY PEOPLE THINK ABOUT DOING THINGS, LADY J ACTUALLY DID THEM. WITH KINDNESS AND SENSITIVITY, FROM VISITING SOMEONE WHO HAD JUST BEEN BEREAVED OR CALLING SOMEONE WHO HAD MADE ALIYAH TO SEE HOW THEY WERE SETTLING IN. SHE ALWAYS WANTED TO SPREAD A BIT MORE SUNSHINE IN THE WORLD.



Tribe is the Young People's Department of the United Synagogue: Creating a future for our community through engaging, educating and inspiring the next generation.