

26 / 27 JANUARY 2024

י"ז שבט תשפ"ד

WWW.KINLOSS.ORG.UK

SHABBAT WILL START AT 4:24pm AND TERMINATE AT 5:31pm

THIS WEEK IS THE KINLOSS FAMILY SHABBATON**FRIDAY NIGHT**

4:25pm Youth led Combined Friday Night Mincha, Kabbalat Shabbat and Maariv Service in the Main Synagogue (Women's Seating Downstairs)

4:10pm Sephardi Mincha, Kabbalat Shabbat & Ma'ariv

SHABBAT MORNING SERVICES

7:45am HASHKAMA in the Liora Graham Beit Midrash followed by Kiddush

8:45am Rabbi Dr Raphael Zarum's Rambam Shiur in the Main Synagogue
'Hilchot Yibum v'Chalitzah - Law of the Brother-in-Law'9:00am SEPHARDI SERVICE in the Sephardi Synagogue
led by Chazan Shimon and Daniel Cohen
Rabbi Heller will speak9:15am COMBINED SERVICE in the Main Synagogue led by Chazan Eli Sufirin
Kriat Hatorah by Jonathan Joseph
Rabbi Josh Harris will speakAfter Maftir, Women's Hafotrah Group in the Kinloss Suite Foyer
Rimona Weil will be reading the Haftara
and Lindsey Taylor Gurtharz will be speaking

9:45am YOUTH SERVICE in the Liora Graham Beit Midrash

10:15am Anim Zemiroth Club in the Newman Room led by David Lesser

10.45am CHILDREN'S SERVICESAges 0 - 4 - in the Silver Suite - run by Daniel Frankl & Coral Harding
Reception to Yr 2 - in the Nemetnejad Room - run by Sonia Bataller
Yr 3 - Yr 4 - in the 1st floor classrooms - run by Sam Ellis & Ellie Marantz
Yr 5 - Yr 6 - in the Newman Room - run by Ella Frankfurt & Natan Ruback

This week's Kiddush is co-sponsored
in loving memory of Sidney Landesberg Z"l
by daughters, Joanna, Tanya and Zara
and in loving memory of Daniel Daniel Z"l
by Harry, Judy and the Daniel family

12:30pm Early Mincha in the Main Synagogue

SHABBAT AFTERNOON

4:20pm Mincha followed by Shiur by Rabbi Dov Cowan

5:20pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

This week's newsletter is sponsored by Joseph Szlezinger
on the forthcoming Yahrzeit of his wife Kathrin Z"l

Beshalach

After 210 years of enslavement the Jewish people finally leave Egypt, only to be pursued by Pharaoh and his army. The Jewish people are stuck between the Egyptian army and the Red Sea. Terrified, they cry out to Moshe that it would have been better to live as slaves in Egypt rather than to die in the desert as free people. Moshe replies: "Don't be afraid! Stand firm and see the Lord's salvation that He will wreak for you today, for the way you have seen the Egyptians is [only] today, [but] you shall no longer continue to see them for eternity. The Lord will fight for you, but you shall remain silent." (Shemot 14:13-14).

Why did Moshe give the nation such a lengthy speech? The Midrash deduces from here that the Jewish people split into four factions. One group said let's throw ourselves into the sea, the second argued for going back to Egypt, the third wanted to fight and the fourth said let's pray. Moshe rejected all of these ideas. When he said 'stand firm' he was addressing those who wanted to jump into the sea. To the second group, Moshe said you will not continue to see the Egyptians. He told the third group who wanted to fight 'Hashem will fight for you'. To those who wanted to pray, he said 'remain silent'. Hashem then tells Moshe that the nation should travel and that He will split the sea.

The crossing of the sea is so important that we mention it daily in Shacharit. What is the significance of splitting the sea (which seems a superfluous miracle since it is not necessary to cross the sea to travel from Egypt to Israel)?

When we look around dry land we see lots of different things, we can easily differentiate between objects. When looking at the sea, even though we know that underneath there is a rich world, we only see the surface of the water which encompasses everything. The sea represents a world in which there is diversity

but we only see oneness. On a spiritual level, this represents a sense of harmony, the idea that we are all part of the same Source. Just as fish are submerged in and fully connected to their source of life, at the core of our being we are all connected, as we are all a manifestation of Divine energy.

The Jewish people, in their time of danger, experienced the fear response of flight (run into the sea), fight (the second group), fawn (surrender and go back to Egypt) and freeze (feeling helpless). It is fascinating to see these responses spoken about 2000 years ago. These are normal responses in times of danger, and there are times when they protect us and are necessary and appropriate. However, these responses can also sometimes keep us stuck. Hashem tells Moshe, now is the time for action, 'let them travel' (14:15). He tells the Jewish people to move forward.

Hashem tells the nation to choose to move forward and not to fear, as we are Hashem's ambassadors on a Divine mission to reach Mount Sinai, and have the resources to complete our mission. The sea splitting for us represents accessing our resources, our eternal sacred power, the place of Oneness, recognising G'd inside of each of us. There can be times when we are about to give up, disconnect, fight or feel helpless and frozen. When appropriate, and even though it may be difficult, Hashem says, 'travel', take that first step and He will help us by splitting the sea. This was not a miracle in vain, it gave us the ability to understand that freedom means having the courage and bravery to move forward, split the sea, expose what is hidden, our Oneness. Taking the next step may not always be easy, but, when we do, the 'sea splits' - our core, indestructible, goodness and strength is accessed, helping us to move forward.

Shabbat Shalom! Good Shabbos!

Chazan Eli and Nechama

BESHALACH STATISTICS

MITZVOT: BESHALACH HAS ONLY ONE OF THE 613 MITZVOT
VERSES: 116 (23RD LONGEST OF THE 54 SIDROT)
WORDS: 1681 (19TH LONGEST)
LETTERS: 6423 (18TH LONGEST)
HAFTARAH: 54 (THE LONGEST OF THE 80 HAFTAROT!)
TODAY IS CALLED SHABBAT SHIRA (SABBATH OF SONG), SEEING AS WE READ AZ YASHIR MOSHE (THE SONG OF MOSES) IN THE SIDRA AND THE SONG OF DEBORAH FROM THE BOOK OF JUDGES IN THE HAFTARAH.

PAGE NO.	SONCINO	HERTZ	ARTSCROLL
SIDRA	407	265	366
HAFTARAH	434	281	1152

WELCOME TO THE FAMILY SHABBATON

FRIDAY NIGHT

YOUTH LED COMBINED SERVICE
KINLOSS CHOLENT COOK OFF

SHABBAT DAY

COMBINED SERVICE FEATURING
THE CHILDREN'S SERVICE CHOIRS

FAMILY SHABBAT LUNCH
(SOLD OUT!)

FEATURING:
GUEST SPEAKER ROSS KRIEL
(PRESIDENT OF THE JEWISH COUNCIL
OF THE UAE)

CHILDREN'S ENTERTAINMENT
EXCITING YOUTH PROGRAMME RUN BY
RABBI DOV COWAN

Looking forward to a wonderful
Shabbat together!
Rabbi Josh & Tali Harris



Lunch & LEARN

RABBI JOSH AND REBBETZIN TALI HARRIS FROM KINLOSS WILL BE COMING TO JFS! PIZZA & SUSHI LUNCH!

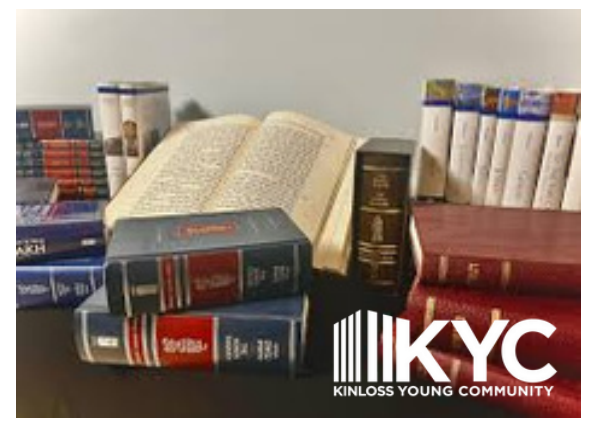
OPEN TO YEARS 9, 10 & 11

THURSDAY 1ST FEB, 1:45-2:15 IN THE JFS SHUL

LOOKING FORWARD TO SEEING YOU THERE!




Interested in a Chauruta or setting up a learning group? Be in touch with Rabbi Josh or Tali Harris



Parsha & Paint Night

CREATE BEAUTIFUL ARTWORK INSPIRED BY THOUGHTS ON THE PARSHA WITH REBBETZEN TALI HARRIS

PAINTING WILL BE GUIDED STEP BY STEP, NO PRIOR ART SKILLS NECESSARY!

KYC WOMEN DRINKS WILL BE SERVED!

TUESDAY, JAN. 30, 8:00 PM

Spots are limited!
£10 per person
Register at kinloss.org.uk/parshapaint





KINLOSS 

Kinloss Friday Nights

PARSHAT BESHALACH - FRIDAY 26TH JANUARY

<p>Combined Youth Led Service</p> <p>Mincha followed by Kabbalat Shabbat</p> <p>4:25pm Main Shul</p>	<p>Sephardi</p> <p>Mincha followed by Kabbalat Shabbat</p> <p>4:10pm Sephardi Shul</p>
---	---

Followed by the KINLOSS CHOLENT COOK OFF in the Small Deal Hall



WE ARE LOOKING FOR 2 VOLUNTEERS TO SET UP AND CLEAR AWAY THE FRIDAY NIGHT KIDDUSH WEEKLY. PLEASE SIGN UP FOR A WEEK VIA www.kinloss.org.uk/friday

IF YOU ARE INTERESTED IN SPONSORING THE FRIDAY NIGHT KIDDUSH, PLEASE SPEAK TO SHIMON IN THE OFFICE



INTRODUCING...

ELIANE FACHLER



**AS THE NEW
KINLOSS YOUTH
MADRICHA!**

Hi everyone! My name is Eliane Fachler. I've just come back from my second year studying in Israel and I'm so excited to be involved with your beautiful community. I grew up in Hendon, and in my own youth I would frequently come to the Kinloss youth service. It's so exciting for me to now be a part of its growth. Looking forward to meeting you all in due time.

**WE LOOK FORWARD TO WELCOMING ELIANE FOR
HER FIRST SHABBAT THIS WEEK!**

JANUARY 2024 EVENTS

EXCLUSIVE EVENT: with Vahid Beheshti

Vahid Beheshti, an independent journalist and Iranian human rights activist based in London, completed a 72-day hunger strike against the Iranian regime. Vahid recently spoke in the Knesset in support of Israel. Join us to hear all about his experiences and advocacy plus Q&A's.

Wednesday 31st January at 8pm
www.kinloss.org.uk/vahid
Members (Kinloss & NJA) - £5
Non Members - £7



KINLOSS

NJA
British Jewish Community



Tulip & Bulb Planting for **TU BISHEVAT** including a fruit tasting

Sunday 28th January, 10.30am - 11.30am

Register via
www.kinloss.org.uk/fruit

KINLOSS

HOLOCAUST MEMORIAL DAY

Rickett Quadrangle
Middlesex University
The Burroughs Hendon NW4 4BT
Sunday 28 January 2024
at 2.00pm

Please be seated by 1.45pm

Come and join us in this
commemorative service to
remember the victims of genocide.

Free Entry

Tube: Hendon Central
Buses: 143, 113, 83, 183, 186 and 326
Disabled parking facilities and access.

For more information:

call: 020 8359 2652

email: mayer@barnet.gov.uk

or visit: www.barnet.gov.uk/holocaust

BARNET
LONDON BOROUGH

JANUARY 2024 EVENTS

Friendship Club

All are welcome!



KINLOSS

Tuesdays, 10am-1.30pm



- ✓ Socialising
- ✓ Playing cards
- ✓ Knitting
- ✓ Outings
- ✓ Lunch and Refreshments

Call Lucy on 020 8349 5267 for more details

BRIDGE CLUB

The Bridge Club meet on Tuesday afternoons, 2pm-4pm in the Deal Hall, Ground Floor.

The club meets weekly playing self-taught bridge – a reasonable knowledge of the game is required.

Tea, coffee and biscuits will be provided and there is a weekly cost of £3 Kinloss Members, £5 non Members.

If you would like more information, please contact Lucy on 020 8349 5267 or visit www.kinloss.org.uk/bridge



KINLOSS

Art Class with Bettina Caro

KINLOSS

Art Group for budding and experienced artists in the community who are keen to join us for painting, coffee and fun. There will be an art teacher in attendance who will give structured lessons on the various art techniques and mediums.

KINLOSS ART CLASS

THURSDAYS FOR 6 WEEKS
10AM-1PM

ALL WELCOME

BOOK VIA
WWW.KINLOSS.ORG.UK/ART



FEEL FREE TO TURN UP, NO NEED TO BOOK!

£6 PER CHILD / £10 FOR FAMILY

LITTLE EXPLORERS

Fridays (Term Time)
from 19th January
10AM-11AM

For more information, contact
Tanya 07779 002 269

FOR CHILDREN 0-3YRS



Bring your little explorers to Kinloss for a morning filled with fun, play and music. A great opportunity to meet new friends as well as to let your little ones explore a range of toys in a safe and contained environment.

KINLOSS

THE CROWN THE FINAL SEASON



The sixth season and final season, is set from 1997 to 2005, during the premiership of Tony Blair. Events depicted include the death of Diana, Princess of Wales, the Golden Jubilee of Elizabeth II, the deaths of Princess Margaret & Queen Elizabeth The Queen Mother, the early relationship of Prince William & Kate Middleton, and the wedding of Prince Charles & Camilla Parker Bowles.

Monday Afternoons
29 Jan, 5, 12, 19 & 26 Feb

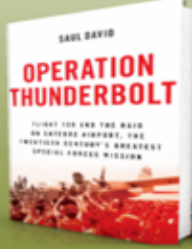
DOORS OPEN 1.45PM
SCREENING STARTS 2PM
NEMETNEJAD ROOM

KINLOSS MEMBERS £3, NON MEMBERS £4

KINLOSS

FEBRUARY 2024 EVENTS

IN CONVERSATION & CLIPS FROM THE FILM 'RAID ON ENTEBBE'





SAUL DAVID
The definitive account of one of the greatest Special Forces missions ever, the Raid of Entebbe.

Professor Saul David is a Sunday Times military historian, novelist and broadcaster. Having written and published an extensive collection of military books, presented BBC documentaries on the armed forces and lectured regularly at the University of Buckingham, Saul is a superb military speaker.

MONDAY 19TH FEBRUARY, 8PM

BOOK NOW VIA QR CODE OR WWW.KINLOSS.ORG.UK/SAUL


SHUL FOR THE MIND

Is a unique prayer service for people living with dementia and their family carers. (Professional carers are welcome).

Sunday 4th February at 11am in the Large Deal Hall

All are invited to come and connect spiritually through prayer, song and of course a great kiddush. Contact Rochelle in the office on 0208 349 5263

Kinloss Cares

What can we offer?



- Welfare Phone Support
- Bereavement Support
- Financial assistance through the Phyllis Nathan Trust (www.kinloss.org.uk/pnt)

Advice on communal services



Shopping

Contact Rochelle
020 8349 5263
kinlosscares@kinloss.org.uk




New Training Dates from United Synagogue Chesed Department

Bereavement Befriending Training for volunteers
4 sessions
Bereavement Training
27th February, 5th, 12th, 19th March @ 19.30-21.30

All training will be held online via Zoom. Each course requires attendance for all sessions. For further details please contact Rochelle @ Kinloss Cares: 0208 349 5263/ 07517 577 019




SAVE

23RD/24TH FEBRUARY

THE 2024

SHABBAT HA'IRGUN

DATE

"GIFT YOUR GIFT" TO

LEKET ISRAEL

As a community, in lieu of gifts to hosts over Shabbat, please consider making an equivalent donation to support Leket in Israel, who are doing amazing work supporting the internally displaced and many others in Israel.

WWW.KINLOSS.ORG.UK/LEKET






* To our Youth Directors, Leora and Harry Salter on the birth of a baby boy.

MARCH 2024 EVENTS



A Joint Venture with Kinloss and Chai Cancer Care

The presentation is about...

Letters and diaries found in a box and brought back to life.

Journey with us from May 1939, through the war years and beyond, as we tell the uplifting and true story of Phylis, a 16 year old schoolgirl from North London.

We explore her family, her life and her one true love.

SUNDAY 3RD MARCH
DOORS OPEN: 7PM
PROMPT START: 7.30PM

£15 KINLOSS MEMBERS
£20 NON MEMBERS

Including light refreshments after performance

BOOK VIA
WWW.KINLOSS.ORG.UK/LETTERS

"Well done ... very touching ... a story of the very best in human dignity and love, set against a backdrop of the very worst of humanity."

Marc S, film director, winner of Sundance Film Festival

"I wanted to thank you for a remarkable evening. I was overwhelmed by your dedication to research for this presentation and putting a wonderful true story together."

Shelley G

"...so professional, so interesting, so moving and such an inspirational lesson for living life."

Margot C

£1 + *giftaid it* = **£1** ^{25p}

SYNAGOGUE BILLS AND GIFT AID

For those who are required to complete self-assessment tax returns, they should remember the fees are eligible for Gift Aid except for the amounts for the Funeral Expense Scheme.

This includes all sponsorship given but not where you have received a service in return for a payment (such as advertising).

If you are unsure about the amount that you have donated to the Shul, either in the tax year until 5 April 2023 or until 31 January 2024, you can contact the shul office 020 8346 8551 and they will be able to tell you.

Just a reminder, Gift Aid is a Government backed scheme which gives the charity a tax receipt from HMRC of 25% of the amount of the donation and individuals can claim relief at the higher (40%) or additional rate 45% when filing their tax returns.



MAZEL TOV TO THE CHILDREN IN OUR COMMUNITY CELEBRATING THEIR BIRTHDAYS

- Naphtali Myer (3)
- Jonah Aboody (9)
- Elisa Ebrahimoff (9)
- Rafi Eden (8)
- Ariana Oshry (6)

TRIBE COMMUNITY MEMBERSHIP (TCM) FOR SINGLES AGED BETWEEN 21-29

Is your child single and between the age of 21 - 29?

If so, they are not covered under your family membership and are not part of the United Synagogue Burial Scheme.


It is essential they become members of TCM in their own right


The cost is only £5 a month

This will also enable them to attend weekday, Shabbatot and Chaggim Services, and would be included in the United Synagogue Burial Scheme.

Please sign up via the following link :

<https://portal.tribeuk.com/account/tcm/register/>



Reminder:  **Kinloss is a nut free zone**

Please do not bring any food with peanuts or traces of nuts to be consumed on these premises



KINLOSS BANQUETING & EVENTS
 For all enquiries please contact
 Shimon on 020 8349 5268

Finchley Synagogue, Kinloss Gardens, London, N3 3DU
banqueting@kinloss.org.uk **www.kinlossevents.co.uk**

DAILY MINYAN:

SERVICES (שבת see front page)	Sun 28th 18 Shevat	Mon 29th 19 Shevat	Tues 30th 20 Shevat	Wed 31st 21 Shevat	Thurs 1st 22 Shevat	Fri 2nd 23 Shevat
Shacharit 1	8:00am Shiur with Rabbi Laitner followed by breakfast	7:00am	7:00am	7:00am	7:00am	7:00am
Shacharit 2		8:00am	8:00am Shiur with Rabbi Fine	8:00am Shiur with Rabbi Heller	8:00am Shiur with Rabbi Heller	8:00am
Sephardi	7:50am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	4:30pm	4:30pm	4:30pm	4:30pm	4:30pm	4:45pm

Please support the morning Minyanim Services in the Liora Graham Beit Midrash

**WEEKLY
SHIURIM**
with Rabbi Fine

Short Shiurim on the Politics of the Megillah

Study political themes that underlie the Megillah and its fascinating story and consider how they help our appreciation of Purim today.

Sunday mornings, from the end of Shacharit until approx. 9am, with Rabbi Michael Laitner



MONDAY 1.30pm
Ladies' Zoom Shiur in conjunction with 'Emunah' - Themes on Sefer Bemidbar.

TUESDAY 8.40am
In the Beit Hamidrash, Sefer Pele Yoetz - an encyclopaedia of Judaism.

FRIDAY 10.30am
Zoom on Rabbi Isaac Bernstein's Drashot on the Parsha.

Monday & Friday zoom available via www.kinloss.org.uk/rabbifine



VOLUNTEERS NEEDED

We are looking for 2 volunteers to set up and clear away the Friday Night Kiddush weekly. Please sign up via www.kinloss.org.uk/friday

KINLOSS EMERGENCY APPEAL



Kinloss are distributing urgent needed equipment for our soldiers in Israel via a charity partner.

Purchase via Amazon wishlist and have the goods delivered to 'Daniel Shababo Am Yisrael Chai'

www.kinloss.org.uk/help

THE KEHILLA WISHES ה"ים ארוכים "LONG LIFE" TO THE FOLLOWING WHO HAVE YAHRZEIT

Shabbat 27 JANUARY

Abraham Batchat	Mother
Zara Blaskey	Father
David Collins	Father
Tanya Dahan	Father
Audrey Godfrey	Sister
Naomi Nevies	Father
Vikki Shields	Father

Sunday 28 JANUARY

Cynthia Bengen	Brother
Shirley Ellis	Father
Efrem Gilmont	Mother
Irene Mansfield	Mother
Sandra Rapp	Mother
Barry Silverstein	Father
Ivan Silverstein	Father
Natalie White	Daughter
Robert White	Daughter

Monday 29 JANUARY

Gerald Abrahams	Mother
Suzanne Black	Mother
Suzanne Landy	Mother
Ian Liss	Father
Roselyn Rosenfeld	Son
Jeffrey Shine	Mother

Tuesday 30 JANUARY

Alan Rubenstein	Mother
-----------------	--------

Wednesday 31 JANUARY

Farzaneh Amini	Sister
Helen Barget	Mother
Harry Daniel	Father
Michael Daniel	Son
David Gershinson	Father
Richard Kafton	Mother
Yvonne Mocatta	Father
Susan Rubin	Mother

Thursday 1 FEBRUARY

Stephen Arnold	Mother
Alex Bassalian	Brother
Andrew Bassalian	Brother
Nahid Bassalian	Son
Sheila Forman	Mother
Alan Lee	Father
Ann Miller	Mother
Sandra Tauber	Husband

Friday 2 FEBRUARY

Shirley Arkush	Mother
Gary Bradley	Brother
Sara Greenwood	Father
Helen Kamiel	Father
Bernice Kliger	Daughter
Suzanne Oberlander	Father
Madeleine Rubins	Husband
Julia Schneider	Father
Marilyn Stock	Mother
Joseph Szlezinger	Wife
Josepha White	Father

ANIM ZEMIROT CLUB

Come and learn to sing
Anim Zemirot
Our club will meet every
Shabbat
at 10:15am
in the Newman Room.
Boys of 6 and over welcome.
Led by David Lesser

Would you like to
sponsor a Kiddush
in the Minyan on
Shabbat?

Please sign up via:

www.kinloss.org.uk/minyankiddush



**Kinloss JAMI Ambassador
is Richard Kafton**

Mobile no: 07973 986344

Email: richard.kafton@cedarhfs.co.uk

<https://jamiuk.org/tipsonmanaginganxiety/>

KINLOSS

CONDOLENCES:

* Joel Weitzman, Saul Weitzman, Lizanne Chalk and Myer Leonard on the passing of their mother and sister Eta Weitzman Z"l.

CONSECRATIONS:

11/02/2024 11:00am in Bushey Old in memory of Sarah Aaronson OBE Z"l

22/02/2024 1:30pm in Adath Yisroel Cemetery, Silver Street, Cheshunt in memory of Willy Steinberg Z"l

31/03/2024 1:30pm in Bushey Old in memory of Hanukah (Harry) Levy Z"l

FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS

Shimon Gillis, Chief Operations Officer: 020 8349 5264

Rabbi Josh Harris: rabbijosh@kinloss.org.uk / 07721 423316

Rebbetzen Tali Harris: tali.harris@kinloss.org.uk / 07721 423317

Safeguarding Officer, Rachelle Lazarus: safeguarding@kinloss.org.uk

Shul Office: 020 8346 8551

Kinloss Cares: 020 8349 5263

