KOL KINLOSS

NEWSLETTER OF FINCHLEY SYNAGOGUE

דברים
DEVARIM

בס״ד

KINLOSS
WWW.KINLOSS.ORG.UK

21 / 22 JULY 2023 ד׳ אב תשפ״ג

SHABBAT WILL START AT 8:51pm AND TERMINATE AT 10:03pm

FRIDAY NIGHT

Earliest Candle Lighting Time is 7:25pm

Friday Night sing-a-long Minyan will resume in September

7:15pm Mincha, Kabbalat Shabbat and Maariv in the Large Deal Hall

7:35pm prompt Shirat Neshama (Women and Girls Friday night davening) in the Silver Suite

7:15pm Sephardi Mincha, Kabbalat Shabbat & Ma'ariv

SHABBAT MORNING SERVICES

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

9:00am Rabbi Dr Raphael Zarum's Rambam Shiur in the Large Deal Hall
'Hilchot Yibum v'Chalitzah - Law of the Brother-in-Law'

9:00am SEPHARDI SERVICE in the Sephardi Synagogue
led by Rabbi Heller and Reuben Gorji



9:15am MAIN SERVICE in the Main Synagogue led by Chazan Eli Sufrin
Kriat Hatorah by Carl White
Rabbi Danny Kirsch will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Neil Nachshen
Rabbi Danny Kirsch will speak

The Youth Service is on the summer break until September

10:30am Soul Fitness with Rabbi Dov Cowan in the Rabstein Room

Anim Zemirot Club will be off 22 & 29 July and will resume on 5 August for one week,
then off again 12 and 19 August

10.45am CHILDREN'S SERVICES
Ages 0 – 4 - in the Silver Suite - run by Coral Harding & Daniel Frankl
Reception to Yr 2 – in the Nemetnejad Room – run by Natalie Sommer
Yr 3 - Yr 4 - in the 1st floor classrooms - run by Ellie Marantz
Yr 5 - Yr 6 - in the Newman Room - run by Ella Frankfurt & Natan Ruback

There will be a Kiddush in the Kinloss Suite after the Services

SHABBAT AFTERNOON

8:45pm Mincha followed by Seuda Shelishit with
Rebbetzen Shalvie Friedman in the Small Deal Hall
Titled "Exploring baseless hatred"
Sponsored Shoshy & Jackie Lax
to mark their daughter Eliane's forthcoming wedding to Moshe Tilse

10:03pm MA'ARIV & TERMINATION OF SHABBAT in the Liora Graham Beit Midrash

A 9 Step Programme for the 9 Days

The opening verses of Devarim describe Moshe's location as he gives his final message to the Jewish nation before his passing five weeks later. 'These are the words that Moses spoke to the entire Jewish people, *on the side of the Jordan*, *in the desert, in the plain*, *opposite the Red Sea*, *between Paran and Tofel and Lavan and Chatzerot and Di Zahav …*' (see Devarim 1:1-5). Why so many different references to the same location?

The Or HaChaim, (1696, Morocco – 1743, Jerusalem), explains that rather than geographical locations, Moshe is teaching a 9-step programme for living. These lessons are given to us in 'shorthand' rather than explicitly so that we can carry these messages with us easily through life.

1.'**On the side of** the Jordan, **בעבר** הירדן', the word 'עבר' means 'other side', this hints to Avraham who is called עברי (Hebrew). (Alluding to his courage to be on 'one side', introducing the concept of monotheism, when the whole world was on the 'other side'). Avraham was known for the attribute of חסד, loving kindness. Step one is to make a choice to live a life of love for ourselves and others.

2. 'Jordan' – The Talmud states, 'One moment of – מרדות אחת sincerity/self-discipline - in one's heart is more effective than many lashes' (Brachot 7a). The root of the word מרדות/sincerity, is ירד (Jordan). The second step is to be cognizant that self-awareness and growth from within produces far more enduring change than growth that results from outside pressure.

3. 'In the desert' – a desert is barren, there is nothing covering it up, it is authentic. Step 3 is to be humble and authentic reflecting the desert.

4. 'In the plain/בערבה' – this word also means 'sweet'. Some people confuse being humble with being self-deprecating, resulting in feelings of worthlessness which sap motivation. Step 4 teaches us that the humility we are striving for is one which 'sweetens' life and promotes growth.

5. 'Opposite the Red Sea/מול סוף' - the literal translation of these words is 'facing the end'. Step 5 is about making peace with our mortality, not from a pessimistic perspective, but rather by facing this reality we allow ourselves to maximise and cherish each day.

6. 'Between Paran and Tofel' – Paran is related to the word 'Pe'er' meaning 'beauty'. 'Tofel' refers to food that needs improving. The attitude Tofel represents is one of never being content. The attitude of Pe'er is the opposite, a laid back attitude where 'everything is perfect' and there is nothing to work on. Step 6 teaches us to live in a space where we can both recognise the beauty within each of us but also identify areas for growth.

7. 'Lavan', meaning light, pure. Step 7 encourages us to have a 'light' heart, rather than being weighed down by feelings such as jealousy or animosity. These feelings may exist but we do not have to allow them to control our behaviour, eg bearing grudges or not speaking to others. Self-awareness leads to choice, the choice to forgive and let go, holding onto grudges is like eating poison and hoping your enemy will die.

8. Chatzerot – this word also means 'courtyards', בחצרות בית ה' – courtyards of G'd (Tehillim 42). This refers to places of learning, the Beit Hamedrash. Step 8 reminds us that learning is a lifelong endeavour.

9. 'Di Zahav' literally means 'enough gold'. Step 9 teaches us to celebrate whatever we have as if we have all the gold in the world. Appreciating what we have leads to an inner sense of contentment.

Devarim is always read during the 9 days of mourning in the month of Av. Perhaps we can utilise each of the 9 days to cultivate these character traits, creating a life inspiration and meaning, until the time when the 9 days will be transformed into days of joy PG speedily in our days!

Shabbat Shalom! Good Shabbos! Chazan Eli and Nechama

Devarim Statistics

Mitzvot: 2 of the 613 mitzvot, both prohibitions
Letters: 5972 (24th longest)
Verses: 105 (32nd longest of the 54 Sidrot)
Words: 1548 (26th longest)
Haftarah: 27 verses (18th shortest of the 80 Haftarot)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	989	735	938
Haftarah	1004	750	1195

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THE NINE DAYS

The most intense part of this three week period is the 'Nine Days', from Rosh Chodesh Av (the start of the month of Av) until Tisha B'Av itself inclusive. During this time, we mourn the destruction of the Holy Temples in Jerusalem, along with associated tragedies, as well as reflecting on our continuing exile from the Land of Israel. This year, Rosh Chodesh Av falls on 19th July 2023.

The Talmudic and subsequent rabbis instituted a number of 'mourning' practices during the three weeks to help us focus on the lessons and ramifications of this time of year on Jewish history.

In Ashkenazi communities, the practice is to abstain from haircuts, shaving, listening to performance music, saying the 'shehecheyanu' blessing, celebrating joyous occasions such as weddings or buying expensive new items (unless for a mitzvah or if the clothes will not be available subsequently or if you will miss a major sale) for the whole of the three weeks.

During the 'nine days' from the start of the month of Av until the fast (inclusive), we do not eat meat nor drink wine (except on Shabbat or at a brit milah meal or siyum), wash clothes or bathe other than for hygienic purposes rather than for enjoyment. In addition, we observe the following practices:

Washing clothing (except for a baby's), even if those clothes will not be worn during the Nine Days, or wearing freshly laundered outer clothing.

Only swimming or bathing for health or hygiene, not for pleasure.
We do bathe in the usual way before Shabbat.

Redecorating or doing building works.

Buying, sewing, weaving or kniting new clothing—even if they will be worn only after the Nine Days.

Exceptions to this rule:
(a) If you will miss a major sale, or if the garment will be unavailable later.
(b) For the purpose of a mitzvah, such as purchasing new clothing for a bride and groom.

For Havdallah during the Nine Days, we usually use beer or coffee rather than wine or grape juice. If beer or coffee are unavailable or not feasible, wine or grape juice can be used.

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We are delighted to welcome Scholar in Residence Rabbi Danny Kirsch this Shabbat



Rabbi Kirsch was born in Letchworth, Hertfordshire and later moved to Hampstead Garden Suburb in his teenage years. Soon after, he started becoming involved in the Jewish community, caught the bug for community involvement and became a communal activist. He was a passionate youth leader for B'nei Akiva, became the Chairman of the National Jewish Youth Council, and was one of the youngest deputies to the Board of Deputies.

Early career moves led him to the fashion industry, however it was the Jewish community which eventually won the day. Five years in Israel at Ohr Somayach Yeshiva prepared him to return as a Rabbi to England with his wonderful wife, Jackie.

He served as national director of JYSG and as a London Student Chaplain. He co-founded and ran the JLE for over 35 years! With the help and assistance of dedicated staff the JLE grew from a small operation in the Kirsch's home to a multi-faceted organisation and one of the largest and most diverse communal and educational centres in Europe reaching and teaching many thousands of young Jews each year.

In the Spring of 2022 He and his wife left JLE to rejoin former colleague and partner Rabbi Stepsky to work together once again at Shema B'ni

Having seen hundreds of couples getting married during their career, they decided to focus on creating programmes for young marrieds, dating, and engaged couples, strengthening Jewish homes and families by running educational classes and a broad range of tailored programmes for the people they interact with at Shema B'ni.

SOUL FITNESS

TEFILLAH UPGRADE

STEP IN TO A UNIQUE

MEDITATION TEFILLAH EXPERIENCE

WITH RABBI DOV COWAN,

OPENING THE DOOR TO

INNER CALM, SELF AWARENESS

AND AN **AUTHENTIC CONNECTION WITH YOUR CREATOR**



SHABBAT JULY 22ND

10:30 AM

RABSTEIN ROOM

Tisha B'Av at Kinloss

26th July

Fast in 8:58pm | Maariv & Eicha 9:00pm

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27th July

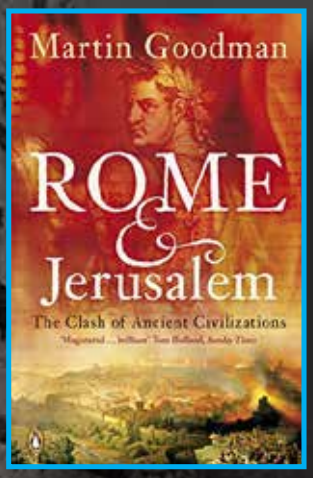
7:15am Joint Shacharit (Main synagogue)

2:00pm Early Mincha

6:00pm **Professor Martin Goodman,** author of *Rome & Jerusalem: The clash of Ancient Civilizations,* chaired by Jeremy Mindell. Martin Goodman has divided his intellectual life between the Roman and Jewish worlds. He has edited both the Journal of Roman Studies and the Journal of Jewish Studies. He has taught Roman History at Birmingham and Oxford Universities, and is currently Professor of Jewish Studies at Oxford.

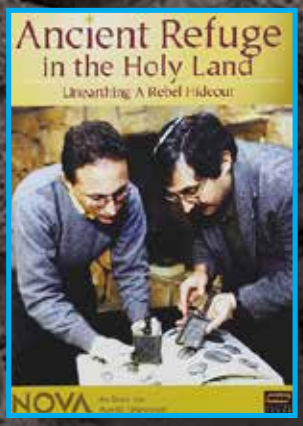

MG


JM



7:15pm 2nd Mincha

8:00pm **Nova: Ancient Refuge in the Holy Land**
Nova follows an archaeological expedition into the Cave of Letters and examines the Jewish Bar Kokhba revolt against the Roman Empire.



9:15pm Maariv

9:49pm Fast Terminates

JULY 2023 EVENTS

All Welcome

SEUDA SHELISHIT

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A new season at Kinloss - Inspiring Speakers - Great Company - and Food!



Shalvie Friedman
22 July, 9.05pm



Rabbi Nicky Liss
29 July, 8.50pm



Simon Goulden
5 August, 8.35pm

Mincha commences 25 minutes before the start of the Seuda each week.

If you are able to help with ***setting up*** the Seuda - if you are happy to ***sponsor*** a Seuda, Please contact the Office - office@kinloss.org.uk - 020 8346 8551

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Kinloss is delighted to welcome Seuda Shelishit Speaker this week Rebbetzin Shalvie Friedman

Shalvie grew up in Johannesburg, South Africa and received her BSc in Maths and Finance from the University of South Africa. Shalvie is a 'yoetzet halacha' and a Jewish Studies teacher at Hasmonean Girls High School, as well as teaching for various parts of the Aish family. In 2020, Shalvie set up Chelkeinu, a new organisation of Jewish Futures, dedicated to learning and leadership for women in the community.

Opening times for United Synagogue Cemeteries on Thursday 27th July 2023, Tisha B'Av

Bushey Old and New Cemeteries, Waltham Abbey Cemetery and Willesden Cemetery 09.00 – 17.00

East Ham Cemetery 09.00 – 15.00

Alderney Road, Brady Street and Lauriston Road, Cemeteries 11.00 – 15.30

JULY 2023 EVENTS



YIZKOR BOOKLET 5784 - 2023/24

During Yizkor, we recite a special memorial prayer for each of our relatives whom we wish to remember, and this is your opportunity to include their names in the Yizkor Booklet.

Letters were sent out by post.

IN ORDER TO MEET DEADLINES WITH THE PRINTERS, WHEN YOU RECEIVED YOUR LETTER, COULD YOU PLEASE COMPLETE AND RETURN THE FORMS AS SOON AS POSSIBLE,

BUT NO LATER THAN FRIDAY 21st JULY 2023

If you have not receive a letter, or have any queries, please contact the Shul office on 020 8346 8551 or by email to yizkor@kinloss.org.uk

SHARED READING GROUP

EVERYONE IS WELCOME BOTH MEN AND WOMEN, EXISTING OR NEW PARTICIPANTS. THE GROUP READ ALOUD AND WE DISCUSS IT. NO NEED TO PREPARE ANYTHING IN ADVANCE, COME AND HAVE A CUP OF TEA WITH US AND ENJOY THE GROUP.

MONDAY 31 JULY @ 2pm
in The Rabbi's Office at Kinloss

Tea, coffee and biscuits will be provided and there is a weekly cost of £3 Kinloss Members and £4 non Members

For more information, please speak to:
Kate Fulton on 07801 911 481 or kathrynfulton@hotmail.com



MAZEL TOV TO THE CHILDREN IN OUR COMMUNITY CELEBRATING THEIR BIRTHDAYS

Elena Turner (11)
Jay White (4)
Adam Aboody (10)
Lianna Sagal (6)

KINLOSS

Sponsor the New Chief Rabbi's Siddur



We are purchasing new Siddurim and offering all members the opportunity to donate a Siddur.

£14 per Siddur
www.kinloss.org.uk/siddur

Shmingl

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MOVIE EVENING

WED 2 AUG @ 8PM

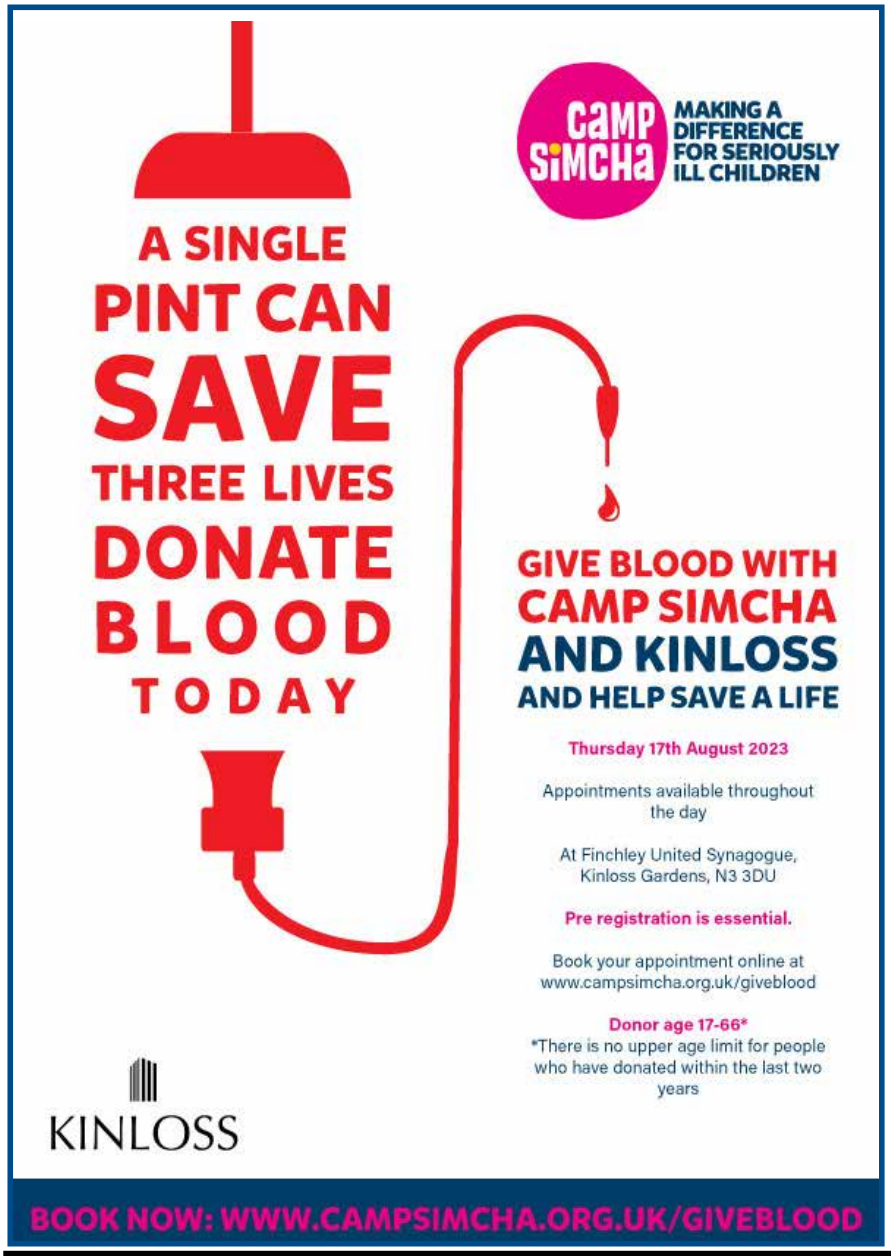
Snacks, Drinks and Wine

£10 per head

www.kinloss.org.uk/shmingl

Shmingl is a new initiative for singles aged 20 - 28. For more information, please contact Gabriella on 07831 600977

AUGUST 2023 EVENTS



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SHUL FOR THE MIND

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

13th August at 10:45am
and 10th September at 10:45am
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

SEPTEMBER 2023 EVENTS



KINLOSS

Thank you to the Israeli Ambassador and Lord Jonathan Kestenbaum
for their very interesting and well attended
"In Conversation"
at Kinloss on Tuesday 11th July 23











Kinloss would like to thank the UK Ambassador Designate, Simon Walters and Natasha Hausdorff for their exclusive event at Kinloss on Tuesday 18th July 23



PEACE OF MIND

Peace of Mind together with Kinloss are bringing a group of Combat Veteran Israeli soldiers to the UK for group therapy. The group were drafted in 2000 and were part of a special unit called Palsar Givati. We will be bringing over 15 – 20 veterans who all served together.

The dates for the group is 29 October to 5 November.

We are looking for 10 family hosts. Each host will house 2 veterans.
The veterans can share the same room.

To view more information click here
https://www.youtube.com/watch?v=rGwfpBC1RC0

If you are able to host, please email Shimon on shimon.gillis@kinloss.org.uk

KINLOSS tribe

SUMMER BREAK

ALTHOUGH IT'S THE SUMMER HOLIDAYS, WE'RE STILL HERE FOR YOU!

07827031851

@Kinlossyouth

youth@kinloss.org.uk

Looking forward to seeing you all in the new term!

Leora & Harry

WE URGENTLY NEED VOLUNTEERS TO JOIN OUR SECURITY ROTAS

SHUL MEMBERS, PLEASE JOIN OUR SECURITY ROTAS FOR SHIFTS.
OUR SHUL IS ONE OF THE MOST VISIBLE, HIGH PROFILE BUILDINGS IN LONDON.

THE COMMUNITY REMAINS ON A SERIOUS STATE OF ALERT AND WE MUST PROVIDE A VISIBLE DETERRENT.

YOU WOULD ONLY BE REQUIRED FOR ONE HOUR EVERY 8 WEEKS, ON SHABBAT MORNING.

PLEASE EMAIL : SECUREKINLOSS@YAHOO.CO.UK
OR CALL MARTIN SHIERS ON 07831 836 031 TO VOLUNTEER

BRIDGE



BRIDGE

The Bridge Club meet on **TUESDAY AFTERNOONS, 2PM-4PM** in the Persian Synagogue, 2nd floor. There is a lift should you need it.

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

Tea, coffee and biscuits/cake 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

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

Please sign up via: www.kinloss.org.uk/minyankiddush

Kinloss Cares

What can we offer?

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

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

Friendship Club

All are welcome!



Tuesdays, 10am-1.30pm



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

Call Lucy on 020 8349 5267 for more details

KINLOSS in partnership with JEWISH CARE
Charity Reg No 802559







Kinloss Banqueting

banqueting@kinloss.org.uk

0208 349 5268

www.kinlossevents.co.uk

kinloss.banqueting







DAILY MINYAN:

SERVICES (שבת **see front page)**	Sun 23rd 5 Av	Mon 24th 6 Av	Tues 25th 7 Av	Erev Tisha B'av Fast starts 8:58pm Wed 26th 8 Av	Tisha B'av Thurs 27th 9 Av Fast Ends 9:49pm	Fri 28th 10 Av
Shacharit	8:00am	7:00am	7:00am	7:00am	7:15am Joint in Main Shul	7:00am
Shacharit 2		8:00am	8:00am followed by Shiur with Rabbi Heller followed by breakfast	8:00am followed by Shiur with Rabbi Heller followed by breakfast	SEE PAGE 5 FOR FULL TISHA BA'AV PROGRAMME	8:00am
Sephardi	8:00am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	7:30pm	7:30pm	7:30pm	7:00pm Mincha 8:58pm Fast starts 9:00pm Ma'ariv & Eicha	2:00pm Early Mincha 7:15pm 2nd Mincha 9:15pm Ma'ariv 9:49pm Fast Ends	7:30pm

Please support the morning Minyanim Services in the Liora Graham Beit Midrash 8:00am minyan will continue on a Daily basis.

The morning minyanim have a good ruach but there is the challenge to maintain that over the Summer when so many regulars are on holiday. So if you can please support the minyanim over the Summer and enjoy the companionship and atmosphere.

This week's Morning Minyan breakfasts are sponsored by Alexander Popivker

Membership Bills for 2023/2024

You have received your membership bills from Pesach 2023 in the post.

If you haven't already done so, could you please pay your invoices via:

* Online BACS payment

* The member portal https://myus.theus.org.uk/login

* If you would like to pay by Credit / Debit Card over the phone, please call Denise on 020 8346 8551

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

Shabbat 22 JULY

Miriam Langdon	Mother
Rose Young	Husband (2nd)

Sunday 23 JULY

Bernard Oster	Father
Ruth Renton	Mother

Monday 24 JULY

Richard Hildebrand	Mother
Audrey Kelvin	Sister
Zena Shattin	Mother

Tuesday 25 JULY

Margi Abeles	Father
Perry Conway	Mother
Joy Garfield	Father
David Kay	Father
Janice Silver	Father

Wednesday 26 JULY

Josephine Cohen	Mother
Philip Elias	Father
Heather Grant	Father
Claire Harris	Father
Raffaello Nemni	Mother
Karina Simmons	Father

Thursday 27 JULY

Edit Elek	Father
Simon Fearnley	Father
Audrey Godfrey	Husband
Dalia Hajioff	Father
Sarah Leveson	Father
Sheila Leveson	Husband
Joseph Soleiman	Father
Sheila Soleiman	Husband
Madeleine Winston	Father

Friday 28 JULY

Donald Breslaw	Sister
Barry Frey	Father
Howard Israel	Father
Gail Silver	Father



Kinloss JAMI Ambassador is Richard Kafton

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Mobile no: 07973 986344

Email: richard.kafton@cedarhfs.co.uk

PLEASE NOTE WE DO NOT ACCEPT SHAIMOS/GENIZA

If you would like to dispose, please take it to one of the following locations:

KINLOSS

Beis Hamedrash Nishmas Yisroel, 4 Brent Green, Hendon, NW4 2HA
OR
Sinai Golders Green, 54 Woodstock Avenue, NW11 9RJ

CONDOLENCES:

* Karen Paul and Jeanette Rosenberg on the passing of their father Leo Rosenberg Z"L

CONSECRATIONS:

23/07/23	12:00 in Bushey Old in memory of Joseph Michael Cohen Z"L
06/08/23	13:30 in Bushey New in memory of Mark M Freeman Z"L
13/08/23	11:30 in Bushey New in memory of Harry Kaufman Z"L
03/09/23	12:00 in Willesden in memory of Zena Gerstler Z"L



FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS

Shimon Gillis, Chief Operations Officer: 020 8349 5264
Safeguarding Officer, Rachelle Lazarus: safeguarding@kinloss.org.uk
Shul Office: 020 8346 8551
Kinloss Cares: 020 8349 5263