KOL KINLOSS

NEWSLETTER OF FINCHLEY SYNAGOGUE

שמות
SHEMOT

בס״ד

KINLOSS
WWW.KINLOSS.ORG.UK

13 / 14 JANUARY 2023 כ״א טבת תשפ״ג

SHABBAT WILL START AT 4:02pm AND TERMINATE AT 5:11pm

FRIDAY NIGHT

4:05pm Mincha, Kabbalat Shabbat and Ma'ariv in the Large Deal Hall

3:55pm Sephardi Mincha, Kabbalat Shabbat & Ma'ariv

SHABBAT MORNING SERVICES

7:45am HASHKAMA in the Liora Graham Beit Midrash

Rabbi Dr Raphael Zarum's Rambam Shiur will not be taking place until 28 January

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 Jacky Lax
Rabbi Lawrence will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Carl White
Rabbi Laitner will speak

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

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

10.45am CHILDREN'S SERVICES
Ages 0 – 4 - in the Silver Suite - run by Lara Bassalian & Coral Harding
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 & Gila Schajer
Yr 5 - Yr 6 - in the Newman Room - run by Ella Frankfurt & Natan Ruback

11:45am Shabbat Forum with Simon Goulden, Educational Consultant
to the United Synagogue and Producer of Siddur Lakol

The whole community is invited to kiddush in the Kinloss Suite after the service

12:30pm EARLY MINCHA IN THE MAIN SYNAGOGUE

SHABBAT AFTERNOON

3:00 - 5:00pm Bnei Akiva

4:05pm Mincha followed by Shiur by Rabbi Laitner titled
"Megillat Esther (chapter 5) – analysing the parties for Achashveirosh and Haman"

5:11pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

This week's newsletter is sponsored in loving memory of
Judith Silver Z"L, the late mother of Martin Silver Z"L

Shemot - In this week's Parsha, Hashem summons Moshe to lead the Jewish people out of slavery. Moshe rejects the invitation, saying that the Jewish people will not believe that Hashem had appeared to him. Hashem gives Moshe three signs, so that the Jewish people will believe him. He tells Moshe to cast his stick to the ground, it turns into a snake and Moshe starts to run away but Hashem tells him to lift it up and it becomes a stick again. Then Hashem tells Moshe to put his hand on his chest, it comes out white, when he puts his hand back and takes it out again it returns to its normal colour. He then tells Moshe to take water from the Nile and spill it onto the dry land and it turns into blood.

The Nesivos (Rabbi Yakov Loberbaum, 1760 – 1832) explains the significance of these three signs, and how they relate to Moshe's fears. Moshe had three concerns. He was afraid the Jewish people wouldn't believe him as they were dejected from years of slavery; Moshe felt he was not suited to such a great task; Moshe didn't feel that Pharaoh, the most powerful man in the world at that time, would listen to him.

The staff through which Moshe performed the miracles is referred to as the Devine staff, מטה האלוקים (Shemot 17:9). When this sacred staff is thrown down into the dirt, it becomes a snake. The 12 Tribes are also called מטות (sticks/tribes), they are G'd's 'stick' in this world, His ambassadors. When these 'holy sticks' were enslaved and humiliated, they became despondent, and began to emit bitterness and venom and may even 'bite' Moshe. Hashem tells Moshe, the people appear bitter due to the oppression, but this is not who they really are. Don't judge them nor be afraid and run away from them. Instead 'lift them up from the dirt', show them their potential, they will live up to it and become G 'd's 'staff'again.

In the second sign Moshe's hand becomes white as leprosy and then returns to its natural colour. When the Tanach talks about holdings ones hand to ones chest this symbolises supressing ones influence. Tehillim (74:11) למה תשיב ידך - Why do you withdraw your hand. Moshe can change the world, but he wants to live an isolated spiritual life as a shepherd, he is not looking for leadership. The leper is quarantined, with his 'hand to his chest'. Hashem shows Moshe that hiding away, would mean assuming partial responsibility for all the things he could have prevented by taking on the leadership. Moshe is someone who can change the world, and liberate the Jewish slaves, isolating himself would be abandoning his mission in the world. When Moshe takes his hand from his chest the second time it returns to its normal colour, symbolising a change in his philosophy. He realised that he must not keep his hand tucked away and run from his calling.

The third sign involves pouring water of the Nile onto the ground and it changing to blood. The Nile was worshipped by the Egyptians. However, Hashem was showing that, with every Jewish male baby being cast into the Nile, this was really a river of blood. The third sign given to Moshe shows Hashem uncovering the dark secret of the Nile and that He will always uncover the truth. Pharaoh is powerful but the truth is more powerful.

These are timeless lessons for each of us. The holiest 'stick' can behave like a snake if it's entrenched in dirt. You may have someone in your life who you feel will never listen to you or believe in anything, but don't run away, instead lift them up. Secondly, we may feel we can't make a difference and want to hide away. G'd tells us not to run away from our potential, everyone has something to give, there is one individual waiting for your kindness. Finally, there are events that sometimes seem overpowering, but remember that Hashem knows everything. Stay loyal to the truth and do not be afraid, the truth will ultimately prevail. May we take these lessons that Hashem taught Moshe to bring healing and redemption to the world.

Shabbat Shalom, Chazan Eli

SHEMOT STATISTICS

Mitzvot: None of the 613 mitzvot
Verses: 124 (15th longest of the 54 Sidrot)
Words: 1763 (14th longest)
Letters: 6762 (16 longest)
Haftarah: 22 verses (joint 33rd longest of the 80 Haftarot)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	319	206	292
Haftarah	345	225	1146

Making a Distinction

When I was in Auckland and chatting to a young family about Jewish life at home, I was surprised to hear "We don't make kiddush on Friday night. The children get it at school at their KabShab (Kabbalat Shabbat) assembly on Friday morning." That was an eye opener! I explained that a Jewish school was not a substitute for a lived Jewish life. Moreover, KabShab, where the students took turns in playing Shabbat Ima, Abba and family was an activity, not a religious ceremony.

A while later, we introduced Havdalla at school on a Monday morning, certain that most children would not be seeing it at home. Discussing the format and whether the children could say the Brachot on the wine, spices and candle, we determined that this was indeed a religious ceremony, not an activity.

The Anshei Knesset Hagdola (The Great Assembly of the early Second Temple Period) established in halacha that everyone should formally set a demarcation between the Shabbat that has passed and the week ahead. In our Motzei Shabbat Maariv Amida, we add a Havdalla passage immediately after the opening Berachot and before we request that Hashem addresses our weekday needs. If forgotten, we do not repeat the Amida as we will nonetheless be making Havdalla later over a cup of wine. (If that, too is neglected, then the passage Atah Chonantanu should be added to the Sunday Shacharit Amida).

In shul we do make Havdalla at the end of Maariv. In shul we do not say the preamble "Hiney El Yeshuati" which was added for Siman Tov (Good Omen) as the additional Motzei Shabbat passages after Maariv (Vayiten Lecha) serve the same Siman Tov purpose.

The expectation is that Havdalla is made at home for the family. The shul Havdalla is originally for those who don't have wine at home and the Shaliach Tzibbur is including those who want it to be said for them. If someone mentally "opts in" to the shul Havdalla, then they should not make the Brachot later for others, as this would be a Bracha Levatala. Someone at home should make it for the family.

Although Shabbat is "out" at the designated hour, one should not perform any melacha until saying ברוך המבדיל בין קודש לחול Baruch HaMavdil bein Kodesh LeChol (Blessed is He who distinguishes between Holy and profane). Moreover, one is not allowed to eat or drink until one has heard Havdalla over wine.

There is a tradition to spill some wine between the Beracha and drinking, symbolic of an overflowing cup of abundance ("wine spilling like water" Eruvin 65b). Extinguishing the candle in the wine is an extension of this symbolic prosperity. Some are critical of the messaging and admonish that only a small amount be spilled. (Remember those old films when people lit cigars with a big value banknote? Today some people will never have seen a cigar and the new plastic banknotes would just smoulder!)

Traditionally, the smelling of spices is to compensate for the loss of the extra Shabbat soul. The Talmud (Beitza 16a) explains, we read (Shemot 31, 17) In six days The Lord created the heaven and the earth, and on the seventh day He ceased and He rested. כִּי־שֵׁשֶׁת יָמִים עָשָׂה ה' אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפַשׁ: The Talmud reads He rested and וַי נָּפַשׁ, Alas, the (extra) soul was gone.

While we are mostly used to cloves and cinnamon etc as spices, many Sefardim use myrtle in which case the beracha recited is בורא עצי בסמים or other aromatic herbs and grasses בורא עשבי בשמים *borei isvei besamim*.

The bringing together of two flames, most commonly in a plaited candle represents בורא מאורי האש Hashem's creation of *lights* of fire (in the plural). We are blessed with a diversity of spiritual energies and sources of light. On Shabbat we separate the creative from the spiritual. As the new week begins we harness all forces to serve Hashem

We look forward to seeing all the young families joining us for the **Kinloss Havdalla** this week.

I encourage all families to mark the end of Shabbat with due spiritual ceremony and not a mad rush back to emails, Playstation and Netflix.

We welcome everyone immediately after the Shabbat morning service for a **Shabbat Forum with Simon Goulden**. Simon's recent lectures on Israel off the Beaten Track were very popular.

One of Simon's recent projects at the United Synagogue has been the publishing of the new accessible **Siddur Lakol**. "Studies show that 20 per cent of people in the UK have a disability, many of which are not visible. Autism in all its forms, dyslexia or even colour blindness can mean that people, adults and children, simply stay away from shul. Hearing loss is also a major challenge to many in Kinloss and beyond. Within the Jewish community, if someone feels that they are not able to participate in an aspect of community life, this could prevent them and their whole family from attending. That cannot be right."

Earlier this week, Simon ran a training session for rabbis and service leaders on the new siddur and we will shortly be introducing it in some children's services. The siddur is also for adults and we look forward to increasing accessibility and avenues for participation across all Tefilla at Kinloss.

Welcome back to **Gila Fine**, editor in chief of Koren Maggid Books. We look forward to her shiur over lunch.

This Monday evening and over the next three weeks, please join me at 73 Broughton Ave (7.30pm) for a series of shiurim exploring Jewish teachings and traditions "After Life".

Shabbat Shalom

R' Jeremy Lawrence

JANUARY 2023 EVENTS





JANUARY 2023 EVENTS

KINLOSS cares about you

REFLECT AND REMEMBER WITH RABBI LAWRENCE

Open to those who have been bereaved within the last year or who have Yarzheit.

Rabbi Lawrence would like to invite you to join him for coffee on

Sunday 22nd January 2023 at 9.30am

in the Liora Graham Beit Midrash

RSVP: Rochelle 0208 349 5263/ kinlosscares@kinloss.org.uk

KINLOSS cares about you

SHABBAT LUNCHEON CLUB

SHABBAT 21ST JANUARY



Please RSVP to Rochelle by Friday 13th January:

020 8349 5263

kinlosscares@kinloss.org.uk

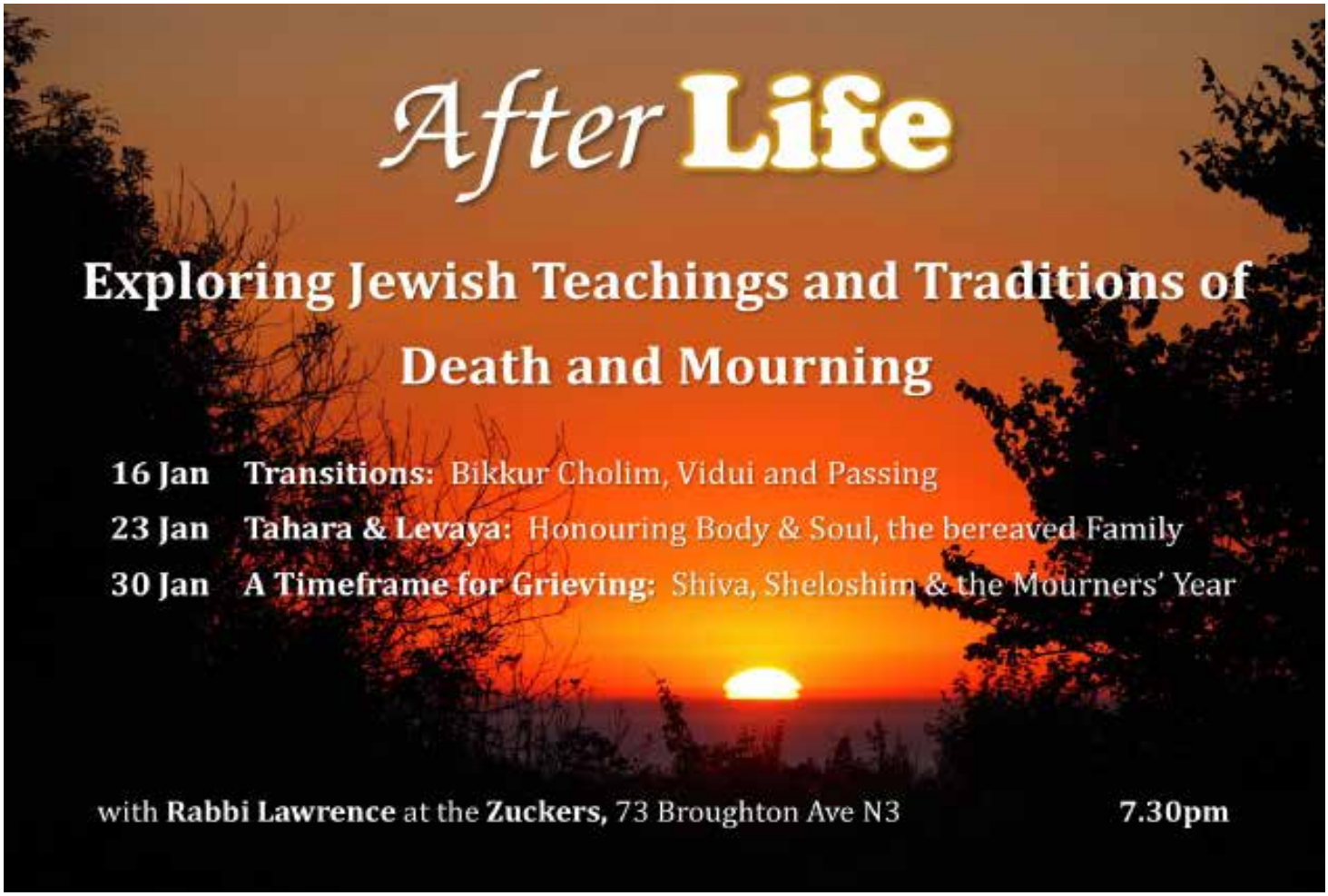


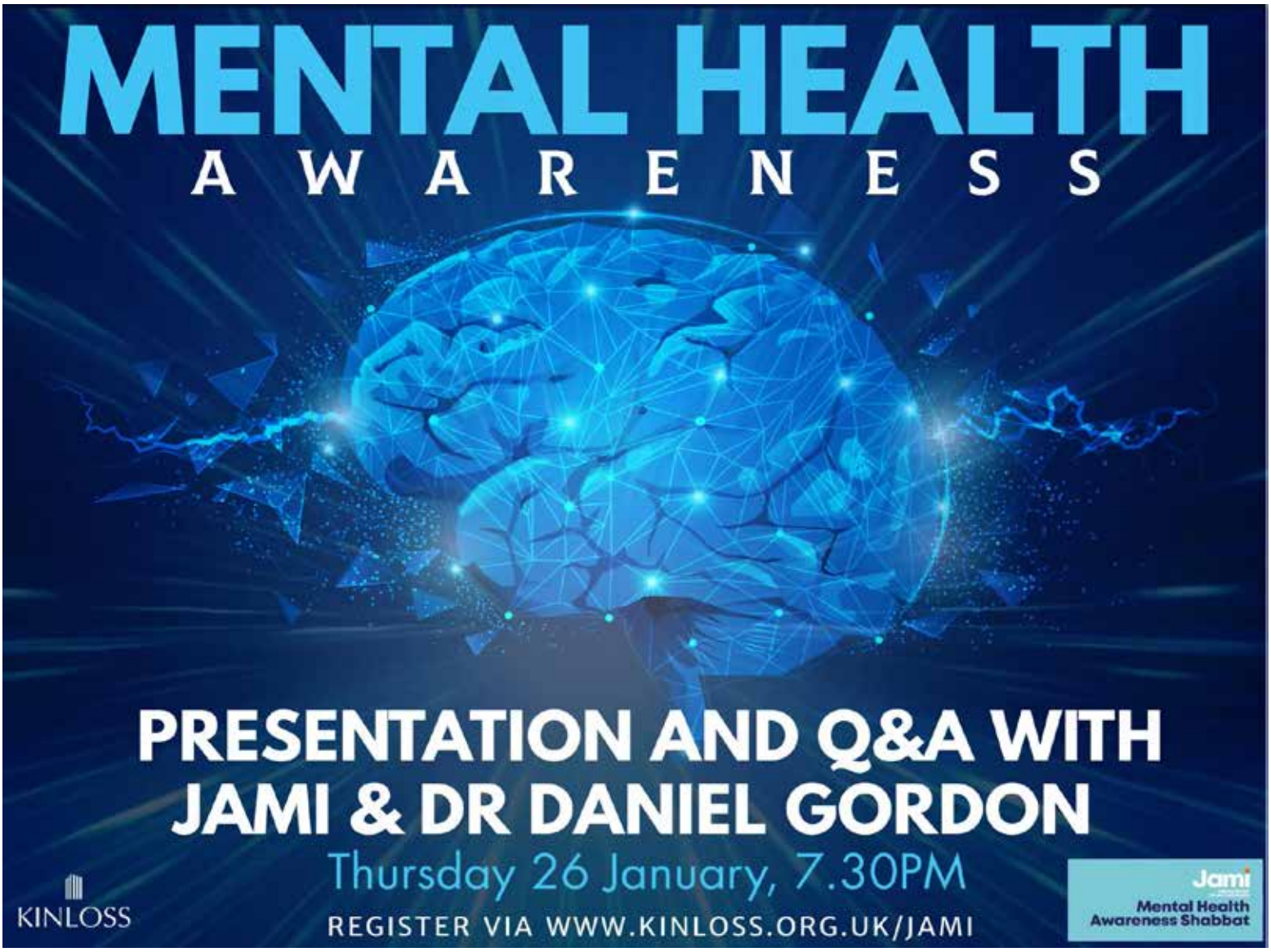


Weekly on Wednesdays, 10.30am-12.30pm, Persian Synagogue, 2nd floor. There is a lift should you need it. Self-taught bridge will be played with a possibility of Supervision.
All abilities are welcome, feel free to bring a friend.

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 0208349 5267.

JANUARY 2023 EVENTS





JANUARY 2023 EVENTS

FEEL FREE TO TURN UP, NO NEED TO BOOK!

£6 PER CHILD/ £10 FOR FAMILY

FOR CHILDREN 0-3YRS

LITTLE EXPLORERS

EVERY FRIDAY FROM 13TH JANUARY

10.30AM-11.30AM

For more information, contact Tanya 07779 002 269







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

JANUARY 2023 EVENTS

KINLOSS

Kids Art Classes

Let your children explore art and their imagination

FOR CHILDREN AGED 6-11 YEARS

FORTNIGHTLY ON MONDAYS
4.30PM-6PM

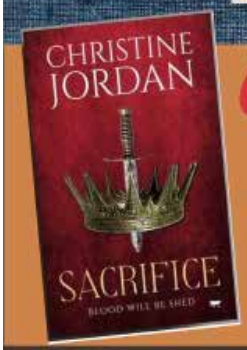
16 & 30 JAN, 13 & 27 FEB, 13 & 27 MARCH



LIMITED AVAILABILITY
WWW.KINLOSS.ORG.UK/KIDS

RABBI LAWRENCE IN CONVERSATION

BOOK LAUNCH



Christine Jordan

THURSDAY 19TH JANUARY 2023
8PM, IN KINLOSS

Blending fact with fiction, Sacrifice follows the vicissitudes of Moses le Riche's family and his community in 12th- century England. Zeu the butcher's son is in love with Arlette, the niece of a wealthy money lender, but she is promised to someone else. On the day of her betrothal the body of a young Christian boy, showing signs of ritual crucifixion, is discovered. The Jewish community are blamed. Christians are pitted against Jews and for Arlette, this has terrible consequences for her marriage, her honour and her life.



BOOK NOW
WWW.KINLOSS.ORG.UK/CHRISTINE

KINLOSS

HOLOCAUST MEMORIAL DAY

Rickett Quadrangle
Middlesex University
The Burroughs Hendon NW4 4BT

Sunday 29 January 2023 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: **mayor@barnet.gov.uk**
or visit: **www.barnet.gov.uk/holocaust**

BARNET
LONDON BOROUGH

FEBRUARY 2023 EVENTS



KINLOSS cares about you

Tu Bishvat TEA

Tuesday 7th February
3pm - 4.30pm
The Deal Hall, Kinloss



Please RSVP to:
Rochelle 0208 349 5263/
07517 577 019
kinlosscares@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.

Tuesday 7th February at 2pm
in The Rabbi's Office
at Kinloss

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

HOW TO PREVENT COMMON CONDITIONS & ILLNESSES AS YOU GET OLDER

Join us on Thursday 9th February at 8pm



Dr Vanessa Eisman (Chair)
General Practitioner



Mr Andy Goldberg
Consultant Orthopaedic Surgeon



Mr Colin Elton
Consultant General Surgeon



Dr Bal Athwal
Consultant Neurologist

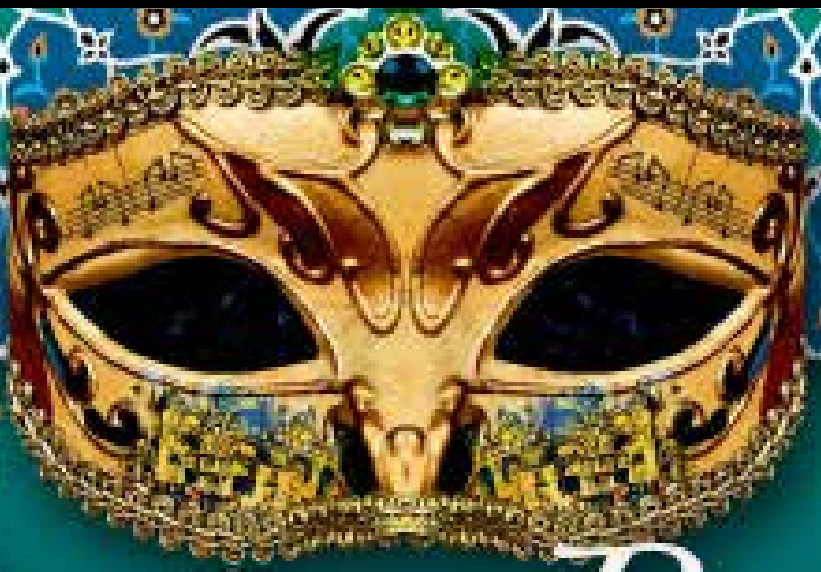


Dr Sundeep Kalra
Consultant Cardiologist

REGISTER ONLINE AT:
kinloss.org.uk/health

KINLOSS

The Wellington Hospital
part of HCAHealthcare UK



Persian Purim

BALL MASQUE

Sunday 5th March 2023

Come to the exquisite Kinloss

Persian Purim
Fancy Dress Ball Masque

Fully catered Persian Dinner • Drinks
Lively Persian Music • Raffle

in the Kinloss Suite

Reception – 6pm Dinner – 7pm Carriages – 11.30pm

£60 per person

Tables of 10 available

Buy Tickets Online: www.kinloss.org.uk/purimball

Sponsorship opportunities available

KINLOSS

If you require assistance with the cost, contact shimon.gillis@kinloss.org.uk

KINLOSS tribe

Shemot

9:25am - Breakfast Shmooze in Youth Flat

9:45am - Youth Service - Liora Graham Beit Midrash

Followed by a Dvar Torah and Kiddush sponsored by Dylan Kaye!

KINLOSS YOUTH LAST WEEK!

LEARN2LEAD WITH STANDWITHUS UK
LEARNING ABOUT THE HISTORY OF ISRAEL







AND SIGN UP FOR THE YEAR 10 SHABBAT LUNCH NEXT WEEK!

youth@kinloss.org.uk

Kinlossyouth

07827031851

MAZEL TOV - מזל טוב

* Mazel tov to Lord & Lady Mendelsohn on the occasion of their daughter Gabi's engagement to Aron Lewis, son of Lucinda & Len Lewis. Mazel tov to grandparents Roseruth & Alan Webber, Celia & Barry Clyne and Eve Mendelsohn.



TRIBE COMMUNITY MEMBERSHIP 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 household membership and funeral scheme.

It is essential they are members in their own right

The cost is £5 a month.

This will also enable them to attend weekday, Shabbatot and Chaggim Services.

Please sign up here :

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







Kinloss Banqueting

banqueting@kinloss.org.uk

0208 349 5268

www.kinlossevents.co.uk

kinloss.banqueting







KINLOSS cares about you

"Kinloss Cares" offers discreet and confidential financial help through the Phyllis Nathan Trust for those in our community in need of support.

Over the years we have helped with, for example,

1. Regular financial support to those struggling with the payment of utility bills, etc

2. The distribution of vouchers for the "Kosher Outlet", to help with weekly shopping bills

3. Contributions towards tuition fees for children with special educational needs.

4. Help towards special medical needs, eg physiotherapy, speech therapy, and wheelchairs.

If you have financial difficulties, or know of someone else who does,

the Trustees can be contacted, in complete confidence,

by writing to the Trustees of the Phyllis Nathan Trust c/o the Shul,

or through Shimon or Rochelle in the Shul office
email : pnt@kinloss.org.uk

KINLOSS cares about you

Volunteers needed to shop for our elderly members. We also need volunteers to give lifts to our elderly members.
Please contact Rochelle
0208 349 5263/ 07517 577 019

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

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

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



SERVICE TIMES:

SERVICES (שבת see front page)	Sun 15th 22 Tevet	Mon 16th 23 Tevet	Tues 17th 24 Tevet	Wed 18th 25 Tevet	Thur 19th 26 Tevet	Fri 20th 27 Tevet
Shacharit	8:00am	7:15am	7:15am	7:15am	7:15am	7:15am
Shacharit 2		8:00am		8:00am followed by breakfast		
Sephardi	8:00am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	4:15pm	4:15pm	4:15pm	4:15pm	4:15pm	Mincha Kabbalat Shabbat 4:05pm

Services are in the Liora Graham Beit Midrash

THERE WILL BE A SECOND SHACHARIT AT 8AM EVERY MONDAY
IN ADDITION TO SECOND SHACHARIT WITH BREAKFAST AT 8AM ON WEDNESDAY MORNINGS

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



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

Shabbat 14 JANUARY

Doreen Coller	Mother
Simon Eisenberg	Wife
Rachel Hajioff	Father
Harvey Plant	Mother
Karen Waters	Mother

Sunday 15 JANUARY

Ian Addleson	Mother
Irene Alizade	Father
David Grant	Mother
Michael Grunberg	Mother
Michelle Hertz	Brother
Stephen Pincus	Brother
Vikki Shields	Sister
Michael Young	Mother

Monday 16 JANUARY

Leon Meyer	Father
David Seres	Mother
Yaffa Toubian	Father
Paul Vegoda	Father
Aviva Vyner	Father
Rose Young	Husband 1st

Tuesday 17 JANUARY

Harvey Plant	Brother
Liz Stoll	Mother
Adrienne Sussman	Sister

Wednesday 18 JANUARY

Danielle Amdur	Sister
Alan Lee	Mother
Denise Plant	Father

Thursday 19 JANUARY

David Aminoff	Father
Gabriel Aminoff	Father
Pauline Aminoff	Husband
Ruth Goldman	Father
Gloria Lebetkin	Sister
Helene Levene	Father
Gerald Lucas	Sister
Elaine Oster	Father
Jean Rauch	2nd Husband
Paul Richer	Mother
Simon Winston	Father
Raphael Zarum	Sister

Friday 20 JANUARY

Leon Barnes	Father
Sandra Coleman	Mother
Bernice Kliger	Mother
Warren Levy	Father
Myrna Taylor	Husband

We extend sincere condolences to the family of Paul Greenbaum, Pesach Michoel ben Zelig, who founded the Finchley Chevra Kadisha, served for many years as a Board member and Gabbai of the shul, was a founder of the Kinloss Daf Yomi.
ת׳נ׳צ׳ב׳ה

CONDOLENCES:

* Emma, Alex and Neil Greenbaum on the passing of their father Paul Greenbaum Z"L in Israel.

* Fiszel Szokman, David Stockman and Evelyn Marks and David Rynhold on the passing of their wife, mother and sister Lily Sztokman Z"L

CONSECRATIONS:

22/01/23	12:00 in Bushey New in memory of Rachel Mockton Z"L
29/01/23	11:00 in Bushey New in memory of Lorraine Kingsley Z"L
29/01/23	12:00 in Bushey Old in memory of Sally Levy Z"L
26/02/23	10:00 in Bushey Old in memory of Rhoda Goldberg Z"L



FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS

Rabbi Jeremy Lawrence: 07501 895 124
Shimon Gillis, Chief Operations Officer: 020 8349 5264
Safeguarding Officer, Jason Marantz: 02083495262 / safeguarding@kinloss.org.uk
Shul Office: 020 8346 8551
Kinloss Cares: 020 8349 5263