KOL KINLOSS

NEWSLETTER OF FINCHLEY SYNAGOGUE

ואתחנן
VAETCHANAN

בס״ד

KINLOSS
WWW.KINLOSS.ORG.UK

28 / 29 JULY 2023 ייא אב תשפייג

SHABBAT WILL START AT 8:41pm AND TERMINATE AT 9:51pm

FRIDAY NIGHT

Earliest Candle Lighting Time is 7:17 pm

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

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

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 Robert Owen
Rabbi Livingstone will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Minyan Members
Jason Marantz will speak
Kiddush sponsored by Gillian & Jason Marantz and Rachelle & Edward Lazarus

The Youth Service is on the summer break until September

Anim Zemirot Club will be off 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 Brandon Horowitz
Yr 5 - Yr 6 - not taking place this week

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

SHABBAT AFTERNOON

8:25pm Mincha followed by Seuda Shelishit with
Rabbi Nicky Liss in the Small Deal Hall
Titled "Jews Don't Count"
Sponsored by Joy Lyons to mark the yahrzeit of Malcolm Z"L

9:51pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

Parsha V'Etchanan: Less is More
by Rebbetzin Tali Harris

Leonardo Davinici is most famous for his artistic masterpiece, the Mona Lisa; a piece which is viewed by thousands of people daily. If someone were to suggest adding a few more paint strokes, everyone would be appalled. How can we add to a masterpiece created by an artistic genius? A similar premise is explored in this week's Parsha of V'etchanan.

We are commanded in this week's Parsha to not add or subtract from any of the Mitzvot given to us by Hashem. The Netziv, a 19th century commentator, explains that to understand why this is such a serious matter we must look at the command in context of the verse preceding it. The preceding verse explains that keeping the Mitzvot will enable us to live and inherit the land promised to our forefathers. The Netziv understands that the goals of keeping the Mitzvot are achieved by living according to the number of Mitzvot prescribed to us, not by more nor by less. While it may be out of one's love of God and desire to get closer to Him that they choose to add to the existing Mitzot, they ought to proceed with caution, knowing that this is not within the true will of Hashem. By adding to the existing Mitzvot, it is as if to say that Hashem's masterpiece was incomplete without our embellishments and 'brush strokes'.

The goal of the Mitzvot and our role as Jews is to bring Kedusha, holiness, into the world; to enhance the mundane through godly means. In his essay entitled "You Shall be Holy", Rabbi Meir Twersky lays out the basics for accomplishing a life of Kedusha. He explains that there are two main features of 'holiness': separateness and designation. Let's take the Mitzvah of Shabbat as an example. One day of the week is separated as the day of rest. However, without the designation from Hashem as to how and when to have this day of rest, we are unable to establish any Kedusha. If someone were to institute an additional Shabbat which were to be observed on Wednesdays per say, this would be an issue of adding to the Mitzvot. While that Wednesday may have been separated as a special day, it lacks Hashem's designation and therefore no Kedusha will be achieved.

It is through this combination of something being both separated as well as specifically designated for holiness, as per Hashem's mandate, that we make the world a more Kadosh place. Hashem has painted for us the map towards Kedusha. By keeping the prescribed Mitzvot in their proper time and place, it will enable us to live a life of Kedusha.

Vaetchanan Statistics

Mitzvot: 12 of the 613 mitzvot, 8 positive & 4 prohibitions
Verses: 122 (17th longest of the 54 Sidrot)
Words: 1878 (10th longest)
Letters: 7343 (10th longest)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	1008	755	958
Haftarah	1028	776	1196

Tu B'Av

The month of Av is commonly associated with the 9 days leading to Tisha B'Av and Tu B'Av tends to get overlooked; so much so that the late Scottish Jewish Commentator Chaim Bermant used to say that we were better at commemorating sad events than happy ones.

It is the case that minor Jewish festivals tend to wax and wane in popularity. Chanukah and Tu Bishvat have definitely grown in popularity whereas Rosh Chodesh and Tu B'Av have definitely seen their profiles lowered. In Tu B'Av's case; to the extent that most people notice it, if at all, by the absence of Tachanun saving them anywhere between 2 and 4 minutes davening time in the morning.

This is a bit of a shame given that Tu B'Av is a sort of Jewish Valentine's Day, only much older and without the cards, albeit that roses should be much cheaper at this time of year!

Its romantic origins were that young ladies used to borrow clothes so that no-one should be able to distinguish the rich from the poor, dance in the vineyards and look for matches on that date. The only other date where this happened was Yom Kippur and I suspect that there was more jollity on Tu B'Av than on Yom Kippur when everyone was fasting and asking for forgiveness.

One assumes that unless Hallmark find a way of promoting Tu B'Av to sell more cards, Tu B'Av will remain a very minor festival. However, there are a number of suggestions of how to celebrate this year which falls on the evening of 1st August and ends on the evening of 2nd August. Apart from the obvious romantic gestures such as going out for a meal and buying flowers etc, there are suggestions that one should think of emanating ancient practice by giving away surplus clothes. Thinking about matches for friends and relatives who want them. Maybe even organising a party.

As Tu B'Av is in the Summer it does seem a more appropriate time for romance and the festival does appear to be making some form of comeback in Israel but I'm sure that all of us can do with a bit more love, affection, peace and understanding.

Tu B'Av Sameach

Jeremy Mindell

KINLOSS

Sponsor the New Chief Rabbi's Siddur



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

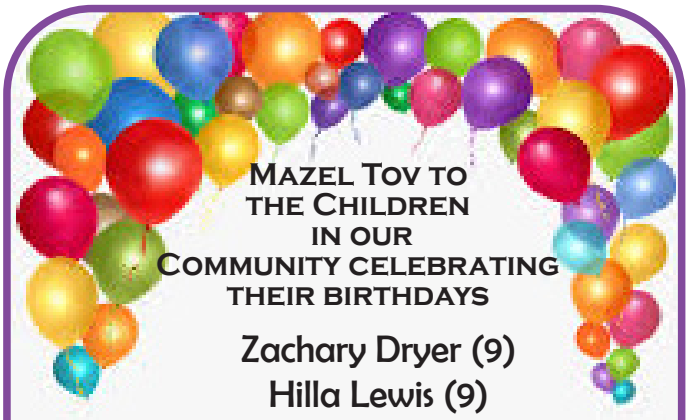
£14 per Siddur
www.kinloss.org.uk/siddur

KINLOSS

On Shabbat 19th August 2023, there will be a combined service in the Main Synagogue with Ladies Seating downstairs

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

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



MAZEL TOV TO THE CHILDREN IN OUR COMMUNITY CELEBRATING THEIR BIRTHDAYS

Zachary Dryer (9)
Hilla Lewis (9)
Zachary Altmann-Richer (1)
Mila Sagar (2)

JULY 2023 EVENTS

All Welcome

SEUDA SHELISHIT

KINLOSS

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



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

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

AUGUST 2023

KINLOSS

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







KINLOSS

BETTER the feel good place

CHAIR BASED EXERCISE CLASS

THURSDAYS at 10.30AM, NEMETNEJAD ROOM

NEW BLOCK OF 10 CLASSES
September - 21, 28
October - 12, 19, 26
November - 2, 9, 16, 23, 30

GLL in partnership with Barnet Council have developed an important project getting Barnet residents 'more active more often'.

Adults 55+ Exercise Classes, rotating equipment each week

- SOFT BALLS
- WEIGHTS
- FITNESS CIRCLES
- STETCH BANDS

BOOKING IS ESSENTIAL
www.kinloss.org.uk/exercise
OR CALL 020 8349 5267

SEPTEMBER 2023 EVENTS

Shabbat 9th September
Scholar in Residence: Michal Horowitz
Repentance, Prayer & Charity: Being Inscribed in the Book of Life

Shabbat Forum (Approx 11.45am)
"Repentance: Are We Paying Attention To G-d, To Others, To Ourselves?"

12.30pm: Pre- Booked Shabbat lunch: "Charity: Going Beyond Ourselves, A Heart & Hand To Those In Need" - Booking via www.kinloss.org.uk/michal

7.05pm: Mincha followed by Shabbat afternoon Shiur. "Tefilla: Service of the Heart in the Worship of G-d"



Mrs. Michal Horowitz earned a Bachelor of Science from combined studies at York University, Toronto, and Brooklyn College, NY and completed a Master of Science from Brooklyn College, NY. She delivers weekly shiurim in her community of the Five Towns, NY, while her zoom shiurim reach audiences across the world. Mrs. Horowitz has been a guest lecturer and scholar in residence in schools and communities, nationally and internationally. She is a regular presenter for various OU Women's Initiative Torat Imecha programs, launching the world-famous Torat Imecha Nach Yomi program in 2020. Mrs. Horowitz has close to 2,000 shiurim online, located on YUTorah.org,TorahAnyTime.com, OUTorah.org, the OU Torat Imecha app and the OU AllParsha app.

Office of The Chief Rabbi

Centre for Community Excellence

KINLOSS

NATALIE'S SIMCHAT TORAH GRADUATION SERVICE SUNDAY 8 OCTOBER

If your child has currently left year 2
And would like to attend this service too
Please confirm without any delay
Whether a Dvar Torah your child might like to say...
No problem at all should they not wish to speak -
Just let us have 2 hobbies like HIDE AND SEEK!
Deadline for RSVP close of play 18 September
So contact us - don't forget - please remember!

Natalie Sommer 07949 684 842 email: nataliesommer2000@yahoo.co.uk

If your child is currently leaving Year 2 and would like to take part in Natalie's Simchat Torah Graduation too - please confirm without delay including whether your child a Dvar Torah might like to say - no problem at all if they don't wish to speak - just let us have two hobbies like hide and seek!
email nataliesommer2000@yahoo.co.uk
07949684842

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=rGwfpB-C1RC0



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



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

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

DAILY MINYAN:

SERVICES (שבת **see front page)**	Sun 30th 12 Av	Mon 31st 13 Av	Tues 1st 14 Av	Wed 2nd 15 Av	Thurs 3rd 16 Av	Fri 4th 17 Av
Shacharit	8:00am	7:00am	7:00am	7:00am	7:00am	7:00am
Shacharit 2		8:00am	8:00am followed by Shiur with Rabbi Heller	8:00am followed by Shiur with Rabbi Heller	8:00am	8:00am
Sephardi	8:00am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	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.





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

Shabbat 29 JULY

Barbara Cohen	Brother
Shirley Freeman	Husband
David Isaacs	Mother
Geoffrey Morrow	Father
Stuart Selwyn	Mother

Sunday 30 JULY

Ian Addleson	Wife
Edith Breskin	Father
David Cavendish	Mother
Michael Cavendish	Mother
Arlette Gotkine	Sister
Valerie Green	Father
Frances Posener`	Husband
Celia Rabstein	Father
Miriam Roomer	Sister
Bernard Trent	Father

Monday 31 JULY

Irene Dickson	Father
Michael Jacobs	Sister
Joy Lyons	Husband
Jeremy Newman	Mother
Nasser Rahimi	Mother
Zena Wagner	Father

Tuesday 1 AUGUST

Jonathan Barr	Mother
Maurice Lazarus	Mother
Melanie Mark	Father
Monique Solomon	Father
Sylvia Spiro	Father

Wednesday 2 AUGUST

Keith Gilbert	Father
Barbara Hoddes	Father
Jonathan Lewis	Wife
John Loftus	Father
Jason Marantz	Mother
Natalie Miller	Sister
Pamela Plesner	Mother
Sara Silverman	Mother

Thursday 3 AUGUST

Elisa Angel	Father
David Cavendish	Father
Michael Cavendish	Father
Elliot Choueka	Father
Alan Edwards	Father
Gillian Pincus	Father
Marisa Wynbourne	Mother

Friday 4 AUGUST

Sandra Delroy	Father
Alan Laurier	Father
Gloria Matz	Husband

KINLOSS

Moths have been found in some of the boxes of Talitot in the shul. Please ensure you store your Talitot either in cases or sealed plastic bags



Kinloss JAMI Ambassador is Richard Kafton

KINLOSS

Mobile no: 07973 986344

Email: richard.kafton@cedarhfs.co.uk

CONDOLENCES:

* Erica Silas, Ivor Hurst and Barbara Brentwood on the passing of their mother and wife Greta Hurst Z"L

* Helen Pope, Michael Hanan, Ronnie Hannan & Michelle Cope-Thompson on the passing of their mother Sarah Hanan Z"L

CONSECRATIONS:

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