KOL KINLOSS

NEWSLETTER OF FINCHLEY SYNAGOGUE

האזינו שובה

HA'AZINU + SHUVAH

בס״ד

KINLOSS

WWW.KINLOSS.ORG.UK

22/23 SEPTEMBER 2023 חי תשרי תשפ״ד

SHABBAT WILL START AT 6:45pm AND TERMINATE AT 7:44pm

Friday 22nd September

5:45am	Sephardi Selichot & Shacharit (Sephardi Synagogue)
6.25am	Selichot & Shacharit (Liora Graham Beit Hamidrash)
7.25am	Selichot & Shacharit (Liora Graham Beit Hamidrash)
6.45pm	**Mincha, Kabbalat Shabbat & Ma'ariv and Shabbat Begins**
6:45pm	Friday Night sing-a-long Minyan in the Liora Graham Beit Midrash

SHABBAT SHUVA - Shabbat 23nd September

7.45am	Hashkama Service (Liora Graham Beit Hamidrash)
9.00am	Sephardi Service (Persian Synagogue)
9.15am	Main Synagogue Scholar in Residence Rabbi Andrew Shaw will speak
9.30am	The Minyan (Kinloss Suite) Scholar in Residence Rabbi Andrew Shaw will speak
9.45am	Youth Service (Liora Graham Beit Hamidrash)
10.45am	Children's Services followed by Kiddush
6.15pm	Sephardi Mincha, Seuda and Arvit
6.35pm	Mincha followed by Shabbat Shuva Drasha by Scholar in Residence Rabbi Andrew Shaw titled "It's the Devil in you - what Yom Kippur is really for"
7.44pm	Ma'ariv, Havdalla and Shabbat terminates

EREV YOM KIPPUR - Sunday 24th September

7:00am	Sephardi Selichot, Shacharit & Hatarat Nedarim
8.00am	Selichot, Shacharit & Hatarat Nedarim
2.00pm	Mincha (Main Synagogue)
2.00pm	Sephardi Mincha

YOM KIPPUR – KOL NIDREI - Sunday 24th September

6.30pm	Sephardi Kol Nidrei (Deal Halls)
6.40pm	**Yom Kippur, Fast begins and Latest candle-lighting.**
6.40pm	Kol Nidrei in Main Synagogue & Parallel Service (Kinloss Suite)
9.30pm	Late Kol Nidrei (Liora Graham Beit Hamidrash)

YOM KIPPUR - Monday 25th September

7.15am	Hashkama (Rabstein Room)
8.00am	Main Synagogue
8.15am	Parallel Service (Kinloss Suite)
8.30am	Sephardi Service (Deal Halls)
9.45am	Youth Service (Liora Graham Beit Hamidrash)
10.45am	Reading of the Torah in Main Synagogue & Parallel Service (approx)
11.00am	Children's Services
11.15am	Sermon in the Main Synagogue & Parallel Service followed by the Yizkor Service
3.30pm	Panel Debate (Kinloss Suite)
4.30pm	Sephardi Mincha (Deal Halls)
4.20pm	Mincha in the Main Synagogue
4.35pm	Mincha in the Parallel Service (Kinloss Suite)
5.35pm	Sermon by Chief Rabbi Sir Ephraim Mirvis, followed by Sephardi Neila (Deal Halls)
5.45pm	Sermon by Chief Rabbi Sir Ephraim Mirvis in the Main Synagogue, followed by Ne'ila
6.05pm	Sermon by Chief Rabbi Sir Ephraim Mirvis in the Parallel Service, followed by Ne'ila (Kinloss Suite)
7.39pm	**Fast terminates followed by Ma'ariv**

A time for introspection by Chazan Eli Sufrin

This Shabbat is Shabbat Shuva, the word Shuva has the same root as Teshuva (literally translated as 'repentance' but actually means 'to return'). Repentance is about returning to our essence. Yom Kippur, with Teshuva at its core, is an opportunity for self-reflection. However on Yom Kippur we recite 'viddui' (confession) 10 times. Reading through the 'viddui' one can wonder, are we not essentially good and holy, are we really such terrible people?

In answer to the above question I would like to share some ideas to meditate on during the services. (The services on Yom Kippur can feel long and difficult, reading the English in our Machzor, or singing along with me, may also help and will definitely be appreciated). Let us consider the two levels of Teshuva, 'teshuva ila'a' – higher level of repentance, and 'teshuva tata'a' – lower level repentance (Zohar, Ra'aya Mehemna III, 122b). There are three practical steps to the lower level Teshuva. Acknowledging and feeling remorse for our mistakes (towards G'd or a fellow person), expressing this verbally (which we do during 'viddui') and planning a new way forward. The higher level of Teshuva is about returning to our true essence. The human soul is literally a piece of G'd, therefore our essence can never be separated from G'd. This higher level of Teshuva is about discovering how holy I am and not allowing my mistakes to define me. This is not about 'ego boosting', but recognising our holiness from a place of humility, our goodness is reflection of G'd's goodness. We all make mistakes but this only affects an external layer of 'me', there is a deeper layer of 'me' that is always sacred.

We may have internal self-talk telling us about all our mistakes, that we are detached, that we can't have a relationship with G'd, that we are a lost case. Listening to this may lead to feelings of guilt and a need to get rid of the pain, often in self destructive ways. The higher level of Teshuva we need to do is for listening to that internal voice, for thinking that we are 'flawed' or 'detached', and returning to our true selves, that can never be detached. Of course we also have to do 'lower Teshuva' and correct our mistakes, but this must be in the context of 'higher Teshuva'. The reason we make mistakes is because we are not in touch with our essence. It may feel easier to say 'I'm not a good Jew', however we are all ambassadors of G'd's light in this world. Teshuva is an opportunity to create a brighter future, to believe in ourselves and our agency, by recognising that G'd believes in us, in our power to confront and learn from our past.

For some Yom Kippur can feel negative, thinking of G'd as a distant tyrant waiting to punish us, will of course conjure up feelings of dread. However we need to remember that the One who is judging us not only knows us better than we know ourselves but also loves us unconditionally and believes in our potential and our ability to transform ourselves. We must open ourselves up to this love, recognising that G'd is not distant, G'd is in every one of us and loves us infinitely. G'd judges us because He wants us to have a year where we maximise our potential. G'd wants us to be part of the process, when we talk to G'd in prayer we are examining ourselves together with G'd and together our destiny is created. This is not something that should cause dread or terror, Yom Kippur is the holiest day of the year, a unique opportunity. Yes we are told to fear G'd, but this is not fear of punishment, rather it's fear of ruining a beautiful relationship and living up to His expectations so that we don't betray Him.

Yom Kippur is a time to think about what I am needed for rather than what I need. May this year be a year of renewal and transformation, living our lives to the fullest, being aware of what a difference we can all make by bringing love, light and authenticity to our world.

Wishing you all a Shabbat Shalom and meaningful Yom Kippur, Chazan Eli

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	1159	896	1100
Haftarah	1170	904	1205

בס"ד

KINLOSS

and

The Arba Minim Centre



We are once again delighted to offer an exclusive partnership with The Arba Minim Centre, who will be in Shul with 2 grades of Arba Minim, £30 & £50.

Wednesday 27th September - 6.30pm - 8.30pm
Thursday 28th September - 7.30am - 9.30am

For added convenience, they also offer a Click 'n' Collect service, and home delivery. Order online @ www.arbaminim.net for further options.

Email: enquiries@arbaminim.net
Call: 07973 862 273
www.arbaminim.net

THE BIG YOM KIPPUR QUESTIONS

Post Kol Nidre Discussion for Sixth Formers

YOM KIPPUR NIGHT

FLAT OF RABBI JOSH & TALI HARRIS (NEXT DOOR TO HARRY & LEORA)

KYC
KINLOSS YOUNG COMMUNITY

KYC
KINLOSS YOUNG COMMUNITY

Yom Kippur (LUNCH) N' LEARN

Food for your kids & food for your soul

12:00
ON YOM KIPPUR
IN THE SILVER SUITE

It's hard to fast while your kids sit and eat! Join us and fill your thoughts while your kids fill their stomachs.

SPELLS IN THE SUKKAH

JOIN US FOR PIZZA AND A MAGIC SHOW!

OCT. 3
4:30 PM
IN THE KINLOSS SUKKAH

KYC
KINLOSS YOUNG COMMUNITY

£2 PER MEMBER CHILD
£4 PER NON MEMBER CHILD

RSVP
KINLOSS.ORG.UK/SUCCOT



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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

Yom Kippur - Kol Nidrei Sunday 24th September

Following Kol Nidrei	Sixth Formers: Discussion in the Flat "The Big Yom Kippur Questions" Rabbi Josh and Rebbetzin Tali Harris
Following Kol Nidrei	"Feeling Guilty" Shiur by Rabbi Gideon Sylvester *Main Synagogue*

Yom Kippur Monday 25th September

10.30 - 11.10
Blaming G-d: How Chassidim get through Yom Kippur
Rabbi Moshe Friedman
Nemetnejad Room

11.45 - 12.45
Soul Fitness: The Day of At-One-Ment: How to harness the Whole-iest Day of the Year
with Rabbi Dov Cowan
Persian Synagogue

1 - 1.45
Confessions of a Litvak: Teshuva through the lens of the Mussar Masters
Rebbetzin Shalvie Friedman
Persian Synagogue

1.45 - 2.30
The Book of Jonah: Is the Day of Judgement a day of Justice?
Rebbeztin Tali Harris
Persian Synagogue

3.30 - 4.20
Panel Debate
Harrises & Friedmans
Chaired by Rabbi Sylvester
Kinloss Suite

12.00 Parents and Children *Silver Suite*
(Lunch) N' Learn: Rabbi Josh and Rebbetzin Tali Harris

Kinloss Suite	*Basement*
Rabstein Room	*Basement*
Silver Suite	*Ground Floor*
Main Synagogue	*Ground Floor*
Nemetnejad Room	*Second Floor*
Persian Synagogue	*Second Floor*



Kinloss Banqueting

banqueting@kinloss.org.uk
0208 349 5268
www.kinlossevents.co.uk

kinloss.banqueting



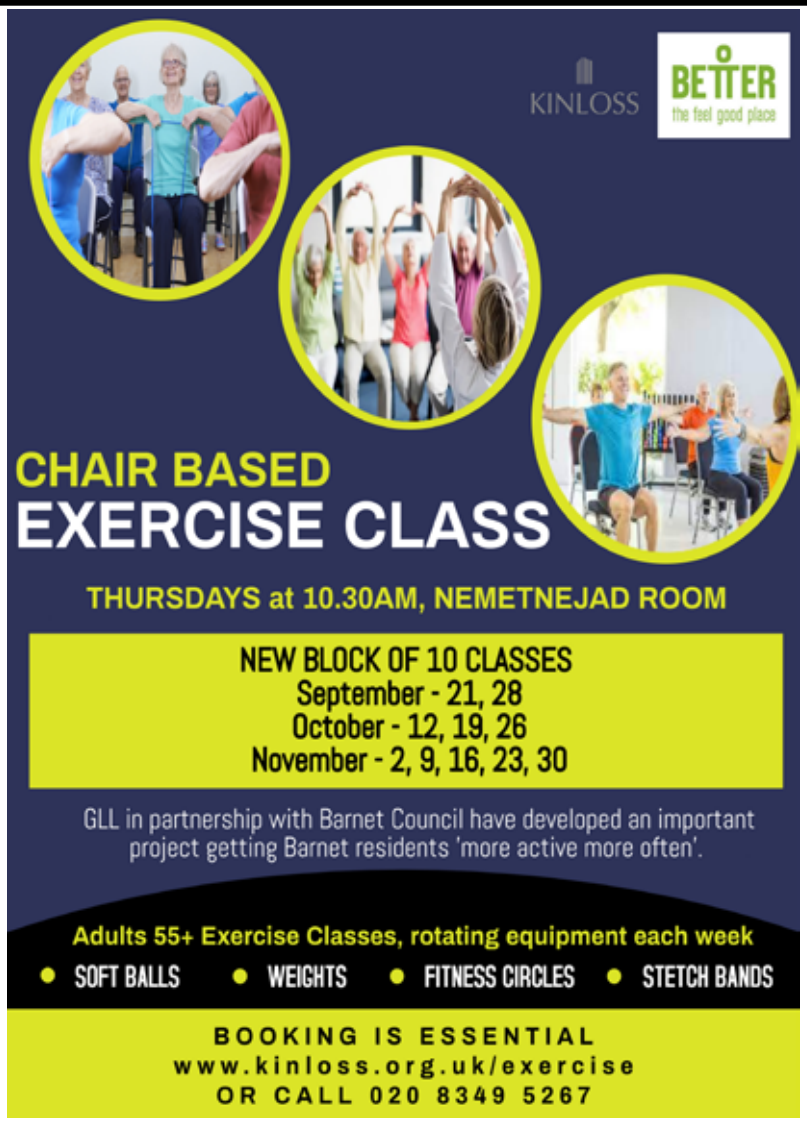

KINLOSS tribe
New Year's Party
Chol Hamoed Wednesday 4th October
Year 5-6 @ 6:30pm - 7:30pm
Year 7-8 @ 7:45pm - 8:45pm
Kinloss Suite - Dinner in the Succah
£10 for members - £15 for non-members
Book now:
www.kinloss.org.uk/nyparty


KINLOSS tribe
Join Kinloss Youth for the...
Simchat Torah Dinner
For Years 7-13
Simchat Torah Night - Motsei Shabbat 7th October
£15 for members - £18 for non-Members
Sign up essential with limited spaces
www.kinloss.org.uk/st-dinner


KINLOSS BAR MITZVAH PROGRAMME
KINLOSS'S NEW AND EXCITING BAR MITZVAH PROGRAMME WILL BE BEGINNING AFTER SUKKOT!
PARENT-SON PROGRAMME FOR BOYS IN YEARS 7 & 8
DATES:
OCT. 18, 2023
NOV. 15. 2023
DEC. 13, 2023
JAN. 10, 2024
FEB. 7, 2024
MAR. 13, 2024
APR. 10, 2024
MAY 8, 2024
PLEASE RSVP AT KINLOSS.ORG.UK/BARM
£40 FOR MEMBERS
£65 FOR NON MEMBERS
YOUTH DIRECTOR
HARRY SALTER
YOUTH@KINLOSS.ORG.UK
07827031851
COMMUNITY RABBI
JOSH HARRIS
RABBIJOSH@KINLOSS.ORG.UK
07721423316
KINLOSS tribe
KYC YOUNG COMMUNITY


KYC YOUNG COMMUNITY
KINLOSS tribe
Kinloss Bat Mitzvah Programme
KINLOSS'S NEW AND EXCITING BAT MITZVAH PROGRAMME WILL BE BEGINNING AFTER SUKKOT!
PARENT-DAUGHTER PROGRAMME FOR GIRLS IN YEARS 6 & 7
DATES:
OCT. 18, 2023
NOV. 15. 2023
DEC. 13, 2023
JAN. 10, 2024
FEB. 7, 2024
MAR. 13, 2024
APR. 10, 2024
MAY 8, 2024
PLEASE RSVP AT KINLOSS.ORG.UK/BATM
£40 FOR MEMBERS
£65 FOR NON MEMBERS
YOUTH DIRECTOR
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07827031851
COMMUNITY REBBETZIN
TALI HARRIS
TALI.HARRIS@KINLOSS.ORG.UK
07721423317

SEPTEMBER 2023



KINLOSS

The Kinloss Junior Table Tennis new term starts 21st September for 10 weeks. Sign up now : www.kinloss.org.uk/tabletennis Spaces are limited



Would you like to sponsor a Kiddush in the Minyan on Shabbat?
Please sign up via:
www.kinloss.org.uk/minyankiddush

KINLOSS cares about you

CHAPS FOR CHATS AND MONDAY MATTERS
WILL BE HELD ON MONDAY 23RD OCTOBER AT 11AM
WITH GUEST SPEAKER, DAVID SONN, CRIMINAL DEFENCE LAWYER
MORE DETAILS TO FOLLOW

MAZEL TOV - מזל טוב

* Happy birthday to our Caretaker Peter Johnson on his 50th birthday!

* Mazel Tov to Margi Abeles & family on the birth of a great grandson, Aryeh Yehuda to Avigayel & Moshe Katanka. Mazel Tov to grandparents Rabbi Simon & Shifra Abeles and Rabbi Shlomo & Chaya Leah Katanka. Remembering great grandfather Leo Z'L at this happy time.

OCTOBER 2023 EVENTS

Kinloss Learning Presents...

The Impact and Torah of Rabbi Sacks Z"L marking his Yahrzeit on 4 November



17 October - Rabbi Dr Raphael Zarum
24 October - Rabbi Daniel & Ilana Epstein
Shabbat 28 October - Rabbi Michael Laitner
Shabbat 3 & 4 November - Dr Tanya White
14 November - Rabbi Michael Pollak
21 November - Gila Sacks & Dan Sacker



SAVE THE DATES - MORE DETAILS TO FOLLOW

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Kinloss JAMI Ambassador is Richard Kafton
Mobile no: 07973 986344
Email: richard.kafton@cedarhfs.co.uk

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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).

22nd October at 11am
in the Large Deal Hall

All are invited to come and connect spiritually through prayer, song and of course a great kiddush.

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 10th October @ 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

KINLOSS

LORD DANIEL FINKELSTEIN



BOOK LAUNCH AND 'IN CONVERSATION' | **TUESDAY 31 OCTOBER, 8PM**



Daniel Finkelstein's family experience at the hands of the two genocidal dictators of the 20th century is one of miraculous survival. This is a story of love and murder. A story of how the great forces of history crashed down in a terrible wave on two happy families; of how it tossed them and turned them, and finally returned what was left to dry land. It's a story of brilliant ingenuity, great bravery, and almost unbelievable coincidences.

Daniel Finkelstein is a British journalist and opinion writer. A former Executive Editor of The Times, he continues to write for the paper. He has been Political Columnist of the Year four times and recently joined the board of Chelsea Football Club. He was appointed to the House of Lords in 2013.

REGISTER VIA WWW.KINLOSS.ORG.UK/LORD

NOVEMBER 2023 EVENTS



KINLOSS cares about you

THE NEXT

SHABBAT LUNCHEON CLUB

WILL BE HELD ON

SHABBAT 4 NOVEMBER 2023

DETAILS TO FOLLOW



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



Mazel Tov to the Children in our Community celebrating their Birthdays

Jack Swerdlow (9)
Zoe Renton (4)
Raphael Shem-Tov (3)
Emily Kanzen (11)
Elinor Rabbie (9)
Jacob Eden (6)
Zeph Hamilton (11)
Emily Hoddes (11)
Henry Schuldenfrei (2)



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

Please note we do not accept Shaimos/Geniza

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

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

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

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 24th 9 Tishrei Erev Yom Kippur	Mon 25th 10 Tishrei Yom Kippur	Tues 26th 11 Tishrei	Wed 27th 12 Tishrei	Thurs 28th 13 Tishrei	Erev Succot Fri 29th 14 Tishrei
Shacharit	See front page timings	See front page timings	7:00am	7:00am	7:00am	7:00am
Shacharit 2	"	"	8:00am followed by breakfast Shiur with Rabbi Fine	8:00am followed by breakfast Shiur with Rabbi Heller	8:00am followed by breakfast Shiur with Rabbi Heller	8:00am
Sephardi	"	"	6:45am	6:45am	6:45am	6:45am
Mincha / Ma'ariv	"	"	6:40pm	6:40pm	6:40pm	6:30pm

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 second minyan breakfasts are sponsored by Belinda & Jeremy Mindell
to celebrate the birth of their granddaughter Halelya Chaya Rivka

KINLOSS

Kinloss Yizkor Service Booklet
5784 / 2023-2024
will be available for collection
on Thursday 21st September (all day)
and Friday 22nd September (morning)
If you would like a copy,
please feel free to drop by and collect one
from outside the Security Hut in
Kinloss Gardens

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

Shabbat 23 SEPTEMBER

Harvey Bengen	Mother
Lawrence Freeman	Father
Gillian Geminder	Father
Loraine Isaacs	Mother
Miriam Margolin	Father
Nedjat Toubian	Father

Sunday 24 SEPTEMBER

Angela Abrahams	Mother
David Clarke	Mother
Denise Egnal	Father
Gloria Matz	Father
Flora Michaels	Husband
Natalie Sommer	Father

Monday 25 SEPTEMBER

Edith Nissen	Father
Edith Nissen	Mother
Stephen Pincus	Father
Liz Stoll	Father

Tuesday 26 SEPTEMBER

Marcia Bloom	Mother
Ashley Fulton	Father
Colin Goldstein	Father
Jane Jaffa	Mother
Laurence Kogan	Mother

Tuesday 26 SEPTEMBER (CONT'D)

Maurice Lazarus	Father
Richard Reingold	Father
Danielle Stone	Mother
Martin Woolman	Brother

Wednesday 27 SEPTEMBER

Sally Moher	Mother
Sandra Rapp	Father

Thursday 28 SEPTEMBER

Ian Amdur	Father
Pauline Amdur	Husband
Joy Garfield	Mother
Roselyn Rosenfeld	Father

Friday 29 SEPTEMBER

Martyn Caplin	Father
John Goldman	Father
Ari Jesner	Brother
Samuel Melnick	Brother
Roberta Sanford	Mother
David Seres	Father
Harvey Sinclair	Father

CONDOLENCES:

* Rebecca Aminoff, Noga Namdar, Claudia Hopkins, Mitra Hakimian, Morris Namdar and Shifra Sadikov on the passing of their brother, husband and father Joe Namdar Z"L in New York

* Jeremy and Barry Cameron on the passing of their mother Sheila Cameron Z"L

* Myrna Eagell, Richard, David and Steven Eagell on the passing of their husband and father Stewart Eagell Z"L

* Jeffrey Lawrence on the passing of his mother Sylvia Barnard Z"L

CONSECRATIONS:

27/09/23	11:30 in Bushey New in memory of Frances Colton Z"L
15/10/23	12:00 in Willesden in memory of Rev Simon Hass Z"L
18/10/23	13:30 in Bushey Old in memory of June Brookes Z"L
22/10/23	12:00 in the Western Cemetery, Cheshunt in memory of Isaac Levy Z"L
29/10/23	10:00 in Bushey Old in memory of Raymond Lyons Z"L
29/10/23	09:30 in Bushey Old in memory of Alf Borman Z"L
12/11/23	11:00 in Bushey New in memory of Joan Graham 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