

KOL KINLOSS



**TISHA B'AV
STORIES OF
STRENGTH &
SURVIVAL WITH
BARBARA FRANKISS
& DAVID KLEINMAN**



ואתחנן

LaShir

Service starts: 7.00pm
Candle lighting: 7.15pm

Shabbat Ends: 9.29pm

VAETCHANAN



KINLOSS

8th - 9th August 2025

ט"ו אב תשפ"ה

SHABBAT AT KINLOSS

FRIDAY NIGHT

Earliest candle lighting - 7.03pm

7.00pm Minyan LaShir in the Large Deal Hall (candles should be lit by 7.15pm)

7.00pm Sephardi Mincha, Kabbalat Shabbat & Arvit

Please note: If you (and members of your household) are unable to attend shul altogether, you should light candles by 7.45pm

SHABBAT MORNING SERVICES

7.45am **HASHKAMA** in the Liora Graham Beit Midrash

9.00am **SEPHARDI SERVICE** in the Sephardi Synagogue

9.15am **MAIN SERVICE** in the Main Synagogue

9.30am **THE MINYAN** in the Nissan & Rifca Deal Halls

9.30am **MINYAN HATZA'IR** in the Rabstein Room

YOUTH SERVICE will resume on 6th September



10.15am
ANIM ZEMIROT CLUB
IN THE NEWMAN ROOM
LED BY DAVID LESSER

10.45am CHILDREN'S SERVICES

Age 0-4 in the Silver Suite with Debra Dunitz

Reception to Yr 2 in the Nemetnejad Room with Natalie Sommer

Yr3-Yr 6 in the Newman Room with Gila Schajer and Natan Ruback

8.15pm **MINCHA** followed by a light Seuda Shlishit and **SHIUR** in the Liora Graham Beit Midrash by **RABBI YISROEL FINE**, entitled '**DO WE REALLY WANT MOSHIACH NOW?**'

9.29pm MA'ARIV & TERMINATION OF SHABBAT

SHABBAT MORNING KIDDUSHIM AT KINLOSS



HASHKAMA in the Silver Suite

MAIN KIDDUSH in the Kinloss Suite

MINYAN KIDDUSH sponsored by
JASON MARANTZ on the yahrzeit of his
mother **BONNIE MARANTZ z'l**

MINYAN HATZA'IR in the Rabstein

MAZEL TOV

Mazel Tov to Nichola & John Bentley and Tracey & Michael Levi on the forthcoming marriage of their children Charlotte Bentley to Jonah Levi in Israel at the end of August. Mazel Tov also to grandparents Estelle Luton, Linda Lewis and Carmella Bentley.

Mazel Tov to Judith & Lawrence Susser and Judith & Anthony Finkelstein on the birth of a granddaughter, Golda Irene Finklestein, a daughter to Katie & Simon Finkelstein. Mazel Tov also to great-grandmothers Rita Susser and Frances Fishman.

BIRTHDAYS



Mazel Tov to the children in our community celebrating their birthdays this week:

Ely Blitz (10), Harry Cohen (9), Ilan Renshaw (8).
Sophia Ison (11), Netanel Mindell (8),
Goldie Spector (8), Maya Wolfson (5),
Ella Donaldson (10), Stella Marks (8),
Joshua Chetrit (12), Grace Simon-Marks (11)



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Shabbat Forum

with Lord Mann
HM Government's
Independent Adviser on
Antisemitism

6th September, 11:30am
Main Shul
Followed by kiddush in the Kinloss Suite



KINLOSS

LEARNING AT KINLOSS

SUMMER SCHEDULE

Day	Time	Topic	Given By	Venue	Open To	Resumes
Friday	8.45 – 9.15am	*Rav S R Hirsch on the Parsha	Rabbi Josh		All	29 Aug 2025
	10.30 – 11.10am	The Derashot of Rabbi Isaac Bernstein	Rabbi Fine	Zoom	All	
Shabbat	9 - 9.30am	*Rambam: Laws of Illicit Relations	Rabbi Dr Zarum	Deal Hall	All	23 Aug 2025
	Half an hour before Mincha	*Tzurba (Practical Halacha) Chabura	Rabbi Josh		All	23 Aug 2025
Sunday	8.45 – 9.30am	*Gemara Megilla	Rabbi Birnbaum		All	31 Aug 2025
Monday	1.30 – 2.10pm	*Key Themes in Sefer Devarim	Rabbi Fine		Women	8 Sept 2025
Tuesday	8.45 – 9.15am	Sefer Pele Yoetz – Encyclopaedia of Judaism	Rabbi Fine	Beit Midrash	All	
	8.15 - 9.15pm @ Rabbi Josh's home	*L'Chaim & Learn	Rabbi Josh		All	2 Sept 2025
Wednesday	8.45 – 9.15am	*Gemara Berachot	Rabbi Birnbaum		All	3 Sept 2025
	8.00 - 8.45pm	*Timeless Torah Parashat Shiur	Rabbi Birnbaum		All	3 Sept 2025
Thursday	8.50 - 9.15am	*Perek Chelek in Sanhedrin	Rabbi Heller		All	14 Aug 2025

Daily: Daf Yomi with Rabbi Moshe Sampson
Nemetnejad Room – 8.00 – 9.00am (Sunday 9.00 – 10.00am)

* Not taking place this week. Please check table to see when this resumes.



Kinloss

2025-2026

Bat Mitzvah Programme

The Bat Mitzvah Programme is a parent-child programme open to girls in Years 6 & 7. It provides a fun and meaningful way to prepare for your Bat Mitzvah!

Over 8 sessions, we will explore core Jewish topics through interactive learning, activities, and group outings.

Dates: 5th Nov, 3rd Dec, 7th Jan, 1st Feb, 11th Mar, 15th Apr, 13th May, 10th June

£65 per participant
Members only

Register at
kinloss.org.uk/bat

For more information,
speak to Rebbetzin Tali
07721423317



TIMELESS∞TORAH

Summer Reflections

PARSHAT VAETCHANAN - THE ENDURING SPIRIT OF COMFORT AND RENEWAL

The Enduring Spirit of Comfort and Renewal

This Shabbat, following the fast of Tisha B'Av, is known by the name of Shabbat Nachamu – the Shabbat of Comfort. As the Haftarah opens with the moving and hopeful words, 'Nachamu, Nachamu Ami – Comfort, comfort My people', we are gently guided away from the depths of national mourning towards a message of solace and renewal.

How does comfort truly manifest in the face of profound loss? How do we transition from moments of deep sorrow to the imperative of rebuilding? Where does that remarkable inner strength, that persistent drive to begin again, originate within us and our collective history?

To help answer these questions, let me share with you a truly extraordinary piece of writing I encountered several years ago, a letter that beautifully encapsulates the enduring strength of the Jewish spirit. It was penned by Don Yitzchok Abarbanel, a figure of immense stature – a brilliant Torah scholar, a respected statesman, and a leading Jewish personality of the Spanish Golden Age. The letter is published in 'Letters of Jews Through the Ages' (ed. Franz Kobler, 1953, p.325)

Let us transport ourselves to that pivotal moment in history: the year 1492, specifically Tisha B'Av, the very day the decree of expulsion forced the Jews from Spain. Abarbanel, who had served as a trusted advisor to the King and Queen, a man of considerable wealth and intellectual renown, was

presented with an offer to remain, to convert, to retain his esteemed position. With unwavering conviction, he refused, choosing instead to cast his lot with his brethren. He became a refugee, compelled to leave Portugal, then Spain, eventually finding sanctuary in Italy.

Years later, in Venice, at the age of seventy, Abarbanel composed a letter that is remarkable for its candidness and human vulnerability. He describes himself as 'advanced in years,' noting that his 'hands are heavy from old age,' and his 'eyes are not with me.' He expresses a poignant regret that he has 'no one to assist me' and acknowledges that 'the vicissitudes of these days have, however, discouraged me.' He even reflects with a sense of 'guilt that in the vanity of my youth I spent much time on the natural sciences and on philosophy', rather than dedicating himself solely to Torah study.

It is worth pausing for a moment to consider the weight of these words. This is not the simple regrets of an ordinary individual, but a towering rabbinic sage, a man who had navigated the corridors of power, a scholar whose intellect illuminated generations. He is an elderly man, displaced from his home, dispossessed of his fortune, grappling with the burdens of his past and the uncertainties of his present.

Yet, what was Abarbanel's response? He did not succumb to despair. He chose to rebuild. He chose to continue. If his path could no longer be in Portugal or Spain, then it would be in Italy. In those 'last years of his life,' he embarked on new intellectual endeavours, composing some of his most



Contemporary Perspectives on the Weekly Parsha with Rabbi Dr Yoni Birnbaum

Wednesdays: 8.00-8.45pm | In-person at Kinloss
(returning 3rd September)

engaging in extensive correspondence with scholars across the Jewish world, and pursuing his studies with an undiminished passion. He exemplifies the spirit of resilience, rising above adversity to continue contributing immensely to Jewish life and thought.

This narrative offers a profound and timeless message for each of us today. We often hear people express sentiments like, 'I'm too old to start something new,' or 'I wish I had pursued that dream when I was younger'? But when we look to the example of the Abarbanel, we see a powerful counter-narrative. He achieved remarkable things despite immense personal and communal upheaval. His story reminds us that we, too, possess the capacity for renewal and continued growth, regardless of our circumstances or age.

This, I believe, is a core aspect of the enduring comfort the Jewish people have always known: the inherent ability to transition from moments of profound challenge to periods of active rebuilding, often with a remarkable sense of continuity. Consider a powerful, more recent illustration: a mere three years after the gates of Auschwitz were finally opened, David Ben Gurion stood in Tel Aviv and proclaimed the establishment of the State of Israel. If that moment of national rebirth, rising from the ashes of unspeakable tragedy, is not a miracle, if it is not a profound expression of 'nachamu', then what truly is?

The Jewish people possess a unique and enduring capacity to rebuild, a pattern woven throughout our history. It is not

merely a historical observation; it is a sacred responsibility for each generation to connect with this ideal, to draw upon this inherent wellspring of resilience that defines us. And like Don Yitzchok Abarbanel, we are called upon to never allow ourselves to believe that it is too late to begin, too late to learn, too late to contribute, or too late to grow.

The comfort of Nachamu, according to this, is not a passive feeling; it is an active force, a Divine reassurance that even in our deepest despair, there is a path forward. It is the understanding that our connection to the Almighty and His eternal Torah provides an anchor in a world of constant change. This comfort empowers us not just to survive, but to thrive, to find meaning in adversity, and to transform sorrow into strength. It reminds us that our collective journey is guided by a higher purpose, and that every challenge overcome adds another layer to the rich tapestry of our enduring heritage.

Ultimately, therefore, the message of Shabbat Nachamu, illuminated by the life of Don Yitzchak Abarbanel and the resilience of our people, is a call to action. It urges us to embrace our heritage not as a static relic of the past, but as a dynamic, living force that empowers us to face the future with courage and conviction. It is a reminder that our greatest strength lies in our unity, our unwavering faith, and our commitment to the values that have sustained us through millennia. May we all draw deeply from this time of comfort and renewal, and in doing so, contribute to the ongoing vibrancy and eternal legacy of the Jewish people.

COMING UP AT KINLOSS

GROUPS AND CLUBS



TUESDAY 10.00AM
FRIENDSHIP CLUB
KINLOSS.ORG.UK/FRIEND



TUESDAY 2.00PM
BRIDGE
KINLOSS.ORG.UK/BRIDGE



THURSDAY 10.30AM
CHAIR BASED EXERCISE
KINLOSS.ORG.UK/EXERCISE



THURSDAY 5.30PM
JUNIOR TABLE TENNIS CLUB
KINLOSS.ORG.UK/TABLETENNIS



SUNDAY 7 SEPTEMBER
11.00AM
SHUL FOR THE MIND

JOIN THE KINLOSS FANTASY FOOTBALL LEAGUE

Season Starts Friday 15th August 2025

Rabbi Josh has won this the last two seasons,
can anyone stop this becoming a treble?

LEAGUE CODE: zu71dg

Prize for the winner!

COMING UP AT KINLOSS

UPCOMING EVENTS

TUES
19 AUG
8PM -
9.30PM

GUEST SPEAKER JONATHAN HAROUNOFF

A great opportunity to hear from Israel's international spokesperson to the United Nations

Booking essential www.kinloss.org.uk/jh

STARTS
TUES 2 SEP
8.15PM

L'CHAIM & LEARN

Every Tuesday night, Tractate Taanit for beginners
with Rabbi Josh

Join the WhatsApp group www.kinloss.org.uk/l&l

SUNDAY
14 SEP
8PM

AN EVENING OF SONG & INSPIRATION

Join us for a magical evening of uplifting music, nostalgic melodies, soulful stories & spiritual insights in preparation for Rosh Hashana & Yom Kippur led by Rabbi Dov Cowan & the Kinloss Rabbinic Team

Sign up at kinloss.org.uk/song

YIZKOR BOOKLET 5786

PLEASE NOTE, ANY AMENDMENTS, DELETIONS OR ADDITIONS TO YOUR PREVIOUS ENTRY MUST BE SUBMITTED BY

FRIDAY, 15TH AUGUST 2025 USING THE OFFICIAL FORM.

WE CANNOT ACCEPT ANY CHANGES AFTER THIS DATE DUE TO PRINTING DEADLINES. IF WE DO NOT RECEIVE A FORM BY THE DEADLINE, ANY ENTRY IN LAST YEAR'S BOOKLET WILL BE REPEATED.

TO SUBMIT YOUR YIZKOR BOOKLET INFORMATION, PLEASE GO TO
WWW.KINLOSS.ORG.UK/YIZKOR-BOOKLET

SAVE THE DATE

Journey to Poland

Led by Rabbi Dr Yoni Birnbaum together with
Scott Saunders MBE, CEO International March of the Living



SAVE THE DATE

Thursday 30th April - Sunday 3rd May 2026

From the depths of pain in the Warsaw Ghetto to the remarkable story of Jewish Lublin. Bear witness to the horrors of Majdanek and Auschwitz. Draw strength from an inspirational Shabbat in Krakow.

Cost is £980 per person (excluding flights & travel insurance)

Single supplement is £150

Places are limited and will be on a first come first serve basis

BOOKING OPENS MONDAY 1ST SEPTEMBER


KINLOSS

YAHRZEITS

THE KEHILLA
WISHES
חיים ארוכים
'LONG LIFE' TO THE
FOLLOWING WHO
HAVE Yahrzeit
THIS WEEK

Shabbat 9th August

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

Sunday 10th August

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

Monday 11th August

Sandra Delroy	Father
Simon Joseph	Step mother
Alan Laurier	Father
Gloria Matz	Husband

Tuesday 12th August

Rodney Geminder	Mother
David Lightstone	Mother
Leonard Stern	Mother
Jonathan Tapnack	Father

Wednesday 13th August

Gloria Fox	Mother
Ivor Freedman	Mother

Thursday 14th August

Frida Aboody	Husband
Donald Breslaw	Wife
Mia Lyons	Sister
Edith Nissen	Husband
Philip Platt	Father

Friday 15th August

Farzaneh Amini	Son
Patricia Arnold	Father
Estelle Belmont	Mother
David Isaacs	Father
Sharon Levin	Father

CONDOLENCES

Valerie Green on the passing of her sister Suzanne Davies z'l

CONSECRATIONS

Sunday 31st August 2025, 11am at
Bushey Old in memory of Sidney Bowles
z'l

Sunday 7th September 2025, 3.30pm at
Rainham Cemetery in memory of
Norman Leff z'l father of Joshua Leff

Sunday 14th September 2025, 1.30pm at
Bushey Old in memory of Renate Altmann
z'l

Sunday 28th September 2025, 11.00am at
Willesden in memory of Marian Phillips z'l

SERVICE TIMES

SERVICES	Sun 10 th August 16 Av	Mon 11 th August 17 Av	Tue 12 th August 18 Av	Wed 13 th August 19 Av	Thurs 14 th August 20 Av	Fri 15 th August 21 Av
Shacharit	8.00am	7.00am	7.00am	7.00am	7.00am	7.00am
Shacharit 2	-	8.00am	8.00am	8.00am	8.00am	8.00am
Sephardi Shacharit	8.00am	6.30am	6.45am	6.45am	6.30am	6.45am
Mincha / Ma'ariv	7.30pm	7.30pm	7.30pm	7.30pm	7.30pm	7.00pm

TO KEEP INFORMED OF UPCOMING EVENTS
AND ALL THINGS KINLOSS, JOIN THE
KINLOSS WHATSAPP COMMUNITY
[KINLOSS.ORG.UK/WHATSAPP](https://kinloss.org.uk/whatsapp)



KEEP IN TOUCH

Rabbi Dr Yoni Birnbaum: rabbi.birnbaum@kinloss.org.uk / 07905 964 207

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Jami Ambassador, Richard Kafton: 07973 986 344

Security (volunteering): security@kinloss.org.uk