KOL KINLOSS

NEWSLETTER OF FINCHLEY SYNAGOGUE

וארא
VAERA

בס״ד

KINLOSS

WWW.KINLOSS.ORG.UK

20 / 21 JANUARY 2023 כ״ח טבת תשפ״ג

SHABBAT WILL START AT 4:13pm AND TERMINATE AT 5:22pm

Shabbat Mevarachim *Rosh Chodesh Shevat Mon 23 January*

FRIDAY NIGHT

4:15pm Mincha, Kabbalat Shabbat and Ma'ariv in the Large Deal Hall

4:00pm 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 Chazan Eli Sufrin
Rabbi Laitner will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Vitek Frenkel
Rabbi Ed Zinkin will be giving the D'var Torah

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
There will be a special Mevarchim Hachodesh kiddush for the years 3&4 and 5&6 services this week: ahead of Rosh Chodesh Shevat on Monday

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

12:35pm EARLY MINCHA IN THE MAIN SYNAGOGUE

SHABBAT AFTERNOON

3:15- 5:15pm Bnei Akiva

4:20pm Mincha followed by Shiur by Rabbi Laitner titled
"Megillat Esther (chapters 5&6) – analysing the politics of Haman"

5:22pm MA'ARIV & TERMINATION OF SHABBAT in the Liora Graham Beit Midrash

NEXT WEEK FRIDAY NIGHT - STORY TIME BY JEREMY TEACHER
FOLLOWED BY CHICKEN SOUP KIDDUSH

Achieving spiritual greatness
by Rabbi Michael Laitner

"This was Aharon and Moshe, to whom God said…" (Shemot 6:26)

Why is Aharon mentioned before Moshe in this verse? Rashi, in his comment to it, notes that sometimes Moshe is mentioned before Aharon and vice versa, to show that they were spiritually equal.

What though does Rashi mean? On the face of it, Moshe as the greatest ever prophet and the person who received the Torah, was greater than Aharon, even though the later served as the Cohen Gadol (High Priest).

Rabbi Moshe Feinstein (1895-1986) offers a suggestions to answer this query about Rashi's explanation. Since Aharon dedicated his life to performing God's will as best he could, he had spiritual equality to Moshe who displayed the same level of dedication. Even though Moshe had more tasks to fulfil than Aharon, since they both did what they were commanded to by God rather than competing for each other's tasks, they are considered as equal. It was their performance of their respective specific commands, and obeying those commands, rather than taking their own paths, which gave them equal spiritual status with each other.

This teaches a reassuring message. It is not necessarily those who accomplish the most who achieve spiritual excellence. Rather, it is those who fulfil their mission as Jews following the Torah to the best of their ability and desire, who do so. It's not the person who learns the most Torah, for example, if he or she did not learn to their capacity. Instead it would be a person who may have learned less, but learned to the limits of their capacity.

Moshe and Aharon similarly were, as Rashi puts in, of equal spiritual standing since they both encapsulated this lesson, of achieving to the limits of their capacity. Perhaps in recognition of this, Aharon's name is listed first in our pasuk.

Shabbat Shalom!

VAERA STATISTICS
Mitzvot: None of the 613 mitzvot
Verses: 121 (20th longest of the 54 Sidrot)
Words: 1748 (15th longest)
Letters: 6701 (17th longest)
Haftarah: 24 verses (Joint 25th longest of the 80 Haftarot)

Page No	Soncino	Hertz	Artscroll
Sidra	351	232	318
Haftarah	372	244	1149

Personal Freedom and Redemption

This Shabbat has been designated as Mental Health Awareness Shabbat by JAMI, "the mental health service for our community". It is estimated that as many as one in five adults in the UK will experience some manifestation of mental illness in any year. This might be an episode of anxiety or depression, where, despite all assurances, we cannot free ourselves from an apprehension or see ourselves clear of self-doubt or self-loathing. We might experience a sudden change of character or mood swing, where our regular, rational and engaging self becomes unpredictable, chaotic, less loveable or monstrous. Sometimes these pass, often they endure.

Historically, many sufferers were forced to the margins of society or banished entirely. Through a lack of medical understanding, designations of insanity or feeble-mindedness and other pejorative labels have been applied to those with a real mental illness or people whose conduct has been unconventional, as well as others society has deemed degenerate.

The label of "mental illness" carries a stigma that sometimes stops vulnerable people from seeking help. Similarly, friends and family might not recognise that a loved one is trapped – and cannot just "snap out" of a persistent gloominess, bad mood, poor eating habits or lethargy. These are often symptoms of underlying depression. When others "just don't get us", we can withdraw further into loneliness and isolation.

We need to focus on "mental wellness."

Many people can be restored or helped to happier, self-possessed and fulfilling lives through the awareness of supportive family and friends, through counselling and sometimes medication. Tragically in very many cases, the stigma or fear of how others might see us prevents us from reaching out. Tragically, in all too many cases, unsupported suffering escalates a lack of self-worth which results in self-harm.

Mental Health Awareness Shabbat calls upon us to be aware of the suffering and the stigma but moreover the support we can offer those around us. With understanding and compassion, with the right treatment and medication, we can often help alleviate someone's personal plague of darkness or manage the compulsions that imprison them with anxiety or doubt.

Mental illness is very real and not "all in the mind".

The Talmud (Sanhedrin 73a) explains why doctors are instructed to practice medicine rather than interpret all illness and suffering as Divinely ordained (in which case it would be most unholy to interfere with the will of God!) We are taught "not to stand by the blood of our neighbour" (Vayikra 19:16) – we are required to intercede to save a life. We are required, also, to return lost property when we find it (Devarim 22:2). If God desires the restoration of a missing sheep or donkey, how much more so are we enjoined to restore someone's sight, hearing or deficient capacity when we have the means. It is a mitzvah to restore someone to being him or herself.

Depression, Schizophrenia, OCD, Bipolar disorders and other mental illnesses leave the sufferer and those around them at a loss. It behoves us who may experience episodes of mental illness to be aware that we are not defective and should not feel shame. We have an illness which should be examined and treated. It behoves us who may encounter suffering in friends and family or in colleagues and associates to be aware; it behoves us to reach out and offer support to a fellow human being.

To blind ourselves to suffering; to label and discriminate against people who are unwell is truly shameful. To be aware, understanding and supportive is a mitzvah.

Participating in a faith community, which provides belonging and purpose has been identified as one of the best supports of mental wellness. As a shul, we should be friendly and welcoming, and look beyond our cliques to those who may attend but haven't yet been made to feel they "belong". It is horrible to feel left out!

Please help us create a safe and supportive environment in our community.

These are uncertain times. We are regrouping post-Covid, but for many, uncertain finances and high costs are bringing pressures. Small worries become gnawing anxieties. Struggling to cope might challenge self-worth as providers. We all fear being seen as failures.

If you need help or know someone who needs help do not be shy to reach out or to avail yourself of the resources which exist to assist. Check out JAMI https://jamiuk.org/ which is one of the portals for communal support.

May 2023 be a healthy year where we look after ourselves and each other.

Shabbat Shalom



R' Jeremy Lawrence



Join us on **Thursday evening at 7.30pm** for a presentation and Q&A with **JAMI** and Mental Health Consultant, **Dr Daniel Gordon**.

JANUARY 2023 EVENTS

KINLOSS cares about you

SHABBAT LUNCHEON CLUB
SHABBAT 21ST JANUARY



The Shabbat Luncheon Club will be held this Shabbat in the Deal Hall.
For further information please contact: Rochelle 0208 349 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.

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.

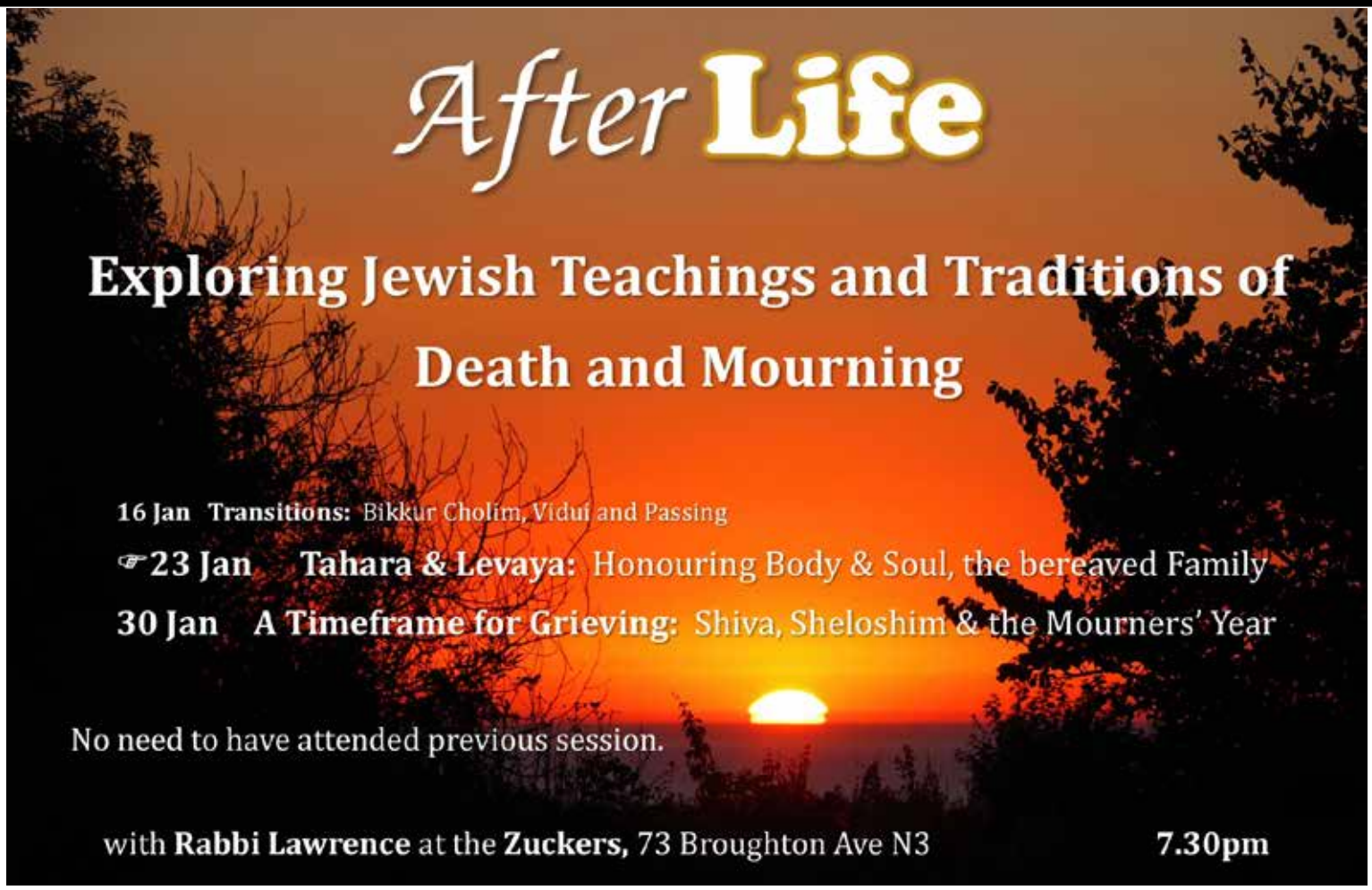
Rabbi Lawrence would like to invite you to join him for coffee on

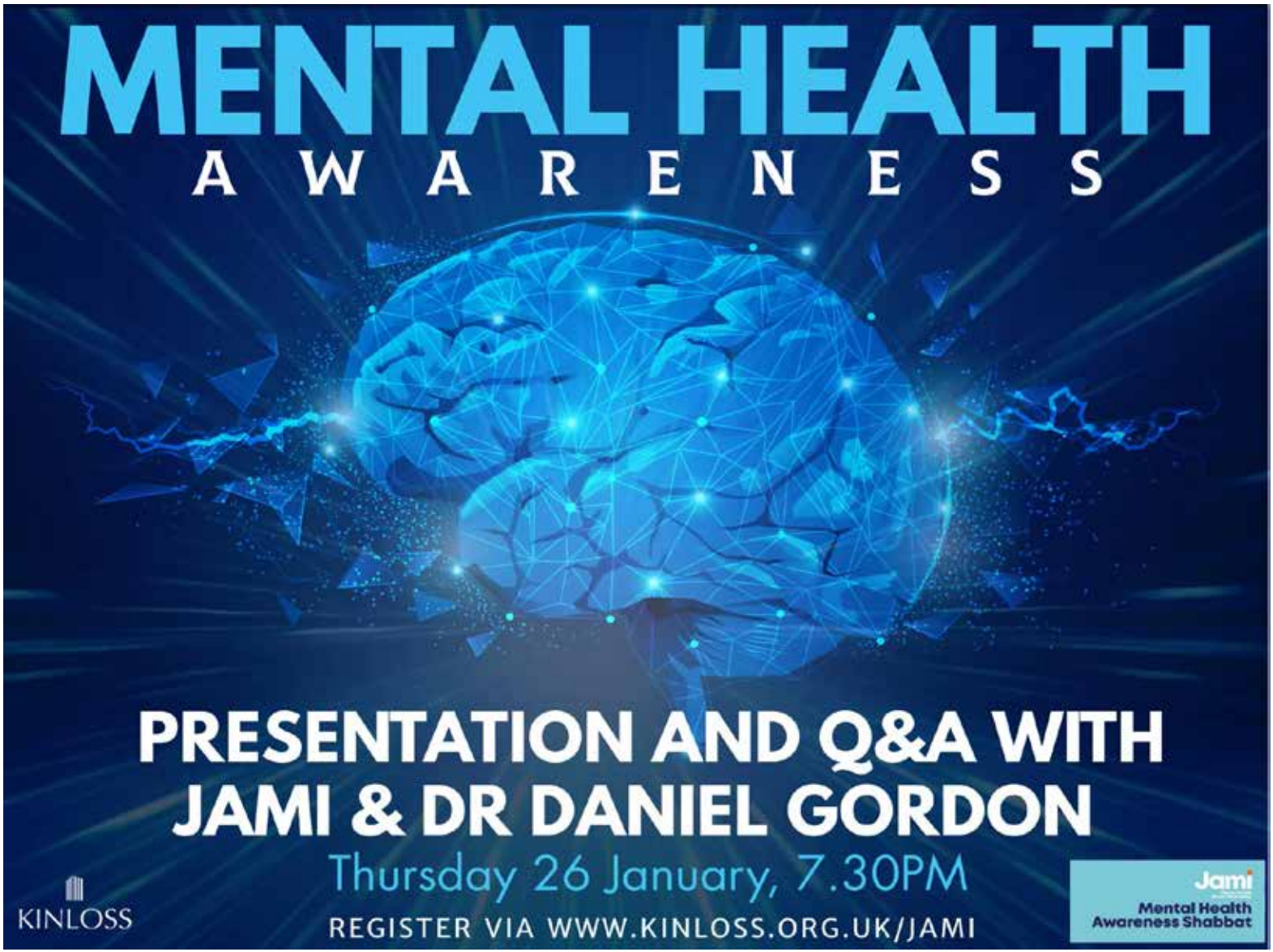
Sunday 22nd January 2023 at 9.30am

in the Liora Graham Beit Midrash

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

JANUARY 2023 EVENTS





JANUARY 2023 EVENTS

FEEL FREE TO TURN UP, NO NEED TO BOOK!

LITTLE EXPLORERS

£6 PER CHILD/ £10 FOR FAMILY

FOR CHILDREN 0-3YRS

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

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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

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



Join Us and Plant a Tree



For Tu BiShvat, Sunday 6th Feb 10.30am

Tree & Bulb planting

with some Words of Torah, Fruit, Refreshments

& something to plant at home.

Register via : www.kinloss.org.uk/tree



FEBRUARY 2023 EVENTS

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

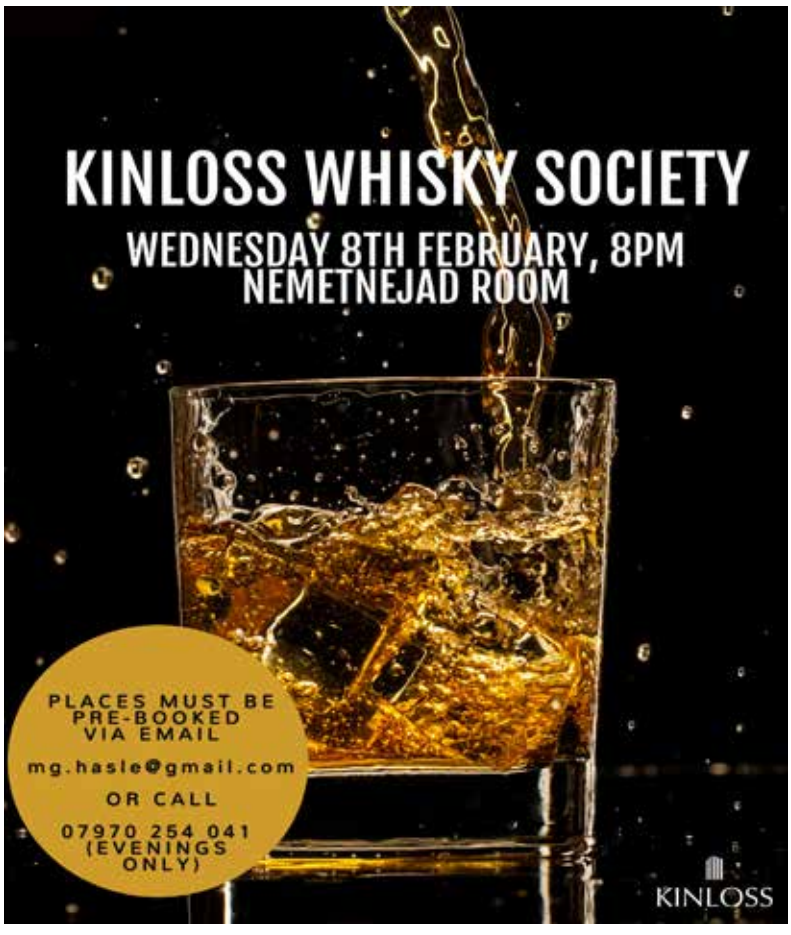


Dr Sundeep Kalra
Consultant Cardiologist

REGISTER ONLINE AT:
kinloss.org.uk/health

KINLOSS

The Wellington Hospital
part of HCA Healthcare UK





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

KINLOSS cares about you

CHATS FOR CHAPS AND MONDAY MATTERS

WILL BE HELD
AT KINLOSS IN THE DEAL HALLS
ON MONDAY 6TH FEBRUARY
STARTING AT 11:00AM
FOLLOWED BY COMBINED LUNCH

FOR CATERING PURPOSES,
IF YOU WOULD LIKE TO ATTEND

Please call :
ROCHELLE SCHRANK
020 8349 5263
or email:
kinlosscares@kinloss.org.uk

BEFORE
WEDNESDAY 1st FEBRUARY

FEBRUARY 2023 EVENTS

BACK BY POPULAR DEMAND



Monday afternoons

Doors Open 1.45pm
Screening Starts 2pm
Nemetnejad room



Season 5 (2 episodes a week)
6th, 13th, 20th & 27th February
and 13th March

£3 Kinloss Members I £4 non Members

KINLOSS

KINLOSS HAVDALLAH EVENT - 14 JANUARY 2023





Jnetics Young Professionals Supper Quiz motzei Shabbat 14 January 2023



KINLOSS tribe

Va'era

9:25am - Breakfast Shmooze in Youth Flat

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

Followed by a Dvar Torah and Kiddush sponsored by Kinloss Youth

and the Year 10 Shabbat Lunch in the youth flat

KINLOSS YOUTH LAST WEEK!

13@KINLOSS LEARNING AT JEWISH HISTORY WITH RABBI LAWRENCE







AND SIGN UP FOR THE YEAR 9 SHABBAT LUNCH NEXT WEEK!

youth@kinloss.org.uk

Kinlossyouth

07827031851

MAZEL TOV - מזל טוב

* Mazel Tov to Dara & David Ebrahimoff and Dorothy & David Hoffman on the wedding of their children Talia to Akiva.

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



MAZEL TOV TO THE CHILDREN IN OUR COMMUNITY CELEBRATING THEIR BIRTHDAYS

Binyamin Laitner (10)
Sienna Polak (7)
Harry Kanzen (4)
Micah Bennett (3)
Meidan Berke (12)
Sofia Fels (6)
Yehuda Halpern (12)
Zak Joseph (7)
Olivia Levy (6)
Talia Tapnack (11)

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







SERVICE TIMES:

SERVICES (שבת see front page)	Sun 21st 28 Tevet	Rosh Chodesh Shevat Mon 22nd 29 Tevet	Tues 23rd 1 Shevat	Wed 24th 2 Shevat	Thur 25th 3 Shevat	Fri 26th 4 Shevat
Shacharit	8:00am	7:00am	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	4:25pm	4:25pm	4:25pm	4:25pm	4:25pm	Mincha Kabbalat Shabbat 4:30pm

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

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



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

Shabbat 21 JANUARY

Carole Jayson	Brother
Muris Kalatizadeh	Father
Youssef Kalatizadeh	Father
Marian Phillips	Mother
Leo Rosenberg	Wife
Sandra Wagner	Mother

Sunday 22 JANUARY

Rosemary Miller	Father
Carole Mond	Husband
Hilarie Rose	Mother
Russell Shaw	Father
Marian Stern	Mother

Monday 23 JANUARY

Louise Azizollahoff	Father
Denis Felsenstein	Brother
Barbara Frank	Father
Anthony Krais	Father
Janet Rabbie	Father
Cheryl Sarsby	Father
Geoffrey Soll	Father
Monique Solomon	Mother
Sidney Wagner	Father
Saul Zneimer	Father

Tuesday 24 JANUARY

Shirley Davidson	Brother
Rami Kanzen	Brother
Lorraine Silver	Father
David Whiteman	Father

Wednesday 25 JANUARY

Patricia Burns	Father
Zelda Fassbender	Mother
Jehuda Sosnow	Father
Sylvia Spiro	Husband
Irene Stanton	Father
Michael Young	Father

Thursday 26 JANUARY

Mark Feldmann	Father
Jonathan Kestenbaum	Father

Friday 27 JANUARY

Sandra Bernstone	Mother
Gloria Lebetkin	Father
Jonathan Pope	Mother
Harvey Sinclair	Mother
Jacob Steinberg	Sister
Willy Steinberg	Sister

CONDOLENCES:

* Tom Boltman, Marion Boltman, Ellie Stone & Florence Okin on the passing of their father and husband Franklyn Boltman Z"L

* Judith Reinhold, Daliah Epstein and Dan Reinhold, on the passing of their husband and father Sylvain Reinhold Z"L father of the late Tanya Burns Z"L

* Jenny Sosnow, Walter Lader, Dvorah Lavi, Sharon Shapira on the passing of their mother Phyllis Lader 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