

KOL KINLOSS



The first 'Minyan Hatza'ir Learning Lounge' took place on Tuesday



Rosh
Chodesh
Tevet is next Shabbat
& Sun 20th & 21st
December

וישב

Service Starts: 3.35pm
Candle lighting: 3.36pm
Shabbat Ends: 4.46pm

VAYEISHEV



KINLOSS

12TH - 13TH December 2025
כ"ג כסלו תשפ"ו

SHABBAT AT KINLOSS

FRIDAY NIGHT

3.25pm **SEPHARDI MINCHA, KABBALAT SHABBAT & ARVIT** in the Sephardi Synagogue

3.35pm **MINCHA FOLLOWED BY MINYAN LASHIR KABBALAT SHABBAT**
in the Deal Halls

3.36pm **CANDLE LIGHTING**

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 Silver Suite

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**

Age 0-4 in the Kinloss Suite Foyer with Michael

Reception - Yr 2 in the Nemetnejad Room with Natalie

Yr 3-4 in the 1st floor classrooms with Adina and Louis

Yr 5-6 in the Newman Room with Ari and Zac

CHILDREN
SERVICE
KIDDUSH IN THE
KINLOSS SUITE
FOYER AT
11:30

SPECIAL SHABBAT FORUM (WITH KIDDUSH)

LARGE DEAL HALL: 11:15AM - 12:00PM

SPARKS OF CHANUKAH INSPIRATION

Join the Rabbinic Team for a Shabbat Forum, sharing four short ideas
to illuminate your Chanukah

12.25pm **EARLY MINCHA** in the Main Synagogue

SHABBAT AFTERNOON

3.30pm **BNEI AKIVA**

3.30pm **MINCHA** followed by a light Seuda Shlishit and **SHIUR** in the Liora Graham
Beit Midrash with **RABBI BIRNBAUM**, entitled '**FAQS FROM THE RABBI'S**
DESK: CHANUKA SCENARIOS & SOLUTIONS.'

The Shiur will take place during the last half hour of Shabbat (4:15pm)

4.46pm **MA'ARIV & SHABBAT ENDS**

KIDDUSHIM AT KINLOSS



FRIDAY NIGHT CHICKEN SOUP KIDDUSH in the Kinloss Suite Foyer

Shabbat morning at the conclusion of the:

HASHKAMA in the Rabstein Room

MINYAN HATZA'IR in the Silver Suite sponsored by **ALEX VAHNOVAN**

YOUTH KIDDUSH in the Liora Graham Beit Hamidrash sponsored by **FAMILY JESNER**

The entire community is invited to kiddush at the conclusion of the **MAIN SERVICE & MINYAN** in the Small Deal Hall

To sponsor a Kiddush please contact Ian in the Shul Office 020 8346 8551 / ian.kamiel@kinloss.org.uk

MAZEL TOV

Mazel Tov to Susan and David Lew on the barmitzvh of their grandson Seth Williams, son of Naomi and Rich Williams, in Leeds.

BIRTHDAYS



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

**Libby Birnbaum (5), Yasmin Dunitz (3),
Freya Beenstock (11), Lianne Lazarov (10)**



**THE RABBINIC TEAM, EXECUTIVE,
COUNCIL AND OFFICE TEAM WISH
THE ENTIRE COMMUNITY A CHANUKAH
SAMEACH.**

LEARNING AT KINLOSS

WEEKLY SHIURIM

Day	Time	Topic	Given By	Venue	Open To
Friday	8.45 – 9.15am	Rav S R Hirsch on the Parsha	Rabbi Josh	Beit Midrash	All
	10.30 – 11.10am	Divrei Torah for the Shabbat Table	Rabbi Fine	Zoom	All
Shabbat	9am - 9.30am	*Rambam: Laws of Illicit Relations	Rabbi Dr Zarum	Deal Hall	All
	Between Mincha & Maariv	Contemporary Jewish Topics	Rabbi Birnbaum/ Rabbi Josh	Beit Midrash	All
Sunday	8.45 – 9.30am	Gemara Megilla	Rabbi Birnbaum	Deal Hall	All
Monday	1.30 – 2.10pm	Key Themes in Sefer Devarim	Rabbi Fine	Zoom	Women
Tuesday	8.40 – 9.15am	Sefer Pele Yoetz – Encyclopaedia of Judaism	Rabbi Fine	Beit Midrash	All
	8.15 - 9.15pm	*L'Chaim & Learn	Rabbi Josh	Rabbi Josh's home	All
Wednesday	8.45 – 9.30am	Gemara Berachot	Rabbi Birnbaum	Beit Midrash	All
	8.00 - 8.45pm	Timeless Torah Parsha Shiur	Rabbi Birnbaum	Beit Midrash	All
Thursday	8.50 - 9.30am	Gemara Pesachim - 10 th Perek	Rabbi Heller	Beit Midrash	All
	8:50 - 9:30pm	Advanced Hilchot Shabbat	Rabbi Birnbaum	Beit Midrash	Women

Daily: Daf Yomi with Rabbi Moshe Sampson
Nemetnejad Room – 8.00 – 9.00am (Sunday 9.00 – 10.00am)
Monday-Friday: Advanced Gemara Shiur with Rabbi Heller
Persian Sephardi Synagogue – 7.45 – 8.15am

* indicates not taking place this week

LEARNING AT KINLOSS

MONTHLY SHIURIM

Next Dates	Time	Topic	Given By	Venue	Open To
10 th January, 10 th February	8pm – 8.45pm	Women's Rosh Chodesh Shiur (The Book of Shoftim)	Rebbetzen Tali	Beit Midrash	Women
15 th January	12.30 pm – 1.30pm	Shiur 'Eitz Chaim'	Rabbi & Rebbetzen Birnbaum	Members' Home. <i>Contact Samantha Sussman (020 8349 5269) for the address</i>	Those in the year of mourning or marking a Yahrzeit
17 th January	11:45am – 12:05pm	Horim V'Yeladim	Rabbi Josh & Rebbetzen Tali	Large Deal Hall	Primary School Children & their Parents



SPONSOR LEARNING AT KINLOSS

Various options available including sponsoring a week of Kinloss learning or for a specific regular Shiur

Offering an ideal opportunity to mark a Yahrzeit, honour a loved one's memory or to celebrate a special occasion.



For more details and to sponsor, please be in touch

 www.kinloss.org.uk/sponsor-learning

 office@kinloss.org.uk

 020 8346 8551

TIMELESS TORAH

VAYEISHEV : BUILDING A LIFE OF MORAL INTEGRITY

Cognitive Dissonance

The challenge of developing a sense of morality underpinned by deep personal integrity is a central theme in Parshat Vayeshev. At the heart of this challenge involves maintaining ideals without slipping into internal contradictions - yet simultaneously ensuring that the outcome remains morally correct.

Regarding the sale of Yosef, Yehudah acts to save his brother from being killed, suggesting that the brothers instead sell Yosef to a passing caravan. The wording of the verse, however, seems to indicate cold apathy that would be difficult to justify even in a hardened criminal: *‘Mah betza ki naharog et achinu* – What monetary benefit would we gain by killing our brother’ (37:26). Let us instead, argued Yehudah, sell him as a slave. Indeed, the Sages (Sanhedrin 6b) do not mince their words when criticising Yehudah’s actions. Connecting the word *betza* (monetary gain) to the word *botze’a* in a verse in Tehillim (10:3) – *U’botze’a bereich ni’etz Hashem* – they teach that anyone who blesses Yehudah is considered to be cursing. But interestingly, this harsh judgement of Yehudah is not because of his seemingly cruel demeanour but because of his lost opportunity. Yehudah was respected as the leader among his brothers and one word from him would have been enough to persuade them to change their original intentions. If so, teach the Sages, Yehudah could have told them to desist altogether. Having failed to do so, instead of being the hero who prevented bloodshed, Yehudah is considered culpable as a ringleader in the sale of his brother.

It is clear that Yehudah was a well thought-through individual. The Seforno (d.1509)

explains Yehudah’s logic as follows. The brothers had already decided, for whatever reason, that they had to neutralise Yosef. Yehudah argued that if their motivation was revenge, they would have to live with the terrible guilt over their actions for the rest of their lives, while if their motivation was to dissuade other people from following Yosef’s path, that would also backfire, as they would anyway have to conceal what had happened. Yehudah’s conclusion, therefore, was that their best option would be to sell Yosef.

Here, Yehudah appears to have been avoiding what social psychologist Leon Festinger (1957) called cognitive dissonance – the idea that people generally reshape their attitudes to stay internally consistent. In one experiment built to test this theory, Festinger observed that smokers who learned more about the dangers of cigarettes often downplayed the risks or emphasized how much they enjoyed smoking to ease the conflict between their habits and the health information. This self-justification reduced their discomfort without requiring them to change their behaviour. Yehudah had effectively built a sound logical argument to justify an action that was fundamentally immoral.

Trajectory of Integrity

With this understanding, we gain a powerful perspective into the next episode described in the parshah, that of Yehudah and Tamar. Tamar was Yehudah’s daughter-in-law, and when her husband died without children, she desired, correctly, to enter into a levirate marriage with another member of her husband’s family to perpetuate his memory. Yehudah, however, had grounds which made him reluctant to allow this. Seeing that there



Contemporary Perspectives on the Weekly Parsha with Rabbi Dr Yoni Birnbaum

Wednesdays - 8.00-8.45pm | In-person at Kinloss

was little hope for her, she dressed as a harlot and managed to seduce Yehudah himself, taking from him, in lieu of payment, some of his personal artefacts. Eventually, her pregnancy was discovered and, being brought before Yehudah for judgement, Yehudah sentenced her to be burned to death. This was never carried out, though, because she then revealed the items that she had taken from Yehudah, who admitted his involvement, and Tamar went on to give birth to twin boys who are considered the ancestors of the Davidic line and Mashiach.

The capital punishment described here – burning – is unusual. In the Torah, this form of sentence is found, but it is considered exceptionally severe and it requires a very specific set of circumstances which were not present in this case. The Ramban (d.1270) suggests, therefore, that Yehudah was considered a significant authority; he was a chieftain and answerable to no one but his own conscience. Here, then, he used his discretion, passing a harsher punishment than usual because of the disgrace that Tamar had brought upon him. It is clear that Yehudah's word was final – no one would have been able to object to him carrying out the sentence. Yet, with all of that, Yehudah immediately admitted to his own misdoings as soon as he realised what had really happened. According to the Ramban, this involved more than an admission of guilt – he publicly declared that, 'she (Tamar) is more righteous than I am' (38:26).

In light of our previous insight, this is a remarkable trajectory of self-growth. When selling Yosef, Yehudah reacted in a way that resolved his cognitive dissonance, presenting an argument to rationalise an action that he should not have allowed. Here, there is no trace of self-justification. However easy

it would have been for Yehudah to conceal his actions and vindicate his sentence of Tamar, he refrained and acted with full moral integrity.

The Morality of the Moment

The final episode that we will examine is that of Yosef and Potiphar's wife. Yosef, handsome and successful, but alone and estranged from his family, faced a significant test from the advances of his master's wife. The Sages teach (Sotah 36b) that what held him back was a vision of his father's face at the window, warning him of the consequences of his actions. If he would sin, the vision told Yosef, he would forever forfeit his position as one of the *Shevatim* (tribes). In this teaching of the Gemara, the imagery of the window is crucial. The window represents the outside world, a sense that there is more at stake than the dilemma immediately faced by Yosef. At this crucial moment in Yosef's moral development, explains Rav Soloveitchik, the vision of his father at the window stirred within him a sense of his father's authority and the values that Yosef was meant to stand for, together with the potential that he knew he held. This is what gave Yosef the strength to withstand temptation.

Fascinatingly, Rav Soloveitchik found this teaching so inspiring that he included it as the epigraph to his famous work, *Halakhic Man* (1944), evoking the influence of his own father and his illustrious line of descent. Rav Soloveitchik felt that as he forged his approach in a new world, it was the inspiration of his past together with his vision of the future that allowed him to stay steadfast in the present.

Next Week - MIKEITZ: Coping With Change: The Art of Spiritual Adaptation

COMING UP AT KINLOSS

GROUPS AND CLUBS



MONDAY 7.30PM
IVRIT DISCUSSION GROUP (ONLINE)
KINLOSS.ORG.UK/CHUG



MONDAY 8PM
WOMEN'S PILATES
KINLOSS.ORG.UK/PILATES



TUESDAY 10.30AM
FRIENDSHIP CLUB
KINLOSS.ORG.UK/FRIEND



TUESDAY 2.00PM
BRIDGE
KINLOSS.ORG.UK/BRIDGE

עברית

TUESDAY 7.30PM
IVRIT CLASSES
KINLOSS.ORG.UK/IVRIT



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



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



MONDAY 22ND DEC 11.00AM
CHAPS FOR CHAT
AND MONDAY MATTERS
KINLOSSCARES@KINLOSS.ORG.UK

SHUL FOR THE MIND - CHANUKAH SPECIAL SUNDAY 14TH DECEMBER, 11.15AM DEAL HALLS, KINLOSS

A unique prayer service for people living with dementia and their family caregivers. All are invited to come and connect spiritually through prayer, song and of course doughnuts! Professional caregivers welcome.

**For more information, contact Rochelle in the kinloss office on
020 8349 5263 / kinlosscares@kinloss.org.uk**

THIS
WEEK!

COMING UP AT KINLOSS

UPCOMING EVENTS

**MOTZEI
SHABBAT
13TH DEC
5:30PM**

THIS
WEEK!

MOTZEI MADNESS

Inviting Years 3-6 for a Motzei Shabbat extravaganza - musical Havdallah followed by pizza and a Mad Science Party for Years 3 & 4 and a Graffiti Night for Years 5 & 6
Booking essential at kinloss.org.uk/motzei

**THUR
18TH DEC
3PM**

KINLOSS CARES CHANUKAH TEA

Please join us for afternoon tea, doughnuts and candle lighting
Book now at www.kinloss.org.uk/chanukah-tea or call Rochelle on 020 8349 5263

Chanukah Candle Lighting & Party

A SPECIAL EVENT FOR THE ENTIRE COMMUNITY



Motzei Shabbat 20 December
5.30pm-7.00pm

Havdalah & Music
Chanukiah Lighting

Doughnuts, Popcorn & Candy Floss
Candle Decorating

Photo Booth

**Including an Innovative LED
Light Show Performance!**

DON'T MISS IT!



FREE OF CHARGE - REGISTER VIA
WWW.KINLOSS.ORG.UK/CHANUKAH

KINLOSS



SAVE THE DATE

Kinloss Community Shabbaton

TO LAUNCH KINLOSS 100

SHABBAT 6-7 FEBRUARY 2026

FRIDAY NIGHT GALA DINNER | FAMILY SHABBAT LUNCH

👉 [KINLOSS.ORG.UK/100GALADINNER](https://kinloss.org.uk/100galadinner)
👉 [KINLOSS.ORG.UK/100FAMLLUNCH](https://kinloss.org.uk/100famllunch)

BOOKING OPENS MONDAY 15TH DECEMBER

YAH RZEITS

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

Shabbat 13th December

Felice Crown	Mother
Wendy Ellis	Mother
Joachim Frank	Father
Edna Moser	Husband
Henry Newman	Brother

Sunday 14th December

Geoffrey Azizollahoff	Mother
Martin Azizollahoff	Mother
Sadie Bloom	Sister
Doreen Brown	Mother
Lynda Corcoran	Mother
Marilyn Dvorkin	Father
Ruth Glass	Mother
Judith Greenberg	Mother
Laurence Greenspan	Sister
Corinne Mulkis	Mother
Elaine Renshaw	Father
Rhoda Robinson	Mother

Monday 15th December

Irene Alizade	Husband
Max Bernstone	Mother
Martin Coleman	Mother
Benson Greenberg	Mother
Hertz Hagai	Father
Michael Jacobs	Father
Martin Landsman	Mother
David Orlans	Father

Tuesday 16th December

Michelle Azizollahoff	Father
David Ebrahimoff	Father
Eitan Epstein	Brother
Janet Gold	Daughter
Lilian Green	Mother
Gillian Linke	Father
Julie Russell	Father

Wednesday 17th December

Carole Chesterman	Father
Simon Fearnley	Mother
Danielle Fluer	Mother
Janet Gold	Mother
Geoffrey Graham	Mother
David Kass	Mother
Samuel Melnick	Father
Rosalind Shear	Mother
Paul Tuhrim	Mother

Thursday 18th December

Stephen Harrison	Father
Bernice Kliger	Husband
Philip Platt	Wife

Friday 19th December

Samuel Cohen	Mother
Danielle Fluer	Father
Jacob Lax	Mother
Sharon Lee	Father
Gad Levy	Mother
Linda Lew	Father
Shimon Spiegel	Father

CONDOLENCES

Daniella Winton-Ezra on the passing of her father Joseph Winton z'l.

Howard and Ian Mulkis on the passing of their mother Shirley Mulkis z'l.

CONSECRATIONS

Sunday 14th December 2025, 11.00am at
Bushey Old in memory of Eva Greenspan z'l

Sunday 25th January 2026, 10.30am at
Bushey New in memory of Philip Klinger z'l

Sunday 22nd February 2026, 11.00am at
Bushey Old in memory of Roberta Sanford z'l

Sunday 22nd March 2026, 11.00am at
11.30am at Bushey Old in memory of Shirley
Davidson z'l

Tuesday 24th March 2026, 11.00am at Bushey
Old in memory of Harold Stewart z'l

SERVICE TIMES

SERVICES	Sun 14 th Dec 24 Kislev Chanukah 1 st Night	Mon 15 th Dec 25 Kislev Chanukah 2 nd Night	Tue 16 th Dec 26 Kislev Chanukah 3 rd Night	Wed 17 th Dec 27 Kislev Chanukah 4 th Night	Thur 18 th Dec 28 Kislev Chanukah 5 th Night	Fri 19 th Dec 29 Kislev Chanukah 6 th Night
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	3.40pm	3.40pm	3.40pm	3.40pm (Late Ma'ariv 8.45pm)	3.40pm	3.30pm

KEEP IN TOUCH

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

Rebbetzen Elisheva Birnbaum: rebbetzen.elisheva@kinloss.org.uk / 07581 312 310

Rabbi Josh Harris: rabbijosh@kinloss.org.uk / 07721 423 316

Rebbetzen Tali Harris: tali.harris@kinloss.org.uk / 07721 423 317

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Anthony Sarankin, Finance: anthony.sarankin@kinloss.org.uk / 020 8349 5261

Kinloss Cares: 020 8349 5263

Safeguarding Officer, Rachelle Lazarus: safeguarding@kinloss.org.uk

Jami Ambassador, Richard Kafton: 07973 986 344

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