KOL KINLOSS

NEWSLETTER OF FINCHLEY SYNAGOGUE

וישלח
VAYISHLACH

בס״ד

KINLOSS

WWW.KINLOSS.ORG.UK

1 / 2 DECEMBER 2023 י״ט כסלו תשפ״ד

SHABBAT WILL START AT 3:40pm AND TERMINATE AT 4:48pm

FRIDAY NIGHT

3:40pm Friday Night Minyan LaShir in the Liora Graham Beit Midrash

3:40pm Mincha, Kabbalat Shabbat and Maariv in the Large Deal Hall

3:30pm 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
Rabbi Heller will speak

9:15am MAIN SERVICE in the Main Synagogue led by Chazan Eli Sufrin
Kriat Hatorah by Robert Owen
Rabbi Moshe Levy from Chazak will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Neil Nachshen
Rabbi Moshe Levy from Chazak will speak
After Maftir in the Minyan Women's Hafotrah Group in the Kinloss Suite Foyer
Ora Jesner will be reading the Haftara
and Rebbetzen Tali Harris will be speaking

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 Daniel Frankl & 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 Sam Ellis & Ellie Marantz
Yr 5 - Yr 6 - in the Newman Room - run by Ella Frankfurt & Natan Ruback

This week's kiddish is sponsored in loving memory on the Yahrzeit of
Angela Landesberg by her daughter's Joanna Tanya and Zara

followed by
12:20pm Early Mincha in the Main Synagogue

SHABBAT AFTERNOON

3:30pm - 5pm Bnei Akiva

3:40pm Mincha followed by Shiur by Simon Goulden titled
"Mai Chanukah? Trying to unravel the history and the mystery of the festival'

4:48pm MA'ARIV & TERMINATION OF SHABBAT in the Liora Graham Beit Midrash

This week's newsletter is sponsored by Corinne Mulkis and family
in loving memory of her mother Emma Monas Z"L on the occasion of her yahrzeit

Vayishlach

This week's sedrah, Vayishlach, tells us how Yakov on his way back home from Charan crosses the Jabbok River, into the Holy Land, together with his family. ויותר יעקב לבדו – 'Yakov was left alone and a man wrestled with him until the break of dawn' (32:25). Yakov overcomes him and only lets the man go once he has received a blessing. The man blesses him and changes Yakov's name to Yisrael, 'because you struggled with [an angel of] God and with men, and you have prevailed…and the sun rose for him'(32:29-32).

Why did Yakov remain alone, why was he not on the side of the river together with his family? Yakov went back for some small jugs of oil that were left on the other side. It became dark when Yakov was there, he was attacked and fought the whole night. As a result of these jugs Yakov's name was changed to Yisrael (the name we are known by, Am Yisrael, B'nei Yisrael).

לבדו/'alone' refers to a spiritual, as well as a physical place. The word **alone/לבדו** is also seen in the verse **לבדו** הי ונשגב 'The Lord alone will be exalted [on that day]' (Isaiah 2:17), referring to the time of our redemption. This signifies that Yakov was in an exalted state, a state that the world will be in at the time of redemption, connected to Hashem's 'aloneness', His 'Oneness' (Breaishit Rabbah 77).

At the time of the Chanukah story the Chashmonaim found only one jug of oil that was sealed with the seal of the Kohen Gadol. This jug was the very same one that Yakov went back over the river for (The Shach, 1621–1662). Oil, signifying light, can be found in many foods and materials, but it is concealed and needs to be extracted, it represents the essence of something. The jug represents a container of light. In a person's life there are times of optimism, represented by 'large vessels', but sometimes the light is obscured, we find ourselves in frightening times, represented by 'small jugs'. Yaakov goes back for the small jugs of oil, and at this time he connects to his essence, the only truth, the reality of G'd's infinite Oneness. When Yaakov connected to that reality he was able to reveal the light in a terrifying situation and prevail.

He went to the place of לבדו, the essence of Jewish existence, a place that transcends our limited logic, and is aligned with Hashem's Oneness. It is impossible to understand what happened on the 7th October in Israel. In times of darkness, we need to remember that the 'small jugs' contain light as well. This is the light that we see in the Jewish people today, the unity and outpouring of love for Israel, the way every Jew is touched by the horrific events that unfolded. Those are the 'small jugs' that Yaakov preserved – the place where the Jewish soul is at one with the truth, Jewish people recognise who they are, a לבדו moment. A space where rather than trying to understand the incomprehensible, we hold onto something that is the truth of all existence. G'd is everything and everything is G'd, the Baal Shem Tov says. Our mission is to express, breathe, feel and be aligned every moment of the day with that Oneness. An illustration of this can be seen in a clip that went around this week. A neighbour of two hostages released from Kibbutz Be'eri is overcome with emotion, and as she is sobbing, she shouts out 'Shema Yisrael…' Her soul was touched at its essence, a לבדו moment, a connection with the ultimate truth of the Oneness of G'd.

This is the moment that Yakov gets the name Yisrael – meaning 'prince of G'd' – the power of the Jew is the ability to always remain connected to authentic Oneness with each other and with G'd. When Yaakov went back for the 'small jugs', he gave each one of us the strength to hold onto a jug of oil, a light that will never be extinguished. Then, 'the sun rose' for Yakov, as it will rise for us, with the ultimate redemption speedily in our days.

Shabbat Shalom, Good Shabbos, Chazan Eli and Nechama

VAYISHLACH STATISTICS

Mitzvot Contains the first negative command in the Torah (the sciatic nerve of the hindquarters)
Verses 153 (4th longest in the Torah)
Words 1976 (6th longest)
Letters 7458 (6th longest)
Today's Haftarah 17 verses (joint 15th shortest of the 80

Page No	Soncino	Hertz	Artscroll
Sidra	195	122	170
Haftarah	220	135	1139

(Hoshea 11:7-12:12 according to US custom)

KINLOSS YOUNG COMMUNITY







Highlights from the first Parsha & Paint night! Book now for the other sessions









YOUTH



KINLOSS tribe

Vayishlach
9:25am - Breakfast Shmooze in Youth Flat
9:45am - Youth Service - Liora Graham Beit Midrash
Followed by a Dvar Torah and a licorice and sweets Kiddush sponsored by Maya Nicholls!

KINLOSS YOUTH LAST WEEK

At Learn2Lead this week we packed Chanukah gifts for US Chesed!





youth@kinloss.org.uk
Kinlossyouth
07827031851

SHABBAT LUNCH IN THE FLAT



Join your year for Shabbat lunch with Leora and Harry

Year 12 & 13 - Shabbat 2nd December
Year 10 - Shabbat 9th December
Year 9 - Shabbat 6th January

Sign up for free:
www.kinloss.org.uk/youthlunch

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KYC
KINLOSS YOUNG COMMUNITY

Kinloss Friday Nights

PARSHAT VAYISHLACH - FRIDAY IST DECEMBER

Main Service

Mincha followed by Kabbalat Shabbat

3:40pm
Large Deal Hall

Minyan LaShir

Pre Mincha L'chaim!
Mincha followed by sing-a-long Kabbalat Shabbat

3:40pm
Beit Midrash

Sephardi Minyan

Mincha followed by Kabbalat Shabbat

3:30pm
Sephardi Shul

Followed by a CHICKEN SOUP Kiddush in the Small Deal Hall and reflections from a weekend in Israel by Rabbi Josh!

This week's Kiddush has kindly been anonymously sponsored

WE ARE LOOKING FOR 2 VOLUNTEERS TO SET UP AND CLEAR AWAY THE FRIDAY NIGHT KIDDUSH WEEKLY. PLEASE SIGN UP FOR A WEEK VIA WWW.KINLOSS.ORG.UK/FRIDAY

IF YOU ARE INTERESTED IN SPONSORING THE FRIDAY NIGHT KIDDUSH, PLEASE SPEAK TO SHIMON IN THE OFFICE





Kinloss is delighted to announce our Scholar in Residence this week

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Rabbi Moshe Levy from Chazak

A descendent from a long lineage of Sephardic rabbis (his great grandfather was the last Chief Rabbi of Yemen), Rabbi Moshe Levy grew up in Brooklyn, New York where he received a degree in Finance from Touro College and went on to receive Rabbinic ordination in Eretz Yisrael while studying in the Kollel of Rabbi Yitschak Berkowitz Shilita. Rabbi Levy has experience in teaching sixth form students in JFS, Immanuel College, City of London Boys, Haberdashers Boys and gives weekly classes in Hasmonean Boys and Girls School. His weekly Lunch and Learn classes in Hatton Garden are oversubscribed and he is a regular guest speaker in synagogues, as well as at Jewish events, throughout London.

Moshe is the 'Yalla' man! It's not just an ethos, it's his modus operandi. His achievements to date are astounding and his signature tenacity and absolute commitment to our community have enabled him to build the strong foundations Chazak stand on today. He has become the glue of the community, bringing everyone together for fun family days and long Shabbat afternoons of motivation and inspiration. A much sought-after speaker for schools, synagogues, university students and communal events it's hard to imagine how one man can be doing so much!



DECEMBER 2023 EVENTS



KINLOSS

SHUL FOR THE MIND

Is a unique prayer service for people living with dementia and their family carers. (Professional carers are welcome).

and 10th December at 11am
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

DECEMBER 2023 EVENTS

MONDAY FILM AFTERNOONS

4 DEC

Tehilim (2007)

In contemporary Jerusalem, the Frankels are a close-knit modern orthodox family. They lead an ordinary life until following a car accident, the father, disappears. This feature folows the Frankels' Sons and Wife, as they come to grips with this mystery.



11 DEC

Ida (2013)

Poland in 1962, follows a young woman on the verge of taking vows as a Catholic nun who learns through her only surviving relative, that her parents were Jewish.



18 DEC

Goodbye, Children - Au revoir les enfants (1987)

Based on the actions of Père Jacques, a French Priest and Headmaster who attempted to shelter Jewish children during the Holocaust.



8 JAN

The Frisco Kid (1979)

Harrison Ford and Gene Wilder star as a taciturn gunslinger and a clueless immigrant Rabbi traveling across the Wild West in the comic adventures of a mismatched pair.



Doors open 1.45pm, Film starts 2pm

All Welcome - £3 Kinloss Members, £4 non Members

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Friendship Club

All are welcome!



KINLOSS

Tuesdays, 10am-1.30pm



- Socialising
- Playing cards
- Knitting
- Outings
- Lunch and Refreshments

Call Lucy on 020 8349 5267 for more details

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

BRIDGE CLUB

The Bridge Club meet on Tuesday afternoons, 2pm-4pm in the Deal Hall, Ground Floor.

The club meets weekly playing self-taught bridge – a reasonable knowledge of the game is required.

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 020 8349 5267



ALL WELCOME - FOR MORE INFORMATION

WWW.KINLOSS.ORG.UK/BRIDGE

LITTLE EXPLORERS

FEEL FREE TO TURN UP, NO NEED TO BOOK!

£6 PER CHILD/ £10 FOR FAMILY

FOR CHILDREN 0-3YRS

Fridays (Term Time)
10AM-11AM

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.

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DECEMBER 2023 EVENTS



Kinloss Cares

Chanukah Tea

Wednesday DECEMBER 13TH

The Deal Hall, Kinloss

3 PM-4.30pm

RSVP 0208 349 5263 to Rochelle, by Friday 8 December 2023

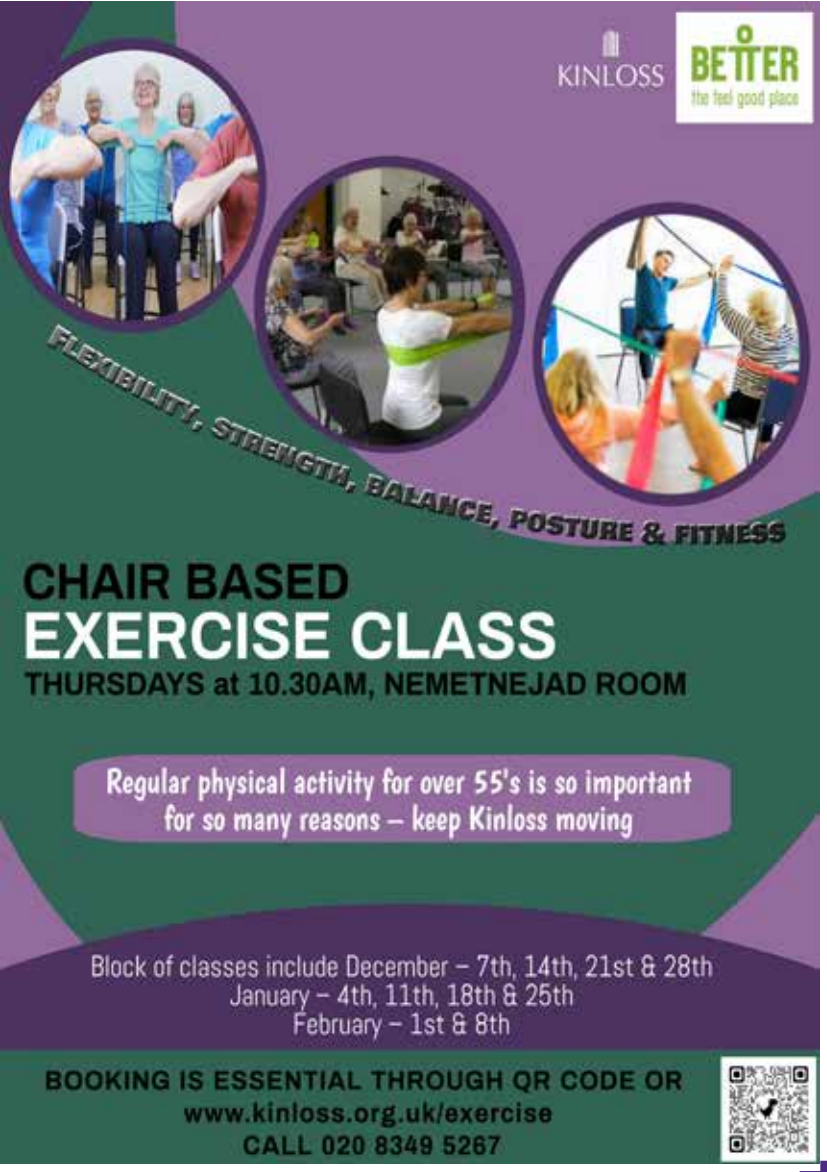
Kinlosscares@kinloss.org.uk

Kinloss Cares

Kinloss Cares

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TALK AND Q&A BY JEREMY MINDELL ON TUESDAY 5TH DECEMBER HAS BEEN POSTPONED





Membership Bills for 2023/2024

If you haven't already done so, could you please pay your membership 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



KINLOSS cares about you

Message to the Kinloss Community
We are here to support you and your family in these difficult times.

If you require any pastoral, welfare or Rabbinic support, please do not hesitate to contact

Kinloss Cares on
0208 349 5263
kinlosscares@kinloss.org.uk

Reminder:

KINLOSS

Kinloss is a nut free zone

Please do not bring any food with peanuts or traces of nuts to be consumed on these premises

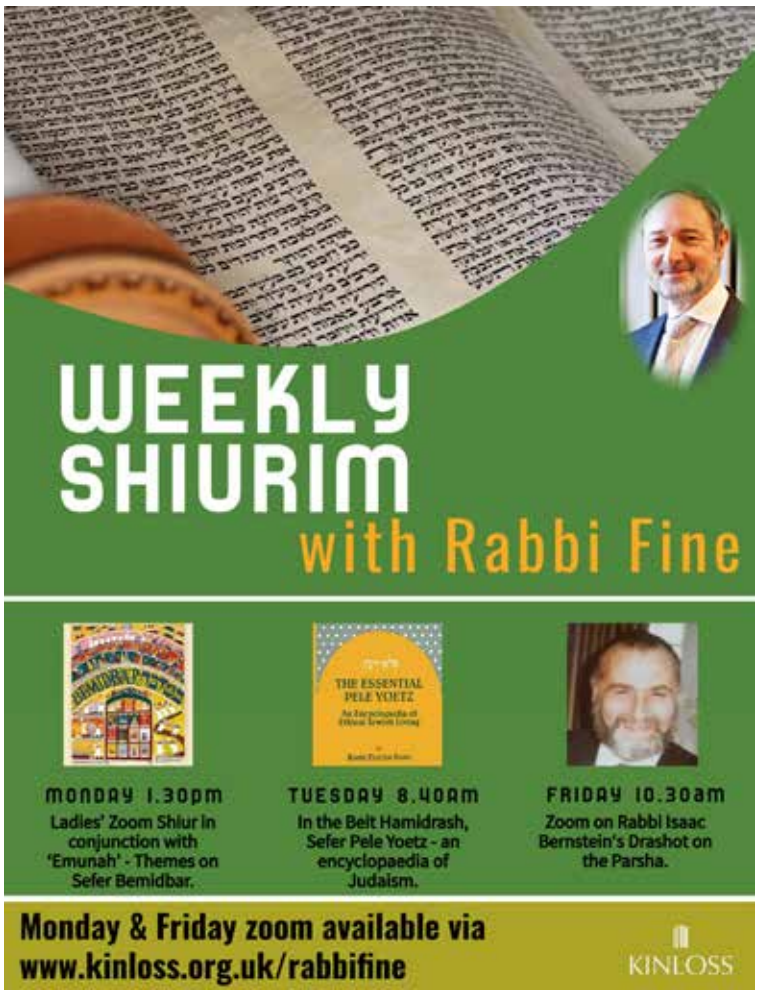
VOLUNTEERS NEEDED

We are looking for 2 volunteers to set up and clear away the Friday Night Kiddush weekly.
Please sign up via
www.kinloss.org.uk/friday

DAILY MINYAN:

SERVICES (שבת see front page)	Sun 3rd 20 Kislev	Mon 4th 21 Kislev	Tues 5th 22 Kislev	Wed 6th 23 Kislev	Light 1st Chanukah candle Thurs 7th 24 Kislev	Light 2nd Chanukah candle Fri 8th 25 Kislev
Shacharit	8:00am	7:00am	7:00am	7:00am	7:00am	6:50am
Shacharit 2		8:00am	8:00am Shiur with Rabbi Fine	8:00am Shiur with Rabbi Heller	8:00am Shiur with Rabbi Heller	8:00am
Sephardi	7:50am	6:45am	6:45am	6:45am	6:45am	6:45am
Mincha / Ma'ariv	3:45pm	3:45pm	3:45pm	3:45pm	3:45pm	3:15pm

Please support the morning Minyanim Services in the Liora Graham Beit Midrash
8:00am minyan will continue on a Daily basis



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

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

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

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

Shabbat 2 DECEMBER

Edna Barnett	Mother
Zara Blaskey	Mother
Barbara Bleiberg	Brother
Wendy Class	Mother
Tanya Dahan	Mother
Rosalind Gerrard	Husband
Lea Gilchrist	Husband
Robert Lyons	Father
Sara Renshaw	Father
Ann Winkler	Father

Sunday 3 DECEMBER

Cydllar Adler	Sister
Martin Coleman	Father
Simone Harris	Father

Monday 4 DECEMBER

Anne Cavendish	Mother
Karen Davis	Mother
Keith Graham	Mother
Sally Saunders	Father
Colin Sive	Father
Sarah Weisz	Father

Tuesday 5 DECEMBER

Farita Franklin	Mother
Rami Kanzen	Brother
Pamela Plesner	Husband
Aviva Shoolman	Mother

Wednesday 6 DECEMBER

Wendy Ellis	Mother
Joachim Frank	Father
Henry Newman	Brother
Harold Stewart	Brother

Thursday 7 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

Friday 8 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



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Kinloss JAMI Ambassador is Richard Kafton
Mobile no: 07973 986344
Email: richard.kafton@cedarhfs.co.uk
https://jamiuk.org/tipsonmanaginganxiety/

Mitzvah Day

As part of Mitzvah Day, Kinloss is supporting the collection of dry non perishable food for Food Bank Aid based in N12.
Donations can be dropped to Martyn Gerrard, 365 Regents Park Road from 09:00-18:30 Monday-Thursday and from 09:00-18:00 on Friday.

CONSECRATIONS:

03/12/23	09:30 in Bushey Old in memory of Geoffrey Bradley Z"L
03/12/23	10:00 in Bushey Old in memory of Maureen Sander Z"L
03/12/23	10:30 in Willesden in memory of Clara Landenberg Z"L
03/12/23	11:00 in Bushey Old in memory of Muriel Altman Z"L
03/12/23	12:00 in Willesden Cemetery in memory of Barbara Harris 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