

14 / 15 JUNE 2024

ט' סיון תשפ"ד

WWW.KINLOSS.ORG.UK

SHABBAT WILL START AT 9:05pm AND TERMINATE AT 10:25pm

Mazel tov to Yael Zinkin on her Bat Mitzvah in the Minyan.
We extend a warm welcome to her family and guests.



Community Candle Lighting is at 7:36pm



FRIDAY NIGHT

7:15pm Mincha, Kabbalat Shabbat and Maariv in the Deal Hall

7:00pm Minyan LaShir in the Small Deal Hall

7:00pm 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 Chazan Shimon and Daniel Cohen
Rabbi Heller will speak

9:15am MAIN SERVICE in the Main Synagogue led by Chazan Eli Sufrin
Kriat Hatorah by Carl White
Rabbi Yisroel Fine will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Neil Nachshen
Rabbi Josh Harris will speak
Kiddush sponsored by Judy and Rabbi Ed Zinkin

9:45am YOUTH SERVICE in the Liora Graham Beit Midrash

10:15am Soul Fitness with Rabbi Dov Cowan in the Rabstein Room

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

There will be a Kiddush for all the community after the services in the Kinloss Suite

SHABBAT AFTERNOON

8.55pm Mincha followed by
Seuda Shlishit with Aubrey Moher in the Kinloss Suite Foyer
Sponsored by Anthony & Barbara Nicholls

10:25pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

This week's Parsha, Naso, includes the Priestly Blessings, 'May G-d bless you and watch over you. May G-d shine His face on you and give you grace. May G-d lift His face toward you and grant you peace' (Bamidbar 24:24-26). These are the blessings with which G'd told the Cohanim to bless the Jewish people and with which many parents bless their children each Friday night.

Before the Cohanim bless the community, they make a blessing on this mitzvah which reads '...He commanded us to bless the Jewish people with love'. None of the other blessings we make before any other mitzvot say that we are commended to do this *with love*. Rabbi Shneur Zalman of Liadi (1745-1812) explains that G'd commanded the Cohanim to bless the Jewish people *with the gift of love*. These blessings are a blueprint for love.

The word בִּרְכָךְ comes from the word בִּרְכָה which means to 'increase' or 'grow', as in the verse 'He will bless your bread and water' (Shemot 23:23), meaning you will have *abundance* of grain and water. בִּרְכָה also comes from the word בְּרִיכָה/pool. A pool draws forth water from a source, בִּרְכָה means to actualise potential, drawing out something that is hidden. The first message for parents is to bless their child, meaning to 'increase/grow' ie build their spiritual, physical, emotional and intellectual strengths and to 'draw forth' their potential, helping them to discover their talents. The next part of the blessing is וְשִׁמְרָךְ, protecting children from any form of danger from the outside but also from any self-destructive elements by introducing boundaries, so that they are able to develop their potential.

The second step is, 'May G'd shine His face on you', which Rashi interprets to mean, 'He should show you a bright face', meaning He should smile at you. The blessing we can give our children (and each other) is to smile when they walk into the room, making them feel seen and appreciated for who they are. Then we have the word וְיַחֲוֹךְ, 'He should grant you grace' חַן /grace is associated with the word חֵינָם/free - give them the gift of unconditional love. When your face lights up when your child enters the room, when they feel unconditional love, then they know that they are celebrated just for existing; this is not about their achievements. This gives them the confidence and self-worth to actualise their potential.

The third step is 'May G'd lift His face towards you', Rashi says this means, 'He should conquer his anger'. When we are angry with someone we may ignore or not look at them. Children grow up, and have their own ideas and opinions, with which we may disagree or be concerned. We may want to avert our eyes in disappointment, instead we are told to lift up our face and tell the child we are here for you. The final lesson in love is, do not detach, whatever choices your child makes, remain connected. Then the verse continues, וְיָשֻׁם לָךְ שְׁלוֹם, they will find peace - the greatest way to help them find peace is to never allow anything to sever the bond between parent and child. The strength to do this comes from the first two steps, giving your child protection, knowing their strengths and building them up, then we can draw from the good memories and maintain a connection with the essence of this child. Hashem does this for us and we need to do it for our children.

This is the way G'd blesses us, and this is the way He asks that we bless our children. It teaches us to help our children grow and protect them, give them grace and unconditional love and never detach and give them the gift of peace. We can give this to our children when we know how to give this to ourselves. We must be able to bless and protect ourselves, see G'd's face shining on us and giving us grace, and see G'd lifting up His face towards us even with our failures and giving us peace.

Shabbat Shalom! Good Shabbos! Chazan Eli and Nechama

NASO STATISTICS

MITZVOT: 18 OF THE 613 MITZVOT OF THE TORAH, 7 POSITIVE & 11 PROHIBITIONS

VERSES: 176 (THE LONGEST OF THE 54 SIDROT!)

WORDS: 2264 (THE LONGEST)

LETTERS: 8632 (THE LONGEST)

PAGE NO.	SONCINO	HERTZ	ARTSCROLL
SIDRA	814	586	748
HAFTARAH	835	602	1181

SOUL FITNESS @KINLOSS

WITH RABBI DOV COWAN

LOOKING FOR A DIFFERENT SHUL
EXPERIENCE?

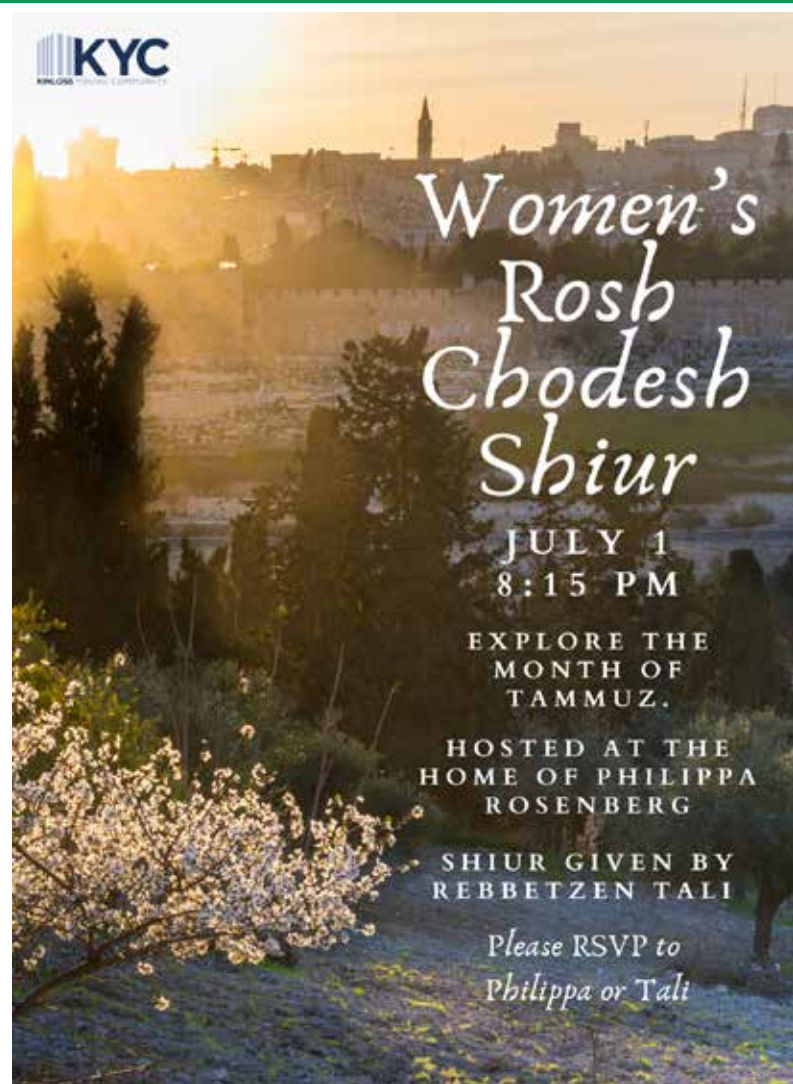
EXPLORE A UNIQUE **MEDITATION**
TEFILAH EXPERIENCE OPENING
THE DOOR TO

**INNER CALM, SELF AWARENESS &
AN AUTHENTIC CONNECTION
WITH YOUR CREATOR**



SHABBAT 15TH JUNE

10:15AM - RABSTEIN ROOM



KYC
KINLOSS YOUNG COMMUNITY

Women's Rosh Chodesh Shiur

**JULY 1
8:15 PM**

EXPLORE THE MONTH OF TAMMUZ.

HOSTED AT THE HOME OF PHILIPPA ROSENBERG

SHIUR GIVEN BY REBBETZEN TALİ

Please RSVP to Philippa or Tali



BACK BY POPULAR DEMAND!

Parsha & Paint Night

CREATE BEAUTIFUL ARTWORK
INSPIRED BY THOUGHTS ON THE PARSHA WITH REBBETZEN TALİ HARRIS

PAINTING WILL BE GUIDED STEP BY STEP, NO PRIOR ART SKILLS NECESSARY!

**MUMS & DAUGHTERS
IN YEARS 4 & 5**

**TUESDAY
16 JULY
6:30 PM**

Spots are limited!
£10 per person
Register at kinloss.org.uk/parshapaint

KYC
KINLOSS YOUNG COMMUNITY

WATCH THIS SPACE FOR MORE PARSHA & PAINT NIGHTS!

Mazal Tov to the winners of last week's
Children's Services Choir & Raffle:
Years 3-4 - Judah Marks
Years 5-6 - Zac Schaffer

Well done to everyone who took part in the choir! Make sure to keep an eye out for the next 'Sing To Win'

Last week's launch of the '10 Minute Horim V'Yeladim' saw over 50 children learning with their parents at the conclusion of the Shabbat morning services. The learning was focussed on Shavuot with the younger children learning about the idea of Mesorah and the older children exploring what the most important verse in the Torah is. The '10 Minute Horim V'Yeladim' will be returning next month!

SEUDA SHLISHIT

KINLOSS

The Way We Were

This year, the Kinloss Seuda Shlishit summer season will feature talks from community members and others, recalling earlier years in other parts of the world.

15
JUN

IRELAND



Aubrey Moher



13
JUL

ISRAEL



Arie Bleiberg

22
JUN

GERMANY



Jeremy Mindell



20
JUL

PERSIA



Tony Namdar

29
JUN

SPAIN & ITALY



Stella & Raffaello Nemni

27
JUL

LONG ISLAND, NY



Rebbetzen Tali Harris

06
JUL

SUNDERLAND, UK



Margi Abeles

03
AUG

MAGHREB, MOROCCO



Lyn Julius

SHUL FOR THE MIND

A unique prayer service for people living with dementia and their family caregivers. Professional carers welcome.

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

Sunday |

7 July at 11am
The Deal Hall, Kinloss

| 2024

More Info: Rochelle in Kinloss office 0208 349 5263/ kinlosscares@kinloss.org.uk



Dear Kinloss Community,

As announced in the youth service on 2nd day Shavuot, we will be stepping down from our role of youth directors at the end of August.

Our main aim when we started our position was to create a positive and friendly community for the youth. Over the past 5 years, we have seen the youth community grow from strength to strength with regular programming and a weekly Shabbat youth service. The youth community provides a space for boys and girls to spiritually grow and create lasting friendships. We have seen this with the youth as they have grown from young youth in year 7 to adults entering their next stage of life in year 13.

We are deeply moved by all the friendships we have created with youth members and families. We will forever cherish the memories that we have made here, including spending time and getting to know the youth on a personal level. We will treasure our time here at Kinloss and the warm community that we have been a part of.

We would like to take this opportunity to thank the various Chairs, Executives, Rabbinic staff, office staff and caretakers who have helped and guided us. A big thank you to our line manager Shimon Gillis who has supported us throughout our time. We have appreciated your invaluable guidance.

To the youth, continue being the fun, enthusiastic and energetic group that we have grown to know and adore. We look forward to seeing you continue the strong community you have made. We could not have done this without your passion and commitment.

Thank you again and keep in touch.

All the best,

Harry, Leora and Coby Salter

KINLOSS
tribe**Nasso****9:25am - Breakfast Shmooze in Youth Flat****9:45am - Youth Service - Liora Graham Beit****Midrash**

**Followed by a Kiddush sponsored and the
Kinloss Youth Kiddush Club sponsored by the
Hamburger family!**

LAST WEEK @ KINLOSS YOUTH

**We had over 50 youth for the Yom Yerushlayim BBQ with
burgers, sausages and chicken wings! Thank you to the White
family on hosting!**

**youth@kinloss.org.uk****Kinlossyouth****07827031851**



Yael ZINKIN

Mazel Tov to Yael on her Bat Mitzvah

Yael has 2 younger siblings, Rafi and Adina and she attends Hasmonean High School for Girls

She is currently preparing for her Grade 3 Ballet exam at The Royal College of Dance. She also loves acting and singing. She is helping families through GIFT.

Yael's Bat Mitzvah is twinned through Yad Vashem with Yael Iakha Vildoar, z'l, who was murdered in Riga in 1941, aged just 5.

- * Mazel Tov to Judy & Rabbi Ed, Rafi and Adina Zinkin on Yael's Bat Mitzvah. Mazel Tov to grandparents Danielle & Jonathan Glasser and Jacqui & Peter Zinkin.
- * Mazel Tov to Sophie & Michael Shupac on the birth of a baby girl, Ava Bayla. Mazel Tov to grandparents Joanna & Jonathan Mindell and Bev & Mark Shupac. Mazel Tov to great-grandparents, Ruth & Bertram Mindell, Susie Barnett and Lillian Goldwater. Remembering Brian Barnett, Jack Goldwater and Balla & Joseph Shupack z"l at this happy time.
- * Mazel Tov to Gila & Eli Hakimian on the engagement of Orly to Allon David, son of Sara & Sharon David. Mazel Tov to grandparents Mahin Hakimian, Rivka & Rachamim Betzalely, Shula & Shilo David and Nili Yeshooa.
- * Mazel Tov to Jacky & Shoshy Lax on the birth of a granddaughter on Shabbat 8th June, 2nd Sivan, in Houston, Texas. Mazel Tov to proud parents Rabbi Yoel & Batsheva Lax, and baby's brother Yair Yehuda (aka "JJ").



BRIDGE CLUB

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

Join us for a friendly game. All are welcome with or without a partner. Playing self-taught bridge where a reasonable knowledge of the game is required.

Tea, coffee and biscuits are provided
£3 Kinloss Members, £5 non Members

We look forward to seeing you.



If you would like more information, please contact Lucy on 020 8349 5267 or visit www.kinloss.org.uk/bridge



Kinloss Volunteering

Kiddushim

We are trying out a new style of Kiddush and looking for volunteers to help set up.

Please contact Nicole on 07979 751 784

Fire Marshalls

We are looking for new fire marshalls to join our team.

Please contact Shimon on office@kinloss.org.uk

MAZEL TOY TO
THE CHILDREN
IN OUR
COMMUNITY CELEBRATING
THEIR BIRTHDAYS

Olivia Dryer (8)
Ariella Navazesh (9)
Joseph Barsam (10)
Matan Field (7)
Vivienne Shem-Tov (2)



WE HAVE YELLOW PIN
BADGES AVAILABLE IN
THE OFFICE TO
PURCHASE DURING
OFFICE HOURS,
MINIMUM DONATION £3
PER BADGE.



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

**WE URGENTLY NEED
VOLUNTEERS
TO JOIN OUR SECURITY ROTAS**



Shul members PLEASE join our security rotas

Please email securekinloss@yahoo.co.uk

or call Martin Shiers on 07831 836 031

to volunteer and register



**Kinloss JAMI Ambassador
is Richard Kafton**

Mobile no: 07973 986344

Email: richard.kafton@cedarhfs.co.uk

<https://jamiuk.org/tipsonmanaginganxiety/>



Kinloss Cares

What can we offer?



• Welfare Phone Support

• Bereavement Support

• Financial assistance
through the Phyllis
Nathan Trust
(www.kinloss.org.uk/pnt)

Contact Rochelle
020 8349 5263
kinlosscares@kinloss.org.uk

Kinloss Membership Bills for 2024/2025

The new membership bills from Pesach 2024 were sent out to everyone.
If you have not received your invoice, please contact the Kinloss Office.

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

JULY 2024 EVENTS

Artwork by Eli Broder



KINLOSS PRESENTS
THE JEWISH ART FAIR
SUNDAY 7TH JULY
5PM-10PM

Exhibits for sale include Paintings, Sculptures, Jewellery, Embroidery, Silk, Ceramics, Fused Glass and Photography.

FREE ENTRANCE

KINLOSS
EZRA
UMARPEH
that cancer care

KINLOSS PRESENTS
DIFFICULT PEOPLE
BY YOSEF BAR-YOSEF



SUNDAY 14 & MONDAY 15 JULY, 7.30PM

Directed by Sarah Davis and delivered by a professional cast and company, *Difficult People* focuses on 44 year old Rachel, a single Holocaust survivor struggling to survive in an English industrial town. The play becomes a 'comedy of sorts' when a suitor from Israel presents himself.

£25 PER TICKET

WWW.KINLOSS.ORG.UK/PLAY

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PIKUACH
Inspiring Jewish schools



- Feeding curiosity and building confidence
- Providing high academic excellence
- Promoting happiness and wellbeing
- Modern Orthodox
- Recognising each child as an individual
- Come and be part of our welcoming community

Starting Reception in 2025?

We invite you to experience what Sacks Morasha is all about. Take a walk through our corridors and meet our wonderful pupils and team in person. Please visit our website to find out how to book your place at an open day.

Spaces are available for in-year applications. Please email admissions@morashajps.org.uk for more information.

SACKS MORASHA
JEWISH PREPARATORY SCHOOLS
sacksmorasha.org.uk



Sacks Morasha open day, **12th July am**
Visit the www.sacksmorasha.org.uk to book your space.

KINLOSS cares about you

Shabbat Luncheon Club

SHABBAT
July 6th 2024
The Deal Hall



The Shabbat Luncheon Club will be held in the Deal Hall after the service, July 6th 2024.

RSVP appreciated by Monday 1st July to Rochelle

0208 349 5263

KINLOSSCARES@KINLOSS.ORG.UK

DAILY MINYAN:

SERVICES (שבת see front page)	Sun 16th 10 Sivan	Mon 17th 11 Sivan	Tues 18th 12 Sivan	Wed 19th 13 Sivan	Thurs 20th 14 Sivan	Fri 21st 15 Sivan
Shacharit 1		7:00am	7:00am	7:00am	7:00am	7:00am
Shacharit 2	8:00am	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	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	7:15pm

Please support the morning Minyanim Services in the Liora Graham Beit Midrash.

WEEKLY SHIURIM with Rabbi Fine



MONDAY 1.30pm
Ladies' Zoom Shiur in
conjunction with
'Eminah' - Themes on
Sefer Devarim.



TUESDAY 8.40am
In the Beit Hamidrash,
Sefer Pele Yoetz - an
encyclopaedia of
Judaism.



FRIDAY 10.30am
Zoom on Rabbi Isaac
Bernstein's Drashot on
the Parsha.

Monday & Friday zoom available via
www.kinloss.org.uk/rabbifine

KINLOSS

KINLOSS DOES NOT ACCEPT SHAIMOS / GENIZA

IF YOU HAVE ANYTHING YOU WISH TO
DISPOSE OF, PLEASE TAKE IT TO ONE OF
THE FOLLOWING LOCATIONS:

BEIS HAMEDRASH NISHMAS YISROEL,
4 BRENT GREEN,
HENDON,
NW4 2HA

SINAI GOLDERS GREEN,
54 WOODSTOCK AVENUE,
LONDON,
NW11 9RJ

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

Shabbat 15 JUNE

Patricia Arnold	Mother
Hila Berke	Father
Brian Gedalla	Brother
Rodney Geminder	Father
Robert Gradel	Father
Gloria Greenman	Father
Irene Herman	Mother
Eleanor Mansfield	Father
Irene Mansfield	Husband
Stuart Nash	Father
Melvyn Whyte	Wife

Sunday 16 JUNE

Parvaneh Faigenblum	Sister
Alick Glass	Mother
Hooshang Hakimi-Sefat	Mother
David Isaacs	Brother
Brian Lee	Mother
Michael Rubinstein	Brother
Michael Wacks	Mother

Monday 17 JUNE

Doreen Brown	Husband
Jeremy Brown	Father
Vivien Friedman	Father
Jacob Golchewski	Mother
Roberta Schlagman	Father
Mandy Staszewski	Father
Birthe Tager	Husband

Tuesday 18 JUNE

Jeffrey Bellman	Father
Donald Breslaw	Sister
David Collins	Mother
Josephine Elias	Mother
Sorelle Kafton	Father
Daniel Rahimzadeh	Son
Joanne Rahimzadeh	Son
Elliot Renton	Father
Martin White	Wife

Wednesday 19 JUNE

Emma Allen	Father
Janet Gilbert	Mother
Gloria Lebetkin	Sister
Elise Lewis	Father
Pamela Lewis	Mother
Pauline Lewis	Mother
Jacqueline Segall	Husband
Susan Sharp	Sister
Daphne Shoolman	Father
Michael Shoolman	Father
Leonard Silver	Sister
Kenneth Waters	Brother

Thursday 20 JUNE

Philip Goldberg	Mother
Anthony Kraiss	Sister
Brian Lee	Sister
Angela Lucas	Father
Rhoda Morgan	Mother
Michael Nathan	Mother
Aharon Shaya	Daughter
Lily Shaya	Daughter

Friday 21 JUNE

Richard Beenstock	Mother
Michael Goldman	Father
Alex Hajioff	Father

VOLUNTEERS NEEDED

We are looking for new
shomer Shabbat volunteers to join the

Kinloss Male Chevra Kadisha.
Please contact Iain Miller 07973 745 849
or Mark Nevies 07836 607 262

CONDOLENCES:

* Condolences to Monty Zeid, Jeremy, Nigel and Russell Zeid on the passing of their wife and mother Dolores Zeid z"l

* Condolences to Geoff Ralton and Sonia Ralton on the passing of their mother Rose Ralton z"l

CONSECRATIONS:

14/07/2024	09:30am in Bushey New in memory of Jerrold Moser z"l
28/07/2024	11:30am in Bushey Old in memory of Brian Hornick z"l
04/08/2024	13:30pm in Bushey New in memory of David Nathan z"l
11/08/2024	11:00am in Bushey New in memory of Stewart Eagell z"l
11/08/2024	13:30pm in Bushey New in memory of both Josephine and David Kay 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

