

9 / 10 AUGUST 2024

ו' אב תשפ"ד

WWW.KINLOSS.ORG.UK

SHABBAT WILL START AT 8:20pm AND TERMINATE AT 9:27pm
Mazel tov to Matar Sher on her Bat Mitzvah on Shabbat in the Minyan.
We extend a warm welcome to her family and guests.

Community Candle Lighting is at 7:30pm



FRIDAY NIGHT

7:00pm Mincha, Kabbalat Shabbat and Maariv in the Deal Hall
7:00pm Minyan LaShir in the Liora Graham Beit Midrash
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 Na'arah Betulah – Laws of Seduction"

9:00am SEPHARDI SERVICE in the Sephardi Synagogue
led by Chazan Shimon and Daniel Cohen

9:15am MAIN SERVICE in the Main Synagogue led by Chazan Eli Sufrin
Kriat Hatorah by Chazan Eli Sufrin
Rabbi Josh Harris will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Neil Nachshen
Rabbi Josh Harris will speak followed by a Dvar Torah by Matar Sher
Kiddush sponsored by Leonie & Mannie Sher

YOUTH SERVICE will return in September after the summer break

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
Combined Yr 3 - Yr 6 - in the Newman Room

After the service there will be a kiddush for the whole community
in the Kinloss Suite.

If you would like to sponsor future kiddushim please contact ian.kamiel@kinloss.org.uk

SHABBAT AFTERNOON

8:10pm Mincha and Shiur by Rabbi Josh Harris titled "The fake cheese revolution"
in the Liora Graham Beit Midrash
followed by

9:27pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

This week's newsletter is sponsored by the Soleiman, Hajioff & Elek families
in loving memory of Yehuda Soleiman z"l on his 25th Yahrzeit on Tisha B'Av

Hashem loves you

Five weeks before his passing, Moshe addresses the Jewish people, recounting their 40-year history, including the story of the spies. Moshe says, 'You sulked in your tents and said, It is because G-d hates us that He brought us out of the land of Egypt, to hand us over to the Amorites to wipe us out.' (*Devarim* 1:27-28). It seems surprising that the Jewish people said 'G'd hates us', given the miracles they experienced: the Exodus, the splitting of the sea, manna, water from a rock, clouds of glory.

The Jewish people were taken out of Egypt and saw kindness and miracles, however prior to that, for 86 of the 210 years in Egypt they suffered in silence. As slaves they were unable to express themselves, now as free people all the pain that was bottled up came out. When they were faced with *Cana'an*, the trauma of being obliterated once again resurfaced.

Rashi explains, 'Really, however, He loved you, but you hated Him. A common proverb says: What is in your own mind about your friend, you imagine is what is in his mind about you (*Sifri Devarim* 24:3).' This is known as 'confirmation bias', they had seen the miracles performed for them but their perception and responses were clouded by deep unresolved pain from years of slavery. Their default position was 'G'd hates me', any miracle rather than being proof of love was misinterpreted as proof of hatred. A teaching in *Pirkei Avot* may help us relate to this concept. *Pirkei Avot* tells us to 'love criticism'. This can be interpreted as recognising that constructive criticism comes from a place of love. When we are unable to recognise this we become defensive and see the person delivering the criticism in a negative light.

The night the spies returned with their report was the 9th of Av. The *Emek Hamelech* explains that their declaration that 'G-d hates us' became their experience, setting the stage for future tragedies on this date. This illustrates how powerful negative emotions can be, conversely, the power of love can be equally transformative. By having faith and believing in G-d's love, even when we cannot understand His actions, we transform our reality. An example of living in this mindset is when we say *brachot* every morning, and in our daily *davening*, we show gratitude for the constant miracles of life, reminding ourselves of G'd's love for us.

Devarim is always read the Shabbat before the 9th of Av, emphasizing that the key to redemption (*geulah*) is trusting we are beloved by G-d. *Geulah* means we will be able to clearly see all negative experiences as expressions of love. This is not about denying our initial reactions of pain or grief in difficult circumstances, working through the grief and pain *is* part of our relationship with G'd. We can then try to become aware that even though we cannot always understand G'd's ways we can have faith that everything comes from a place of love. **When we are open to love that is exactly what we will receive.** The key to *Geulah* is maintaining faith in His love, embracing life with the knowledge that we are not abandoned or rejected. May we recognise and tune into the love flowing from Above at every single moment and thereby transform our current exile into redemption, speedily in our days.

Shabbat Shalom, Good Shabbos, Chazan Eli and Nechama

Devarim Statistics

Mitzvot: 2 of the 613 mitzvot, both prohibitions
Letters: 5972 (24th longest)
Verses: 105 (32nd longest of the 54 Sidrot)
Words: 1548 (26th longest)
Haftarah: 27 verses (18th shortest of the 80 Haftarot)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	989	735	938
Haftarah	1004	750	1195

Tisha B'Av at Kinloss

Monday 12th August

Fast in 8:29pm | Maariv & Eicha 8:40pm

Tuesday 13th August

7:30am Combined Shacharit

**8:15am (approx) Explanatory Kinnot with Rabbi Fine,
Rabbi Laitner, Rabbi Josh & Rebbetzin Tali**

**11:00am 'Supernova': The Music Festival Massacre
(not suitable for below Year 12)**

This film provides a retrospective of 24 hours at the Nova festival in Re'im through the lens of young individuals who endured the horror.

Introduction and summary with Rabbi Josh & Rebbetzin Tali

2:00pm Early Mincha

6:00pm Second Mincha

**6:30pm Legend of Destruction
with Rabbi Andrew Shaw**

Experience the gripping tale of the destruction of the Second Temple in 70 CE, as Jerusalem becomes a powder keg of social unrest and religious fervor amidst Roman rule. With stunning visuals and a stirring score, **LEGEND of DESTRUCTION** delves into the dangers of greed, corruption, and religious fanaticism. Winner of 4 Israeli Academy Awards

Rabbi Shaw will be accompanying the movie with a short introduction and summary

Suggested donation: £3 for members; £5 for non-members - on the door or at kinloss.org.uk/lod

8:45pm Maariv

9:14pm Fast Ends




KINLOSS

COMING SOON



SEP

**STUDENTS & YPS
SCHMOOZE &
BOOZE**



**PRE-ROSH
HASHANA
CRAFTS**



SEP

OCT

**ROSH HASHANA
MUSSAF
MISHPACHTI**



**SPIRITS IN THE
SUKKAH**



OCT



WHATSAPP

[KINLOSS.ORG.UK/KYC](https://kinloss.org.uk/kyc)

KINLOSS BAR MITZVAH PROGRAMME 2024/25

PARENT-SON PROGRAMME FOR BOYS IN YEARS 7 & 8

Members Only

8 fun and
interactive
sessions,
including two
group outings!

Explore
key topics
that will enhance
the meaning of
the Bar Mitzvah
year

Meet the
rest of the Kinloss
boys celebrating
their Bar Mitzvah
next year!

Dates:
(Wednesdays)
9th Oct; 13th Nov;
11th Dec; 8th Jan;
5th Feb; 5th Mar;
2nd Apr;
7th May

£50 per
participant

SIGN UP AT [KINLOSS.ORG.UK/BAR](https://kinloss.org.uk/bar)

For more info, please
speak to Rabbi Josh
07721423316



Booze & Schmooze

Join Rabbi Josh & Tali for a pre-Rosh Hashana
discussion, while enjoying a drink and refreshments.

For students & young professionals (ages 18-28)

Sunday 7th September, 8:15pm at the Harris flat

Please RSVP to either Rabbi Josh or Tali



R' Josh: 07721423316

Tali: 07721423317



Kinloss Bat Mitzvah Programme

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

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

Dates: 9th Oct; 13th Nov; 11th Dec; 12th Jan; 5th Feb; 5th Mar;
2nd Apr; 7th May

£50 per participant
Members only

Register at
kinloss.org.uk/bat

For more information,
speak to Rebbetzin Tali
07721423317



KINLOSS cares
about you

Chaps for Chat & Monday Matters

Monday 12th August AT 11 AM

THE DEAL HALL

Guest Speaker and lunch

For more information & to RSVP:-

Please reply by 8th August 2024, 0208 349 5263.

kinlosscares@kinloss.org.uk.

Chaps for Chat & Monday Matters are
lively discussion groups for men &
women. All welcome.

Join the Kinloss journey!

Brand new WhatsApp groups to stay up to date with what Kinloss is doing for YOU and to stay connected with your Kinloss cohort.

**Kinloss
Youth**



or go to
kinloss.org.uk/youthwa

**Kinloss
Students**



or go to
kinloss.org.uk/students

**Kinloss
YPs**



or go to
kinloss.org.uk/yp



Kinloss Banqueting

banqueting@kinloss.org.uk

0208 349 5268

www.kinlossevents.co.uk



[kinloss.banqueting](https://www.instagram.com/kinloss.banqueting)



**TRIBE COMMUNITY MEMBERSHIP (TCM)
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 family membership and are not part of the United Synagogue Burial Scheme. It is essential they become members of TCM in their own right

The cost is only £5 a month

This will also enable them to attend weekday, Shabbatot and Chaggim Services, and would be included in the United Synagogue Burial Scheme.

Please sign up via the following link :
<https://portal.tribeuk.com/account/tcm/register/>



Please note opening times for our cemeteries
on Tuesday 13 August 2024, Tisha B'Av

Bushey Old and New Cemeteries, Waltham Abbey
Cemetery and Willesden Cemetery
09.00 – 17.00

East Ham Cemetery, 09.00 – 15.00

Alderney Road, Brady Street, Lauriston Road and
Plasht Cemeteries , 11.00 – 15.30

West Ham Cemetery, 11.00 – 15.00

The United Synagogue cemeteries are maintained to a good standard but due to the nature of the grounds there are inevitable risks namely, slips and trips.

In particular, please be careful when visiting our older cemeteries, as paths can be very uneven.

When walking around the graves please ensure that you do not hold onto the headstones and you watch your footing. The ground at these cemeteries is very volatile; subsidence can occur at any time.

Please take notice of the iron railings and any signage indicating risk.

KINLOSS

BETTER
the feel good place



Flexibility, strength, balance, posture & fitness

**CHAIR BASED
EXERCISE CLASS**

THURSDAYS at 10.30AM, NEMETNEJAD ROOM

Regular physical activity for over 55's is so important for so many reasons – keep Kinloss moving

August - 1, 8, 15, 22 & 29
September - 5, 12 & 19

BOOKING IS ESSENTIAL

www.kinloss.org.uk/exercise OR
Call 020 8349 5267

**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**

MATAR SHER

Mazel Tov to Matar on her Bat Mitzvah

Matar has three siblings, brother Kerem and two sisters Eliana & Sinai.

She will be starting a new school in September, The Hartman School for Girls in Jerusalem.

Matar's hobbies are sport, gymnastics and scouts.

Matar's charity work for the simcha has been volunteering for Pantry Packers a charitable organisation in Jerusalem which provides essential food for needy families.



* Mazel tov to Danny & Olie Sher on Matar's Bat Mitzvah. Mazel tov also to grandparents Mannie & Leonie Sher and Ilana & Ratzon Menachem of Israel.

* Mazel tov to Talia & Eli Krieger on the birth of their boy Ozzie Lev Krieger.

Kinloss Membership Bills for 2024/2025

The new membership bills from Pesach 2024 were sent out to everyone in February.

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



MAZEL TOV TO
THE CHILDREN
IN OUR
COMMUNITY CELEBRATING
THEIR BIRTHDAYS

Ilan Renshaw (7)

Sophia Ison (10)

Netanel Mindell (7)

Goldie Spector (7)

Maya Wolfson (4)

Ella Donaldson (9)

Stella Marks (7)

Joshua Chetrit (11)

Georgina Schuldenfrei (5)

KINLOSS VOLUNTEERING

Fire Marshalls

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

Please contact
office@kinloss.org.uk

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

Tisha B'Av

Tuesday 13th August

There will not be any

Friendship Club

or

Bridge Club

both clubs will be back on the 20th August



US CHESED STATIONERY BANK 2024

DROP-OFF LOCATION
TRIBE CAMP WILL HAVE
DROP OFF BINS FOR NEW
STATIONERY

BACK TO SCHOOL

CHESED AMAZON WISH LIST
WWW.THEUS.ORG.UK/STATIONERY

SIMPLY ADD YOUR ITEMS TO YOUR EMPTY
BASKET, SELECT 'CHESED STATIONERY BANK'
AS THE DELIVERY ADDRESS AND THEY WILL
BE DELIVERED TO THE CHESED HUB

US CHESED STATIONERY BANK - HGERSON@THEUS.ORG.UK
PROVIDING ESSENTIAL SCHOOL ITEMS TO FAMILIES IN NEED.

DAILY MINYAN:

SERVICES (שבת see front page)	Sun 11th 7 Av	Erev Tisha B'Av Mon 12th 8 Av Fast begins 8:28pm	Tisha B'Av Tues 13th 9 Av Fast ends 9:12pm	Wed 14th 10 Av	Thurs 15th 11 Av	Fri 16th 12 Av
Shacharit 1		7:00am	7:30am Combined Shacharit	7:00am	7:00am	7:00am
Shacharit 2	8:00am Shiur with Rabbi Laitner	8:00am	8:15am Explanatory Kinnot	8:00am	8:00am	8:00am
Sephardi	7:50am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	7:30pm	Mincha 6:30pm Maariv & Eicha 8:40pm	See timings page 3	7:30pm	7:30pm	7:00pm

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



**Rabbi Heller will be away
until the beginning of
September.
and
Rabbi Fine's Shiurim
will not be back
until w/c 2 September**

KINLOSS
The Rabbinic Sages
who
"REBUILT"
THE JEWISH WORLD

During the Omer period we remember the tragic loss of 24,000 stellar students of Rabbi Akiva who died in the 2nd Century CE. Five survived and rebuilt the Jewish world with their teacher. During the Omer, let's study them and their impact.

**Sunday Mornings after 8am Shacharit
with
Rabbi Michael Laitner**

**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

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

Shabbat 10 AUGUST

Richard Hildebrand	Mother
Audrey Kelvin	Sister
Zena Shattin	Mother

Sunday 11 AUGUST

Margi Abeles	Father
Perry Conway	Mother
Joy Garfield	Father
Janice Silver	Father

Monday 12 AUGUST

Josephine Cohen	Mother
Philip Elias	Father
Heather Grant	Father
Claire Harris	Father
Raffaello Nemni	Mother
Helen Pope	Mother
Karina Simmons	Father

Tuesday 13 AUGUST

Edit Elek	Father
Simon Fearnley	Father
Audrey Godfrey	Husband
Dalia Hajioff	Father
Sarah Leveson	Father
Sheila Leveson	Husband
Joseph Soleiman	Father
Sheila Soleiman	Husband
Madeleine Winston	Father

Wednesday 14 AUGUST

Donald Breslaw	Sister
Michelle Bull	Mother
Barry Frey	Father
Howard Israel	Father
Gail Silver	Father

Thursday 15 AUGUST

Barbara Cohen	Brother
Shirley Freeman	Husband
David Isaacs	Mother
Geoffrey Morrow	Father
Stuart Selwyn	Mother

Friday 16 AUGUST

Ian Addleson	Wife
David Cavendish	Mother
Michael Cavendish	Mother
Arlette Gotkine	Sister
Valerie Green	Father
Frances Posener	Husband
Celia Rabstein	Father
Miriam Roomer	Sister
Bernard Trent	Father

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



**Kinloss JAMI Ambassador
is Richard Kafton**



Mobile no: 07973 986344

Email: richard.kafton@cedarhfs.co.uk

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

CONSECRATIONS:

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 CONTACT DETAILS:



Ian Kamiel, Interim COO: 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