

5 / 6 JANUARY 2024

כ"ה טבת תשפ"ד

SHABBAT WILL START AT 3:51pm AND TERMINATE AT 5:01pm

Mevarachim Hachodesh Shabbat 6 January

Rosh Chodesh Shevat Thursday 11 January

Mazel tov to Eric Marks on his Bar Mitzvah.
We extend a warm welcome to his family and guests.

FRIDAY NIGHT

3:55pm Friday Night Minyan LaShir in the Liora Graham Beit Midrash

3:55pm Mincha, Kabbalat Shabbat and Maariv in the Large Deal Hall

3:40pm Sephardi Mincha, Kabbalat Shabbat & Ma'ariv

Following the services there will be a Community Chicken Soup Kiddush in the Small Deal Hall

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 David Garbacz
Kriat Hatorah by Michael Fluss and Eric Marks
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

This week's Minyan Kiddush is to thank JJ for his huge contribution to the Minyan as Chair

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 Sonia Bataller

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 Kiddush is sponsored by Nicola, Dan and Gabriella Marks
in celebration of Eric's Bar Mitzvah

12:20pm Early Mincha in the Main Synagogue

SHABBAT AFTERNOON

3:45pm Mincha followed by Shiur by Rebbetzen Tali Harris titled
"To Lead or not to Lead: Moshe's Identity Crisis"

5:01pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

A Nation of Names by Rebbetzen Tali Harris

This week, we begin reading Sefer Shemot, the book of Shemot. When looking at this book in contrast to the book of Bereishit (which we just completed), there are clear thematic differences. While Bereishit follows the individual stories of our forefathers and foremothers, Shemot tells the story of the birth of the Jewish nation. In Bereishit we meet lots of characters and commit many chapters to developing their personalities; in Shemot the only character we truly get to know in depth is Moshe Rabbeinu.

Ironically, Sefer Shemot translates to “The Book of Names”. But this name would appear to be unfitting for a story about nationhood. The name which we traditionally call this book in English is Exodus. Seeing as this name relates to the departure from Egypt which is in many ways the birth of the nation, we would think that this name would be more appropriate. So why call it the Book of Names?

We begin Shemot with a list of the names of sons of Yaakov and mentioning how they all came down to Egypt. After this, we have a lot of anonymous characters. We are told Moshe’s birth story, yet all character’s names are omitted until Moshe is rescued from the river. Even after this, we have another two encounters with characters whose names are omitted as well until we meet Moshe’s father-in-law and wife, and we are finally told their names.

It seems that the Torah is looking to put a serious highlight on Moshe and characters directly relating to him. But this doesn’t answer why the book is called the book of names. Surely it would make more sense to call it the book of Moshe if we are looking to highlight him.

Perhaps it is within this dichotomy that we see between the name Shemot and the theme of the book that we find the message itself. This book comes on the heels of strong individuals, each of whom we met and explored in Bereishit. Shemot opens echoing this by reminding us of the names of those who forged the path down to Egypt and the beginnings of Jewish life there. It is in those footsteps that a nation can emerge. It is only in the tracks of strong Jewish leaders that we can create a strong Jewish nation. In calling this book The Book of Names, Shemot, we hint back to those individuals who pathed the path and we draw attention to those who are continuing to do so, all within the broader concept of one nation. We are a people made up of individuals, each of whom is valued in their own right, that come together to create a nation.

SHEMOT STATISTICS

Mitzvot: None of the 613 mitzvot
Verses: 124 (15th longest of the 54 Sidrot)
Words: 1763 (14th longest)
Letters: 6762 (16 longest)
Haftarah: 22 verses (joint 33rd longest of the 80 Haftarot)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	319	206	292
Haftarah	345	225	1146

SAVE THE DATE
FAMILY SHABBATON
26 & 27 JANUARY

**FRIDAY NIGHT:
THE KINLOSS
CHOLENT
COOK OFF**



**SHABBAT SERVICES
INCORPORATING
YOUTH & CHILDREN**

**SHABBAT LUNCH:
EXCITING GUEST
SPEAKER, ACTIVITIES
FOR YOUTH & KIDS**



STAY TUNED FOR MORE DETAILS!
REGISTER NOW FOR THE LUNCH
KINLOSS.ORG.UK/FAMILYSHAB



KINLOSS FAMILY SHABBATON WEEKEND

THE KINLOSS CHOLENT COOK OFF

COOKING ON THURSDAY 25TH JANUARY

**DO YOU HAVE WHAT IT TAKES TO REPRESENT
YOUR MINYAN FOR THE KINLOSS CHOLENT COOK
OFF?**

**WE ARE LOOKING FOR REPRESENTATIVES FROM
THE FOLLOWING MINYANIM:**

HASHKAMA
MAIN SHUL
MINYAN
PERSIAN
YOUTH

CHILDREN SERVICE PARENTS
SHIRAT-NESHAMA
MINYAN LASHIR

**COMPLETE THE FORM TO ENTER THE RAFFLE FOR
THE CHANCE TO MAKE THE CHOLENT FOR YOUR
MINYAN! SIGN UP IN GROUPS IS WELCOME!**

ENTER AT KINLOSS.ORG.UK/CHOLENT

SING TO WIN

Family Shabbaton - Kinloss Children's Choir (Years 3-6)

During January, the Years 3-6 children services will be learning 'Etz Chaim', with the aim of singing along with the Chazan at the Family Shabbaton (27th Jan), both in the Main Shul and Minyan (roughly 11am/11:15am)

It would be lovely to have as many children as possible join the children's services on Shabbat 6th, 13th and 20th Jan, when they'll be learning the song, so they're ready to join the choir on 27th January.

As well as the incentive of being in the choir, each week your child attends the service in January, they'll be entered in to a raffle prize draw. So if they come for all three weeks, that's three raffle entries! Please email rabbijosh@kinloss.org.uk after each Shabbat to confirm your child's attendance and raffle entry.

If they can't attend for all three weeks, they can practice at home too ...
https://youtu.be/SaCGoqq-NXM?si=ZVixHqmlavTbm5X_

Parsha & Paint Night

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

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

**MUMS & THEIR
DAUGHTERS
IN YEARS 8, 9 & 10**

**TUESDAY, JAN. 16
7:45 PM**

**KYC WOMEN
DRINKS WILL BE
SERVED!**

**TUESDAY, JAN. 30,
8:00 PM**

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





Shemot

9:25am - Breakfast Shmooze in Youth Flat

9:45am - Youth Service - Liora Graham Beit

Midrash

Followed by a Dvar Torah and Kiddush!

KINLOSS YOUTH COMING UP!

Learn2Lead - First session of the first aid course!
- Tuesday 9th January

Barmitzvah Programme - Wednesday 10th
January

Batmitzvah Programme - Wednesday 10th
January



youth@kinloss.org.uk



Kinlossyouth



07827031851

SHABBAT LUNCH IN THE FLAT



*Join your year for Shabbat lunch with
Leora and Harry*

Year 9 - Shabbat 6th January

Sign up for free:

www.kinloss.org.uk/youthlunch

**WANT TO RECEIVE THE
WEEKLY KINLOSS YOUTH
UPDATE?**

**SAVE OUR
CONTACT ON
YOUR PHONE
AND SEND US A
WHATSAPP WITH
YOUR NAME AND
YEAR GROUP**



07827 031 851



**KINLOSS
tribe**



**WOULD YOU LIKE
TO GIVE THE DVAR
TORAH IN THE
YOUTH SERVICE?**

We're looking for girls
and boys, Years 7-13, to
give the Dvar Torah
after the Youth service

**Contact Leora and
Harry to book in
your week**

Will you help by hosting friends for a Seder in your home to celebrate and support Leket?

Tu B'shevat

***Evening of Wednesday
24th January***

The evening will include a Tu B'shevat Seder and an interactive presentation given by Leket Israel and the Israel Ministry of Agriculture. Each group will need to provide red and white wine and access to zoom.

***If you are happy to host,
please email
ket@kinloss.org.uk***

In response to the war, Leket has already purchased:

- 400,000 meals for evacuees & the housebound
 - 5,000 metric tons of produce for those in need & to support farms
- and recruited 25,000 volunteers to help 500 farmers harvest their crops.**

JANUARY 2024 EVENTS



SHUL FOR THE MIND

Is a unique prayer service for people living with dementia and their family carers.

(Professional carers are welcome).

Sunday 7th January 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



CHATS FOR CHAPS & MONDAY MATTERS (women's discussion group)

With Guest Speaker, Giles Dahan

MONDAY 15TH JANUARY 2024
STARTING AT 11:00AM
FOLLOWED BY LUNCH

**FOR CATERING PURPOSES,
IF YOU WOULD LIKE TO ATTEND**

Please call Rochelle on
020 8349 5263

or email kinlosscares@kinloss.org.uk
BY THURSDAY 11TH JANUARY 2024

MONDAY FILM AFTERNOONS

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



The new term of the Kinloss
Junior Table Tennis Club starts on
Thursday 11th January,
5.30pm-7pm for 10 weeks.



Register via
www.kinloss.org.uk/tabletennis

THE NEXT SHABBAT LUNCHEON CLUB WILL BE ON SHABBAT 20 JANUARY 2024



PLEASE RSVP TO ROCHELLE
BY TUESDAY 16TH JANUARY
020 8349 5263

KINLOSSCARES@KINLOSS.ORG.UK



Save The Date!

Sunday 28th January 2024

10:30am - 11:30am

**Tulip Bulb Planting
& Fruit Morning
for Tu Bshevat**

Booking essential:
www.kinloss.org.uk/fruit
(more details to follow)

JANUARY 2024 EVENTS

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

BACK ON TUESDAY 9 JANUARY

Friendship Club

All are welcome!



Tuesdays, 10am-1.30pm

BACK ON TUESDAY 9 JANUARY



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

Call Lucy on 020 8349
5267 for more details

KINLOSS

Jnetics

YOUNG PROFESSIONALS SUPPER QUIZ

SATURDAY 13TH JANUARY 2024

NORTH WEST
LONDON VENUE

🕒 7:30PM

Tickets cost £30pp
or £270 for a table of 10

Purchase yours at
kinloss.org.uk/quiz

(includes a kosher meal and drink)



Raffle tickets will be
available to buy on the night

For more information please
contact us on events@jnetics.org

HOLOCAUST MEMORIAL DAY

Rickett Quadrangle

Middlesex University

The Burroughs Hendon NW4 4BT

Sunday 28 January 2024

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: mayer@barnet.gov.uk

or visit: www.barnet.gov.uk/holocaust

FEBRUARY 2024 EVENTS

KINLOSS cares
about you



**New Training Dates from
United Synagogue Chessed Department**

**Bereavement Befriending Training for
volunteers - 4 sessions**

Bereavement Training

26th February, 4th, 11th & 18th March

19.30-21.30

**Chessed Induction Training for
New general Volunteers – 2 sessions**
19th & 26th February
19.30 – 21.30

**All training will be held online via Zoom.
Each course requires attendance
for all sessions.**

**For further details please contact
Rochelle @ Kinloss Cares:
0208 349 5263/ 07517 577 019**



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

Block of classes until 8th February

BOOKING IS ESSENTIAL THROUGH QR CODE OR
www.kinloss.org.uk/exercise
CALL 020 8349 5267



KINLOSS
BNEI AKIVA

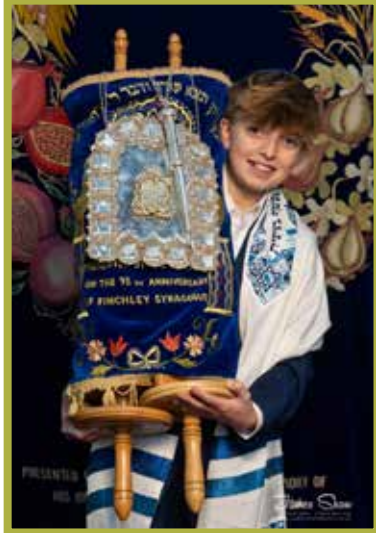
SAVE

23RD/24TH FEBRUARY

2024

**SHABBAT
HA'IRGUN**

DATE



ERIC MARKS

Mazel Tov to Eric on his Bar Mitzvah

Eric has one sibling Gabriella, and he attends UCS School

His hobbies are football, tennis and art

Charity work for the simcha, Eric has participated in the Jewish Care's B'nei Mitzvah Programme and GOSH fun runs

- * Nicola, Dan and Gabriella, along with grandparents Marsha & Dennis, Helena & Victor, would like to wish Eric a huge mazel tov on his Bar Mitzvah.
- * Mazel Tov to Naomi & Mark Nevies on the engagement of their daughter Daniella to Sammy, son of Ben & Elana Maimon (Ra'anana).
- * Mazel Tov to Sharon & Jeremy Kenley on Danielle's forthcoming marriage to Nati Talisman, son of Claudia & Dan Talisman. Mazel Tov to grandparents Shirley & Oliver Kenley, Esther Sherman, David Sherman and Rosalie & Arnold Talisman. Remembering Nati's grandparents, Marion and Leonard Lewis z"l at this happy time.
- * Mazel tov to Ruthie & Jeremy Tankel along with Penina & Ralph Koorlander on the birth of a grandson. A son for Hadas Koorlander & Ben Tankel in Jerusalem. Mazel tov also to great grandfather Leslie Hyman.



Kinloss Banqueting

banqueting@kinloss.org.uk

0208 349 5268

www.kinlossevents.co.uk



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



Kinloss Cares

What can we offer?



- Welfare Phone Support

- Bereavement Support



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

- Advice on communal services

- Shopping



Contact Rochelle

020 8349 5263

kinlosscares@kinloss.org.uk

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



MAZEL TOV TO
THE CHILDREN
IN OUR
COMMUNITY CELEBRATING
THEIR BIRTHDAYS

Raphael Barsam (12)

Raphael Myer (6)

Dylan Golding (12)

Shari Dunitz (9)

KINLOSS EMERGENCY APPEAL



Kinloss are distributing urgent needed equipment for our soldiers in Israel via a charity partner.

Purchase via Amazon wishlist and have the goods delivered to 'Daniel Shababo Am Yisrael Chai'

www.kinloss.org.uk/help

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 for TCM membership

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/>

DAILY MINYAN:

SERVICES (שבת see front page)	Sun 7th 26 Tevet	Mon 8th 27 Tevet	Tues 9th 28 Tevet	Wed 10th 29 Tevet	Rosh Chodesh Thurs 11th 1 Shevat	Fri 12th 2 Shevat
Shacharit 1	8:00am	7:00am	7:00am	7:00am	6:50am followed by breakfast	7:00am
Shacharit 2		8:00am	8:00am Shiur with Rabbi Fine	8:00am Shiur with Rabbi Heller	8:00am Shiur with Rabbi Heller followed by breakfast	8:00am
Sephardi	7:50am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:05pm

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

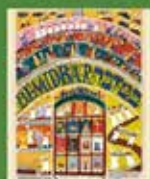
VOLUNTEERS NEEDED

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



**WEEKLY
SHIURIM**
with Rabbi Fine



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

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.

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

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

KINLOSS

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

Shabbat 6 JANUARY

Danielle Amdur	Sister
Alan Lee	Mother
Denise Plant	Father
Jennifer Sosnow	Mother

Sunday 7 JANUARY

David Aminoff	Father
Gabriel Aminoff	Father
Pauline Aminoff	Husband
Ruth Goldman	Father
Gloria Lebetkin	Sister
Helene Levene	Father
Gerald Lucas	Sister
Elaine Oster	Father
Jean Rauch	2nd Husband
Paul Richer	Mother
Simon Winston	Father
Raphael Zarum	Sister

Monday 8 JANUARY

Leon Barnes	Father
Sandra Coleman	Mother
Bernice Kliger	Mother
Warren Levy	Father
Myrna Taylor	Husband

Tuesday 9 JANUARY

Nuri Faiwusiewicz	Mother
Carole Jayson	Brother
Muris Kalatizadeh	Father
Youssef Kalatizadeh	Father
Marian Phillips	Mother
Sandra Wagner	Mother

Wednesday 10 JANUARY

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

Thursday 11 JANUARY

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

Friday 12 JANUARY

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



KINLOSS

Kinloss JAMI Ambassador
is Richard Kafton

Mobile no: 07973 986344

Email: richard.kafton@cedarhfs.co.uk

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



KINLOSS

Reminder:
Kinloss is a nut free zone

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

**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

CONSECRATIONS:

18/01/2024 10:30am in Bushey New in memory of Linda & George Frankl Z"L
21/01/2024 10:30am in Bushey New in memory of Helen Lucas Z"L
11/02/2024 11:00am in Bushey Old in memory of Sarah Aaronson OBE Z"L
22/02/2024 1:30pm (tbc) in Adath Yisroel Cemetery, Silver Street, Cheshunt in memory of Willy Steinberg 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