

12 / 13 JULY 2024

ז' תמוז תשפ"ד

WWW.KINLOSS.ORG.UK

SHABBAT WILL START AT 9:00pm AND TERMINATE AT 10:16pm

Mazel tov to Rachel Stone on her Bat Mitzvah on Friday night and to Mark Marantz on his Bar Mitzvah on Shabbat.

We extend a warm welcome to their family and guests.



Community Candle Lighting is at 7:33pm

FRIDAY NIGHT

7:10pm 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 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 Neil Nachshen
Rabbi Dr Raphael Zarum will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Mark Marantz
Rabbi Dr Raphael Zarum will speak

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

Gillian Marks & Jason Marantz and family invite the community to Kiddush in the Kinloss Suite in honour of Mark's Bar Mitzvah

SHABBAT AFTERNOON

8.00pm Shiur with Rabbi Laitner titled

"Why am I a Jew? Contemporary ideas about Israel in the thought of Rabbi Sacks"
followed at 8.45pm by Mincha

Seuda Shlishit with Arie Bleiberg in the Small Deal Hall
Sponsored by Clare & David Lesser and Heather & Brian Gedalla

10:16pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

In this week's sedra, חקת, we read that after the Jewish people complained that they were tired of the *manna*. As a punishment for their lack of appreciation, G'd sent poisonous snakes which attacked the Jewish people. Moshe prayed to G'd on their behalf, and G'd tells Moshe to make a sculpture of a snake and put it on a pole, and whoever looks at this snake will be healed (Bamidbar 21:6-8). Clearly a copper snake cannot heal, but as the Talmud explains the copper snake was raised on a flagpole. When those bitten looked upwards and connected to their Father in Heaven, they were cured (Rosh Hashanah 29a). Since the healing is obviously via Divine intervention, why the need to look up at a copper snake at all? Moreover, why did G'd tell Moshe to create a snake of all things when it was the reptile that was the source of harm in the first place?

The word Torah comes from the word הוראה, which means instruction. Torah is a guide for life. Every story recorded in Torah is only there for us to learn a lesson from.

The word used here for snake, שרף also means 'burn'. There are physical burns and also emotional burns. We may get burnt or 'poisoned' by destructive, painful or difficult circumstances. The story of the serpent gives us a perspective on how to deal with these 'bites'.

Our intuition tells us that if we are hurt we should run from the source and never look at it again. The Torah tells us that the key to healing is not by fleeing the source of the 'bite' but by looking at it, with one important caveat, we have to look **up**. The snake was on an elevated pole, the word for 'pole' used in this instance is נס. This word also relates to the word נסיון/test. Every difficulty can be seen from the concrete view point (what actually happened) and also the more sublime vantage point – by trying to see its meaning and significance. Painful situations are draining but if we can learn to 'look up', to find the message and meaning hidden within, our challenges contain the seeds for growth and new awareness. We cannot change the facts of a particular trauma we have experienced, but using this new perspective, we can use our experience to become more empathetic towards others going through similar challenges. In this way painful events can inspire awareness and growth.

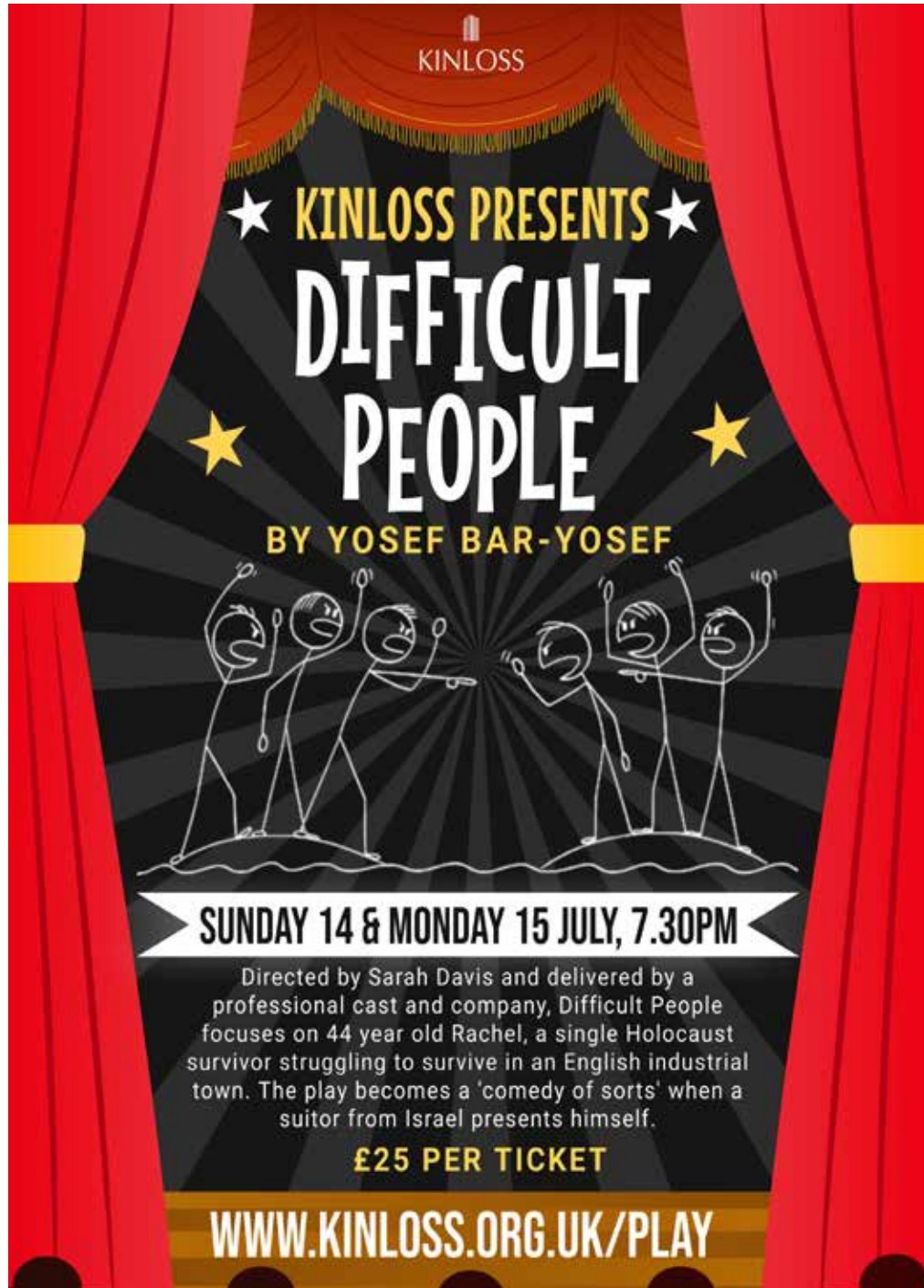
In פרשת וישלח, at the end of the night of wrestling with an angel, Yakov, injured, says to his adversary "I will not let you go until you bless me" (בראשית 32:27). The only reason to hold onto difficult experiences is to 'be blessed by it', to look upwards to find a sense of healing, rather than looking down with despair. The questions themselves then become answers. To be a Jew is to possess the ability to look at every crisis and rather than just getting rid of it, asking why it was put into my life in the first place, how can this struggle elevate me. We will then emerge stronger and more blessed. Our mistakes and our pain have the potential for self-discovery and growth.

The Jewish people in this week's sedra, looked up to G'd, connecting to Him and with this new perspective seeing the snake as a conduit for Hashem's love of us. Of course it hurts, but we can make the choice to look up to G'd for a different perspective. Every test can either crush us or it can elevate us by showing us that we are capable of being a miracle by transforming ourselves. The word for a pole נס, is not only related to נסיון /test but also means a miracle. This does not mean we know the answer to every 'why', nor is it about denying pain. It is about allowing every experience to 'bless us' by making the choice to look 'upwards' and allowing difficulties to propel us to greater heights.

Shabbat Shalom! Good Shabbos! Chazan Eli and Nechama Sufrin

CHUKAT STATISTICS	
MITZVOT:	3 OF THE 613 MITZVOT, ALL POSITIVE
VERSES:	87 (12TH SHORTEST OF THE 54 SIDROT)
WORDS:	1245 (15TH SHORTEST)
LETTERS:	4670 (14TH SHORTEST)

PAGE NO.	SONCINO	HERTZ	ARTSCROLL
SIDRA	898	652	838
HAFTARAH	929	682	1189



YIZKOR BOOKLET 5785 - 2024/25

KINLOSS

During Yizkor, we recite a special memorial prayer for each of our relatives whom we wish to remember, and this is your opportunity to include their names in the Yizkor Booklet.

Letters have been sent out by post.

**IN ORDER TO MEET DEADLINES WITH THE PRINTERS,
WHEN YOU RECEIVED YOUR LETTER, COULD YOU
PLEASE COMPLETE AND RETURN THE FORMS AS SOON AS POSSIBLE,
BUT NO LATER THAN FRIDAY 2ND AUGUST 2024**

If you have not received a letter, or have any queries,
please contact the Shul office on 020 8346 8551
or by email to yizkor@kinloss.org.uk

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



BACK BY
POPULAR
DEMAND!

WATCH THIS
SPACE FOR
MORE PARSHA
& PAINT
NIGHTS!

HORIM V'YELADIM IN 10 MINS!

A PARENT-CHILD LEARNING INITIATIVE

Shabbat 27th July
Large Deal Hall
Available between
11:40 - 12:10

After the Shabbat
services finish,
grab a sheet, learn
together, answer
a question, and win
your treat!



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

For more info, please
speak to Rabbi Josh
07721423316



Kinloss Bat Mitzvah Programme 2024-2025

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
tribe

Chukat

9:25am - Breakfast Shmooze in Youth Flat

9:45am - Youth Service - Liora Graham Beit

Midrash

Followed by Kiddush sponsored by Kinloss Youth!

COMING UP @ KINLOSS YOUTH

LAST YOUTH SERVICE OF THE YEAR!

JOIN US ON SHABBAT 20TH JULY FOR
THE LAST YOUTH SERVICE OF THE YEAR

AND LEORA & HARRY'S LAST EVER
YOUTH SERVICE!

STARTING AT 9:45AM FOLLOWED BY A
BIG KIDDUSH IN THE RABSTEIN ROOM
FOR THE YOUTH!

WE WOULD LOVE TO SEE AS MANY OF
YOU THERE

PAST YOUTH MEMBERS ARE WELCOME
TO JOIN FOR THE SERVICE



youth@kinloss.org.uk



Kinlossyouth



07827031851

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.

13
JUL

ISRAEL



Arie Bleiberg



27
JUL

LONG ISLAND, NY



Rebbetzen Tali
Harris

20
JUL

PERSIA



Tony Namdar



03
AUG

MAGHREB, MOROCCO



Lyn Julius

WHAT WE LOST

Understanding what the destruction
of the Beit Hamikdash means for us

Join Rabbi Josh on Shiva Assar B'Tammuz,
the beginning of the Three Week period of
mourning for the Beit Hamikdash, to
explore the meaning of what it is we are
mourning.

23rd July – 8:15pm



JULY 2024 EVENTS



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

10 week term
July - 18 & 25
August - 1, 8, 15, 22 & 29
September - 5, 12 & 19

BOOKING IS ESSENTIAL

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



Children's Service Leaders Finchley United Synagogue Shabbat Mornings & Yom Tov

Multiple positions available for Children Service Leaders to take services for the 'Age 0 - 4', 'School Year 3 & 4', and 'School Year 5 & 6' services. Commencement of both roles are September 2024.

We are looking to recruit dynamic, enthusiastic and highly talented individuals who would like to make a difference to our children's Shabbat morning experience.

Finchley United Synagogue have over 500 children between the ages of 0 and 13. We educate our children through our stimulating Children Services and programme of events throughout the year.

The ideal candidates must be experienced, dynamic and confident in a children service setting. Being able to work with others and plan effectively is also highly important. These services require a lot of imagination and innovation to excite and enthuse the children.

Full support and training will be provided.

Enhanced DBS check.

Please include your preferences of which age group(s) that you would be interested in taking.

If this job interests you and you would like to apply:

Closing date for receipt of applications - 31st July 2024

We reserve the right to close this vacancy early if we receive sufficient applications for the role. Therefore, if you are interested, please submit your application as early as possible.

To view the job description and apply for this position please log on to our website www.theus.org.uk/vacancies

Registered Charity No. 242552



The Kinloss Art Fair
was filled with an
incredible collection
of artwork last
Sunday, July 7th.



Chai C
The Jew
Ded
Support



In Conversation with Paul Gross *"WHAT YOU SEE FROM HERE, YOU DON'T SEE FROM THERE"*



**TUESDAY 6 AUGUST
8.15PM**

Few outside Israel appreciate the scale of the national trauma caused by the events of 7 October. Israel is not the same country or society as it was on 6 October, and understanding how and why it has changed is critical to understanding why Israeli's view the atrocity - and their country's response - differently to the rest of the world.



Paul Gross writes and lectures on Israeli and global politics. His writing can be found in a number of publications in Israel, the UK, and the US; and he has appeared as a political commentator on Israeli English-language news channels. In the months before 7 October, he was involved in the mass protests against the government, as one of the leaders of the "Olim for Democracy" movement.

Paul moved to Israel from the UK in 2007 after working for the Home Office on legislation tackling religious discrimination, and for the Embassy of Israel in London as the Ambassador's speechwriter. He has a Masters in Middle East Politics from the School of Oriental & African Studies (SOAS).

REGISTER VIA
WWW.KINLOSS.ORG.UK/7OCT

Suggested Donation:
£3 Kinloss Members
£5 Non Members



MARK MARANTZ

Mazel Tov to Mark on his Bar Mitzvah.

Mark has three siblings, Ellie, Ora and Keren, and he attends Immanuel College.

His hobbies are basketball, cycling, guitar and computing.

Mark took part in the Camp Simcha Bar Mitzvah programme which culminated in a sponsored walk to North London hospitals delivering gifts to children in hospital and the staff looking after them.

RACHEL STONE

Mazel Tov to Rachel on her Bat Mitzvah on Friday night

Rachel has two siblings, Zac and Matti, and she attends JCOSS.

Rachel participated in the Camp Simcha Bnei Mitzvah Project which involved sorting all the toys from the Toy Drive ready to be delivered to children in Hospital. She also spent time packing mishloach manot packages for the children and finally joined all the participants on their sponsored walk to the Wittington and Royal Free hospitals to deliver gifts to the children and staff.

* Mazel Tov to Gillian Marks & Jason Marantz, sisters Ellie, Ora and Keren on Mark's Bar Mitzvah. Mazel Tov also to Grandparents Ann & David Marks and Howard Marantz. Remembering Bonnie Marantz z"l at this special time.

* Mazel Tov to Danielle & Danny Stone on the Bat-Mitzvah of Rachel. Mazel Tov to siblings Zac and Matti and Grandparents Edi Kogan and Susy & Maurice Stone. Remembering Marion Kogan z"l at this special time.

* Mazel Tov to Leonie & Mannie Sher on the engagement, in Israel, of their grandson, Nadav, son of Shanan Sher & Sheera Epstein-Sher to Tamar daughter of Gedalyahu & Bityah Klein.



**MAZEL TOV TO
THE CHILDREN
IN OUR
COMMUNITY CELEBRATING
THEIR BIRTHDAYS**

Alice Ezra (9)
Amitai Mindell (3)

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

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 at office@kinloss.org.uk

Kinloss Membership Bills for 2024/2025

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

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

Friendship Club

All are welcome!



Tuesdays, 10am-1.30pm



Call Lucy on 020 8349 5267 for more details

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



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



DAILY MINYAN:

SERVICES (שבת see front page)	Sun 14th 8 Tamuz	Mon 15th 9 Tamuz	Tues 16th 10 Tamuz	Wed 17th 11 Tamuz	Thurs 18th 12 Tamuz	Fri 19th 13 Tamuz
Shacharit 1		7:00am	7:00am	7:00am	7:00am	7:00am
Shacharit 2	8:00am	8:00am	8:00am (No shiur today)	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	7:10pm

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
'Emanah' - 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.



With Rabbi Michael Laitner
Kinloss Beit Hamidrash
13th JULY 2024
Shiur at 8:00pm
Mincha at 8:45pm
Why am I a Jew? Contemporary ideas
about Israel in the thought of Rabbi Sacks
The United Synagogue
KINLOSS

**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

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



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

Shabbat 13 JULY

Marc Burman	Mother
Denise Egnal	Mother
Timothy Frankl	Mother
Martin Sanders	Father
Jeremy Tankel	Father
Martin Woolman	Father

Sunday 14 JULY

Shoshana Baldot	Mother
Abraham Cohen	Father
Rodwin Jackson	Mother
James Levene	Mother
Corinne Mulkis	Father
Raffaello Nemni	Father
Daphne Shoolman	Mother
Michael Shoolman	Mother

Monday 15 JULY

Farzaneh Amini	Brother
Joanne Bennett	Father
Michael Fluss	Mother
Stephen Hart	Father
Geoffrey Herman	Daughter
Irene Herman	Daughter
Clive Rubin	Father
Susan Sperber-Kosky	First Husband

Tuesday 16 JULY

Bernard Goodwin	Wife
Stephen Goodwin	Mother
Susan Rozenthal	Mother

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

Wednesday 17 JULY

Suzanne Clinton-Davis	Mother
Sivi Harounoff	Half Brother
Jane Jaffa	Father
Jacob Kut	Father
Andrew Shiers	Father
Martin Shiers	Father
Linda Tanner	Husband

Thursday 18 JULY

Amos Azizoff	Mother
Marilyn Azizollahoff	Father
Ruth Frenkel	Mother
Henry Garfinkel	Mother
Simon Goulden	Mother
Alfred Young	Sister
Elaine Young	Mother

Friday 19 JULY

Lawrence Freeman	Mother
Robert Harris	Mother
Rosalind Judah	Mother
Norman Rose	Sister
Peter Sheldon	Brother



**Kinloss JAMI Ambassador
is Richard Kafton**



Mobile no: 07973 986344
Email: richard.kafton@cedarhfs.co.uk
<https://jamiuk.org/tipsonmanaginganxiety/>

CONDOLENCES:

* Ruth Goldman, David Aminoff, Gabriel Aminoff and Sivi Harounoff on the passing of their mother and sister Pauline Aminoff z"l

* Rita Gordon, Wendy Kreck, Gary Aidallbery on the passing of their sister and mother Sheila Aidallbery z"l

CONSECRATIONS:

28/07/2024	11:30am in Bushey Old in memory of Brian Hornick z"l
28/07/2024	12:00pm in Bushey Old in memory of Mrs Ruth Fluss 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

