KOL KINLOSS

NEWSLETTER OF FINCHLEY SYNAGOGUE

נשא
NASO

בס״ד

KINLOSS
WWW.KINLOSS.ORG.UK

2 / 3 JUNE 2023

י״ד סיון תשפ״ג

SHABBAT WILL START AT 8:55pm AND TERMINATE AT 10:14pm

Mazel tov to Libby Abeles on her Bat Mitzvah on Friday night and
Sienna Rahimzadeh on her Bat Mitzvah on Shabbat
We extend a warm welcome to all their families and guests

FRIDAY NIGHT

7:00pm Friday Night sing-a-long Minyan in the Liora Graham Beit Midrash

7:30pm Women for Women Kabbalat Shabbat and Maariv in the Large Deal Hall,
Led by Libby Abeles for her Bat Mitzvah

7:30pm Mincha, Kabbalat Shabbat and Ma'ariv in the Main Synagogue

7:15pm Sephardi Mincha, Kabbalat Shabbat & Ma'ariv

SHABBAT MORNING SERVICES

7:45am HASHKAMA in the Liora Graham Beit Midrash

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

9:15am MAIN SERVICE in the Main Synagogue led by Chazan Eli Sufrin
Kriat Hatorah by Rabbi Yisroel Fine
Rabbi Yisroel Fine will address the Bat Mitzvah Sienna

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Carl White
Rabbi Simon Abeles will speak
Kiddush sponsored by Family Abeles

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 Lara Bassalian & 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 Ellie Marantz & Gila Schajer
Yr 5 - Yr 6 - in the Newman Room - run by Ella Frankfurt & Natan Ruback

There will be a Kiddush in the Kinloss Suite after the service

SHABBAT AFTERNOON

9:15pm Mincha followed by Seuda Shelishit with Rabbi Dr Raphael Zarum
in the Kinloss Suite Foyer
titled "Why bless children on Friday night? Answers from Rashi to Archaeology "
Sponsored by Anthony & Barbara Nicholls

10:14pm MA'ARIV & TERMINATION OF SHABBAT in the Liora Graham Beit Midrash

D'var Torah by Tali Harris

Wine: a staple at any good Jewish event! We start off our Shabbat meals with wine, it is a main feature at all Jewish celebrations and is used for many mitzvot.

Yet, in Parshat Naso, we are introduced to the concept of Nazir, someone who takes a temporary vow to abstain from wine, to not cut their hair, nor to come in contact with a dead body, all in an effort to become closer to Hashem. This sort of behaviour seems confusing to us seeing as abstaining from wine could potentially mean missing out on a number of Mitzvot.

Rashi, one of the most prominent Torah commentators, is quick to comment on the behaviour of the Nazir. He explains that the laws of the Nazir are juxtaposed with the laws of the *Isha Sota,* a woman on trial for committing adultery, to explain the rationale behind why someone would take a vow of *Nizirut.* He suggests that seeing the trial of the *Isha Sota* unfold may lead one to conclude that it was wine which cause her to sin. The Nazir's reaction is to thus abstain from wine. Yet, we see that at the end of their period of abstinence, the Nazir must bring a sin offering to Hashem. Could this be suggesting that the conduct of the Nazir is sinful rather than righteous?

The Talmud in Nazir 19a raises this exact question: Is the Nazir regarded as a sinner?
The *Rambam* in *Hilchot Day'ot* establishes an important principle: "The straight path involves discovering the midpoint temperament of each and every trait which man possesses." Essentially, extremism is not a Torah value in the eyes of the Rambam. This is not to say that the *Nazir* is an extremist, after all, his vow is only temporary. Yet perhaps this is to suggest that the conclusion which he was quick to draw was not an accurate one. Yes, wine may lead people to acting in ways they do not intend. No, that does not mean we as Jews must abstain from wine. Rather, we are encouraged to act with nuance and behave in accordance with the Rambam's midpoint principle.

Judaism does indeed place restrictions on us, however, these restrictions are not there to promote abstinence from the physical aspects of life. They are there to show us that everything has a time and place and in the right time and place, such physicalities have the ability to achieve holiness rather than deter from it. The exact item which is used for sin can also be used for *Mitzvot;* to transcend the mundane and create meaning.

The sin of the Nazir is less so in his vows of abstinence and more so in his inability to understand the nuanced view which we are meant to take towards all potentially extreme items.
We as Jews are encouraged to take such items in the world and imbue holiness into them lest they be used for harm.

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

All Welcome

SEUDA SHELISHIT

KINLOSS

A new season at Kinloss - Inspiring Speakers - Great Company - and Food!



Rabbi Dr Raphael Zarum
3 June, 9.15pm



Harris Bor
10 June, 9.20pm



Rabbi Leibish Heller
17 June, 9.25pm



Dayan Eliezer Zobin
24 June, 9.25pm



Gila Sacks
1 July, 9.25pm



Rabbi Aubrey Hersh
8 July, 9.20pm



Joanne Greenaway
15 July, 9.15pm



Shalvie Friedman
22 July, 9.05pm



Rabbi Nicky Liss
29 July, 8.50pm



Rabbi Yisroel Fine
5 August, 8.35pm

Mincha commences 25 minutes before the start of the Seuda each week.

If you are able to help with ***setting up*** the Seuda - if you are happy to ***sponsor*** a Seuda, Please contact the Office - office@kinloss.org.uk - 020 8346 8551

JUNE 2023 EVENTS

LIVE SCULPTURE OF SURVIVOR

EVE KUGLER BEM

BY INTERNATIONAL SCULPTOR FRANCES SEGELMAN



International sculptor Frances Segelman will be sculpting Holocaust survivor Eve Kugler BEM in front of a live audience, as part of her Holocaust survivor series.
Frances has sculpted HM The King.
HM Queen Elizabeth II and HRH Prince Philip.



WEDNESDAY 7TH JUNE, 2023
Finchley Synagogue,
Kinloss Gardens, Finchley N3 3DU
Time: Admission **6.45 pm – 9.45 pm**
Ticket Price: **£10.00**
Refreshments will be served

Book now at
www.kinloss.org.uk/eve

YAD VASHEM
UK FOUNDATION

Frances Segelman SCULPTOR

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Yad Vashem UK Foundation Charity number 1099659
Finchley United Synagogue Charity number 242552

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LUNCH & LEARN

Light lunch included. Free for Kinloss members, £3 for non Members

WEDNESDAY 12.15PM-2PM

Parsha Shiur by Rabbi Vivian Silverman followed by guest speakers





7 June - Simon Goulden



14th June - Rabbi Wollenberg



21st June - Moshe Sampson



28th June - Chava Wulwick



5th July - Rabbi Y Fine



12th July - Rabbi D Fine



JUNE 2023 EVENTS

IN CONVERSATION

between

COLONEL RICHARD KEMP CBE
&
MAJOR (RES.) KEREN HAJIOFF





WEDNESDAY 14TH JUNE, 8PM

Colonel Richard Kemp CBE served in the Army for 29 years. During his final period of military duty, he was head of the international terrorism and Iraq team for the Joint Intelligence Committee and was also Chairman of the COBRA Intelligence Group. In both of these roles he handled all major global terrorist attacks, including those against British interests.

Major (res.) Keren Hajioff grew up in Kinloss and moved to Israel at the age of 19, where she served for 13 years in the Israel Defense Forces. Keren was then appointed Senior Advisor to the last two Israeli Prime Ministers, where she played an instrumental role in shaping Israel's foreign policy and strategic communications. Keren has also worked to revamp the country's Iran strategy, was involved in mediation efforts between Russia and Ukraine, and helped to strengthen regional relationships through the Abraham Accords.

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BOOK VIA
WWW.KINLOSS.ORG.UK/ISRAEL75
£5 Kinloss Members, £7 non Members

StandWithUs UNITED KINGDOM

On Shabbat 10th June, Hashkama will be celebrating its 20th year anniversary.
The service will be followed by a special Kiddush.

Shul for the Mind

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

on Sunday 18th June at 10:45am
in the Small Deal Hall and

Sunday 16th July at 10:45am
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

Shared Reading Group

EVERYONE IS WELCOME BOTH MEN AND WOMEN, EXISTING OR NEW PARTICIPANTS.
THE GROUP READ ALOUD AND WE DISCUSS IT. NO NEED TO PREPARE ANYTHING IN ADVANCE, COME AND HAVE A CUP OF TEA WITH US AND ENJOY THE GROUP.

Tuesday 13th June at 2pm
in The Rabbi's Office at Kinloss

Tea, coffee and biscuits will be provided
and there is a weekly cost of
£3 Kinloss Members and £4 non Members

For more information, please speak to:
Kate Fulton on 07801 911 481 or
kathrynfulton@hotmail.com

JUNE 2023 EVENTS





THE NEXT SHABBAT LUNCHEON CLUB WILL BE ON SHABBAT 17TH JUNE 2023



Please RSVP to Rochelle
by Friday 9th June
020 8349 5263
kinlosscares@kinloss.org.uk

JUNE 2023 EVENTS

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Monday's FILM AFTERNOON

doors open 1.45pm
film starts 2pm



5 June - Zaytoun
Beirut, 1982: a young Palestinian refugee helps an Israeli fighter pilot escape from PLO captivity because he wants to visit his ancestral family home.



12 June - Arranged
When an Orthodox Jew and Muslim woman meet one another, they realise they have a lot in common as they teach at a New York school.



19 June - The Power of One
An English boy, living in Africa during World War II, through his boxing prowess, becomes a symbol of hope, in a time of war.



26 June - Keeping up with The Steins
A 13-year-old boy uses his upcoming bar mitzvah to reconcile the strained relationship between his father and grandfather.



3 July - Merchant of Venice
In 16th century Venice, when a merchant must default on a large loan from an abused Jewish moneylender for a friend with romantic ambitions, the bitterly vengeful creditor demands a gruesome payment instead.

£3 Kinloss Members
£4 non members



KINLOSS

Kids Art Classes

Let your children explore art and their imagination

NEW TERM

SUITABLE FOR PRIMARY SCHOOL CHILDREN

MONDAYS AT 4.30PM-6PM
5, 12 & 19 JUNE
3, 10 & 17 JULY



LIMITED AVAILABILITY
WWW.KINLOSS.ORG.UK/KIDSART



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BETTER
the feel good place





CHAIR BASED EXERCISE CLASS

THURSDAYS at 10.30AM, NEMETNEJAD ROOM

NEW BLOCK OF 8 CLASSES
1st, 15th, 22nd & 29th June
6th, 13th, 20th & 27th July

GLL in partnership with Barnet Council have developed an important project getting Barnet residents 'more active more often'.

Adults 55+ Exercise Classes, rotating equipment each week

- SOFT BALLS
- WEIGHTS
- FITNESS CIRCLES
- STETCH BANDS

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

Kinloss Presents...

THE DISPUTATION

BY HYAM MACCOBY



WEDNESDAY 5TH & THURSDAY 6TH JULY, 7.30PM

The Disputation showcases the dramatic debate of 1263 in the Court of Spanish King James I of Aragon, between Nahmanides, a leading Jewish medieval Philosopher, Kabbalist & Commentator and the Dominican Friar (a converted Jew) Pablo Christiani. The subject of this debate was whether Jesus was the Messiah.

WWW.KINLOSS.ORG.UK/PLAY

£22.50 PER TICKET/ £20 EARLY BIRD DISCOUNT
WHEN BOOKED BEFORE END OF MAY

KINLOSS

JULY 2023 EVENTS



Join us for an evening of Art, Wine & Sushi

Exhibits for sale include paintings, sculptures, Jewellery, Embroidery, Silk, Ceramics, Fused Glass and Photography.

- Free Entrance -

chai cancer care
together we can cope

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MAZEL TOV - מזל טוב



LIBBY ABELES

Mazel Tov to Libby on her Bat Mitzvah

Libby has a brother Elisha and she attends JFS School

Hobbies include horse riding, reading, baking and cuddling her cat, Pudding

For her Bat Mitzvah Libby is volunteering at the Jewish care centre in Golders Green
Commemorating the life of Libinka Grayevski from Narewka Poland who was murdered in the shoah age 9



SIENNA RAHIMZADEH

Mazel Tov to Sienna on her Bat Mitzvah

Sienna has a sister Olivia
and she attends Mill Hill County High School

Her hobbies are acting and has been in various TV shows and was cast in a West End play. She loves singing and has her own shop on Etsy making and selling bracelets, necklaces and earrings

* Mazel Tov to Chavi & Dan and Elisha Abeles on their daughter and sister Libby's Bat Mitzvah. Mazel Tov also to grandparents Sara & Jeremy Phillips, Margi Abeles and remembering Leo Abeles z'l with love at this time.

* Mazel Tov to Joanne & Daniel and Olivia Rahimzadeh on their daughter and sister Sienna's Bat Mitzvah. Mazel Tov also to grandparents Carole & David Hart and Dorie & David Rahimzadeh.

* Mazel Tov to Jean & Barry Zackon on the birth of a great granddaughter, granddaughter to Lady Deborah & Lord Jonathan Kestenbaum. Mazel Tov also to parents Dina & Avishai Kestenbaum

LOST BRIGHT YELLOW COAT:

Unfortunately, somebody has mistakenly taken a bright yellow colour lightweight sports coat/jacket, with a pair of wheelchair gloves in the pockets, after shul on Shabbat 27th May from the coat racks outside the lift on the lower ground floor.

If you have the jacket, could you please return it to the Kinloss Office. It is worn by one of our members who is in a wheelchair so that people can see them when they cross the road, and would like it returned. Thank you!!!!

KINLOSS

MEMORIAL BOARDS

ANNUAL UPDATE 5783 / 5784

We are now offering, for a short time, the opportunity to add your loved ones' names and Yahrzeits to the beautiful new Memorial Boards in the Main Synagogue Foyer.
All names will be in perpetuity.

The price of a single plaque is £850.

Please note : this cannot be Gift Aided or paid by Charity Voucher

Bookings taken until Friday 30th June 2023

For further information please contact the office on 020 8346 8551 / office@kinloss.org.uk

Forms are available from the office - please email office@kinloss.org.uk



WEEKLY SHIURIM WITH RABBI FINE



MONDAY 1.30PM - 2.10PM	THEMES ON SEFER BEMIDBAR ONLINE VIA WWW.KINLOSS.ORG.UK/RABBIFINE Ladies Shiur in conjunction with Emunah
TUESDAY 8AM MINYAN	FOLLOWED BY A SHIUR ON 'SEFER PELE YOETZ – AN ENCYCLOPAEDIA OF JUDAISM'
FRIDAY 10.30AM - 11.10AM	THE KINLOSS DRASHOT OF RABBI ISAAC BERNSTEIN ON THE PARSHA ONLINE VIA WWW.KINLOSS.ORG.UK/RABBIFINE

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Kinloss JAMI Ambassador

We are delighted to announce the appointment of our member **Richard Kafton** as the new JAMI Ambassador to the Kinloss Shul community.

JAMI is the leading organisation supporting mental health in the Jewish community. JAMI supports many hundreds of people each year who are impacted by mental health issues, by providing emotional support and expert advice, enabling those isolated because of their mental distress, to become re-engaged with their family, friends, and community.

JAMI improves mental health understanding for thousands of people through training, seminars, and other educational sessions, by offering professional, people-centred support for those with mental health needs. JAMI equips people with the skills and knowledge to be resilient, inclusive, and better able to deal with mental illness and distress, reducing stigma, and building mutually supportive relationships across the community.

JAMI has never been more needed to deliver life-saving mental health services to meet the increasing demand from adults, students, children, and families in our community.

In his role as JAMI Ambassador, Richard will act as the conduit between our members and JAMI. Any members of our community who themselves or within their families have any mental health issues, are invited to contact Richard for **a confidential discussion** following which Richard will signpost them to the appropriate people at JAMI.

So please feel free to contact Richard on his following points of contact:

Mobile no: 07973 986344

Email: richard.kafton@cedarhfs.co.uk











Membership Bills for 2023/2024

You will have received your new membership bills from Pesach 2023 in the post.
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





The Bridge Club meet on TUESDAY AFTERNOONS, 2PM-4PM in the Persian Synagogue, 2nd floor.
There is a lift should you need it.

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

WE URGENTLY NEED VOLUNTEERS TO JOIN OUR SECURITY ROTAS

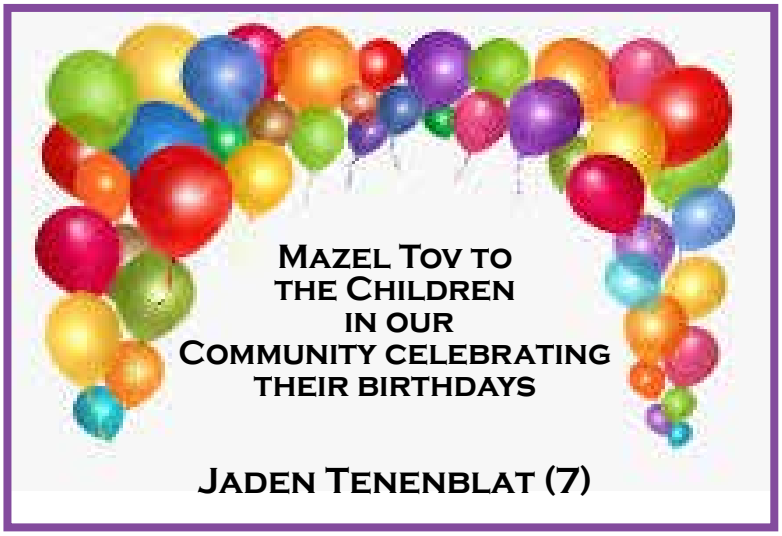
SHUL MEMBERS, PLEASE JOIN OUR SECURITY ROTAS FOR SHIFTS.

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







The CRP Process has changed

There are no longer any online options for collecting points

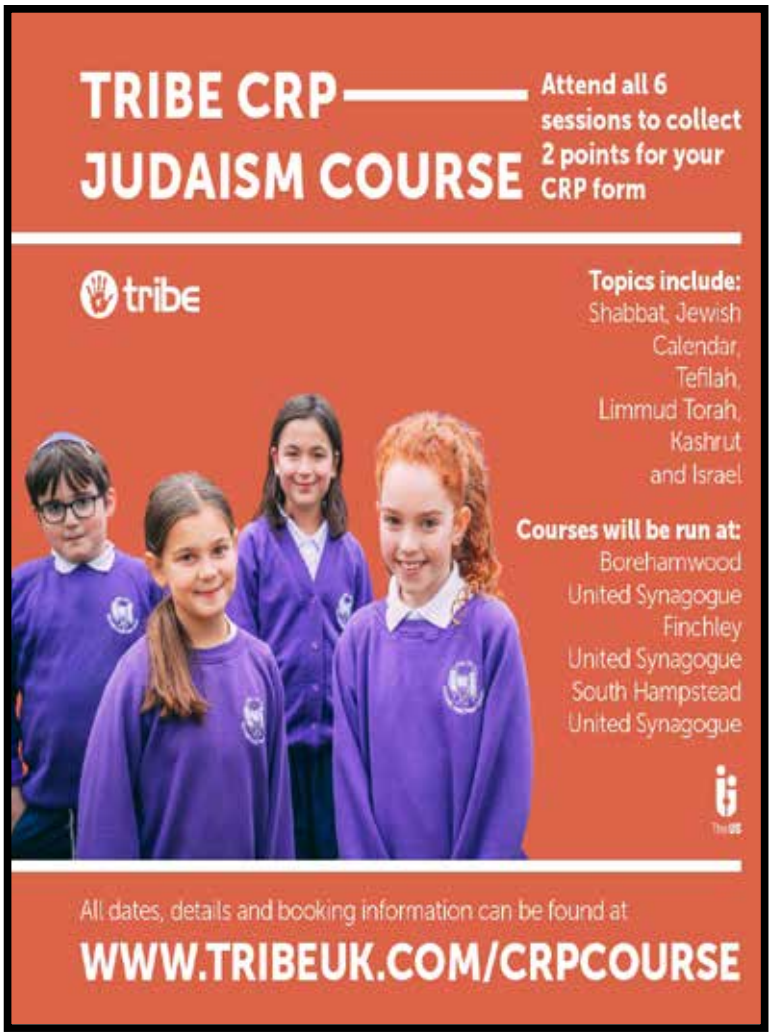
The Tribe course is available to attend in person only

The online Kabbalat Shabbat Services
are no longer an option for collecting points

Friday night can be attended for collecting points
OR Shabbat morning services (ONE TOKEN PER WEEK)

Recording attendance to shuls commences
from 21st April 2023

TO REGISTER PLEASE GO TO :
WWW.KINLOSS.ORG.UK/CRP



Are you able to help on the Welcoming Desk on Shabbat

Please register via www.kinloss.org.uk/welcome

DAILY MINYAN:

SERVICES (שבת see front page)	Sun 4th 15 Sivan	Mon 5th 16 Sivan	Tues 6th 17 Sivan	Wed 7th 18 Sivan	Thur 8th 19 Sivan	Fri 9th 20 Sivan
Shacharit	8:00am	7:00am	7:00am	7:00am	7:00am	7:00am
Shacharit 2		8:00am	8:00am followed by Shiur with Rabbi Fine followed by breakfast	8:00am followed by Shiur with Rabbi Heller followed by breakfast	8:00am followed by a shiur with Rabbi Heller followed by breakfast	8:00am
Sephardi	8:00am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm

Please support the morning Minyanim Services in the Liora Graham Beit Midrash
8:00 am minyan will continue on a Daily basis (First time since Pre Covid)

This week's morning minyan breakfasts are sponsored by
Belinda and Jeremy Mindell
in memory of their grandparents yahrzeits

THE 8am WEEKDAY MORNING MINYAN NEEDS YOU!

4 years ago Kinloss were proud to have two flourishing morning minyanim. Inevitably during Covid we were only able to get the numbers to support one.

6 months ago the 8.00am minyan was re-established, initially just on two days a week, and since Pesach it has been taking place every weekday morning again.

We are fortunate to have a small core of regulars but they can't always attend, due to holidays, appointments, etc., and in the last few weeks we have sometimes struggled to reach a minyan. I hope you agree that this should not be happening in a community of our size.

On Tuesdays, Wednesdays and Thursdays, the service is followed by an excellent short shiur by either R'Fine (Tues) or R'Heller (Wed & Thurs)

The weekday minyanim are there for you when you might need them, so we ask you to please help us and others by agreeing to join a rota and to join us at least once a week.

If you wish to help please speak to
Jeremy Mindell, Leonard Klahr or Shimon in the Shul office 020 8346 8551

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

Shabbat 3 JUNE

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

Sunday 4 JUNE

Richard Beenstock	Mother
Michael Goldman	Father
Alex Hajioff	Father

Monday 5 JUNE

Amos Azizoff	Brother
Pamela Kaye	Father

Tuesday 6 JUNE

NONE

Wednesday 7 JUNE

Janet Gilbert	Father
Bonnie Gold	Father
Arlette Gotkine	Father
Samuel Margolin	Brother

Thursday 8 JUNE

Malcolm Ambrose	Wife
Stephanie Ferster	Father

Friday 9 JUNE

Loretta Adelson	Husband
Albert Bauernfreund	Mother
Elizabeth Cohen	Father
Muriel Krieger	Husband

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

**There will be an אזכרה (Memorial Service) for Paul Greenbaum Z"L on Thursday 8th June at 7pm in the Silver Suite with tributes led by the Chief Rabbi.
This will be followed by Mincha and Ma'ariv at 7.30pm and a L'Chaim.**

CONDOLENCES:

* Brian Gedalla on the passing of his brother Lawrence Gedalla Z"L

* Gemma Dunitz, Robert and Adam Eisen, Frank Eisen, Rose Blitz and Marina Ben-Moshe on the passing of their father and brother Anthony Eisen Z"L

* Birthe Tager, Vivien Friedman and Bettina Solomon on the passing of their husband and father Michael Tager Z"L

CONSECRATIONS:

11/06/23	11:00 in Bushey Old in memory of Vera Bronze Z"L
11/06/23	14:00 in Bushey Old in memory of June Gotkine Z"L
18/06/23	12:30 in Bushey New in memory of Joseph Abrams Z"L
21/06/23	13:30 in Bushey Old in memory of Irene Scott Z"L
02/07/23	14:00 in Bushey Old in memory of Sarita Langdon Z"L
09/07/23	13:30 in Bushey New in memory of Raoul Sobel Z"L
10/07/23	11:30 in Bushey Old in memory of Diane French Z"L
16/07/23	11:00 in Waltham Abbey in memory of Shiela Rose Z"L
16/07/23	12:30 in Bushey New in memory of Ronald Dvorkin Z"L
16/07/23	13:30 in Bushey New in memory of Ronald Rappoport Z"L



FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS

Shimon Gillis, Chief Operations Officer: 020 8349 5264
Safeguarding Officer, Jason Marantz: 02083495262 / safeguarding@kinloss.org.uk
Shul Office: 020 8346 8551
Kinloss Cares: 020 8349 5263