KOL KINLOSS

NEWSLETTER OF FINCHLEY SYNAGOGUE

וַיְחִי
VAYECHI

בס״ד

KINLOSS

WWW.KINLOSS.ORG.UK

29 / 30 DECEMBER 2023 י״ח טבת תשפ״ד

SHABBAT WILL START AT 3:44pm AND TERMINATE AT 4:54pm

We are pleased to welcome Scholar in Residence this week Rabbi Michael Pollack

FRIDAY NIGHT

3:45pm Friday Night Minyan LaShir in the Liora Graham Beit Midrash

3:45pm Mincha, Kabbalat Shabbat and Maariv in the Large Deal Hall followed by Chicken Soup Kiddush

3:30pm 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 Rabbi Heller and Reuben Gorji
Rabbi Heller will speak



9:15am MAIN SERVICE in the Main Synagogue led by Chazan Eli Sufrin
Kriat Hatorah by Robert Owen
Scholar in Residence Rabbi Michael Pollack will speak
titled "The Future of Disapora Communities"

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Dani Schuchman
Scholar in Residence Rabbi Michael Pollack will speak
titled "Having Faith in the Jewish People"

No Youth Service this week - back on 6th January

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
No Yrs 3 - 6 Children's Services this week

There will be no kiddush this week

12:20pm Early Mincha in the Main Synagogue

SHABBAT AFTERNOON

3:45pm Mincha followed by Shiur by Rabbi Michael Pollack titled
"What did Judaism think of Early Christianity?"

4:54pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

This week's newsletter is sponsored in memory of Judith Silver Z"L

In this week's sedra, Vayechi, Yosef brings his two sons, Menashe and Efrayim, to be blessed by their grandfather, Yakov. Yosef takes his oldest son, Menashe and places him on the right side of Yakov and Efrayim on the left, but Yakov crosses his arms, so that his left arm goes to Menashe and his right hand to Efrayim. Yosef wants to move his father's hands back, but Yakov refuses and says, Menashe will be a great nation but his younger brother will greater (Genesis Ch 48). The blessing that Yakov gave his grandchildren, is the blessing parents use for their sons to this day, 'May G-d make you like Efrayim and like Menashe' (48:20). Why did Yakov swap over his hands and what is the significance of this blessing?

A ברכה, blessing, identifies resources that exist in that person, and helps them to access that potential. The word ברכה comes from בריכה, a pool. A pool of water draws together water from its natural source. A ברכה tunes into the persons soul to help them become aware of their potential.

Yosef gave Menashe this name as it means 'G'd made me forget all of my suffering and all of the pain inflicted on me by the home of my father' (Genesis 41:51). Efrayim was named so, 'because Hashem made me fruitful in the land of my suffering'. Yosef's life was full of suffering, at the age of 9 his mother passes away, at the age of 19 he is thrown into a pit by his brothers and sold as a slave, as a salve he is accused of violating his master's wife and thrown into prison for 12 years, there he saved the butler and then the butler forgot him. An ordinary person would have been crushed by these events. Yosef does emerge as the Prime Minister of Egypt, but at a price, separated from his family and alone in the world. You might expect someone who goes through such traumatic experiences to become bitter, depressed or vengeful, and yet, Yosef is always full of compassion and forgiveness. How did he manage to live his life this way, using every challenge as a catalyst for growth? He articulates the mechanism of this way of being in the names of his two children, and this becomes a paradigm for all Jews throughout history.

He names his first son, Menashe. Of course he could not possibly have 'forgotten' all the suffering he went through; however he managed to remove himself from the pain he experienced at the hands of his family. He could have allowed himself to be defined and trapped by the wrongs inflicted on him, but he was able to see that although this was part *of him*, but it was *not him*. He recognises that he went through painful experiences, but does not allow himself live his life in response to events that happened *to him*. He was able to access a sense of self that is always connected to G'd, a sense of optimism, possibility and wholeness that no one can destroy.

He names his second son, Efrayim, meaning 'G'd made me fruitful ***in the land of my poverty***'. His difficult experiences, 'poverty', were a springboard for growth and transformation. He was not only able to 'forget' but also able to look back at the difficult experiences, make peace with them and even see the blessings created in his life as a result. Yakov was teaching us that we can't get to 'Efrayim' (the place of self-discovery and growth) without first going through 'Menashe' (processing painful experiences by recognising the indestructible part of our selves that is 'whole', loved and always connected to G'd). Sometimes the difficult experiences we go through give us a level of self-awareness and empathy for other people's suffering that we might never have had. These are the two stages of our journey, not allowing our past to define us, recognising that we are a part of an endless Source of light, leading to growth which stems from awareness of inner resources and empathy. Through our challenges we can discover the light of אין סוף that we all have, a light that can transform not only ourselves but the world.

Shabbat Shalom! Good Shabbos! Chazan Eli and Nechama

Vayechi Statistics

Mitzvot: None of the 613 mitzvot
Verses: 85 (11th shortest of the 54 Sidrot)
Words: 1158 (11th shortest)
Letters: 4448 (12th shortest)
Today's Haftarah: 12 verses (4th shortest of the 80 Haftarot)
Vayechi is the only Sidra that commences in the middle of a paragraph.

Page No.	Soncino	Hertz	Artscroll
Sidra	296	180	268
Haftarah	315	191	1145

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

KYC KINLOSS YOUNG COMMUNITY

KYC KINLOSS YOUNG COMMUNITY

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

KYC

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=ZVIxHqmIavTbm5X_

Parsha & Paint Night

CREATE BEAUTIFUL ARTWORK INSPIRED BY THOUGHTS ON THE PARSHA WITH REBBETZEN TALI 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

KYC KINLOSS YOUNG COMMUNITY



YOUTH

KINLOSS tribe

We're still here during the winter break!

Feel free to contact us throughout the winter break and check out our Instagram page for exciting events coming up!

07827 031851

KINLOSSYOUTH

YOUTH@KINLOSS.ORG.UK

SHABBAT LUNCH IN THE FLAT

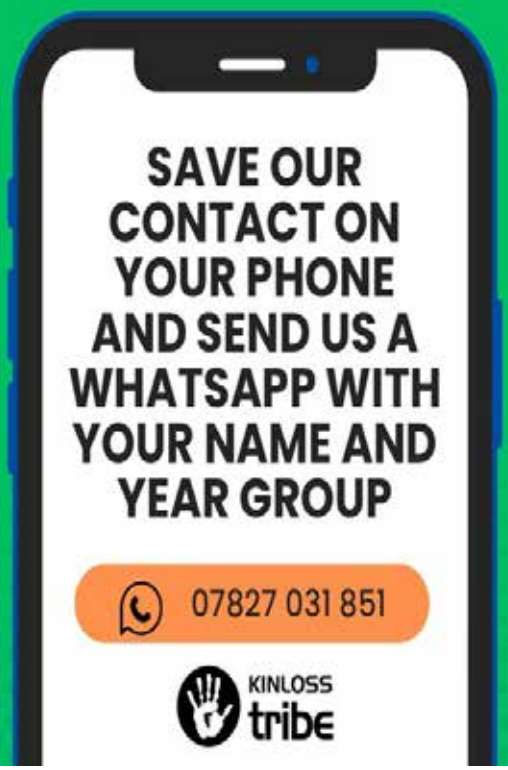


Join your year for Shabbat lunch with Leora and Harry

Year 9 - Shabbat 6th January

Sign up for free:
www.kinloss.org.uk/youthlunch

WANT TO THE RECEIVE THE WEEKLY KINLOSS YOUTH UPDATE?





KINLOSS

SCHOLAR IN RESIDENCE

Rabbi Michael Pollak



Friday 29 - Shabbat 30 DEC

Rabbi Michael Pollak studied at the legendary Hebron Yeshiva in Jerusalem and then earned a degree in Logic and the Philosophy of Science at the London School of Economics. He is a popular teacher and speaker, who is a regular part of the LSJS programme and also gives the Daf Hayomi shiur at Ner Yisrael Synagogue. He established the flourishing Philosophy Department at JFS and now teaches at Menorah Grammar School.

KINLOSS

LET'S TALK ABOUT

ISRAEL

3 PROMINENT VOICES DISCUSS THE STATE OF THE WORLD POST OCTOBER 7th



BRENDAN O'NEILL
Political Writer & Author



BLAKE EZRA
Story Teller



JONNY DANIELS
From The Depths

January 4th, 2023 **7:30 - 10:00pm**

Join us for a thought provoking in-person event where we'll dive deep into how we can be proactive in supporting Israel and combating rising antisemitism.
Jonny Daniels will share the facts of what is really happening on the ground in the Middle East.
Blake Ezra will cover the emotive Jewish perspective on recent world events.
Brendan O'Neill will share perpective from the world of politics and media.
We are delighted to welcome our expert panel to host a live Q&A session.

REGISTER NOW | CHALLENGEHATE@OUTLOOK.COM

NW London Location - £20 entry - proceeds to FromTheDepths.org

MAZEL TOV - מזל טוב

* Mazel Tov to Eugenia & Dr Colin Melnick on the birth of a great grandson, son to Gabi & David Gould. Mazel Tov also to grandparents Lara & Alan Steuer and Maurice & Della Gould, great grandson also to Sonja Steuer and to Beryl & Harold Deacon.







Kinloss Banqueting

banqueting@kinloss.org.uk

0208 349 5268

www.kinlossevents.co.uk

kinloss.banqueting







JANUARY 2024 EVENTS



KINLOSS | Leket Israel The National Food Bank

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

Tu Bishvat

Evening of Wednesday 24th January

The evening will include a Tu Bishevat 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.

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**

@jneticsUK | @KinlossUS

Jnetics Reg charity no. 1134935

KINLOSS

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: **mayor@barnet.gov.uk**
or visit: **www.barnet.gov.uk/holocaust**

BARNET LONDON BOROUGH

JANUARY 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

Block of classes include December – 7th, 14th, 21st & 28th
January – 4th, 11th, 18th & 28th
February – 1st & 8th

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

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

KINLOSS cares
about you

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

KINLOSS

KINLOSS cares
about you

KINLOSS

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

KINLOSS

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



No Club on 26th December and 2nd January

ALL WELCOME - FOR MORE INFORMATION
WWW.KINLOSS.ORG.UK/BRIDGE



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

2024 EVENTS

BNEI AKIVA

KINLOSS
BNEI AKIVA

SAVE

THE

23RD/24TH FEBRUARY

2024

SHABBAT HA'IRGUN

DATE



KINLOSS cares about you

The United Synagogue

New Training Dates from United Synagogue Chesed Department

Bereavement Befriending Training for volunteers - 4 sessions
Bereavement Training
26th February, 4th, 11th & 18th March
19.30-21.30

Chesed 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

The Kinloss Office

will be closed on Bank Holiday Monday 1 January 2024
Normal working hours all other days

In case of emergency, please call 020 8346 8551
and leave a message or email office@kinloss.org.uk
Messages will be checked regularly on non-Shabbat days

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



MAZEL TOV TO THE CHILDREN IN OUR COMMUNITY CELEBRATING THEIR BIRTHDAYS

Thea Last (8)
Maya Aminoff (5)
Benjamin Swerdlow (4)
Poppy Cowen (5)
Benjamin Weitzman (6)
Oren Staub (12)
Carmelle Jesner (7)



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

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

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

DAILY MINYAN:

SERVICES (שבת see front page)	Sun 31st 19 Tevet	Bank Holiday Mon 1st 20 Tevet	Tues 2nd 21 Tevet	Wed 3rd 22 Tevet	Thurs 4th 23 Tevet	Fri 5th 24 Tevet
Shacharit 1			7:00am	7:00am	7:00am	7:00am
Shacharit 2	8:00am	8:00am	8:00am	8:00am Shiur with Rabbi Heller	8:00am Shiur with Rabbi Heller	8:00am
Sephardi	7:50am	7:50am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	3:45pm	3:45pm	3:45pm	3:45pm	3:45pm	3:50pm

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

Rabbi Fine's Shiur will not be taking place until Friday 5th January.

Rabbi Heller's Shiur will continue on Wednesday and Thursday mornings at 8am





MONDAY 1.30pm

Ladies' Zoom Shiur in conjunction with 'Emunah' - 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.

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

KINLOSS

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

Shabbat 30 DECEMBER

Thomas Boltman	Father
Fiona Bor	Mother
Laurence Cohen	Mother
Jonathan Field	Father
Philip Mayer	Father
Linda Sharpe	Mother
Josepha White	Mother
Michael Zabaroff	Father

Sunday 31 DECEMBER

Ian Addleson	Father
David Grant	Father
Helena Hart	Father
Martin Landsman	Father
Jarvis Lebetkin	1st Wife
Paul Tuhrim	Father

Monday 1 JANUARY

Marcia Bloom	Son
Peter Bloom	Son
Shirley Bowles	Mother
Lucy Furman	Father
Leslie Kaye	Father
Joseph Sassoon	Mother
Kelly Worth	Husband

Tuesday 2 JANUARY

Simon Eisenberg	Wife
Rachel Hajioff	Father
Harvey Plant	Mother
Karen Waters	Mother

Wednesday 3 JANUARY

Ian Addleson	Mother
Irene Alizade	Father
David Grant	Mother
Michael Grunberg	Mother
Stephen Pincus	Brother
Jonathan Rutland	Sister
Vikki Shields	Sister
Michael Young	Mother

Thursday 4 JANUARY

Leon Meyer	Father
David Seres	Mother
Yaffa Toubian	Father
Paul Vegoda	Father
Aviva Vyner	Father
Rose Young	Husband 1st

Friday 5 JANUARY

Harvey Plant	Brother
Liz Stoll	Mother
Adrienne Sussman	Sister

CONDOLENCES:



KINLOSS

Kinloss JAMI Ambassador is Richard Kafton
Mobile no: 07973 986344
Email: richard.kafton@cedarhfs.co.uk
https://jamiuk.org/tipsonmanaginganxiety/

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

Would you like to sponsor a Kiddush in the Minyan on Shabbat? Please sign up via:

www.kinloss.org.uk/minyankiddush

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