KOL KINLOSS

NEWSLETTER OF FINCHLEY SYNAGOGUE

מקץ
MIKEITZ

בס״ד
KINLOSS
WWW.KINLOSS.ORG.UK

15 / 16 DECEMBER 2023 דִ טבת תשפ״ד

SHABBAT WILL START AT 3:36pm AND TERMINATE AT 4:46pm

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

FRIDAY NIGHT

3:40pm Friday Night Minyan LaShir in the Liora Graham Beit Midrash

3:40pm Mincha, Kabbalat Shabbat and Maariv in the Large Deal Hall

3:25pm 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 Jake Joseph
Rabbi Michael Laitner will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Robert Owen
Rimona Weil will speak
Kiddush sponsored by Miriam & Marcel Schajer

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

Luci and Oliver Joseph invite the congregation to join them for kiddush to celebrate their son Jake's Bar Mitzvah

followed by
12:20pm Early Mincha in the Main Synagogue

SHABBAT AFTERNOON

3:35pm Mincha followed by Shiur by Rabbi Josh Harris titled
"Hostage Exchanges"

4:46pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

More Than Just A Name – Rabbi Josh Harris

It's always interesting to explore the meanings behind different names in Tanach. In particular, the Torah details for us the thought process behind many of the names given in Sefer Bereishit, which are clearly a combination of deep thought and divine providence. It's Yosef's turn in this week's Parsha to name his two sons. He calls the older one Menashe for, "G-d has made me forget (Nashani) all my hardships and all my father's household." The younger son he calls Ephraim for, "G-d has made me fruitful (Hifrani) in the land of my suffering."

Each of these names appear to represent a different force in Am Yisrael. Menashe is the force of סור מרע – "Turn from evil", paying tribute to Yosef's ability to turn away from his hardships and the negativity surrounding his life. Ephraim, on the other hand, is the force of עשה טוב – "Do good", paying tribute to the positive; the blessings that God had bestowed upon him. These two forces are formalised by King David in Tehillim (35:15) as a response to the question "Who is the man who is eager for life, who desires years of good fortune?" Part of the answer is סור מרע ועשה טוב – "One who turns away from evil and does good." This formulation has set a paradigm for the behaviour of Jews for generations. Our mission is twofold: turn from evil, and do good.

However, the question is, what comes first? Menashe or Ephraim? Turning from evil or doing good? Interestingly, Yosef names his firstborn Menashe (representing the turning from evil) suggesting that for a person to succeed, they must first turn away from evil and only then focus on doing good. This appears appropriate for the context Yosef had lived his life in. Finding himself in the middle of Egypt, a land steeped in immorality, corruption, and idol worship, he first needed to make himself immune to the negative influences around him before he was able to focus on stage two: doing good.

In Parshat Vayechi, when Yaakov is blessing his grandsons, he famously puts Ephraim before Menashe. Yosef immediately challenges his father. Perhaps we can suggest that Yaakov was sending out a message to future exiles. While Yosef might have been correct in his situation to put Menashe before Ephraim, to first focus on "turning from evil" and then focus on "doing good", that might not be the blueprint for all future generations who find themselves in exile. Often, it's important to ensure we are doing good, acting with positivity, and filling the world with Hashem's light, even if we haven't yet finished turning away from the evil, blocking out all negativity and bad influences. It's a fine balance that each person must determine for themselves the right balance for them. It's imperative to make sure we are not pressured by the evil, but it's also imperative to make sure that we are constantly finding ways to do good. Yosef and Yaakov teach us that to succeed in exile and to emerge unscathed on the other side, these two forces are the essential tools. We must deal with the following problem though: it's possible to do good while still being influenced by evil or to be totally immune from evil while still not actively pursuing good. Therefore, the secret to using these two forces correctly is knowing how to balance them.

MIKEITZ STATISTICS
Mitzvot: None of the 613 mitzvot
Verses: 146 (8th longest of the 54 Sidrot of the Torah)
Words: 2022 (3rd longest)
Letters: 7914 (2nd longest)
Today's Haftarah:20 verses (slightly shorter than average)

Page No	Soncino	Hertz	Artscroll
Sidra	252	155	222
SHEVI'I	944	695	890
MAFTIR	830	599	768
Haftarah	857	987	1210

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

Highlights from the Bat Mitzvah Programme Challah Bake!







Join our new whatsapp group to receive info on our latest events and learning programmes, divrei torah for Shabbat and other exciting updates and resources!

Rabbi Josh and Tali Harris

Use the link to join or the QR code
kinloss.org.uk/kyc

KYC KINLOSS YOUNG COMMUNITY

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

Mikeitz
9:25am - Breakfast Shmooze in Youth Flat
9:45am - Youth Service - Liora Graham Beit Midrash
Followed by a Dvar Torah and Kugel and Cholent Kiddush!

KINLOSS YOUTH LAST WEEK

At Learn2Lead we had the Chanukah Special, competing in challenges as teams!





youth@kinloss.org.uk
Kinlossyouth
07827031851

SHABBAT LUNCH IN THE FLAT

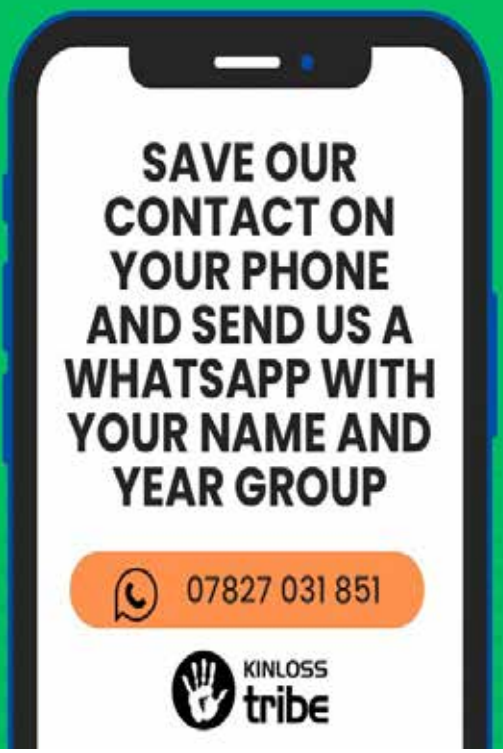


Join your year for Shabbat lunch with Leora and Harry

Year 9 - Shabbat 6th January

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

WANT TO THE RECEIVE THE WEEKLY KINLOSS YOUTH UPDATE?





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KYC
KINLOSS YOUNG COMMUNITY

Kinloss Friday Nights

PARSHAT MIKEITZ - FRIDAY 15TH DECEMBER

Main Service	Minyan LaShir	Sephardi
Mincha followed by Kabbalat Shabbat	Pre Mincha L'chaim! Mincha followed by sing-a-long Kabbalat Shabbat	Mincha followed by Kabbalat Shabbat
3:40pm Large Deal Hall	3:40pm Beit Midrash	3:25pm Sephardi Shul

Followed by a CHICKEN SOUP Kiddush and a 3-minute Parsha thought in the Small Deal Hall!
This week's Kiddush has kindly been anonymously sponsored



WE ARE LOOKING FOR 2 VOLUNTEERS TO SET UP AND CLEAR AWAY THE FRIDAY NIGHT KIDDUSH WEEKLY. PLEASE SIGN UP FOR A WEEK VIA WWW.KINLOSS.ORG.UK/FRIDAY

IF YOU ARE INTERESTED IN SPONSORING THE FRIDAY NIGHT KIDDUSH, PLEASE SPEAK TO SHIMON IN THE OFFICE

The Big Israel Questions

A Shabbat afternoon series exploring what the Torah teaches us about...

16th Dec

Hostage Exchanges

Mincha at 3:35, followed by Shiur at 4:00

23rd Dec

Civilians During Wartime

Mincha at 3:40, followed by Shiur at 4:00





Shiurim given by Rabbi Josh Harris

KINLOSS

MAZEL TOV - מזל טוב



JAKE JOSEPH

Mazel Tov to Jake on his Bar Mitzvah

Jake has three siblings Sammy, Jonah and Zak
and he attends JFS

He enjoys playing football and supporting Spurs and is very interested in food, cooking and watching cooking programmes

As part of his charity work he is hoping to collect toiletries to send to needy families in Israel with his friend Sammy Nyman, which he will do in January, via MyIsrael

* Mazel Tov to Luci, Oliver, Sammy, Jonah and Zak Joseph on Jake's Bar Mitzvah. Mazel Tov to grandparents Peter & Lynette Joseph, Sheli & Gregory Abrams and Great Grandma Rita.

* Mazel Tov to Mandy & Tony Namdar on the engagement of their daughter Eva to Dov Solomon, son of Alison & Jonothan Solomon. Mazel Tov to grandparents Mahin Hakimian, Parviz Namdar, Maureen and Maurice Nieberg.

* Mazel Tov to Michaela & Joshua Ross on the birth of a baby boy. Mazel Tov to grandparents Susana Ross Cohen & Nabeel Cohen, Helena & Martyn Krantz, great-grandparents Susan & Leo Wiener and families.

* Mazel Tov to Sara & Simon Renshaw on the birth of a son, a brother to Ilan & Tali. Mazel tov also to grandparents Linda & Jonathan Renshaw and Ros Gerrard and great-grandmother Betty Renshaw. Remembering with much love Ian Gerrard Z"L at this happy time.



DECEMBER 2023 EVENTS

KINLOSS

KINLOSS cares about you

CHATS FOR CHAPS & MONDAY MATTERS

(women's discussion group)

With Guest Speaker, Paul Mann, Investment Partner of the Credo Group

MONDAY 18TH DECEMBER 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 14TH DECEMBER 2023

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

Friendship Club

All are welcome!



Tuesdays, 10am-1.30pm



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

Call Lucy on 020 8349 5267 for more details

No Club on 26th December and 2nd January

KINLOSS

KINLOSS BETTER the feel good place



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 & 25th
February – 1st & 8th

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

MONDAY FILM AFTERNOONS

18 DEC

Goodbye, Children - Au revoir les enfants (1987)

Based on the actions of Père Jacques, a French Priest and Headmaster who attempted to shelter Jewish children during the Holocaust.



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

DECEMBER 2023 EVENTS

Kinloss Cares Chanukah Tea on Wednesday 13th December
Thank you to the Kinloss Volunteers for making this another successful party:
Lucy Furman, Sarah Hershman, Sharon Portner, Jenny & Jehuda Sosnow, Irene Herman, Judy Berman, Sima Rosen, Clare Lesser, Leonard & Pam Silver, Lisa Harrison, Ruth Warrens, Julia Sherrard and Dorothy Sadlik













2024 EVENTS

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

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

BNEI AKIVA UNITED KINGDOM

KINLOSS BNEI AKIVA

SAVE

THE

23RD/24TH FEBRUARY

2024

SHABBAT HA'IRGUN

DATE

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

Isaac Bataller (7)
Jake Goodman (7)
Tamara Hoddes (8)

Would you like to sponsor a Kiddush in the Minyan on Shabbat? Please sign up via: www.kinloss.org.uk/minyankiddush



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 17th 5 Tevet	Mon 18th 6 Tevet	Tues 19th 7 Tevet	Wed 20th 8 Tevet	Thurs 21st 9 Tevet	Fast of Tevet Fri 22nd 10 Tevet Fast begins 6:14am Fast Ends 4:42pm
Shacharit	8:00am	7:00am	7:00am	7:00am	7:00am	6:50am
Shacharit 2		8:00am	8:00am Shiur with Rabbi Fine	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	3:45pm	3:45pm	3:45pm	3:45pm	3:45pm	3:20pm

Please support the morning Minyanim Services in the Liora Graham Beit Midrash
8:00am minyan will continue on a Daily basis.



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

Shabbat 16 DECEMBER

Claire Harris	Mother
Alfred Poser	Wife
Bijan Rahimzadeh	Father
Leonard Silver	Mother

Sunday 17 DECEMBER

Cynthia Bengen	Father
Barbara Bleiberg	Mother
Valerie Boon	Daughter
Carol Cantor	Mother
David Davis	Mother
Henrietta Fearnley	Father
Jocelyn Geffner	Father
David Gershinson	Wife
Gloria Greenman	Husband
Marion Joseph	Mother
Alfred Murray	Brother
Rowena Rosenberg	Brother
Michelle Watson	Father

Monday 18 DECEMBER

Pauline Aminoff	Brother
Barbara Edwards	Sister
Sivi Harounoff	Brother
Susan Rozenthal	Father
Tanya Summers	Mother
Richard Woolfson	Mother

Tuesday 19 DECEMBER

Judith Berman	Father
Ivan Burland	Mother
Philip Elias	Sister
Geoffrey Herman	Father
Vivienne Muhlgay	Father
Alan Tinger	Father

Wednesday 20 DECEMBER

Joachim Frank	Mother

Thursday 21 DECEMBER

Louis Abraham	Mother
Sheila Aidallbery	Husband
Pauline Harris	Sister
Walter Muhlgay	Mother
Pnina Ravid	Husband
Michael Sperling	Son

Friday 22 DECEMBER

Michelle Ambalo	Husband
James Levene	Father
Danny Nassimi	Mother
Russell Shaw	Mother



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

CONSECRATIONS:

11/02/2024 11:00 in Bushey Old in memory of Sarah Aaronson OBE 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