



*Shabbat commences at 4:35pm and terminates at 5:41pm
Mincha/Kabbalat Shabbat at 4:35pm*

Mevarachim Hachodesh

**Mazel tov to Ollie Goldberg on her Bat Mitzvah.
We extend a warm welcome to her family and guests.**

**Following the Services there will be a Kiddush
in the Kinloss Suite sponsored by
Eliza and Zvi Goldberg
to celebrate Ollie's Bat Mitzvah**

SHABBAT LEARNING AT KINLOSS

Friday night

**4:35pm: Mincha and Kabbalat Shabbat followed by
Chicken Soup Kiddush**

Shabbat Morning

8:30am: Sephardi Synagogue
Talmud Tractate Pesachim by Rabbi Heller

8:45am: Maimonides: Laws of Pesach
by Rabbi Dr Raphael Zarum in Nissan and Rifca Deal Hall

8:30am: Youth Breakfast Banter
Breakfast & Parasha Shiur Benchers Cafe with Barry Colman

10:15am Leining Squad for Yr 6
in the Kinloss Suite Foyer

No Study Group with Rabbi Laitner

Food for Thought with Rachel Pine
will not be taking place this week

12:35pm Early Mincha in the Main Synagogue

Shabbat Afternoon

3:30 - 5:00pm Bnei Akiva

**4:35pm : Mincha followed by
Shiur by Rabbi Lawrence titled
"Stem cell meaty cheeseburgers?"**

5:41pm : Ma'ariv

**7:00pm Daf Yomi Shiur offsite.
For more details call Moishe on 07521 149 764.**

SHABBAT AT KINLOSS

HASHKAMA 7:45am

*in the Liora Graham Beit Hamidrash,
followed by Kiddush and a short
shiur.*

MAIN SYNAGOGUE 9:15am

*led by Chazan Eli Sufrin. Kriat
Hatorah by Leslie Rottenberg.
Rabbi Lawrence will speak.*

THE MINYAN 9:15am

*in the Nissan and Rifca Deal Halls.
Kriat Hatorah by Michael Fluss.
Rabbi Lawrence will address the
Bat Mitzvah. Kiddush sponsored
by friends of Family Yona.*

SEPHARDI SERVICE 9:00am

*in the Sephardi Synagogue, led by
Rabbi Heller and Reuben Gorji.*

YOUTH SERVICE 9:00am

*will be going to support the Minyan
in Rubens House Care Home. Meet
outside Youth Flat at 9:00am and
passing Parkway Bakery at 9:15am*

KIDS' MINYAN 10:45am

*with
Nathaniel Carlebach in the
Marilyn Newman Room*

This week’s Parsha is Parshat Mishpatim, which follows on from the Ten Commandments and introduces quite a large body of legislation which covers everything from murder & manslaughter, negligence & responsibility, people sold into slavery to pay their debts, core principles of the judicial system and an introduction to our Jewish festivals.

When someone is injured, the Torah prescribes five types of compensation that must be paid. These are 1) depreciation for the damage that has been caused, 2) compensation for the pain, 3) treatment, 4) loss of time or earnings and 5) degradation or embarrassment. The Talmud goes on to elaborate the sophisticated means by which the values for each of these is computed.

The expression that is used by the Parsha to establish responsibility for treatment is Shemot 21:8 וְרָפָא יְרָפָא “Verapo yerapeh” which can be translated as, “and he paid for his complete cure” or “and make him thoroughly healed.”

From this come two very significant ideas which we quite possibly take for granted in today’s society.

A couple of weeks ago in Parshat Beshallach, Hashem had stated (Shemot 15:21) כִּי אֲנִי ה' רֹפֵאֶךָ “ki ani Hashem Rofecha”, for I am Hashem, your healer. We may have thought from this that medicine was Hashem’s exclusive domain. We may have imagined that *all* healing was only in his hands and that it would have been inappropriate or even heretical for us to interfere with healing. There are cultures that believe that all suffering and illness is Hashem’s will so that if you become injured or ill, the only appropriate remedy is through prayer.

Our Parsha teaches that from a Jewish perspective this is *not* the case. The verse, “Verapo yerapeh” immediately gives doctors the licence to practise medicine. Moreover, in as much as Hashem admits for doctors to heal, there is an implicit invitation for medical expertise and opening for medical knowledge, scientific and study. “Verapo yerapeh” This simple phrase underpins an important argument in debating how far we are able to progress in all manner of research.

The second significant idea from “Verapo Yerapeh” is that a fee for healing is billable. Of course, we take that for granted today. It is, however, noteworthy that the Torah doesn’t make the assumption that it is such a mitzvah to make people better that no-one should dream of charging for medical services! Of course, *it* is a mitzvah! Nonetheless, those who service and maintain the living *are* entitled to make a living!

In the Mishna we read that King Hezekiah concealed an important tome known as *The Book of Remedies*. Given that it was hidden, we don’t know exactly what it contained. According to one opinion it was a volume of medical wisdom. According to another, it contained charms, incantations and potions which would enable speedy recovery from any condition. Assuming that this was the case, the Mishna praises King Hezekiah. If as soon as you are ill, you simply apply a magical remedy, you never stop to reflect upon the fragility of your body, the responsibility to look after yourself... and for sure, you would never dream of praying for Hashem’s assistance at all.

Even though we are told to entrust medical matters to doctors, we still believe that they are partners and not solely responsible in the healing process. Ultimately, Hashem is our healer and not everything is in human hands. We reinforce this idea when we perform the mitzvah of *Bikkur Cholim* or visiting the sick. The mitzvah is not completed if we simply turn up in their room with chicken soup or grapes and we wish the patient better. To perform the mitzvah of *Bikkur Cholim* one must wish the patient that Hashem grant him or her a speedy recovery.

In it that way we bring a spiritual dimension into the simplest of kindnesses that we perform. We turn kindness into godliness, and we act in the image of Hashem.

To all of our members and friends who are in hospital or undergoing treatment this week, may Hashem grant you a *refuah shalema betoch shaar cholei Yisrael*, a speedy and complete recovery.

Shabbat Shalom.

Mishpatim Statistics

Mitzvot: 53 of the 613 Mitzvot; 23 positive and 30 negative

Verses: 118 (22nd longest of the 54 Sidrot)

Words: 1462 (31st longest)

Letters: 5313 (37th longest)

Haftarah: 17 verses

The verses of Mishpatim are amongst the shortest in the Torah.

Only Ki Tetze, Emor and Re'eh (in that order) have more Mitzvot than Mishpatim. 40% of the 613 Mitzvot are in these 4 Sidrot!

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	471	306	416
Maftir	540	352	484
Haftarah	497	323	1156

Ostrava and its Jews

It was a treat to interview Dr David Lawson on his book **“Ostrava and its Jews”**.

A member of the Kingston and Surbiton Jewish community, David had been interested to learn that one of their Sifrei Torah had come from Czechoslovakia after the Shoah. He identified the scroll and began to research its provenance. Its journey had begun in Ostrava, an Austro-Hungarian town which had grown from relative insignificance where Silesia meets Moravia into a busy industrial hub with a vibrant and prominent Jewish population. The work led him to study the local history and trace the survivors and their families around the world, who he has put back in touch as their stories and memories shared.

Ostrava was the birthplace of Sigmund Freud (1865), whose father was a textile merchant there. Freud's Brit Mila was performed by Simon Frankl, the local innkeeper who was remembered by the community as “self-opinionated, arrogant and domineering.” The first shul had opened in the upper room of his brewery and he had played a large and schismatic part in the establishment and development of the formal Jewish community.

In 1932, it was the centre of the Czechoslovak Zionist organisation. A young Teddy Kollek, later Mayor of Jerusalem was the Zionist Shaliach there and starred as Mordechai in the annual *Purimspiel*.

The Germans invaded on 14 March 1939 and did not hold back from an immediate assault on the Jewish community. Records indicate that at least one of the fires which destroyed the beautiful synagogues was actually set by the local fire service, which opened the doors and windows when the flames were going out in order that it burn longer and harder.

On 17 October 1939, 901 Jews were rounded up on Eichmann's direct orders and transported to Nisko with building supplies, where they were instructed by him, “about seven or 8 km from here, across the river San, the Fuhrer of the Jews has promised a new homeland. There are no apartments and new houses – if you build your homes you will have a roof over your head. The wells are full of epidemics, there is cholera and dysentery and typhus. If you dig for water, you'll have water.” The Jews were marched over a pontoon bridge to Zarczecze start building. They later had to dismantle their camp, as the German army had other plans for the land. This was the first experiment in resettlement

and would later form the model for Eichmann's Wansee proposals for the Final Solution.

The book is rich with anecdotes and David Lawson tells his story with a passion. The inspiration that he



has garnered from meeting with Ostrava's survivors is infectious. He has helped turned history and disparate memories into a living community. Significantly, also, having met with the men and women who live in Ostrava today and who acknowledge how much of the vibrancy of the town is lost, he has drawn from the locals a frank admission that they miss their Jews and the contribution they made to professional, industrial and cultural life.

“Ostrava and its Jews” is published by Vallentine Mitchell.

Please join us next **Shabbat (8th & 9th February)** in welcoming our scholar in residence **Rabbi Jonathan Ziring**, an inspiring young scholar whose articles on the parasha and shiurim on a variety of issues are being received with much acclaim. He will be addressing us on Friday night and Shabbat morning as well as giving a Shabbat afternoon shiur on, **“It's a Small World After All - Halacha in the Age of Social Media.”** All are welcome.

On **Monday evening 11th February**, we are hosting **“Dreams of a Nation”**, a live musical performance with historical narration; uplifting images, inspiring music and powerful words. I have heard only outstanding feedback on Chazzan Jonny Turgel's singing and Rabbi Andrew Shaw's presentation of our journey. Please do support and enjoy a wonderful event.

On **Wednesday evening 20th February**, **Kate Fulton** will be hosting a **book soiree** on **“Somebody I Used to Know”** by Wendy Mitchell. She will be joined by Vivienne Gould, Rebecca Corney and Rochelle Lazarus for a discussion on dementia. Please see the feature on the inside back cover to book and for further details.

Wishing everyone a Shabbat Shalom,

A handwritten signature in blue ink, which appears to read 'Jeremy Lawrence'.

Rabbi Jeremy Lawrence

SHABBAT HA'IRGUN

KINLOSS

SHABBAT | 9TH FEBRUARY | 2019

**JOIN US FOR THE HIGHLIGHT
OF THE BA CALENDAR!**

**AMAZING SHUL SERVICES
SHABBAT LUNCH
FUN GAMES, ACTIVITIES & FOOD!**

MYSTERY ACTIVITY AFTER SHABBAT

**Y2-6 SATURDAY NIGHT
7.00pm-9.00pm**

**Y7-10 SATURDAY NIGHT
7.30pm-10.00pm**

To book, visit bauk.org/shabbat-hairgun



WEDNESDAYS GAMES AFTERNOON

2:30pm - 4:30pm in the Nemetnejad Room
Wednesday 6th February 2019

A board game group meeting to play a big mix of board games to accommodate most tastes.

Whether you are just getting started or a hardened board gamer, we would be delighted to see you.

We would love to see you if you play Clobyosh (Bela).

All abilities and ages are welcome – Bring your friends!

Free for Kinloss members and non-members.

Tea and light refreshments will be provided.

**For more information, please contact Martin Summers on
020 8346 0619 or email martinsumm48@yahoo.co.uk**

Please contact Lucy 020 8349 5267 if you need transport assistance.

Monday evenings

THE JEWISH HOME

with Rabbi Lawrence

**Shiur at the home of
Eleanor and Mark
4th February at 8:00pm**

Topics to cover this term include:

- * Shatnez
- * Pat Yisrael - Supervision of Bread & Cheese
- * Bishul Akum
- * Fruit & Vegetables from Israel - Shemitta & Tithing
- * Taking Challa, Eruv Tavshillin

**Please contact the
Kinloss Office for the address**

MAZEL TOV - מזל טוב



OLLIE GOLDBERG

Mazel Tov to Ollie on her Bat Mitzvah

Ollie has two siblings Daniel and Boaz, and she attends JFS

Her hobbies are Cooking, Baking and Travel

As part of her charity work for her Bat Mitzvah Ollie has volunteered for GIFT and Chai Cancer Charity

* Eliza & Zvi together with Daniel and Boaz on the occasion of Ollie's Bat Mitzvah.

* Barbara & Laurence Cohen and Denise & Yacov Banin on the birth of a granddaughter. Daughter to Aimee & Adam Banin, sister to Elijah.



LUNCH & LEARN WEDNESDAY 6TH FEBRUARY 2019

12:15pm - Parasha Shiur with Rabbi Nisan Andrews

1:15pm - Speaker - Rabbi Yisroel Fine
in the Liora Graham Beit Hamidrash



Cost: £5, payable on the door, includes a light lunch. For information or to book, please email Lucy on ket@kinloss.org.uk or 020 8349 5267



WOMEN'S ZUMBA Wednesday morning at 9:30am

Zumba takes the 'work' out of workout,. Once the Latin and World rhythms take over, you will see why Zumba Fitness classes are often called exercise in disguise. Benefits include combining all elements of fitness - cardio, muscle conditioning, balance and flexibility and boosted energy.

For more information or to book, please contact Lucy on 020 8349 5267 or ket@kinloss.org.uk

COST : £5 per class

KINLOSS SHABBAT LUNCHEON CLUB

will be taking place on

Shabbat 16th February 2019

Please contact :

Rochelle on 020 8349 5263

and reply by

Monday 11th February



WE URGENTLY NEED 30 VOLUNTEERS TO JOIN OUR SECURITY ROTAS



**Shul members, PLEASE join our security rotas for shifts from 11am onwards.
We need volunteers in place before Pesach.**

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 eight weeks, on Shabbat morning.

Please email securekinloss@yahoo.co.uk

or call Martin Shiers on 07831 836 031, to volunteer and register.

KINLOSS NOTICE BOARD



9:45am Games Room in the Newman Room with Rav Malachi
0 - 4 year olds with Sara Keen in the Kinloss Suite Foyer
Reception up to School Year 2 with Natalie Sommer in the Avram Nemetnejad Room (2nd Floor)
School Years 3 - 4- with Dina Ellis in the First Floor Classrooms
School Years 5 - 6 with Nathaniel Carlebach in the Marilyn Newman Room
All Children's Services will start at 10:45am followed by Kiddush

Mazel tov to the children in our community celebrating their birthdays this week:



Elisa Ebrahimoff (4)
 Lily Marks (1)
 Ethan Cowan (1)
 Ariella Ellis (7)
 Rachel Nourani (5)

Deena Rome (8)
 Jonah Goodman (7)
 Mia Corin (9)
 Tamara Samuels (6)

THANK YOU TO:

- * Security Team 3. If you have any queries, please speak to Martin Shiers on 07831 836 031, or email securekinloss@yahoo.co.uk
- * Iain Miller, Rochelle Belmont and Mozelle Onnie of The Welcoming Committee
- * Kiddush Rota Team
- * Team 8 Minyan Kiddush

PRE-PESACH KINLOSS TRIP TO THE BRITISH MUSEUM LEAD BY RABBI DR RAPHAEL ZARUM

Sunday 7th April 2pm - 4.45pm

Founded in 1753, the British Museum is probably the greatest Museum in the world. It houses countless treasures from the biblical era. New audio equipment for each participant will ensure that you will not miss a word from our expert guide.

Guided by Rabbi Dr Raphael Zarum, Dean of London School of Jewish Studies for a unique chance to discover how the Museum's artefacts can invigorate your Seder in unforgettable ways.

Transportation is not provided, more details will follow upon booking.

Cost of the trip: £20 Kinloss members and £25 non-members

To book, please visit www.kinloss.org.uk/museum or call Lucy on **020 8349 5267**

Walking Group at Mill Hill East viaduct,
 27 January 2018



MINCHA DURING WINTER MONTHS

If you are in the Kinloss area at 1:00pm Mondays to Thursdays and can help make up a Minyan for Mincha in the Beit Hamidrash this would be very much appreciated

SERVICES (שבת see front page)	Sun	Mon	ROSH CHODESH ADAR 1 Tues	ROSH CHODESH ADAR 1 Weds	Thurs	Fri
Shacharit 1	7:30am	7:00am	6:50am	6:50am	7:00am	7:00am
Shacharit 2	8:15am	8:00am	8:00am	8:00am	8:00am	8:00am
Sephardi Shacharit	8:00am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha		1:00pm	1:00pm	1:00pm	1:00pm	
Ma'ariv	Mincha and Ma'ariv 4:35pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha Kabbalat Shabbat 4:50pm

NEXT WEEK AT KINLOSS:

DAY:	COMMUNITY LEARNING:	COMMUNITY PROGRAMMES:
SUNDAY	08:00am Daf Yomi (NR)	
MONDAY	07:40am Daf Yomi (NR)	09:30am Ace Fitness (MN)
	19:45pm Beit Midrash Programme (BM)	10:00am Ilana Banana (DH)
		19:30pm Ivrit Discussion Group (NR)
		20:00pm The Jewish Home with R'Lawrence
		20:15pm Women's Pilates (MN)
TUESDAY	07:40am Daf Yomi (NR)	10:00am Friendship Club (Upstairs)
	08:30am Shaarei Teshuvah with R'Andrews(BM)	10:30am Bridge Club (PS)
	19:30pm Learn 2 Lead (NR)	20:00pm Ivrit Ulpan (MN)
	19:45pm R'Andrews Iyun Gemara (BH)	
WEDNESDAY	07:40am Daf Yomi (NR)	09:30am Women's Zumba (MN)
	08:30am Rambam with R'Lawrence (BM)	10:00am Ilana Banana (Upstairs)
	12:15pm Lunch and Learn (BM)	14:30pm Games Afternoon (PS)
	19:30pm Bat Mitzvah Prog (BM)	
THURSDAY	07:40am Daf Yomi (NR)	16:00pm Adult Table Tennis (Upstairs)
	19:30pm Student Beit Midrash (DH)	18:00pm Kids Table Tennis (Upstairs)
FRIDAY	07:40am Daf Yomi (NR)	10:00am Ilana Banana (DH)

BC = Benchers Cafe

BM = Liora Graham Beit Midrash

DH = Nissim and Rifka Deal Hall

NR = Nemetnejad Room

MN = Marilyn Newman Room

PS = Persian Synagogue

BOOK SOIREE AND FOCUSSED EVENING ON DEMENTIA

WEDNESDAY 20TH FEBRUARY 2019 AT 7:30pm - 9:00pm

"SOMEBODY I USED TO KNOW" BY WENDY MITCHELL

"What do you do when you lose your memories? What do you value when this loss re-frames how you've lived, and how you will live in the future? How do you conceive love when you can no longer recognise those who are supposed to mean the most to you?"

Diagnosed with dementia at 58, Wendy Mitchell was confronted with the most profound questions about life and identity. All at once, she had to say goodbye to the woman she used to be."

We will talk about the book and we will be joined by specialists in the field including Vivienne Gould (Consultant Old-Age Psychiatrist), Rebecca Corney (Counselling Psychologist) and Rachelle Lazarus (Jewish Care) who can advise about living support for those with dementia.

The evening will be one where you can come and talk about the book, ask questions of our experts and share your own experiences, thoughts or concerns. 30 places available, so please read the book and reserve your place quickly by contacting Kate Fulton on 07801 911 481.

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

Shabbat 2 FEBRUARY

Benita Brown	Sister
Malcolm Chaplin	Father
Rosalind Fine	Father
Barry Frey	Brother
Michael Green	Mother
Philip Pittack	Father
Ruth Pittack	Father
Gail Silver	Brother

Sunday 3 FEBRUARY

Carol Cantor	Father
Margaret Craven	Mother
Jennifer Morris	Mother
Monica Simons	Father

Monday 4 FEBRUARY

Helen Barget	Father
Caroline Cohen	Mother
Daniella Ebrahimoff	Father
Jean Gray	Father
Lotte Levy	Mother
Adrienne Sussman	Mother
David Watson	Mother

Tuesday 5 FEBRUARY

Alistair Halpern	Father
Philip Platt	Mother
Lorraine Silver	Mother
Stanley Weitzman	Father

Wednesday 6 FEBRUARY

Lorna Bennett	Father
Corinne Clarke	Father
Pauline Harris	Father
Michael Rubinstein	Mother
Margaret Solomon	Mother

Thursday 7 FEBRUARY

Shoshana Baldot	Father
Margaret Craven	Father
Stephen Gibson	Father
Audrey Kelvin	Father
Parvin Lavian	Father
Zoe Silverman	Mother

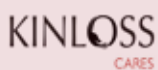
Friday 8 FEBRUARY

Marcia Bloom	Father
Fiona Bor	Sister
Michael Cohen	Daughter
Elizabeth Gaty	Father
David Levy	Mother
Martin Morris	Mother
Clive Onnie	Son
Mozelle Onnie	Son
Naomi Sosnow	Mother
Blanche Stechler	Mother
Roslyn Ungelson	Mother
Suzanne Weiniger	Sister

ANIM ZEMIROT CLUB

Come and learn to sing Anim Zemirot.
Our club meets every Shabbat at 10:15am
in the Robing Room. Boys of 6 and over welcome.
Led by David Lesser

**THERE WILL BE A SERVICE AT
RUBENS HOUSE,
184 Ballards Lane, N3 2NV
Shabbat 2nd February 2019
starting at 9.30am
Please email lawrence@susser.co.uk
to confirm attendance**



**If you need assistance or know of anyone in the community who needs support
please contact Kinloss Cares. We are also able to help with
shopping and lifts to local medical appointments: 0208 349 5263.**

CONDOLENCES:

* Harry Daniel on the passing of his father Daniel Daniel Z"L

TOMBSTONE CONSECRATIONS:

SUN 3 FEB	10:00am in Bushey in memory of Marie Tredler
SUN 3 FEB	11:30am in Bushey in memory of Diane Heller
MON 11 FEB	11:00am in Bushey in memory of Leonard Bash
SUN 17 FEB	11:00am in Bushey in memory of Rosa Benbaruk



FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS

Rabbi Jeremy Lawrence: 07501 895 124

Rabbi Nisan Andrews: 07407 764 854

Shimon Gillis, Director of Operations: 020 8349 5264

Shul Office: 020 8346 8551