

20 / 21 MARCH 2020

כ"ה אדר תש"פ

Shabbat commences at 17:59pm and terminates at 19:02pm

Mincha/Kabbalat Shabbat at 17:50pm

Mevarachim Hachodesh Nisan on Thursday 26 March

The Shul Doors May Be Closed – But Kinloss is Open!

Services and getting together have been suspended – but we are OPEN.

I would like to thank our Administration and Welfare Volunteers for the huge effort they have put into the last few days; coordinating outreach and calling so many of our community. Their energy is invigorating and inspirational.

Our Kinloss Administration and Caretaking staff have been amazing – keeping so much going with so many people coming into the building.

I can see from the constant flow of messages from Rabbi Laitner and Head Office how much attention is being given to resourcing our whole community in Chesed and ongoing education.

There is an early Online Kabbalat Shabbat which will be streamed at 5pm on Friday – Details within.



I am working with a ZOOM MEETING ROOM <https://zoom.us/j/3652480613>

This enables video and audio meetings and shiurim. It will be open at designated times.

I look forward to seeing you!



There will be a [KINLOSS ZOOM HAVDALA](#) on Saturday night at 7:15pm and [TEFILLA EVERY EVENING](#) from Sunday at 7.30pm. This will have the opportunity to participate in the Shema together, for us to recite a memorial prayer, Tehillim and Kaddish.

On Monday evening after the Tefilla, at 8pm, I will host an online [PESACH SHIUR](#). I will be sharing some Torah ideas and saying, "That's a really good question!" to everything you throw at me.

Subject to an ever changing timetable, please join me daily next week for [ELEVENSES](#) – bring your tea, coffee and biscuits for an online social shiur.

We have a Kinloss Streaming WhatsApp group, where Rabbi Laitner, Rabbi Heller, Harry and Liora will be sending out links to the material that we and others are putting out. If you would like to subscribe and know what is going on, please log on to www.kinloss.org.uk/streaming.



Continuity is Key – Leora and Harry Salter

As the connected world shrinks and our daily routines disrupted, we mustn't lose focus on our Judaism and our spiritual connection to G-d. During this period of uncertainty, we must adapt to the situation and continue to follow the laws and traditions we are able to do.

This week's double Parashiot, Vayakhel – Pekudei, teaches us about the building of the Mishkan, including all the furniture inside. After the Mishkan is completed, Moshe initiates Aaron and his four sons into Priesthood. A cloud then appears over the Mishkan, signifying Hashem's presence that has come to dwell within the Mishkan.

However, Parashat Vayakhel begins by continuing the theme from previous Parshiot and opens with Moshe reminding the Children of Israel about Shabbat. It says (Exodus 35:1-2): 'Moshe then convoked the whole congregation of the Children of Israel and said to them: These are the things that the LORD has commanded you to do. On six days work may be done, but on the seventh day you shall have a Shabbat of complete rest, holy to the LORD.' The Chizkuni, a 13th Century French Rabbi, comments that Moshe assembled the Children of Israel as soon as he came down from the Mountain with the second set of tablets.

The Ramban writes that the commandment of Shabbat is so important that the building of the Mishkan, the dwelling place for Hashem, had to stop on Shabbat as the seventh day is Holy to Hashem. Shabbat is a time for holiness, it's a time to shut off from our social media accounts, shut down our computers and focus on our connection with Hashem.

Even though we will not be able to have Shabbat services and listen to the Torah reading together, we are still able to act as in unison and read the Parasha as a community. The Gemara in Brachot 8a, says: 'Rav Huna bar Yehuda says in the name of Rabbi Ammi: "one should always complete the reading of one's weekly Torah portion with the congregation, twice from the Mikra (Torah) and once from the Targum (commentary).' The Shulchan Aruch brings this down as a commandment that before the Torah reading each week, we should read the Parasha twice and a commentary on the Parasha once.

This Shabbat will be unusual without Shul and without the sense of community that comes along with it. However, the importance of Shabbat and focusing on our connection with Hashem is still there. We are still able to keep up with the learning of each week's Parasha, whether that's through reading, writing or listening to a Dvar Torah, or learning the upcoming Sedra, that is how we can continue to have a sense of community in this uncertain time.

VAYAKHEL STATISTICS

Mitzvot: Only 1 of the 613 Mitzvot
Verses: 122 (17th longest of the 54 Sidrot)
Words: 1558 (24th longest)
Letters: 6181 (21st longest)
Haftarah: 11 verses (joint 3rd shortest of the 80 Haftarot)

PEKUDEI STATISTICS

Mitzvot: None of the 613 mitzvot
Verses: 92 (14th shortest of the 54 Sidrot)
Words: 1182 (12th shortest)
Letters: 4432 (10th shortest)
Haftarah: 22 verses (joint 39th shortest of the 80 Haftarot) Today we conclude the Book of Shemot.

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	540	352	484
Maftir	386	253	348
Haftarah	1195	1001	1218

Not Closing a Shul – But Opening New Doors

I'd like to share with you the story of a young girl called Amy, who went to her grandparents for a couple of weeks while her parents were away.

She had a wonderful time, they went on excursions, they flew a kite in the park... Grandma and grandpa's home was a little bit different. Every time they went in or out of a room they would reach out and kiss the mezuzah on the door frame. Grandma and grandpa's kitchen had two sinks and whenever they sat down to eat, they would say a blessing before and after their meal. At bed time, grandma or grandpa would sit down and say prayers with her from a Siddur. They would read the Shema.

Amy asked her grandparents about the mezuzah. Grandma told her that it reminds us of Hashem who protects our homes and the rooms where we live. It turns our house into a home of Hashem. The blessings are a way of saying thank you for all of Hashem's gifts in our lives. We realise how dependent we are and we accept that our not always all knowing and in control. At night we say prayers asking for protection as we sleep and for Hashem to spread love and favour; to shelter us from danger.

At the end of two weeks, it was time for Amy to go home. She thanked her grandparents for the excursions and the kite. She went around the house and said goodbye to the Siddur in the bedroom, to the two sinks in the kitchen, to the mezuzahs on the door. Goodbye grandma and grandpa, I look forward to seeing you again. And goodbye Hashem who protects us and gives us what we need! It would be nice to see You again, too.

I occasionally tell this story at the beginning of Neilah, just before we end Yom Kippur. We have just spent a day with Hashem in shul and are about to return to our normal lives. How tragic if it is goodbye till next year. And I thought about Amy yesterday afternoon when I davened Mincha in shul, knowing that it would be a couple of weeks or so until I returned to services in this house of God.

Of course, it doesn't need to be goodbye. Over the next couple of weeks, we should be praying more not less. And if we cannot do it with a minyan in

shul, we should be aiming to set aside time to connect with Hashem through tefilla and learning. In our own homes, we should set aside time – preferably the same time or times every day. We should turn our homes into Ohalei Moed - places of spiritual moment and encounter.

We should go to the same place each time and say our prayers. We should recite extra Psalms such as Tehillim 23, 121 and 130. We can't lein but we can learn. We should read the weekly Parsha.

We will be hosting and promoting Shiurim and educational events on line. Today I even had lunch and coffee groups on Zoom. Our welfare volunteers have already been in touch with many of our more vulnerable members. Despite isolation, this is a time to say "hello" to people and to reach out.

Our Parasha this week ends with the completion and dedication of the Mishkan. This is Hashem's home and sanctuary, a place of encounter which is filled with Hashem's Presence. Sadly, we will not be leining it in our sanctuaries or Batei Knesset. So, we must turn our homes into godly homes.

We should thank Hashem for the blessings in our lives; our family, friends, and sustenance. We should ask of Hashem that he protect us and spare us from the coronavirus and the chaos it has brought into our lives. We should beseech Hashem, healer and merciful to remove this sickness and to stay the hand of the Malach HaMavat.

Yehi Ratson - May it be Hashem's will that we will soon join and be present in our Holy sanctuaries once more and that Hashem's presence will be celebrated by us; a community together in good cheer and good health.



Shabbat Shalom

Rabbi Jeremy Lawrence



KABBALAT SHABBAT: LIVE



If you can't come to US,
we'll come to you!

This Friday 20th March
5:00^{pm}

Join

Chazan Jonny Turgel

for an uplifting, inspirational
Kabbalat Shabbat service,
live via the United Synagogue
Facebook page.

Please note:
By participating in this live
stream you are not accepting
Shabbat until you light candles

**Light candles after the
live stream by 5:59^{pm} in London**



**SALE OF CHAMETZ FORMS ARE NOW
AVAILABLE ONLINE**

Please go to : www.kinloss.org.uk/pesach



MAZEL TOV - מזל טוב

The Stern family are delighted to welcome their 6th great grandchild Sarah Rivka, a sister for Mooshie and a second child for Rabbi and Mrs Mendel Hecht of Auckland New Zealand.

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



Danny Gershon (9)
Matti Blake (11)
Oliver Serruya (8)
Jeremy Dahan (12)
Erin Beenstock (3)

Max White (11)
Ariella Weichselbaum (2)
Ellie Shababo (7)
Eden Hamburger (6)
Isabella Beenstock (3)

Just to clarify a couple of queries that the Kinloss Office have had calls about:

- * The Keli Mikveh. Sorry it is closed.
- * CRP Points from May 2020 – we are unable to comment at this present time regarding the collection of CRP points and will send out a message to the Community once we know.

Please call the Kinloss Office 020 8346 8551 with any queries, we are here to help you!

Membership Bills

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

Please pay your invoices via :

- * online BACS payment
- * the member portal <https://myus.theus.org.uk/login>

OR CALL THE OFFICE 020 8346 8551
SPEAK TO DENISE TO PAY BY
CREDIT / DEBIT CARD OVER THE
PHONE

Watch and listen to
Shiurim online - Join
our whatsapp group on
www.kinloss.org.uk/streaming





UNITED SYNAGOGUE CORONAVIRUS HELPLINE 020 8343 5696

The United Synagogue has set up a dedicated helpline for all those seeking support, advice or if you are simply struggling to cope.

We can point you in the right direction for:



Practical support

if you need help with things like shopping or cooking



Spiritual support

if you need Rabbinic advice or religious guidance



Emotional support

if you just need somebody to chat to

Call us on

020 8343 5696

Email us at

helpline@theus.org.uk

Our Helpline will be available from Monday to Thursday 9am–5pm and Friday 9am–1pm. (Outside of these hours you will be able to leave us a message and somebody will get back to you.)

***Please note:** Our helpline is run by community volunteers and US staff. We are unable to offer medical, legal or financial assistance but we will do our best to point you in the right direction, including to your local community care group or to the charity GIFT. If you are feeling unwell please follow the current government guidelines.*

If you would like to speak to us about volunteering or offering any other assistance during this challenging time, please email
Yael Peleg on helpline@theus.org.uk



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

RABBI LAWRENCE WILL BE RECITING THE MEMORIAL PRAYER FOR ALL THE Yahrzeits THIS SHABBAT

Shabbat 21 MARCH

David Elek	Father
Audrey Godfrey	Mother
Deborah Harris	Husband
Isaac Symons	Mother
Esther Yellon	Father

Sunday 22 MARCH

Harvey Bengen	Father
Gilda Braff	Father
Eva Greenspan	Husband
Laurence Greenspan	Brother
Roslyn Pine	Mother

Monday 23 MARCH

Arnold Archer	Father
Sheila Cameron	Mother
Neil Cohen	Father
Jonathan Deal	Son
Frances Greenfield	Mother
Geoffrey Solomon	Father
Miriam Solomon	Sister
Susan Sperber-Kosky	Father
Anthony Stanton	Father
Sylvia Woolf	Mother

Tuesday 24 MARCH

Anne Chajet	Father
Charles Cohen	Father
Dara Ebrahimoff	Father
Shirley Freeman	Mother
Michael Jacobs	Mother
Margaret Marks	Father
Yvonne Mocatta	Mother
Roselyn Rosenfeld	Mother
Valerie Selwyn	Father

Wednesday 25 MARCH

Patricia Burns	Mother
Anthony Colton	Mother
Stanley Coorsh BEM	Father
Neil Nachshen	Mother
Beatrice Primhak	Sister
Stewart Shrank	Father
Adrienne Sussman	Father

Thursday 26 MARCH

Mia Lyons	Father
Jonathan Pope	Father
Naomi Pope	Husband
Andrew Silver	Father
Harvey Steinberg	Father
Alan Tinger	Mother

Friday 27 MARCH

Sylvia Bassalian	Husband
Janice Epstein	Mother
Barbara Klinger	Mother
Stephen Landy	Father
Rachel Mockton	Mother
Jeremy Newman	Father
Hetty Phillips	Husband
Barry Zackon	Father
John Zucker	Mother

CONDOLENCES:

* Naomi Nevies and Michal Weller on the loss of their mother Chana Sheink Z'L

TOMBSTONE CONSECRATIONS:

* SUN 29 MAR	11:00am in Willesden in memory of Alan Greenbat Z'L
* SUN 29 MAR	11:30am in Bushey New in memory of Mark Pope Z'L
* MON 27 APR	1:30pm in Bushey Old in memory of Lilian Williams Z'L
* THUR 30 APR	12:00pm in Waltham Abbey in memory of Cecil Hearne Z'L

FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS

Rabbi Jeremy Lawrence: 07501 895 124

Shimon Gillis, Chief Operations Officer: 020 8349 5264

Shul Office: 020 8346 8551

Kinloss Cares: 020 8349 5263

Jackie Caplin, Safeguarding Officer: 07974 665 418

