



15 / 16 January 2021

ג' שבט תשפ"א

SHABBAT WILL START AT 4:05pm AND TERMINATE AT 5:14pm

KINLOSS SHUL IS OPEN FOR SERVICES

PLEASE NOTE SERVICES FOR SHABBAT AND SUNDAY MUST BE PRE-BOOKED BEFORE 9am ON FRIDAY 15TH JANUARY

FRIDAY NIGHT

4:05pm MINCHA, KABBALAT SHABBAT & MA'ARIV
in the Main Shul

SHABBAT MORNING SERVICES

7:45am HASHKAMA in the Nissan and Rifca Deal Halls

9:15am MAIN SYNAGOGUE led by Jonathan Joseph
Kriat Hatorah by Robert Owen
Rabbi Laitner will speak

9:30am THE MINYAN in the Kinloss Suite
Kriat Hatorah by Vitek Frenkel
Rabbi Laitner will speak

There are no Sephardi Services this Shabbat

Until further notice, The Youth Minyan, Family Service and Children's Service,
will not be taking place

SHABBAT AFTERNOON

4:15pm MINCHA AND SHIUR by Rabbi Laitner titled
Returning to Judaism – part 2: How, if at all, may a Jew who has embraced
another religion return to Judaism?
(We will consider some case studies, both ancient and modern)

5:14pm MA'ARIV & TERMINATION OF SHABBAT
in the Main Shul

**RABBI LAWRENCE IS ON LEAVE UNTIL THURSDAY 21 JANUARY
PLEASE CALL THE KINLOSS OFFICE DURING HIS ABSENCE 0208 346 8551**

Achieving spiritual greatness

“This was Aharon and Moshe, to whom God said...” (Shemot 6:26)

Why is Aharon mentioned before Moshe in this verse? Rashi, in his comment to it, notes that sometimes Moshe is mentioned before Aharon and vice versa, to show that they were spiritually equal.

What though does Rashi mean? On the face of it, Moshe as the greatest ever prophet and the person who received the Torah, was greater than Aharon, even though the later served as the Cohen Gadol (High Priest).

Rabbi Moshe Feinstein (1895-1986) offers a suggestions to answer this query about Rashi’s explanation. Since Aharon dedicated his life to performing God’s will as best he could, he had spiritual equality to Moshe who displayed the same level of dedication. Even though Moshe had more tasks to fulfil than Aharon, since they both did what they were commanded to by God rather than competing for each other’s tasks, they are considered as equal. It was their performance of their respective specific commands, and obeying those commands, rather than taking their own paths, which gave them equal spiritual status with each other.

This teaches a reassuring message. It is not necessarily those who accomplish the most who achieve spiritual excellence. Rather, it is those who fulfil their mission as Jews following the Torah to the best of their ability and desire, who do so. It’s not the person who learns the most Torah, for example, if he or she did not learn to their capacity. Instead it would be a person who may have learned less, but learned to the limits of their capacity.

Moshe and Aharon similarly were, as Rashi puts in, of equal spiritual standing since they both encapsulated this lesson, of achieving to the limits of their capacity. Perhaps in recognition of this, Aharon’s name is listed first in our pasuk.

Shabbat Shalom.

Rabbi Michael Laitner

VAERA STATISTICS

MITZVOT: NONE OF THE 613 MITZVOT
VERSES: 121 (20TH LONGEST OF THE 54 SIDROT)
WORDS: 1748 (15TH LONGEST)
LETTERS: 6701 (17TH LONGEST)
HAFTARAH: 24 VERSES (JOINT 25TH LONGEST OF THE 80 HAFTAROT)

PAGE NO.	SONCINO	HERTZ	ARTSCROLL
SIDRA	351	232	318
HAFTARAH	372	244	1149



KINLOSS

TU BISHVAT

INTERACTIVE SEDER

WITH RABBI LAWRENCE &

BAKING DEMO WITH LISA ROUKIN

WEDNESDAY 27TH JANUARY @ 8PM

REGISTER AT

WWW.KINLOSS.ORG.UK/15



Blueberry Chia Seed Coconut Loaf

If you are bored of banana bread and are looking for a new fruity treat, then you have to give this loaf a go! Simply slice into it to reveal a hidden swirl of berry-packed blueberry jam guaranteed to make you smile! Plus, it's grain free too! Serve it for breakfast or for afternoon tea, ideally with a little more blueberry jam on the side for some extra decadence!

HEALTHCARE TALKS

A 2021 webinar series organised by Kinloss Synagogue in partnership with The Wellington Hospital and United Synagogue

HEALTHCARE PROBLEMS FOR CHILDREN DURING THE PANDEMIC

19th Jan 8.00pm

Mr Andrew Goldberg	Consultant Orthopaedic Surgeon
Dr Lisa Anderson	General Practitioner
Dr Mark Furman	Consultant Paediatric Gastroenterologist
Dr Lee Noimark	Consultant Paediatric Allergist
Prof Martyn Caplin (CHAIR)	Consultant Gastroenterologist

THE LATEST THINKING ON DISEASE MEDICAL ADVANCES

2nd March 8.00pm

Dr Clive Onnie	Consultant Gastroenterologist
Dr Huw Beynon	Consultant Rheumatologist
Prof Daniel Hochhauser	Consultant Medical Oncologist
Dr Jenny Cross	Consultant Nephrologist
Prof Martyn Caplin (CHAIR)	Consultant Gastroenterologist

FOR THE OVER 70s: OPTIMISING YOUR HEALTH

13th April 8.00pm

Dr Michael Fertleman	Consultant Physician
Dr Bal Athwal	Consultant Neurologist
Mrs Joanne Hockey	Consultant Gynaecologist
Dr Huw Beynon	Consultant Rheumatologist
Prof Martyn Caplin (CHAIR)	Consultant Gastroenterologist



Professor Martyn Caplin
Consultant Gastroenterologist

As a member of Kinloss, I am delighted to chair the 2021 Healthcare Talks Series in partnership with The Wellington Hospital. We have a tremendous programme of talks planned in 2021 with leading authorities, who will share their valuable insights on common healthcare problems for children, the latest medical advances and how best to optimise our health. I am confident these talks will provide you and your family with a great deal of support and reassurance during an uncertain time for many. I hope you can register and join our talks.



Dr Lisa Anderson
General Practitioner



Dr Bal Athwal
Consultant Neurologist



Dr Huw Beynon
Consultant Rheumatologist



Dr Jenny Cross
Consultant Nephrologist



Dr Michael Fertleman
Consultant Physician



Dr Mark Furman
Consultant Paediatric Gastroenterologist



Mr Andrew Goldberg
Consultant Orthopaedic Surgeon



Professor Daniel Hochhauser
Consultant Medical Oncologist



Mrs Joanne Hockey
Consultant Gynaecologist



Dr Lee Noimark
Consultant Paediatric Allergist



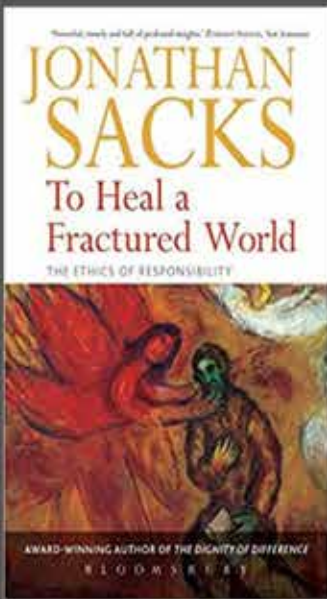
Dr Clive Onnie
Consultant Gastroenterologist

WHEN AND HOW TO REGISTER:

You can register online at www.kinloss.org.uk/health no later than a week before each webinar taking place. The webinars will start promptly on the date and the time specified as above.



The Rabbinic Chavrusa in memory of Rabbi Lord Sacks



Rabbi Friedman and Rabbi Lawrence
discuss 'To Heal a Fractured World: The Ethics of
Responsibility'



MONDAY
— · 25 JANUARY, 8.00PM · —

BOOKING ESSENTIAL AT:

www.kinloss.org.uk/SacksBook

OR

FACEBOOK LIVE

<https://www.facebook.com/HGSSynagogue>

KINLOSS

THEUS.TV

HGSS
Living Learning Caring



Children's Services

with grateful thanks to Natalie Sommer
we have uploaded her Children's Service Videos for Vaera

<https://www.youtube.com/watch?v=5pUFRSzelU8&feature=youtu.be>

other links for Natalie are available on www.kinloss.org.uk/natalie

KINLOSS
CARES

WE NEED YOUR HELP

WE ARE LOOKING FOR VOLUNTEERS
AGED 25 – 40 WHO ARE
AVAILABLE TO HELP

FOR MORE DETAILS AND TO EXPRESS AN
INTEREST: WWW.KINLOSS.ORG.UK/VOLUNTEER

KINLOSS cares
about you

What can we offer?

- Welfare Phone Support
- Bereavement Support
- Shopping
- Advice on communal services
- Financial assistance through The Phyllis Nathan Trust - www.kinloss.org.uk/pnt



Contact Rochelle
0208 349 5263

kinlosscares@kinloss.org.uk

Mazel Tov to the Children in our Community celebrating their birthdays this week

Zachary Stone (5)
Eli Wohlgemuth (9)
Binyamin Laitner (8)
Harry Kanzen (2)
Joshua Lappin (12)

Tilly Nicolaides (10)
Maya Davidson (5)
Sienna Polak (5)
Micah Bennett (1)



**Kinloss
Bnei Akiva
IS RESTARTING!**

WITH A BAKEOFF

**ZOOM
IN**

Motzei Shabbat 16th January
6:30pm

Signup: shorturl.at/wKPVX

SEE YOU THERE!

BNEI AKIVA

Kinloss Live Kidney Donation : The Gift of Life

We were very pleased to have hosted this successful zoom event, which had over 320 people logged in on Sunday 10th January.

To view a recording of the event please go to:

<https://www.youtube.com/watch?v=8dac4lq8g1U&feature=youtu.be>

Rabbi Lawrence would like to thank Dayan Menachem Gelley, Mr Jeremy Crane, Prof Liz Lightstone, Rebbetzin Lori Palatnik and Prof Anthony Warrens for their participation and to Barbie Goldfoot for organising the event.

**If you have any questions or further interest please contact
Barbie Goldfoot - bgoldfoot@gmail.com or 07508 902 668**



giftaid it

Gift Aid is a government initiative to encourage giving to charities. Signing up would maximise the value of your contributions made to Kinloss.

Are you already signed up?

If you're not sure or would like to sign up, please call the Kinloss Office to discuss with

Denise or Shimon 020 8346 8551

The Secret Synagogues and Ancient Rites of Ethiopia's Hidden Jews



The remarkable research and
activism of Dr Malka Shabtay

In conversation with Liran Moran and
Rabbi Jeremy Lawrence



now a **breaking story** on i24 News

Wednesday 3 Feb, 8pm

www.kinloss.org.uk/Ethiopia



KINLOSS

MAZEL TOV • מזל טוב

* Mazel Tov to Valerie & Stuart Selwyn who will be celebrating their golden wedding on Sunday 17th.



THURSDAY 25TH FEBRUARY

FANCY DRESS | FOOD | ENTERTAINMENT

**DETAILS TO FOLLOW
SPONSORSHIP OPTIONS AVAILABLE**

BOOKING SYSTEM FOR SERVICES AND HOW TO BOOK:
 In the interest of health and safety we will be capping the number of people attending services. To book please go to <http://www.kinloss.org.uk/book>

It is essential that we operate a track and trace system on all those attending the building and therefore, individuals **MUST** book in advance online to attend. Bookings must be made in advance of 24 hours of the commencement of the service. If an option is not available, it is either full or no longer available.

Only members can book in using this system.
 Individuals over the age of 21 must have membership separate to that of their parents.

To book to attend the Persian services, please email michael@michaelhakimian.com

Seating: Unfortunately, allocated seating in the Main Shul is currently suspended and we thank you in advance for your co-operation.

If you are experiencing problems with booking, please contact the office by email on office@kinloss.org.uk

Please do not attend if you have not received confirmation of booking.

SERVICES (שבת SEE FRONT PAGE)	SUN 17TH 4 SHEVAT	MON 18TH 5 SHEVAT	TUES 19TH 6 SHEVAT	WEDS 20TH 7 SHEVAT	THUR 21ST 8 SHEVAT	FRI 22ND 9 SHEVAT
SHACHARIT	8:00am	7:15am	7:15am	7:15am	7:15am	7:15am
SEPHARDI	No Service	No Service	6.30am	6.30am	6.30am	6.30am
MINCHA / MA'ARIV	4:15pm	4:15pm	4:15pm	4:15pm	4:15pm	MINCHA KABBALAT SHABBAT 4:20pm

SHARED READING ZOOM
EVERYONE IS WELCOME- EXISTING OR NEW PARTICIPANTS

Tuesday 19th January at 2pm

Log in:

<https://us02web.zoom.us/j/4377475806?pwd=M2pvdEZuSjU0U1owRW4xaVVPeEpCQT09>

Meeting ID: 437 747 5806 Passcode: story

For more information, please speak to:

Kate Fulton on 07801 911 481 or kathrynfulton@hotmail.com



JANUARY @ KINLOSS YOUTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT	SUNDAY
				1	2 PARASHAT VAYECHI	3
4	5 LEARN 2 LEAD	6 BAT MITZVAH PROGRAMME	7 PARASHA QUIZ & SBM	8  INSTAGRAM DVAR TORAH	9 PARASHAT SHEMOT	10
11 DAVENING SQUAD	12 VIRTUAL TOUR OF PRESIDENT'S RESIDENCE	13 BAR MITZVAH PROGRAMME	14 PARASHA QUIZ & SBM	15  INSTAGRAM DVAR TORAH	16 PARASHAT VAYERA	17
18	19 LEARN 2 LEAD	20 BAT MITZVAH PROGRAMME	21 PARASHA QUIZ & SBM	22  INSTAGRAM DVAR TORAH	23 PARASHAT BO	24
25 DAVENING SQUAD	26 SUPPER QUIZ	27	28 PARASHA QUIZ & SBM	29  INSTAGRAM DVAR TORAH	30 PARASHAT BESHALACH	31



KINLOSSYOUTH



07827031851



YOUTH@KINLOSS.ORG.UK

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

Shabbat 16 JANUARY

Patricia Burns	Father
Zelda Fassbender	Mother
Raoul Sobel	Father
Jehuda Sosnow	Father
Sylvia Spiro	Husband
Irene Stanton	Father
Michael Young	Father

Sunday 17 JANUARY

Mark Feldmann	Father
Jonathan Kestenbaum	Father

Monday 18 JANUARY

Sandra Bernstone	Mother
Gloria Lebetkin	Father
Irene Scott	Husband
Harvey Sinclair	Mother
Jacob Steinberg	Sister
Willy Steinberg	Sister

Tuesday 19 JANUARY

Albert Bauernfreund	Father
Charles Cohen	Mother
John Goldman	Mother
Nicole Martin	Brother
Rebecca Nemetnejad	Mother

Wednesday 20 JANUARY

Farzaneh Amini	Mother
Suzanne Black	Father
Clive Chippeck	Mother
John Frenkel	Father

Thursday 21 JANUARY

Shirley Arkush	Sister
Brian Clarke	Brother
Huguette Cukier	Mother
Reuben Ezekiel	Brother
Norman Goldner	Mother

Friday 22 JANUARY

Susan Gradel	Father
David Kass	Father
Leonard Klahr	Father
Siegbert Mandelbaum	Sister
Harry Rabbie	Mother
Lisa Woolfson	Mother
John Zucker	Father

Ivrit Discussion Group

Weekly on Mondays
from 7:30pm-9pm by Zoom
For more information go to

<http://www.kinloss.org.uk/ivrit-discussion-group>

Please contact Tony Korn direct :
tk66654@gmail.com

CONDOLENCES:

* Lionel Amron on the passing of his mother Rebecca Amron Z"L

CONSECRATIONS: Please note these are being held privately with limited numbers. If you wish to attend please call the family beforehand:

28/02/2021	10:30 at Bushey Old in memory of Gwendoline Greenwood Z"L
04/03/2021	10:30 at Bushey Old in memory of David Rosenberg Z"L
14/03/2021	09:30 at Bushey Old in memory of Jean Morris Z"L
17/03/2021	12:00 at Bushey Old in memory of Norman Gilmore Z"L
21/03/2021	12:00 at Bushey Old in memory of Sheila Cohen 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

