



31 JULY / 1 AUGUST 2020

י"א באב תש"פ

Shabbat commences at 20:36pm and terminates at 21:45pm

Shabbat Nachamu

KINLOSS SHUL IS OPEN FOR SERVICES

**PLEASE NOTE SERVICES FOR SHABBAT AND SUNDAY MUST BE PRE-BOOKED
BEFORE 9am ON FRIDAY 31st**

Friday night 7:30pm:

Mincha and Kabbalat Shabbat in the Nissan and Rifca Deal Halls

Sephardi Friday Night Service at 7:00pm in the Sephardi Synagogue

Shabbat morning services:

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

MAIN SYNAGOGUE 9:15am led by Chazan Eli Sufrin.

Kriat Hatorah by Robert Owen

Rabbi Laitner will speak

THE MINYAN 9:30am in the Kinloss Suite.

Kriat Hatorah by Toby Weiniger

Rabbi Lawrence will speak

SEPHARDI SERVICE 9:30am in the Sephardi Synagogue

led by Rabbi Heller and Reuben Gorji.

Shabbat Afternoon:

8:30pm Mincha followed by Shiur by Rabbi Laitner

"Az, Mah!?" what difference can these two short words make!?"

Please bring your own chumash (in the Nissan and Rifca Deal Halls)

21:45pm Ma'ariv and the Termination of Shabbat

in the Nissan and Rifca Deal Halls

Booking system and how to access:

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 parent(s).

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.

DO WE OWE THE WORLD OR DOES THE WORLD OWE US?

Parashat Vaetchanan begins with Moshe recalling his impassioned prayer after Bnei Yisrael's conquest of the region east of the Jordan River, beseeching God for permission to cross the river into Eretz Yisrael. Moshe prayed that just as he was granted the privilege to experience Bnei Yisrael's miraculous triumph over the Emorite kingdoms east of the river, he should likewise be allowed to see the completion of the process across the Jordan. His prayers were rejected, however, as God refused to annul the decree condemning Moshe to die before entering the Land of Israel.

Rashi, commenting on the word “va-etchanan” which Moshe uses here in reference to his prayer, explains, based on the Sifrei, that the root of the word refers to the request for a “matenat chinam” – an undeserved gift. When Moshe prayed for the right to enter the Land of Israel, he did not claim that he deserved this privilege, but rather begged God to allow him to enter in His infinite mercy and compassion. Rashi writes, “Even though the righteous are able to rely upon their good deeds, they ask the Almighty only for an undeserved gift.”

Chazal here admonish us not to live with a feeling of entitlement, that we are somehow owed the blessings we wish for in life. Exceptionally righteous people, Rashi writes, might be expected to make requests on the basis of their worthiness, but they don't, because the more righteous a person is, the more he humbly recognises how little he deserves. A truly righteous person is honest and modest and is keenly aware of his deficiencies. As nobody – not even Moshe Rabbeinu – lives perfectly, without any mistakes or failures, there is nobody who can honestly claim to rightfully deserve all that they want. Moreover, a truly righteous person understands that human beings are created to serve God, not to have God serve them. We humbly obey G-d's will, not demand that G-d obeys ours. And thus when the righteous make their requests, they ask for a “matenat chinam,” a gift of which they feel undeserving, without any sense of entitlement or feeling that they are owed anything.

The lesson conveyed by the Sifrei's comments applies to our interpersonal relationships, as well. In our dealings with other people, too, we should not necessarily assume that we are entitled to their favour and grace. Of course, there are certain legal obligations that people have towards one another, and certainly an employee may claim his wages and the victim of damage is rightfully expected to file a claim against the responsible party. However, outside the context of legal obligations, we should not live with the feeling that the people in our lives, or society in general, owe us the things we need and want. The question we should be asking ourselves is what more we could be doing to perfect ourselves and to contribute to the world, rather than what more we should be receiving from others. The benefits and favours we receive from other people should be viewed as a “matenat chinam,” an undeserved gift, rather than something we are owed. This mindset will help ensure that we devote our lives to the effort to grow, achieve, give and contribute, rather than complacently sitting back and expecting others to fulfil our wishes.

Vaetchanan Statistics

Mitzvot: 12 of the 613 mitzvot, 8 positive & 4 prohibitions
Verses: 122 (17th longest of the 54 Sidrot)
Words: 1878 (10th longest)
Letters: 7343 (10th longest)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	1008	755	958
Haftarah	1028	776	1196

Nachamu Nachamu Ami – Comfort, Comfort, My People....



It has been a strange Tisha B'Av. Sitting on the floor in the Deal Hall with black and yellow tape on the floor, designating seating at 2 metre intervals, maintaining social distancing, only emphasised for us the solitary nature of the day. On top of the traditional discomfort of the floor/low stools, this year bought the "new-normal" afflictions: wearing masks and our glasses steaming up.

I would like to thank all the service leaders – both those who lead in Kinloss and those who volunteered to lead the excellent Kinnot service on Zoom, as well as everyone else for your supportive participation.

We long for the rebuilding of the Temple, but as Ramban observes, Tisha B'Av and Churban Bayit Rishon were marked during the Second Temple period. Therefore, he states, we should not imagine that merely rebuilding the Temple in our times will be an end to our season of mourning. Indeed, the Temple is a symbol of our relationship with Hashem – and it is that that we might imagine is in most desperate need of healing.

Parshat Va-etchanan certainly spells out the core tenets of Jewish faith and practice. We have the repetition of the Ten Commandments as well as the first paragraph of the Shema.

Hear Oh Israel, The Lord our God, the Lord is One.

Essentially, it is our role to testify to the unity of God, who is our God; to proclaim it and to pass it on. This idea of testimony is graphically reinforced in the Torah scroll, in the mezzuzah and tefillin, where the letter Ayin at the end of the word Shema and the letter Daled at the end of the word Echad are traditionally written in much larger characters than all the rest of the text. These letters combine to spell the word Ayd or witness.

Our commentaries explain that the word Shema means more than to hear; really it means to listen and to comprehend. It means to ponder upon something until we understand it. When you hear something it is quite a passive exercise; it might go in one ear and out the other... it might not even get that far. Listening is active.

The mitzvah is not to sit back and let the words of God wash over us in the anticipation that we will immediately become spiritual beings. On the contrary, we are supposed to work at the difficult ideas and wrestle with concepts of Mercy and Justice so that we can try to understand them. It is the fact that we listen and that we teach; that we receive, and we pass on that makes us witnesses.

I am sure that we have all experienced fights and disagreements where two parties are shouting at each other and unable to come to a resolution. Each hears what he or she wants to, or each hears what he or she expects to in the words of the other. If only they would listen and try to understand the concerns of the other and then it would be much easier to see their shared goals and to resolve their differences.

The Shema tells Israel to listen. So many people think they hear God when in fact all they are doing is moulding some of his teachings to fit their prejudices and preconceptions. Our role is to listen, to weigh up the tensions and the conflicts, to reconcile a God of strict standards and a God of Mercy; and to proclaim them as ours.

The Shema teaches us that listening and understanding are at the heart of the distinction between spirituality and bigotry.

It is impossible to forge a complete and fulfilling relationship with Hashem without a listening and understanding relationship with family, neighbours and friends. The *mitzvot bein Adam lechaveiro* - between people are not just good manners and decent reciprocal living – they are a model for our spiritual growth. Through them we learn patience and forgiveness, humility and respect.

Churban Bayit Sheini - the destruction of the Second Temple is attributed to our failings in this latter department.

We may yearn to rebuild the Temple as a symbol of our relationship and as a testament to our antiquity and our history. But we need to repair the relationship with Hashem. And that relationship with Hashem was severed when we lost patience, forgiveness, humility and respect for each other. We must learn to love each other, despite our differences, and to support each other in Tikkun Olam beMalchut Sh-ddai, the healing of our world under the dominion of the Almighty. The Third Temple will not be a symbol of our fractured history but a banner of our united destiny.

And then, we will celebrate Tisha B'Av with joy.

Shabbat Shalom

R' Jeremy Lawrence



KINLOSS

DESIGN A ROSH HASHANA CARD

PRIZE ON OFFER:

PIZZAZZ

AGES 3+



Create a Rosh Hashana card that
will be professionally printed
and sent out to senior members
of the community by the shul

Email as a JPEG to
office@kinloss.org.uk
Deadline: 19th August

MAZEL TOV - מזל טוב

Mazel Tov to Stephanie Elek & Nico Lempert on the occasion of their forthcoming wedding on Monday in Israel . Mazel Tov to parents Edit & David Elek, Adi Hecht and George Lempert. Also to Savtas Sheila Soleiman and Dora Lempert, and to all the siblings (and Harley). Remembering grandparents Miriam & Francis Elek and Yehuda Soleiman at this happy time



**KINLOSS
tribe**

**TRIBE COMMUNITY MEMBERSHIP
FOR SINGLES AGED BETWEEN
21 - 29**

Is your child single and between the age of 21 - 29?

If so, they are not covered under your household membership and funeral scheme.

**It is essential they are members in their own right
cost is £5 a month.**

**This will also enable them to attend weekday,
Shabbatot and Chaggim Services.**

Please sign up here :

<https://portal.tribeuk.com/account/tcm/register/>

**BOOKING IS NOW OPEN FOR
ROSH HASHANA & YOM KIPPUR**

WWW.KINLOSS.ORG.UK/ BOOK

CALL: 0208 346 8551

EMAIL: OFFICE@KINLOSS.ORG.UK

DEADLINE: 10TH AUG

**WISHING YOU A HAPPY, HEALTHY
AND PEACEFUL NEW YEAR**



SERVICE TIMES @ KINLOSS:

PLEASE NOTE ALL SERVICES MUST BE PRE-BOOKED
To book the Main Shul Services please go to:
www.kinloss.org.uk/book

**To register to attend the Sephardi services
please email michael@michaelhakimian.com**

SERVICES (שבת see front page)	Sun	Mon	Tues	Weds	Thurs	Fri
Shacharit	8:00am	7:15am	7:15am	7:15am	7:15am	7:15am
Sephardi	8:00am	6.30am	6.30am	6.30am	6.30am	6.30am
Mincha / Ma'ariv	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha Kabbalat Shabbat 7:30pm



YIZKOR BOOKLET 5781 - 2020/21

**During Yizkor, we recite a special memorial
prayer for each of our relatives whom
we wish to remember,
and this is your opportunity to include their
names in the Yizkor Booklet.
Letters were sent out by post.**

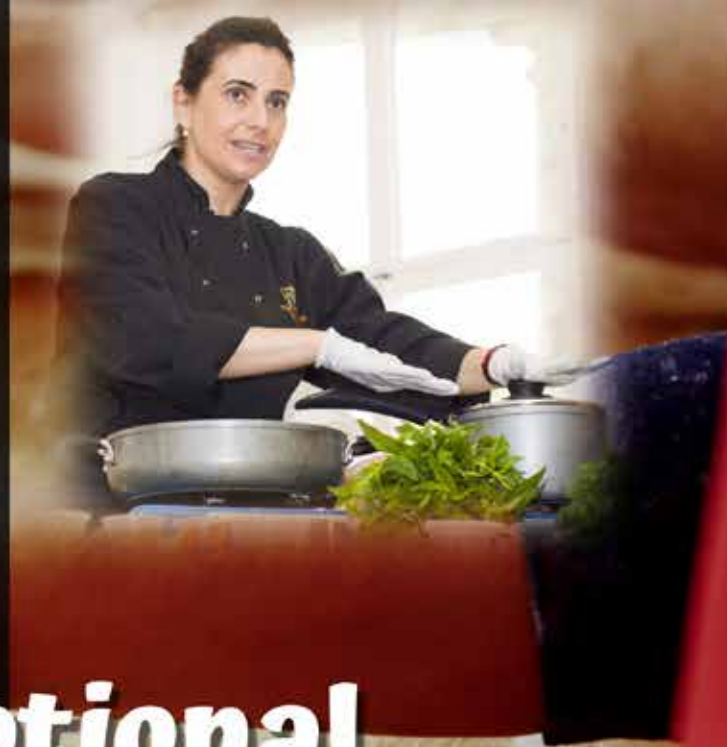
**PLEASE COMPLETE AND RETURN THE FORMS
AS SOON AS POSSIBLE,
BUT NO LATER THAN
FRIDAY 7TH AUGUST 2020**

**If you have not received a letter, or have any queries,
please contact the Shul office on 020 8346 8551
or by email to yizkor@kinloss.org.uk**



- Expert Jewish Italian Cook
- Owner of La Cucina di Silvia - Teaches, caters and delivers delicious traditional home-cooking
- Blogger on Jewish cooking

*Cooking for
the Soul*



Inspirational
Rosh Hashana dishes
with Silvia Nacamulli

Tuesday 1st September @ 8pm

Sign Up at

www.kinloss.org.uk/bake

Volunteers Needed



In preparation for welcoming people back to Kinloss,
we are building a team of volunteer ushers
to help on Shabbatot and Chaggim.
There will be Online and In-Person training
and meetings.

**If you would like to help,
please email office@kinloss.org.uk**

SHUL MEMBERSHIP BILLS

We really appreciate you honouring your membership bills at this time.

**PLEASE NOTE ATTENDANCES AT ROSH HASHANAH AND
YOM KIPPUR WILL BE LIMITED ONLY TO MEMBERS
PAID UP TO DATE**

Please pay your invoices via online BACS payment
OR the member portal <https://myus.theus.org.uk/login>
OR CALL THE OFFICE 020 8346 8551 (OPTION 3)
AND SPEAK TO DENISE

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

Phyllis Nathan Trust

The Trust helps needy people in the Kinloss community and is providing
additional support in the current crisis.

If you are in need, or know about anyone who could benefit,
please contact Shimon initially on 0208 349 5264.

All enquires will be treated with the utmost confidentiality.



Certificate of Religious Practice (CRP)

2020 Update for schools and nurseries

under the religious authority

of the Office of the Chief Rabbi

Schools Admissions

2020/21 in-year and 2021/22 Special Arrangements

We all know that this year is very challenging for parents, especially those hoping their children will start at or change to a Jewish school for school year 2021/22 or in-year 2020 / 21.

The CRP has had to change in light of the consequences of Covid-19.

In particular, for in-year 2020/21 and 2021/22 only, parents need not fulfil all of the requirements of the CRP form where the application is for a sibling (as defined in the school's admissions' policy) of a child already in the school for which the child is applying. However the form still must be completed in this case.

Normally, criteria for obtaining points on a CRP include attendance at shul, involvement in Jewish education and volunteering for a Jewish organisation.

This year, it will not be possible to gain points by attending Shabbat morning services in synagogue unlike in previous years, so parents and children can attend internet-based erev shabbat or erev chag services instead. In addition, as well as the education and volunteering opportunities to gain points, this year there is also the option to gain points by children and parents completing an online course prepared specifically for the purpose of providing an additional opportunity to gain points at this time.

The course is open to all applicants from any community. It will consist of 6 sessions of 30 minutes, covering topics relevant to Jewish customs and practices, festivals, kashrut, etc. All 6 sessions need to be completed in order to satisfy this section of the CRP form.

The course will run in August and September 2020 and further details on how to participate will be available

from 31st July 2020 on www.theus.org.uk

Families for whom online access presents difficulties are asked to call the US on 020 8343 5656 for more information on how they can participate.

For more information, and questions and answers, please go to :

**<https://www.theus.org.uk/crp>
or contact the schools directly**

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

Noah Joseph (10)
Calev Morris (10)
Ella Toffel (10)
Jake Saltman (7)

Rafael Hajioff (10)
Alexa Gorjian (9)
Noam Sacks-Goldstein (2)
Scarlett Stoller (5)



WE URGENTLY NEED VOLUNTEERS TO JOIN OUR SECURITY ROTAS

**Shul members - PLEASE join our security rotas.
Please email securekinloss@yahoo.co.uk
or call Martin Shiers on 07831 836 031
to volunteer and register.**



AN IMPORTANT MESSAGE FROM THE JEWISH BEREAVEMENT COUNSELLING SERVICE

“I did not know you were out there, until I needed you”

As with the wider community the impact of the Covid19 pandemic has created extremely painful experiences and hardship for the Jewish community.

During these unprecedented times, when there is an enormous need for support, the Jewish Bereavement Counselling Service is available, and able to deliver one-to-one counselling and group support, via Telephone, Zoom, Skype, WhatsApp, and Facetime.

Individual counselling and group support are provided by professionally trained counsellors, from JBCS, who offer guidance and understanding.

Please call us. We are here for you.

Email: enquiries@jbcs.org.uk

Phone: **020 8951 3881**

Website www.jbcs.org.uk





Hesped.org is an online treasury of eulogies (hespedim) delivered at funerals and shivas. Miriam Grabiner believes that these tributes which tell the stories of people's lives are precious and has created the archive to collect and preserve these stories. She invites you to visit the website(www.hesped.org) to contribute eulogies for your loved ones and to read those of others and be inspired.

Although developed before COVID19, Hesped.org also offers another way to honour those we have lost during this difficult and distressing time.

If you would like to know more about this philanthropic project please get in touch with Miriam contact@hesped.org. She will be delighted to hear from you.

The United Synagogue's

LUNCH & LEARN SERIES



TUESDAYS:

Whistle-stop tour through Tanach -
Trei Asar (Twelve Minor Prophets) with
Prina Savery

Join us weekly as we explore these significant books of Tanach. We will study one book every session, understanding their historical context and main message to both their generation, and to us today.



THURSDAYS:

Explore the Parasha with US

Looking for a nice Dvar Torah to share at the Shabbat table? Join us as we delve into the weekly Parasha with a variety of guest speakers.

Week 7: Thursday 30 July, Tisha B'Av
(no Lunch and Learn)

Week 8: Thursday 6 August, Parasha Eikev
with Rabbi Dr Michael Harris

Week 9: Thursday 13 August, Parasha Re'eh
with a guest speaker (to be confirmed)



All sessions
start at
1:00pm

and will be
available on the
US Facebook
and TheUS.tv

THEUS.TV

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 1 AUGUST

Barbara Cohen	Brother
David Isaacs	Mother
Irene Milch	Brother
Geoffrey Morrow	Father
Stuart Selwyn	Mother

Sunday 2 AUGUST

Ian Addleson	Wife
Edith Breskin	Father
David Cavendish	Mother
Michael Cavendish	Mother
Arlette Gotkine	Sister
Valerie Green	Husband
Celia Rabstein	Father
Bernard Trent	Father

Monday 3 AUGUST

Leonard Coleman	Mother
Irene Dickson	Father
Joy Lyons	Husband
Jeremy Newman	Mother
Nasser Rahimi	Mother
Zena Wagner	Father

Tuesday 4 AUGUST

Jonathan Barr	Mother
Maurice Lazarus	Mother
Monique Solomon	Father
Sylvia Spiro	Father

Wednesday 5 AUGUST

Keith Gilbert	Father
Sonia Hirsch	Brother
Barbara Hoddes	Father
John Loftus	Father
Jason Marantz	Mother
Natalie Miller	Sister
Pamela Plesner	Mother
Sara Silverman	Mother

Thursday 6 AUGUST

David Cavendish	Father
Michael Cavendish	Father
Elliot Choueka	Father
Monica Coburn	Brother
Alan Edwards	Father
Gillian Pincus	Father

Friday 7 AUGUST

Sandra Delroy	Father
Alan Laurier	Father
Gloria Matz	Husband

CONDOLENCES:

* **Beverley Scrutton-Gillies, Ruth Dawkins, Estelle Botsman on the passing of their mother Irene Botsman Z"L**

* **Martin Glass and Elizabeth Immirzi on the passing of their brother Stephen Glass Z"L**

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

03/09/2020	12:00pm Bushey in memory of Celia Summercorn
07/09/2020	2:00pm Bushey in memory of Alan Shefras
10/09/2020	11:30am Bushey in memory of Rose Pine

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

