

15 / 16 JULY 2022

י"ז תמוז תשפ"ב

SHABBAT WILL START AT 8:57pm AND TERMINATE AT 10:12pm

MAZEL TOV TO AARON POPE ON HIS AUF RUF
AND FORTHCOMING WEDDING TO ISABEL EREIRA.
WE EXTEND A WARM WELCOME TO THEIR FAMILY AND GUESTS

FRIDAY NIGHT

7:30pm Mincha followed by Kabbalat Shabbat in the Nissan and Rifca Deal Hall

7:20pm Sephardi Mincha, Kabbalat Shabbat & Ma'ariv

SHABBAT MORNING SERVICES

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

Rabbi Dr Raphael Zarum's Rambam Shiur will not be taking place until 23rd July

9:00am SEPHARDI SERVICE in the Sephardi Synagogue
led by Rabbi Heller and Reuben Gorji

9:15am MAIN SERVICE in the Main Synagogue
led by Chazan Eli Sufrin
Kriat Hatorah by Alex Hajioff
Rabbi Lawrence will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Carl White
D'var Torah by Rabbi Edward Zinkin
Minyan Kiddush will be sponsored this week by
Danielle Glasser, Sally Moher and Josepha White

9:45am YOUTH SERVICE in the Liora Graham Beit Midrash

10:15am Anim Zemirov Club in the Newman Room led by David Lesser

10.45am CHILDREN'S SERVICES

Ages 0 – 4 in the Silver Suite - run by Michal Bassalian and 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 Ella Schuchman
Yr 5 - Yr 6 - in the Newman Room - run by Jason Marantz

**In an effort to limit single use plastic bottles,
we are asking parents to bring water bottles for their children**

This weeks Kiddush is sponsored by
John and Helen Pope to celebrate the Auf Ruf of their son Aaron

SHABBAT AFTERNOON

8:50pm Mincha followed by Seuda in the Liora Graham Beit Midrash with
Rabbi Laitner titled
"Praying for our enemies : what are the parameters"

10.12pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

Straight From the Donkey's Mouth

Sometimes communication just fails. You sit there with ideas burning away inside, a raging passion to transform thoughts into words, but for all the effort, for all the yearning, there is no eruption; nothing but the sound of silence.

Balak, King of Moab, hired Bilaam, the most eloquent and competent magician of his day to curse the children of Israel. At seven altars at seven stages around the Israelite camp he prepares himself to prophesy but the words just don't come out. Pathetic indeed, for a man who had just been notified of the presence of an angel by his loquacious donkey. What kind of regard should we have for a man who has to be taught road safety by his pets?

Ultimately, Hashem, who has silenced Bilaam, gives him leave to speak. In place of a curse he delivers a blessing; "How goodly are your tents, O Jacob, your dwelling places, Israel." So beautiful are the words of the would-be curse that we say them daily on entering a synagogue.

In this enigmatic Parsha of many contrasts, we do well to remember that Moses' own stature has just been compromised and he has forfeit his chance to enter the Promised Land for taking his staff to a rock in place of speaking to it.

The Midrash draws a powerful comparison between the two, stating that Bilaam, like Moses had a unique status amongst the prophets of the world. Whereas the others saw only visions, Moses and Bilaam received their prophecy in clear words. The Midrash explains that one day the nations of the world might turn to Hashem and protest that if they had had a leader of Moses' stature, they, too, might have become "chosen", received the Torah and its rewards. Bilaam, we are told, was a prophet of Moses' stature. His prayers, his blessing of Israel and his recognition of Hashem's truth was a lesson to every nation. [Sifrei] "Those who bless you shall be blessed, and those who curse you shall be cursed."

This lofty accolade seems to be at variance with Ramban's dismissive comment that Bilaam was a simple magician, with Bilaam's failure to observe the angel blocking his path and with the fact that Bilaam's donkey seemed to be his spiritual superior.

The Gemarra records that an early pioneer of Kabbala, Rebbe Pinchas ben Yair had a donkey that never ate grain belonging to another, and never mistakenly ate grain that was yet to be tithed. It does not suggest for a moment that this beast of burden was well versed in the scriptures, knowledgeable about property rights and priestly dues, nor that the creature was destined for a special place in donkey heaven. The point that the Gemarra is making is that when Hashem cares for an especially righteous

individual, he will even prevent their property from causing accidental damage.

What was it that marked Pinchas Ben Yair as especially righteous? According to the Gemarra he had mastered the idea of introspection, looking within himself, assessing all his deeds and evaluating his conduct. He could account to the Almighty for everything that he had ever done, draw up a balance sheet for his soul a Cheshbon Nefesh.

The Cheshbon Nefesh is a quest for the personal, inner truth. There is no room for false accounting nor hypocrisy. All failings and discrepancies must be marked for correction. Rebbe Pinchas Ben Yair discovered that as he worked harder on himself, he could achieve even more, that the very act of accounting, the Cheshbon Nefesh, itself, gave him spiritual strengths.

The Vilna Gaon comments that each time Bilaam stopped he recited his parable or spell. It was a form of meditative mantra. Each time, says the Gaon, he looked further into himself, until finally the block was cleared and truth came shining through. "The spirit of Hashem was upon him."

The idolater who sought to curse Israel because the money was good, a simple magician who is reproved by his donkey is transformed into the highest and holiest of prophets. As Bilaam becomes more introspective and understands himself better, even only momentarily, he is able to penetrate the falsehood and depravity of his life to bring about a blessing of poetic beauty. His Cheshbon Nefesh inspired Tshuva, a closeness to Hashem.

Perhaps this is what is meant by the idea that Bilaam was the prophet to the world. There is no-one who is so spiritually corrupt that with a little personal accounting and honest introspection they cannot find truth and be raised to lofty heights, a blessing to him/herself and to others.

Shabbat Shalom

R' Jeremy Lawrence

BALAK STATISTICS

Mitzvot:	None of the 613 mitzvot
Verses:	104 (21st shortest of the 54 Sidrot)
Words:	1455 (22nd shortest)
Letters:	5357 (20th shortest)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	915	668	856
Haftarah	929	682	1189

The Fast of Tammuz

The fast of the 17th Tammuz (Sunday 17th July 2022) is one of four fast days to commemorate the destruction of Jerusalem & the Temple. The others are the fast of Gedalya, 10th of Tevet & 9th of Av.

The **Fast of Tammuz** is from dawn to nightfall. (2.07am-10:05pm)

It begins the “**Three Weeks**”, also known as “*Beyn HaMetzarim*” - “Between the tragedies” - leading up to Tisha B'Av (9th of Av)

This year, both calendar days fall on Shabbat, when we have no public mourning, so the observances are pushed to Motzaei Shabbat / the Sunday. With regards to 17th Tammuz, which is a “minor fast” we wait until Shabbat is out, and although the fast begins on Sunday morning, the Saturday night (18th Tammuz) is still within the Three Weeks and we should conduct ourselves appropriately. On Tisha B'Av, even though it will be Shabbat and we can eat meat and drink wine on the day, we do bring in the fast early (8.40pm) before Shabbat is out (9.27pm)



During the Three Weeks, a number of the rituals of Mourning are observed:

From 17th Tammuz onwards one should not shave / cut one's hair, attend public entertainment. We do not hold weddings during this time. The Shulchan Aruch says we should avoid doing the pleasurable things over which we would make the “*Shehechyanu*” blessing though the Mishneh Berura citing the Vilna Gaon allow the blessing over new fruits on Shabbat. R' Moshe Feinstein allows the purchase of work costumes and underwear which do not make us feel joyous. Clothes which are discounted now but will be more expensive or harder to source after Tisha B'Av may also be bought.

Heatwave Guidance

The London Beth Din has issued the following guidance for fasting during the heatwave anticipated this year:

As higher than normal temperatures are forecast for the Fast of Tammuz this year, particular care should be taken when fasting.

- **Hydration** prior to the fast and **remaining in cooler areas** throughout the day should be prioritised.
- Furthermore, **anyone feeling unwell or finding themselves dehydrated should not continue fasting.**
- If anyone has **pre-existing health conditions**, they should **seek medical advice** before fasting during a heatwave.
- This advice **applies to Tisha B'Av** this year as well.
- It should be noted that **different laws apply regarding Yom Kippur.**

From Rosh Chodesh Av the mourning is intensified. Ashkenazim do not eat meat or drink wine (excepting Shabbat), bathe for pleasure, buy new furniture or clothes. It is considered an inauspicious time for court cases & business transactions. (Sefardim only apply the strictures in the week of Tisha B'Av, which is only the day itself this year).

The Rema (Orach Chayim 551/7) holds that Ashkenazim should neither buy nor repair clothes during the “Nine Days”. However, R' Eliyashiv allows for expenditure on home improvements such as installing air conditioning or a new car as may be necessary.

Many thanks to everyone who contributed so generously to the **Match for Morasha** fundraiser. The school was delighted to raise £327,732 which will enable the building of new classrooms and special education facilities, teacher preparation rooms, workrooms and an improved playground.



Shabbat Shalom

R' Jeremy Lawrence



KINLOSS

MEMORIAL BOARDS

ANNUAL UPDATE 5782 / 5783

We are now offering, for a short time,
the opportunity to add your loved ones' names and Yahrzeits
to the beautiful new Memorial Boards
in the Main Synagogue Foyer.
All names will be in perpetuity.

The price of a single plaque is £850.

Please note : this cannot be Gift Aided or paid by Charity Voucher

Bookings taken until Friday 28th July 2022

For further information please contact the office on
020 8346 8551 / office@kinloss.org.uk

To download form to complete go to
www.kinloss.org.uk/memorial

Tisha B'Av Afternoon & Evening, Sun 7th August



8.00 pm - Tour of Herodion with Dr Peter Abelow

Dr Abelow is an accomplished historian, engineer, school principal and tour guide. He was a director of Keshet – the Center for Educational Tourism in Israel and is co-founder of the Israel Is Beautiful virtual tour company. He will guide us through Herod's Palace, highlighting some recently opened excavations.



6.30 pm - The Romans in the Talmud
with Rabbi Lawrence

7.15 pm - Mincha

8.00 pm - Tour of Herodion
with Dr Peter Abelow

9.00 pm - Maariv

9.27 pm - Fast Terminates

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Gift Aid


KINLOSS

*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 Kinloss Office to discuss with Denise or Shimon
020 8346 8551*

RECIPES FOR THE ROSH HASHANAH MAGAZINE



Please email in any recipes with
photos if you have to
ket@kinloss.org.uk



YIZKOR BOOKLET 5783 - 2022/23

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 have been sent out by post.

**IN ORDER TO MEET DEADLINES WITH THE PRINTERS,
WHEN YOU RECEIVE YOUR LETTER, COULD YOU
PLEASE COMPLETE AND RETURN THE FORMS AS SOON AS
POSSIBLE, BUT NO LATER THAN FRIDAY 29TH JULY 2022**

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



We will be doing a feature in the 2022 Kinloss
Rosh Hashanah Magazine on the Queen's
Platinum Jubilee celebrations.

If you have any photos of your own Jubilee
celebrations with your families, please email to
ket@kinloss.org.uk.



MAZEL TOV • מזל טוב

* Mazel tov to Barbara & Laurence Cohen on the engagement of their son David to Ruth Lux daughter of Jonathan and the late Simone Lux z"l.

* Mazel tov to Helen & Jonathan Pope on Aaron's Auf Ruf and forthcoming wedding to Isabel Ereira, daughter of Joanne & David Ereira. Mazel tov also to grandparents Sarah Hanan, Glorian Gold and Norma & Norman Ereira



**Good luck
to our members
Mia Wohlgemuth
and Libby Frenkel
who will be competing
in the
U18's football team for
Team GB in
the Maccabiah Games**



KINLOSS

**Would you like to
sponsor a Kiddush
in the Minyan on Shabbat?**

Please sign up via:

www.kinloss.org.uk/minyankiddush

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**

KINLOSS YOUTH PARASHAT BALAK

KINLOSS
tribe



Youth Service starts at 9:45am in the
Liora Graham Beit Midrash

Full service and a Dvar Torah at the
end of the service

Followed by a bumper Kiddush
sponsored by the leaving Year 13s!

Thank you to everyone who has
sponsored this weeks Kiddush!

For boys and girls in Years 7-13

Follow us on Instagram: KinlossYouth



KINLOSS
tribe

KINLOSS YOUTH FANTASY FOOTBALL
THE SEASON IS COMING



**GET READY FOR THE NEW SEASON AND
JOIN THE KINLOSS YOUTH FANTASY
LEAGUE!**

THE LINK TO JOIN COMING SOON....

SHUL MEMBERSHIP BILLS

You will have received your 2022/23 membership bills in the post.

Please pay your invoices via:

* Online BACS payment

* The member portal

<https://myus.theus.org.uk/login>

* If you would like to pay by Credit / Debit Card over the phone,
please call Denise on 020 8346 8551



Opening times for United Synagogue Cemeteries on Sunday 7 August 2022, Tisha B'Av

Bushey Old and New Cemeteries, Waltham Abbey Cemetery
and Willesden Cemetery
09.00 – 17.00

East Ham Cemetery
09.00 – 15.00

Alderney Road Cemetery
11.00 – 15.30

Brady Street, Lauriston Road, Plashet and West Ham Cemeteries
11.00 – 15.00

The United Synagogue cemeteries are maintained to a good standard but due to the nature of the grounds there are inevitable risks namely, slips and trips. In particular, please be careful when visiting our older cemeteries.

Paths can be very uneven. When walking around the graves please ensure that you do not hold onto the headstones and you watch your footing. The ground at these cemeteries is very volatile; subsidence can occur at any time. Please take notice of the iron railings and any signage indicating risk.

SHARED READING GROUP EVERYONE IS WELCOME - EXISTING OR NEW PARTICIPANTS

Tuesday 26th July

at 2pm in Benchers at Kinloss. For more

information, please speak to : Kate Fulton on

07801 911 481 or kathrynfulton@hotmail.com





MAZEL TOV TO
THE CHILDREN IN OUR
COMMUNITY CELEBRATING
THEIR BIRTHDAYS

Amitai Mindell (1)
Isaac Shiers (10)
Millie Suchet (6)
Libby Burman (10)

KINLOSS cares
about you

Volunteers needed to shop for our elderly members.

We also need volunteers to give lifts to our elderly members.

Please contact Rochelle
0208 349 5263/ 07517 577 019

Kinloss Cares

What can we offer?

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

Contact Rochelle
020 8349 5263
kinlosscares@kinloss.org.uk

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.

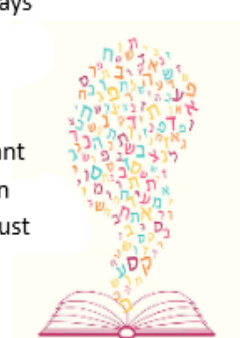
You would only be required for one hour every 8 weeks, on Shabbat morning.

Please email :
securekinloss@yahoo.co.uk
or call Martin Shiers on 07831 836 031 to volunteer

IVRIT DISCUSSION GROUP HAVE SPACE FOR 1/2 NEW MEMBERS TO JOIN WEEKLY (Mondays
via zoom, 7pm-8.30pm)



An intermediate-level group (Chug) in Ivrit for people who can speak the language and want to progress their competence (no attempt at learning grammar). Each person leads on an article from Yanshuf (an Israeli newspaper in somewhat easier Ivrit) or from whatever, or just tells a story.



Contact Tony Korn on 020 8062 1545 or tk666554@gmail.com

SERVICE TIMES:

SERVICES (שבת see front page)	Fast of Tammuz Starts 1:34pm Ends 9:55pm Sun 17th 18 Tammuz	Mon 18th 19 Tammuz	Tues 19th 20 Tammuz	Wed 20th 21 Tammuz	Thur 21st 22 Tammuz	Fri 22nd 23 Tammuz
Shacharit	8:00am Large Deal Hall	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	8:45pm Large Deal Hall	7:30pm	7:30pm	7:30pm	7:30pm	Mincha Kabbalat Shabbat 7:30pm

Services are back in the Liora Graham Beit Midrash



KINLOSS BANQUETING & EVENTS

For all enquiries please contact Shimon on 020 8349 5268

Finchley Synagogue, Kinloss Gardens, London, N3 3DU
banqueting@kinloss.org.uk www.kinlossevents.co.uk

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

Shabbat 16 JULY

Marion Conway	Mother
George Gaty	Father
Deborah Tenenblat	Father
Sidney Wagner	Mother

Sunday 17 JULY

Josephine Cohen	Brother
Janet Gold	Husband
Janice Joseph	Mother
Mandy Lawrence	Brother
Rita Toubkin	Mother
David Weinberg	Father

Monday 18 JULY

Henry Aaronson	Wife
Irene Dickson	Mother
Eva Greenspan	Father
Suzanne Landy	Father

Tuesday 19 JULY

Muriel Altman	Father
Shoina Kass	Father
Ruth Levy	Father
Gerald Lucas	Father
Joanne Rose	Father
Sheila Soleiman	Brother

Wednesday 20 JULY

Muriel Altman	Father
Shoina Kass	Father
Ruth Levy	Father
Gerald Lucas	Father
Joanne Rose	Father
Sheila Soleiman	Brother

Thursday 21 JULY

Richard Coleman	Mother
Stafford Fertleman	Mother
Stephen Goldwyn	Father
Anthony Harris	Mother
Shoina Kass	Mother
Leslie Kaye	Mother
Ruth Levy	Mother
Paul Vegoda	Sister

Friday 22 JULY

Muriel Abt	Father
Stephen Barnett	Mother
June Cass	Father
Brian Compton	Father
Frances Glassberg	Husband
Stephen Hart	Mother

KINLOSS cares
about you

THE KINLOSS SHABBAT LUNCHEON
will be taking place
this Shabbat 16th July 2022



CONDOLENCES:

* Russell Gotkine, Gary Gotkine and Lindsey Myers on the passing of their mother
June Gotkine Z"L

CONSECRATIONS:

10/08/2022	12:00 in Bushey Old in memory of Audrey Sinclair Z"L
18/09/2022	14:00 in Bushey New in memory of Della Franklin Z"L

FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS



Rabbi Jeremy Lawrence: 07501 895 124
Shimon Gillis, Chief Operations Officer: 020 8349 5264
Safeguarding Officer, Jason Marantz: 02083495262 / safeguarding@kinloss.org.uk
Shul Office: 020 8346 8551
Kinloss Cares: 020 8349 5263