



30 / 31 JULY 2021

כ"ב באב תשפ"א

SHABBAT WILL START AT 8:38pm AND TERMINATE AT 9:47pm

**Mazel tov to Ora Marantz on her Bat Mitzvah
We extend a warm welcome to their families and guests.**

PLEASE NOTE SERVICES FOR SHABBAT AND SUNDAY MUST BE PRE-BOOKED BEFORE 9am ON FRIDAY 30th JULY

FRIDAY NIGHT

7:30pm MINCHA, KABBALAT SHABBAT & MA'ARIV
in the Nissan and Rifca Deal Halls

7:20pm SEPHARDI MINCHA, KABBALAT SHABBAT & MA'ARIV
in the Sephardi Synagogue

SHABBAT MORNING SERVICES

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

9:00am MAIN SYNAGOGUE led by Chazan Eli Sufrin
Kriat Hatorah by Chazan Eli Sufrin
Rabbi Lawrence will speak

9:20am THE MINYAN in the Kinloss Suite
Kriat Hatorah by Dan Ruback
Rabbi Lawrence will speak

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

YOUTH SERVICE has now finished for the summer holidays

11:20am CHILDREN'S SERVICES
must be booked in advance www.kinloss.org.uk/childrenservice
and bookings will open every Sunday morning.
Places are limited and are on a first come first served basis

Ages 0 – 4 – Beit Midrash – run by Coral and Lola Harding
Reception to Yr 2 – Ladies Gallery in the Main Synagogue – run by Natalie Sommer

SHABBAT AFTERNOON

8:30pm MINCHA AND SHIUR by Rabbi Lawrence titled
"Choni miracles and circles"

9:47pm MA'ARIV & TERMINATION OF SHABBAT
in the Nissan and Rifca Deal Halls

This week's Newsletter is sponsored by Martin Summers on his recent birthday.

Remembering at this time parents

Celia (Zelda Bat Moshe Hayom) and Bernard (Dov Ber Ben Kolonimos Hayom) Summers Z"L

Just a little Grace

This week's Parsha is Parshat Eikev, in which we read the continuation of Moshe's final addresses to the Children of Israel as they prepare to cross over the Jordan into the Promised Land. A strong theme of the Parsha is the idea of reward and punishment, the promise of prosperity or the menace of alienation.

Moshe warns the Children of Israel that "man does not live by bread alone – rather by everything that emanates from the mouth of God." On one level, this is a reminder that their sustenance in the wilderness has been through the miracle of the manna, without which they would have starved.

The line also conveys the idea that our life is not only about the material things; the consumption and pursuit of wealth. It is about having a higher purpose than bread alone - it is about living for and according to the mitzvot and ethical guidance emanating from the mouth of God. It is not only about the wealth, it is about the Torah.

If we are true to this, Moshe tells us, we shall enjoy the benefits of the fruits of the Israel; *ve-achalta, vesavata u-verachta et Hashem elokecha* - you shall eat and be satisfied and bless God. These words are familiar from the Grace after Meals – they are in fact the very source of the mitzvah of benschung.

Moshe then speaks of the alternative; take care in your prosperity lest you forget Hashem and turn aside from the mitzvot ... and say in your heart, "My strength and the might of my hand made me all this wealth." This course, warns Moshe, will lead you to into idolatry and to serve the gods of others.

There are two developments unfurling in parallel. One is that we forget Hashem, our historic provider and out guide; the second, is that through our ingratitude, we delude ourselves about our own abilities. We see ourselves as the exclusive sources of our success.

This is not a problem that is exclusive to God. It happens when successful students neglect to acknowledge their teachers... look how brilliant I am!

I cannot count the times that a congregant has told me how they, or a family member gave a needy someone the wherewithal to start a business or the inspiration for a project – only to be marginalised or cast aside when the venture took off.

Counsellors see it, too. We go to them when they are down; we talk through and resolve our problems. When life picks up again, we don't like to dwell on our past hardships, and later fail to appreciate their role in our newfound emotional prosperity.

Perhaps this is why the mitzvah of Birkat Hamazon, thanking God for the food, is placed where it is in our Parsha. It is important to act with grace and to show gratitude. It is important to for us all to appreciate that we are not entirely self-made. God is at the beginning of quite a long list of support structures that have sustained us – even if through inspiring others to act with charitable support.

It is reciting blessings or brachot that bonds us to Hashem as our provider. And it is the showing of gratitude that we become truer to ourselves in acknowledging all those who have bolstered us in our lives

For those of us who are the teachers, counsellors and financial backers, we should remember our fortune in having gifts which enable us to be of service to our fellows in this world. We should be grateful to our own teachers and mentors for the expertise and the solutions we often claim in our name.

Thank God for the many gifts and privileges we have. May we strive to use them in His name for the charitable service of the community. May we be conduits for spiritual growth, peace of mind, ethical and charitable wisdom. How much they enrich our world – for man does not live by bread alone.

Shabbat Shalom
R' Jeremy Lawrence

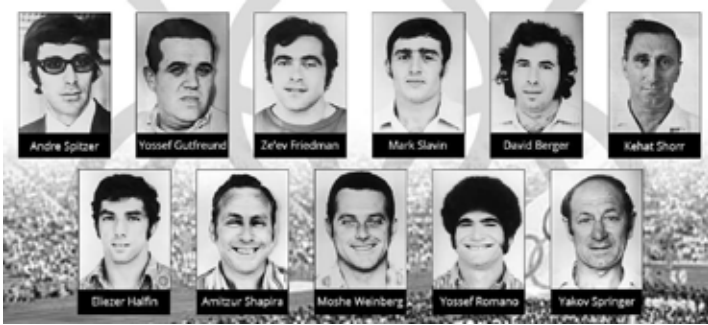
EIKEV STATISTICS

MITZVOT: 8 OF THE 613 MITZVOT, 6 POSITIVE AND 2 PROHIBITIONS
VERSES: 111(26TH LONGEST OF THE 54 SIDROT)
WORDS: 1747 (16TH LONGEST)
LETTERS: 6865(14TH LONGEST)

PAGE NO	SONCINO	HERTZ	ARTSCROLL
SIDRA	1032	780	980
HAFTARAH	1051	794	1197

Citius, Altius, Fortius

The eleven Israeli Olympic team members killed by Palestinian terrorists at the 1972 Olympic Games in Munich were remembered during the Tokyo Olympics opening ceremony with a moment of silence, the first time in 49 years this has happened.



Andre Spitzer, Yosef Gutenfreund, Zev Friedman, Mark Slavin, David Berger, Kehat Shorr, Eliezer Halfin, Amitzur Shapira, Moshe Weinberg, Yosef Romano, Yaakov Springer.

The original Olympic Games were thoroughly pagan. Amongst the stories of their origin is the coronation of Zeus on Mount Olympus after his defeat and slaying of his father, Cronus.

Cronus was the God of the harvest. He is depicted with a scythe. Cronus used his scythe to castrate his father, Uranus before deposing him. He also ate many of his own children out of the jealous fear that they would usurp him. Contrast, perhaps, the milah knife, where a father elevates his child into an ancestral and spiritual covenant, hoping that perhaps Elijah's presence will herald Messianic redemption. The story of Avraham is the story of a father looking to be succeeded and even exceeded by his progeny.

Cronus, god of the harvest is the god of seasons, of time. In Roman mythology, Cronus is Saturn – the God of the seven-day week – the natural order – Shabbat. The scythe of Cronus is famous atop Father Time on the weathervane at Lords cricket ground. He, who lifts the bails at the end of our day's play.

But Cronus is slain by Zeus. Zeus is Cronus' sixth child. He is considered the father of gods and men. Zeus is the god of fertility. Zeus is the father of Herakles – God-like humanity. Zeus kills Cronus, slits his belly open, and releases his divine siblings who include Poseidon and Hades, so that their godliness is returned to the universe. to the sea and

the afterlife. Zeus reigns atop Mount Olympus. Such is the origin of the Olympic spirit!



Mythologies coincide and contradict. Our Jewish story has a single God who creates everything. Our commentaries describe the purpose of God's creation; so that God could show and engender love. God is neither jealous of His creation nor resentful of success. Our story of Eden is a story of paradise shared.

While the Olympian story is about each generation of gods superseding their predecessors – erasing the legacy of those who come before; we, by contrast, work within nature – we work to enhance it - not to overthrow it. We celebrate the Shabbat of creation as a day of acknowledging forces which are greater than us. We rest on it in deference to God's example.

There is an irony that Jewish athletes compete as "Maccabi" in Maccabean games. The historic Maccabees were determined fighters against Hellenist (Greek) customs. Their wars, commemorated annually at Channuka, were fought against the assimilated Jews who would have participated in such sport.

For the Greeks, who competed naked, Brit Milah was an affront to godlike human physicality, and they banned it. The Maharal and other commentators link the 8 day Channuka celebration with the one-day-over-the-natural-week Milah ceremony.

For us, *Citius, Altius, Fortius*, "Faster, Higher, Stronger" translates as keener to serve, aspiring to spiritual heights and building stronger bonds with Hashem.

Shabbat Shalom



R' Jeremy Lawrence

Booking for members to attend services over the Chaggim can be found at www.kinloss.org.uk/chaggimbooking

If any non members contact the office to attend services over the Chaggim, it is currently not available.

Bookings for non-members will not be open until 9th August and there will be a cost to purchase a ticket per person.

Cost to be decided.

They should contact us again after this date.

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**

BOOKING OPENS EVERY SUNDAY

CHILDREN'S SERVICES

0-4 SERVICE

RECEPTION TO YR 2

FAMILY FRIENDLY

EVERY SHABBAT 11.20AM

KINLOSS

WWW.KINLOSS.ORG.UK/CHILDRENSERVICE

**RABBI LAWRENCE WILL BE ON ANNUAL LEAVE
FROM MONDAY 2ND AUGUST
RETURNING MONDAY 16TH AUGUST**

**PLEASE CONTACT THE KINLOSS OFFICE
DURING THE RABBI'S ABSENCE
020 8346 8551 / office@kinloss.org.uk**

**WE ARE DELIGHTED TO ANNOUNCE THAT
THE FRIENDSHIP CLUB AT KINLOSS
IS BACK
ON WEDNESDAYS INSTEAD OF TUESDAYS**

**WE WILL MEET EVERY
WEDNESDAY
FROM 10:00AM TO 1:00PM
IN THE NISSAN AND RIFCA DEAL HALL.
BRUSH UP ON YOUR BRIDGE OR KALOOKI SKILLS,
OR JUST WANT TO SOCIALISE?
COST IS £4.00
INCLUSIVE OF MORNING COFFEE AND LIGHT LUNCH**

**WE ARE ALSO LOOKING FOR DRIVERS TO PICK
UP AT 9:30AM AND COLLECT AT 1:00PM**

**CALL TRUDY ON 020 8346 3925
OR JUST TURN UP - EVERYONE IS WELCOME!**

KINLOSS WHISKY SOCIETY

**unfortunately this will NOT be taking place
on the evening of Wednesday 4th August**

**For further information, please contact
Michael Goldman
by email
on mg.hasle@gmail.com
or call 07970 254 041 (evenings only)**



ORA MARANTZ

Mazel Tov to Ora on her Bat Mitzvah

Ora has three siblings Ellie, Mark and Keren,
and she attends JFS School

Her hobbies are dance, gymnastics, piano and baking

Charity work as part of the Shimcha,
Ora walked 22k across the bridges of London and
sold crepes to raise funds for GIFT



* Mazel tov to Gillian & Jason, Ellie, Mark and Keren on Ora's Bat Mitzvah. Mazel tov also to grandparents Ann & David Marks and Howard Marantz of Canada. Remembering Bonnie Marantz z"l at this happy time.

* Mazel tov to Rosalyn & Ian Liss on the marriage of their grand-daughter, Devorah to Mischa. Mazel Tov to Rabbi Nicky & Shuli Liss and Caroline & Mark Dembovsky.



SHARED READING ZOOM

Monday 2nd August at 2:00pm

Log in via

<https://us02web.zoom.us/j/4377475806?pwd=YzBuclDMKzBNejdYczlhZytmUFJlQT09>

Meeting ID: 437 747 5806 Passcode: books

For more information, please speak to:

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

VOLUNTEER USHERS NEEDED FOR SHABBATOT

We are looking for volunteer ushers for forthcoming Shabbatot.

The aim of the role is to help facilitate the safe entry and checking of those attending services for 'track and trace' purposes, and to remind people to wear masks and sanitise their hands upon entry.

Please sign up to a slot by clicking on
<http://www.kinloss.org.uk/usher>



WE'RE STILL HERE DURING THE SUMMER BREAK!

Feel free to contact us throughout the summer break and check out our Instagram page for exciting events coming up in the new academic year!



KINLOSSYOUTH



07827 031851



BOOK IN FOR ROSH HASHANA AND YOM KIPPUR @ KINLOSS YOUTH

**FULL SERVICES
WITH
EXPLANATIONS
AND KIDDUSH!**

**[www.kinloss.org.uk
/chaggimbooking](http://www.kinloss.org.uk/chaggimbooking)**

Who Were Willesden Jewish Cemetery's WW1 Soldiers?



7pm Tuesday 3rd August 2021

Online Webinar

Our volunteer researchers spent over 2 years digging into the forgotten stories of the young men who served in WW1 commemorated at Willesden Jewish Cemetery. Join us as they share their incredible findings.

BOOK HERE:

WILLEDENJEWISHCEMETERY.ORG.UK/EVENTS/WW1-WEBINAR

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FREE Admission
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+44 (0) 20 8459 6107

KNIT, STITCH & NATTER



**EVERY TUESDAY AFTERNOON
AT 3PM VIA ZOOM**

Facilitated by Jewish Care, you can try a new medium/technique, exchange ideas and be as creative as you wish.

Perfect for anyone who would like to continue with a project or wishing to start something new

Register now - www.kinloss.org.uk/knit



KINLOSS

JEWISH CARE

**MAZEL TOV TO THE CHILDREN IN OUR
COMMUNITY CELEBRATING THEIR
BIRTHDAYS THIS WEEK**

Joshua Lester (4)
Noah Joseph (11)
Rafael Hajioff (11)
Calev Morris (11)
Alexa Gorjian (10)
Ella Toffel (11)
Noam Sacks-Goldstein (3)



Children's Services

with grateful thanks to Natalie Sommer
we have uploaded her Videos

<https://youtu.be/YLuhGFPgSzi>

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



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/>

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 and register.**

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>

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

SERVICES (שבת SEE FRONT PAGE)	SUN 1ST 23 AV	MON 2ND 24 AV	TUES 3RD 25 AV	WEDS 4TH 26 AV	THUR 5TH 27 AV	FRI 6TH 28 AV
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

Weekday Services will be in the Main Synagogue
Weekday Services are also on Zoom www.kinloss.org.uk/zoom

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

MEMBERSHIP BILLS

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

**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

**AND SPEAK TO DENISE TO PAY BY
 CREDIT / DEBIT CARD
 OVER THE PHONE**

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

Shabbat 31 JULY

Mark Freeman	Mother
Rochelle Garfinkel	Mother
Hilarie Rose	Father
Cheryl Sarsby	Mother
Antony Schneider	Father

Sunday 1 AUGUST

David Brodie	Mother
Sandrine Prager	Father
Myrna Taylor	Mother

Monday 2 AUGUST

Lynne Dyan	Father
Irene Scott	First Husband
Peter Sheldon	Brother
Blanche Stechler	Father

Tuesday 3 AUGUST

Ashley Brodin	Father
David Ebrahimoff	Father
Miriam Schajer	Mother

Wednesday 4 AUGUST

Michelle Bull	Father
Neville Chajet	Mother
Deborah Clements	Father
Devorah Harounoff	Husband
Helen Kamiel	Husband
Ian Kamiel	Father
Judith Kraus	Father
Edna Moser	Mother
Paul Richer	Father
Alfred Young	Mother

Thursday 5 AUGUST

Arie Bleiberg	Mother
Neil Cohen	Mother
Marilyn Dvorkin	Mother
Karen Leigh	Father
Susan Sperber-Kosky	Second Husband

Friday 6 AUGUST

Sandra Delroy	Mother
Jean Rappaport	Mother
Cilla Summers	Father
Kenneth Waters	Mother
Monty Zeid	Mother

CONDOLENCES:

* Edith, Paul and Robert Nissen and Adele Sinclair on the loss of their husband, father and brother Arnold Nissen Z"L

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

01/08/2021	11:30 at East Ham in memory of Cimmie Frankfurt Z"L
08/08/2021	13:00 at Bushey Old in memory of Irene Botsman Z"L
15/08/2021	12:00 at Bushey Old in memory of Millicent Villiers Z"L
01/09/2021	12:30 at Bushey New in memory of Ralph Silverstein 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

