

3 / 4 JULY 2020

י"ב תמוז תש"פ

Shabbat commences at 21:06pm and terminates at 22:24pm

Fast of Tammuz 9th July 2020 commences at 01:12am and terminates at 22:14pm



We're Leaving Lockdown – Back in Shul & On-Line

For Updates on WhatsApp please connect to www.kinloss.org.uk/streaming



@kinlosscommunity

Fri	3 July	11 Tammuz	Zoom Mincha	2.30pm
			Earliest Candles	19.36
			Candle Lighting	21:06
שבת	4 July	12 Tammuz	Chukat Balak	
			Bemidbar 16-18	
			Havdalla	22:24
			Zoom Maariv & Havdalla	22:30
Sun	5 July	13 Tammuz	Shacharit: Sunday 8.am, Monday – Fri 7.15 am Mincha & Maariv: 7.30pm Registration Essential http://www.kinloss.org.uk/booking-system	
Mon	6 July	14 Tammuz		
Tues	7 July	15 Tammuz		
Wed	8 July	16 Tammuz		
Thur	9 July	17 Tammuz	Fast of Tammuz	1.12am – 22.14
Fri	10 July	18 Tammuz	Candle Lighting	21:02
שבת	11 July	19 Tammuz	Pinchas	
			Havdalla	22:18
Weekday Services on www.kinloss.org.uk/zoom				

Full Details on Kinloss Services in Shul & Letter from David Elek

<https://tinyurl.com/KinlossOpens>

BLACK & JEWISH

ARE WE BLIND TO RACISM
WITHIN OUR COMMUNITY?

Join our Panel on Sunday 5th July 8.15pm

www.kinloss.org.uk/panel

Stephen Bush, Political Editor of The Spectator

Mizal Bisawer, Director Association of Ethiopian Jews

Loretta Hodari, Sagi Laicha

In conjunction with the Board of Deputies & AEJ



Lunch & Learn: Weds 8th July 1pm
Rabbi Garry Wayland

Circles and Lines: Egalitarianism in the mystics in the book of Bamidbar
www.kinloss.org.uk/zoom

Covid-19:
The Personal, National & Religious Impact
Rabbi DAVID STAV



Weds 8th July 8.15pm www.kinloss.org.uk/stav

**If you would like additional support, please contact
Kinloss Cares on 020 8349 5263.**

Every little helps – Leora and Harry Salter

You may at times ask an older child to look after a younger sibling for just a few minutes, or go round to your neighbours to get their oldest child to look after your children as you prepare to go out. For the child in charge, this is not just a good way to make a bit of money, but also a chance to show how responsible you are.

In Parashat Chukat, we learn of the death of Moshe and Aaron's sister, Miriam the Prophetess, who was one of the leaders of the Exodus from Egypt. The Gemara in Megilah (14a) describes Miriam as one of the seven major female prophets of Israel. Furthermore, Midrash (Targum Micha 6:4) says that just as Moshe led the men out of Egypt and taught them Torah, so too Miriam led the women out of Egypt and taught them Torah.

Miriam features prominently in two incredible incidents in the Torah: first when she watches over infant Moshe as he travelled in the crib down the River Nile, and second when she suffers from Tzaraat after she speaks Loshon Hora about Moshe and his wife.

When Miriam had Tzaraat and was exiled from the camp for seven days, the Bnei Yisrael waited for her to return to the camp, "And the people did not travel until Miriam was brought in again." In trying to discern why Miriam merited this great honour of the entire nation waiting for her, our sages make the connection between these two events and say that "Miriam waited one hour for Moshe; therefore the people waited seven days for her in the wilderness."

As a young six-year-old girl, Miriam looked after and cared for her infant brother at a time when it was dangerous to be a Jewish child in Egypt. According to some sources, Miriam was looking out for Moshe for 15 minutes before Pharaoh's daughter drew him out from the water. Her reward for that 15 minutes was that an entire nation, including her brother Moshe and the Mishkan with its vessels, waited an entire week for her. Is it conceivable that because a young girl cared for her brother for 15 minutes she would merit such a wonderful reward years later?

Rav Avigdor Nebenzahl, previous Chief Rabbi of Jerusalem, answers with an emphatic: yes. 'Every minute of helping others and doing good deeds is counted. The reward for a young girl's good deed to her brother is beyond any proportion to the time involved. This teaches us the tremendous influence of our deeds. A small action that we do has the potential to change the world. We do not know how it is recorded in heaven, but we should be aware that even seemingly insignificant acts such as smiling at a passer-by, or welcoming a new resident to the neighbourhood, are all recorded and are important. When we learn to realise that every single good deed we do becomes headline news above, we will acquire the power to take control over our lives and not be swept along with the tide.'

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	898	652	838
Haftarah	929	682	1189

Chukat Statistics

Mitzvot: 3 of the 613 Mitzvot, all positive
Verses: 87 (12th shortest of the 54 Sidrot)
Words: 1245 (15th shortest)
Letters: 4670 (14th shortest)

BALAK STATISTICS

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

Tish B'Av & the Three Weeks



The fast of the 17th Tammuz (Thurs 9th July 2020) is one of four fast days to commemorate the destruction of Jerusalem & the Temple. The others are the fast of Gedalya (3rd Tishrei), Asara beTevet (10th of Tevet) & Tisha B'Av (9th of Av).

According to tradition 17th Tammuz marks a number of tragic anniversaries:

- Moses shattered the 10 Commandments,
- The Tamid (daily) sacrifice was suspended because of the siege of Jerusalem,
- The walls of Jerusalem were breached for the destruction of the 2nd Temple,
- Apostomus burned a Torah Scroll - a symbolic act of oppression by one of Antiochus' Generals,
- An idol was erected in the Temple.

The **Fast of Tammuz** is from dawn to nightfall. (1.12am-10:14pm)

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

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 "Shehechiyanu" 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.

From Rosh Chodesh Av the mourning is intensified - we 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.

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.

On 9th Av, itself, the mourning reaches its peak - with a full 25 hour fast like Yom Kippur - sunset to nightfall - on which no bathing, anointing, leather shoes, sexual relations, food or drink are permitted.

Tisha B'Av marks:

- The sentence of 40 years in the wilderness for the sin of the spies,
- The destruction of the First & Second Temples,
- The capture of the town of Betar by the Romans in the Bar Kochba rebellion,
- The Romans ploughed over the city of Jerusalem & renamed Israel "Palestine" to remove its Jewish identity.

At the **Seudat Hamafseket** - meal before the fast - it is traditional to eat a hard boiled egg dipped in ash as a token of mourning.

The **Book of Lamentations, (Eicha)** is read in shul - in low light / candle light / and with people sitting on low benches / on the floor. This is followed by the reading of **Kinot** - liturgical dirges. More Kinot are read after Shacharit the following morning.

Tefilin and Tallit are not worn on Tisha B'Av until Mincha time. It is a solemn day on which all pleasures are abandoned. One does not study Torah (apart from the passages on mourning & the destruction of the Temples) or even exchange greetings and pleasantries with friends.

Although the fast concludes at nightfall, the symbols of mourning continue through till noon on 10th Av. Unlike Yom Kippur, where

the end of the fast is a celebration of Israel's atonement, there is nothing to celebrate in the aftermath of the loss of the Temple & our exile.

The Talmud notes that whoever does not mourn the destruction of Jerusalem will never merit seeing it rebuilt in glory.

May our community join in prayer, observe the customary symbols of mourning and give especial thought the plight of Jerusalem and her citizens in these troubled times. "Pray for the peace of Jerusalem". May we look forward to its full restoration, a city, united and in peace.

Shabbat Shalom



R' Jeremy Lawrence



1552 German edition of Josephus Wars of the Jews. Image depicts Josephus writing as Jerusalem is besieged. Note the anachronistic medieval armour and big gun.



Depiction of Nebuchadnezzar's siege in 587 BCE. Note the Church!



Titus

BLACK & JEWISH

ARE WE BLIND TO RACISM
WITHIN OUR COMMUNITY?

Stephen Bush

Political Editor, New Statesman
Chair of Board of Deputies Commission
on Racial Inclusivity in the Jewish Community



Mazal Bisawer

Director & Spokesperson
of the Association of Ethiopian Jews



Loretta Hodari

From the historic Jamaican Jewish Community



Sagi Laicha

Lawyer, Religious Scholar
Community Activist in Kiryat Gat
Immigrant from Ethiopia



Chaired by Rabbi Jeremy Lawrence



SUNDAY 5th July 8.15pm

Register: www.kinloss.org.uk/panel



ONLINE: Paediatric First Aid Course

Course Leader: Daniel Morris is a full time emergency response police officer in. He has been teaching basic life support first aid for ten years and volunteered for the London Ambulance Service where he set up a community first responder.



7TH

JULY

8:00 PM - 9:30 PM

This course is suitable to parents & grand-parents
It will contain live demonstrations of CPR and
recovery positions.

There will be discussion and education and
handouts will be provided.

KINLOSS MEMBERS ONLY. LIMITED
PLACES.

SIGN UP THROUGH

WWW.KINLOSS.ORG.UK/FIRSTAID





Covid-19:

The Personal, National

& Religious Impact

Rabbi DAVID STAV

Chief Rabbi of Shoham

Chairman of Tzohar

Posek & Visionary

“paving the way for a more ethical, inclusive and inspiring approach to Zionist, Jewish life in Israel.”

8.15pm **Weds 8th July**


KINLOSS

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



I AM JUDEN

UNDERCOVER IN THE SS

Rabbi Lawrence in conversation with the
#1 Amazon Bestseller Author

Stephen Uzzell

Weds 15th July, 8pm

www.kinloss.org.uk/Juden





KINLOSS MEMORIAL BOARDS ANNUAL UPDATE 5780 / 5781

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 7th August 2020

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

BRING YOUR LUNCH AND LEARN TOGETHER



RABBI WAYLAND
8TH JULY @ 1PM



RABBI COTEN
15TH JULY @ 1PM



RABBI D FINE
22ND JULY @ 1PM

WWW.KINLOSS.ORG.UK/LANDL



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Tomer Doctors

Mazel Tov to Tomer on his Bar Mitzvah.

**Tomer has two siblings, Ayal and Shiri.
He attends Immanuel College.**

**His hobbies are playing football, tennis and badminton,
supporting Arsenal and playing Xbox.**

**Being kind and helpful comes naturally to Tomer and
during lockdown he spent time volunteering for GIFT.**

**In order raise charity to mark his bar mitzvah,
he decided to hold a tennis tournament on Sunday 28 June with a few of his
friends. He raised £435 to support two charities close to his heart:
Youth Aliyah (to specifically raise money for children in Israel who are not
fortunate to have sports equipment) and GIFT.**



* Mazel tov to Rebecca, Ilan, Ayal and Shiri Doctors on the occasion of Tomer's Bar Mitzvah. Mazel tov also to proud grandparents Hilary & Victor Batchat and Helen & Lawry Doctors (Sydney, Australia).

* Irene & Geoffrey Herman on the forthcoming wedding of their son Michael to Shoshi Ish-Horowicz, daughter of Judith Ish-Horowicz & Patrick Bower.



KINLOSS
tribe

Jami
The Mental Health Service for our Community

DISCOVER, FOR YEARS 11-13,
PRESENTS...

'MANAGING UNCERTAINTY AND SELF CARE' BY JAMI

Looking at ways of managing
uncertainty, thinking about self-care
and managing stress levels

Wednesday 8th July - 7:30pm

Years 11-13 - Ages 16+

Zoom Link:

<https://us02web.zoom.us/j/88931567619>

Zoom Meeting ID:

889 3156 7619

FOR MORE INFORMATION, CONTACT:

07827 031 851 OR EMAIL:

YOUTH@KINLOSS.ORG.UK

THURSDAY NIGHT PARASHA QUIZ

JOIN US AT 7:15PM EVERY
THURSDAY FOR THE KINLOSS
YOUTH PARASHA QUIZ

PRIZES TO BE WON EVERY WEEK
FOR YEARS 7-13

ZOOM LINK:

[HTTPS://US02WEB.ZOOM.US/J/8
2510173364](https://us02web.zoom.us/j/82510173364)

ZOOM MEETING ID:

825 1017 3364



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

Benjy Redwood (2)
Ora Marantz (11)
Mark Marantz (9)
Oliver Redwood (6)

Ezekiel Winston Summers (2)
Chloe Burman (10)
Samuel Toffel (8)



SHUL 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 (OPTION 3)
AND SPEAK TO DENISE
TO PAY BY CREDIT / DEBIT CARD OVER THE PHONE

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.

**VOLUNTEERS
NEEDED**

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

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 confidential-**

CHATS FOR CHAPS

Percy Kaye is inviting you to a
scheduled Zoom meeting
ON WEDNESDAY 8TH JULY AT 12PM

To join the meeting, Click:
<https://zoom.us/j/95389611637?pwd=cWw5QjZmQWtCSnU5SWxZS3o4Rk1kdz09>

Meeting ID: 953 8961 1637
Password: Kinloss

SHARED READING ZOOM

Monday 6th July at 12:00pm

Log in via

<https://us02web.zoom.us/j/85765495578>

Meeting ID: 857 6549 5578

For more information, please speak to:
Kate Fulton on 07801 911 481 or
kathrynfulton@hotmail.com

The United Synagogue's

LUNCH & LEARN SERIES



TUESDAYS:

Whistle-stop tour through Tanach –
Trei Asar (Twelve Minor Prophets) with
Pnina 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 3: Thursday 2 July, Parasha Chukat–Balak
with Rabbi Ben Kurzer

Week 4: Thursday 9 July, Parasha Pinchas
with Rabbi Yoni Golker



All sessions
start at
1:00pm

and will be
available on the
US Facebook
and YouTube
channels



KABBALAT SHABBAT: LIVE

FRIDAY 3 JULY, 7.00PM

with
Rabbi David Mason and family
Muswell Hill Synagogue



Live via the United Synagogue
Facebook and YouTube pages.



Earliest time for candle
lighting is 7:37 PM

Light candles after the
livestream by 9.06 PM
in London.



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

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 4 JULY

Amos Azizoff	Mother
Marilyn Azizollahoff	Father
Sheila Cameron	Husband
Henry Garfinkel	Mother
Simon Goulden	Mother
Charles Kaplan	Father
Alfred Young	Sister
Elaine Young	Mother

Sunday 5 JULY

Robert Harris	Mother
Norman Rose	Sister
Maureen Sander	Mother
Peter Sheldon	Brother

Monday 6 JULY

Frank Caplan	Father
Norman Davis	Father
Esther Gorjian	Mother
Michael Laitner	Mother
Parvin Lavian	Mother
Alan Levene	Father
Sally Saunders	Mother
Sarah Weisz	Mother

Tuesday 7 JULY

David Basrawy	Father
Aubrey Moher	Brother

Wednesday 8 JULY

Anthony Brittan	Mother
Shirley Ellis	Mother
Greta Jacobs	Mother
Deborah Laurier	Father
Rosalyn Liss	Father
Adam Sussman	Father
Adrienne Sussman	Husband
Debra Sussman	Father
Alexa Tapper	Sister
Sandra Tauber	Husband

Thursday 9 JULY

Marion Conway	Mother
George Gaty	Father
Sidney Wagner	Mother

Friday 10 JULY

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

CONSECRATIONS Please note these are being held privately:

28/06/2020	10:00 Bushey in memory of Ronald Silver
28/06/2020	10:45 Bushey in memory of Henna Lewis
08/07/2020	11:00 Bushey in memory of Eve Leigh
12/07/2020	11:30 Streatham in memory Martin Silver
13/07/2020	10:00 Bushey in memory of Lorice Dorothy Lazarus
16/07/2020	11:00 Bushey in memory of Michelle Caren Lois Bellman
10/09/2020	11:30 Bushey in memory of Rose Pine
21/03/2021	12:00 Bushey in memory of Sheila Pearl Cohen

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

