



24 / 25 JULY 2020

ד' באב תש"פ

Shabbat commences at 20:47pm and terminates at 21:58pm
Shabbat Chazon

*Fast of Av Starts 20:53pm Wednesday
Ends 21:43pm Thursday*

KINLOSS SHUL IS OPEN FOR SERVICES

**PLEASE NOTE SERVICES FOR SHABBAT AND SUNDAY MUST BE PRE-BOOKED
BEFORE 9am ON FRIDAY 24TH**

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 Chazan Eli Sufrin

Rabbi Lawrence will speak.

THE MINYAN 9:30am in the Kinloss Suite.

Kriat Hatorah by Carl White

Rabbi Laitner will speak.

SEPHARDI SERVICE 9:30am in the Sephardi Synagogue

led by Rabbi Heller and Reuben Gorji.

Shabbat Afternoon:

8:45pm Mincha followed by Shiur by Rabbi Laitner

Over the next few weeks between mincha and maariv, we plan to consider some 'less famous' stories in the Torah and 'how' to learn them. We continue this week with,
"An introduction to Sefer Devarim: what are 'hadevarim'?"

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

21:58pm 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.

The difference one letter can make

‘And I commanded Joshua (Yehoshua) at that time saying...’ (Devarim 3:21)

What is remarkable about this comment? A close inspection of this phrase in Hebrew reveals that the word **Yehoshua** (Joshua) is spelt with an extra ‘vav’. This is the only place in the Torah where Yehoshua is spelt this way. Yehoshua is mentioned 30 times in the Torah. **Rabbi Yehuda Leib Diskin**, (1818-98), a renowned Dayan in Brisk, Lithuania and then in Jerusalem, notes that in fact Yehoshua should be mentioned 31 times as this would correspond to the 31 tribal chieftains that Yehoshua conquered when he led the people into the Land of Israel (the ongoing, occasional series in Daf Hashavua about the Book of Joshua provides further context).

Rabbi Diskin writes that it is appropriate that Joshua’s name gets an extra letter here to symbolise the 31st time, as this verse speaks of God’s promise to help the Jewish people conquer the tribal chieftans of Cana’an.

Rabbi Chaim Atar (1696-1743) in his work ***Ohr Hachayim Hakadosh***, writes that Yehoshua is commanded not to be afraid of the nations of the land of Cana’an. The context of the section containing this verse is the agreement between Moses and the tribes of Reuven and Gad, which allowed those two tribes to inherit land on the eastern side of the River Jordan on condition that they would assist in the conquest of Israel proper. Yehoshua is charged not to fear the conquest of Cana’an and not to doubt the efficacy of this agreement. Neither should Yehoshua despair of God’s help, however hard it is to continue from the leadership of Moses.

In summary, whilst Rabbi Diskin focuses on the word ‘Yehoshua’, Rabbi Atar considers the implications of the command to Yehoshua. These are two examples of the different techniques which the commentators use to study the Torah.

Shabbat Shalom!

Devarim Statistics

Mitzvot: 2 of the 613 mitzvot, both prohibitions
Letters: 5972 (24th longest)
Verses: 105 (32nd longest of the 54 Sidrot)
Words: 1548 (26th longest)
Haftarah: 27 verses (18th shortest of the 80 Haftarot)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	989	735	938
Haftarah	1004	750	1195

A Vision of Redemption

The Shabbat before the Fast of Av is called Shabbat Chazon after the vision of Isaiah, which constitutes the Haftara, and sung mostly to the tune of Eicha. (Of course, this year that Shabbat falls on 9th Av itself.) It is a particularly baleful prophecy, with Hashem calling out the hypocrisy of joyous Temple offerings by those who ignore their obligations of justice and aid to the vulnerable.

לִמְדוּ הַיָּטֵב דְּרָשׁוּ מִשְׁפָּט אֲשֶׁר-חָמוץ שִׁפְטוֹ יָתוֹם רִיבוֹ אֶלְמָנָה :

Learn to do good; seek out justice, strengthen the victim, uphold the rights of the orphan, take up the cause of the widow. (Isaiah 1:13). The admonition against neglect of the needy is repeated in verse 17. Isaiah's instruction "Learn to do good" carries great import. It is not enough that we should attend to welfare through knowing that charities and institutions exist to support the disadvantaged, nor

even enough to contribute to charities so that the poor and needy are kept from begging at our door. Learning to do good means accustoming ourselves to actively seek out opportunities to assist. Learning to do good means to personalise the obligation – and where possible to personally connect with those pushed to the margins.



Sinat Chinam, the cause for the destruction of the Second Temple (Yoma 9b) is often translated as 'baseless hatred'. Casual disregard of victims can be as oppressive as name-calling and violence. To rebuild the House of God in our presence and Hashem's Presence in our houses, the foundations must be social justice and we must become pillars of personal compassion.

More Meaningful More-Mourning

איכה ישיבה בדד

This year there is a different feel to our Tisha B'Av mourning. Even if we are in shul, we will be way beyond our regular "dis-comfort zone". The motif of loneliness will be made real by social distancing, and for those davening at home there will be an augmented sense of exile. Our mourning will be a national mourning, even an international mourning, not just a historical mourning.

Almost every family has encountered loss directly, through extended family, family-friends or in congregational and communal beacons. Around the Jewish world, we mourn pillars of Torah and leadership. Luminaries, whose wisdom inspired generations are no more. We come into the fast bereft. Our liturgy recalls the martyrs of Rome and the Crusades. The enemies of antiquity were certainly different in many respects; the source of today's losses has been indiscriminate and even without malicious intent – but as to the consequences of the virus – we have been left with loss of life, of self-confidence, of comfort and routine which brings the mood of the moment home and adds fresh

meaning and poignancy to our prayers, piyyutim and supplication.

Quarantine and lockdown – we have felt exile, even in our homes.

The Talmud (Ta'anit 30b) teaches "כל המתאבל על ירושלים" those who mourn the Temple properly, will merit seeing it in joy. Those who do not mourn, will not enjoy redemption.

משנכנס אב ממעטין בשמחה When we enter the month of Av, we must diminish our simcha (Ta'anit 26b). This year brings a challenge. Our diminished happiness sets a new, lower baseline. Sorrowful as we begin, we must augment the discomfort, so that we place mourning for Jerusalem atop the heartache of Covid. We might wish or imagine that the experience of the last several months exempts us from needing to take on additional strictures for the next nine days. Not so. We should be even more careful this year to make the mourning for Yerushalayim meaningful – for that is the key to our redemption.

Nine Day Nitty Gritty



During the month of Av, we diminish our Simcha. We refrain from meat and wine, do not launder or wear new clothes, bathe at length or for pleasure. Additionally, we decrease profitable business, avoid litigation and non-essential construction. (Sefardim hold these additional strictures during the week of Tisha B'Av – Shavua She-Chal Bo – rather than from, and including, Rosh Chodesh.)

Although we do not eat meat or drink wine during the Nine Days, an exception is made for Shabbat, in which we hold no public mourning (and similarly at a Brit Milah, Pidyon HaBen or Siyyum – see Mishnah Berurah on Orach Chayim 551:9).

Even so, one does not need to wait until nightfall to make Kiddush on wine and the Mishnah Berurah (551 *56) allows one to continue to eat meat and drink wine on during Seuda Shelishit, even if the meal is prolonged after nightfall on Saturday night. An exception to this is when Tisha b'Av itself falls on the Sunday, in which case we do, indeed stop eating altogether before sunset.

There are different customs regarding Havdalah: the Shulchan Aruch permits drinking wine; the Rema (R' Moshe Isserles 1520-72) prefers to give the wine or grape juice to a child who is too young to understand the mourning for Jerusalem, if there is one. The Aruch HaShulchan, (Rabbi Yechiel Michel Epstein, 1829–1908) advocates using an alternative beverage such as beer or milk.

Recent Poskim including Rav Moshe Feinstein (1895 to 1986) and Rabbi Yosef Eliahu Henkin (1881 to 1973) both recognised that in the “modern” world we are accustomed to bathing properly in hot water with regularity and that we feel thoroughly discomfited when we do not. Although there was an accepted stringency not to bathe fully on Erev Shabbat Hazon (the Shabbat before Tisha b'Av), they held that today we all have the trait of “Istenis” an Aramaic word איסטניס probably of Greek origin, meaning someone who is particularly sensitive, squeamish or pernickety. Leniencies are extended to the “Istenis”, enabling him or her to bathe and shampoo et cetera from Friday afternoon.

The meal immediately before the fast (in our case on Wednesday evening) is known as the Seudah Hamafseket. It is normally preceded by a regular meal which is not festive. For the Seuda Hamafseket it is traditional to eat only bread and cold hard-boiled eggs, dipped in ash; and to drink only water Rema 552:5). Customarily the meal is

eaten while sitting on the ground and although there may be several people in the same room, they should not converse or engage with each other and consequently not join together in a *zimmin* before Birkat Hamazon.

The fast this year begins at 8:53 PM. From then on, we should not wear leather (or partially leather) shoes, wash, anoint ourselves (though a bride in the first month of marriage is allowed to wash her face and anoint herself), or enjoy intimacy (just as on Yom Kippur) until the fast is out at 9:43 PM on Thursday. Lotions et cetera which are applied for health reasons do not constitute prohibited anointing. Additionally, one should avoid greeting people, sitting on a comfortable chair, lying on a comfortable bed until at least halachic midday (1:06 PM).

Torah study is considered a particular form of joy and therefore it is prohibited on Tisha B'Av with the exception of topics relevant to mourning, the book of Iyyov (Job), passages concerned with tragedy and the Book of Lamentations. Even the pleasant Psalms of Shacharit are omitted.

With the evening of Tisha b'Av, after Maariv, we sit on the floor or on low stools in shul, with the lights dimmed and the Ark curtain removed for the reading of Megillat Eicha (the Book of Lamentations) and the reciting of the Kinnot (liturgical dirges). Further are read after Shacharit and ideally these should fill the morning.

Another custom of the morning is to visit cemeteries.

Please note that Tallit and Tefillin are not worn at Shacharit on Tisha b'Av. They are worn instead at Mincha. The Ark curtain is also replaced at this time.

When Yom Kippur finishes, we feast with the exhilaration of forgiveness. The end of Tisha b'Av is very different. According to tradition, the Temple continued burning until the night at the end of 10th Av. The Talmud Yerushalmi (Ta'anit 4/6) records that Rabbi Avin fasted for both days, while Rabbi Levi fasted on the ninth and evening of the 10th. Mindful of the enduring tragedy, although we break our fast, the sombre restrictions on eating meat, drinking wine, cutting our hair and listening to live music continue through till midday on 10th Av. Unlike Yom Kippur, we also do not wish people “an easy” or “well over” the fast.

Tisha B'Av

AN EXCLUSIVE **LIVE** TOUR WITH **DYNAMIC** GUIDE:

RABBI YAAKOV ARRAM



From Destruction to Redemption
The Tale of Sancheriv & Hezekiah

Thurs 30th July 6.30pm

Reservations: www.kinloss.org.uk/churban

* Sally & Aubrey Moher on the birth of a granddaughter. Daughter to Deb & Idan Tesler-Ziv in Israel and brother for Yoaz.



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/>

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

David Prager (10)
Jacob Tapnack (12)
Hilla Lewis (6)

Hollie Teacher (10)
Zachary Dryer (6)



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	EREV TISHA BA'AV Weds	TISHA BA'AV Thurs	Fri
Shacharit	8:00am	7:15am	7:15am	7:15am	8:30am with first Kinah	7:15am
Sephardi	8:00am	6.30am	6.30am	6.30am	6.30am	6.30am
Mincha / Ma'ariv	7:30pm	7:30pm	7:30pm	Mincha 5:00pm Erev Tisha Ba'Av Tisha Ba'Av commences 8:53pm Ma'ariv, Megilla Eicha and Kinnot 9:00pm	Mincha 2:00pm Ma'ariv 8:45pm Tisha Ba'Av ends 9:58pm	Mincha Kabbalat Shabbat 7:30pm



SHARED READING ZOOM Tuesday 28th July at 2:00pm

Log in via
<https://us02web.zoom.us/j/85984339361>
Meeting ID: 859 8433 9361

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

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



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



Tisha B'Av 2020 Cemetery opening times

**On Tisha B'Av (Thursday 30th July 2020)
the Alderney Road,
Brady Street,
Lauriston Road,
Plashet
and West Ham Cemeteries**



will be open between approximately 11:00 and 15:00 for visitors

All other cemeteries are open as normal

**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**



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 JBSCS, 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





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

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



KINLOSS YOUTH TOGETHER WITH



HAMPSTEAD
tribe



BES
tribe



HGSS
YOUTH




KINLOSS

— PRESENTS —

TISHA B'AV TOGETHER

THURSDAY 30TH JULY - TISHA B'AV

YEARS 7-13

10:30AM - 12:15PM

10:30am - Dalia & Elisha Levy - *BES Youth*

10:45am - Devorah & Netanel Rosen - *SH Youth*

11:00am - Rabbi Jeremy Lawrence - *Rabbi at Kinloss*

11:15am - Yael & Ethan Genende - *HGSS Youth*

11:30am - Leora & Harry Salter - *Kinloss Youth*

11:45am - Toby Weiniger - *Hampstead Youth*

12noon - Rabbi Michael Laitner - *Assistant Rabbi at Kinloss*

ZOOM LINK:

WWW.KINLOSS.ORG.UK/YOUTHTISHABAV

FOR MORE INFORMATION OR TO RECEIVE THE
BOOKLET, SPEAK TO YOUR LOCAL YOUTH DIRECTOR



KINLOSS
tribe

END OF TERM MONDAY NIGHT QUIZ

Join us on Monday 27th July for the last
quiz of the term -

Log on at 7:00pm - Quiz starts at 7:10pm -
Years 7-13 - Bring your phone - Prize for the
winner

Zoom Link:

<https://us02web.zoom.us/j/89636431423>

Meeting ID: 896 3643 1423



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.



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.

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**



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
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 6: Thursday 23 July, Parasha Devarim with
Rabbi Daniel Friedman

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

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



All sessions
start at
1:00pm

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



COVID-19 SURVEY OF JEWS IN THE UK

Your experience matters

A major Jewish communal survey is taking place right now to gather data about the impact of COVID-19. Conducted by the Institute for Jewish Policy Research (JPR), the survey will gather the thoughts and experiences of Jews living in the UK who are aged 16 and over.

If that applies to you, we would like to invite you to complete the survey by Sunday 26th July 2020

PLEASE CLICK <https://survey.jprpanel.org.uk/wix/p315400529544.aspx?src=50>; TO TAKE PART

This research will gather valuable insights into how the coronavirus pandemic has affected Jews in terms of their health, employment, social relationships and Jewish lives. This will allow us all to understand better the overall impact the virus has had, and provide Jewish charities and organisations working across the community with the information they need to help them respond effectively to the crisis. All data will be held securely and will only be used for research purposes. Personal data will never be shared with third parties. Your individual answers will be treated in the strictest confidence and no individuals will be able to be identified in the results.

The survey also offers everyone who participates an opportunity to join JPR's research panel – a new research initiative designed to gather information over time about Jewish opinion on a wide range of issues, from social care and welfare to Israel and antisemitism. So whilst the survey we are inviting you to take part in today focuses on COVID-19, you will also be asked if you would like to participate in JPR's future research programme to share your views on a number of other issues that matter to all of us. Joining the panel means that we will invite you to take part in up to four short surveys each year, all optional, so we hope you will choose to join us.

Your views and experiences matter, and we are very eager to ensure that as many people as possible take part.
Thank you in advance for your help.

jpr / Institute for Jewish Policy Research
ORT House, 126 Albert Street, London NW1 7NE, UK
Web: www.jpr.org.uk
Twitter: @jprinstitute

You can read more about this research or ask for help by visiting www.jprpanel.org.uk or by contacting JPR at jpr@jpr.org.uk or on 0800 044 5077. If you have friends or family who would like to take part but have not yet received an email invitation, please forward this email on to them, or encourage them to visit www.jprpanel.org.uk. As well as making your voice heard and helping the community, All survey participants will have the opportunity to win one of five £100 gift vouchers.

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 25 JULY

Miriam Langdon	Mother
Anita Lichtig	Brother
Rose Young	Husband (2nd)

Sunday 26 JULY

Bernard Oster	Father
Ruth Renton	Mother

Monday 27 JULY

June Gotkine	Mother
Richard Hildebrand	Mother
Audrey Kelvin	Sister
Zena Shattin	Mother

Tuesday 28 JULY

Margi Abeles	Father
Perry Conway	Mother
Joy Garfield	Father
David Kay	Father
Janice Silver	Father
Stanley Weitzman	Mother

Wednesday 29 JULY

Josephine Cohen	Mother
Philip Elias	Father
Heather Grant	Father
Raffaello Nemni	Mother
Sybil Newman	Father
Karina Simmons	Father

Thursday 30 JULY

June Brookes	Sister
Edit Elek	Father
Simon Fearnley	Father
Audrey Godfrey	Husband
Dalia Hajioff	Father
Siegbert Mandelbaum	Mother
Joseph Soleiman	Father
Sheila Soleiman	Husband
Madeleine Winston	Father

Friday 31 JULY

Donald Breslaw	Sister
Barry Frey	Father
Howard Israel	Father
Maureen Sander	Husband
Gail Silver	Father

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

26/07/2020	12:00pm Bushey in memory of Lenora Annette Cohen
02/08/2020	12:00pm Bushey in memory of Anthony Leslie Morris
16/08/2020	11:30am Bushey New in memory of Leonard David Craven
03/09/2020	12:00pm Bushey in memory of Celia Summercorn
07/09/2020	2:00pm Bushey in memory of Alan Shefras

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

