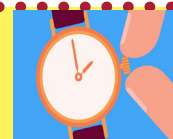


27 / 28 MARCH 2020

ב' ניסן תש"פ

Shabbat commences at 18:11pm and terminates at 19:14pm

BRITISH SUMMER TIME
Remember to turn your clocks 1 hour FORWARD
at 01:00am Sunday morning Sunday 29 March 2020



The Shul Doors May Be Closed – But Kinloss is Open!

Services and getting together have been suspended – but we are OPEN.

I would like to thank our Administration and Welfare Volunteers for the huge effort they have put into the last few days; coordinating outreach and calling so many of our community. Their energy is invigorating and inspirational.

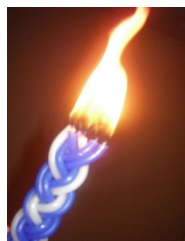
Our Kinloss Administration and Caretaking staff have been amazing – keeping so much going with so many people coming into the building.

I can see from the constant flow of messages from Rabbi Laitner and Head Office how much attention is being given to resourcing our whole community in Chesed and ongoing education.

There will be an early [Online Kabbalat Shabbat](#) which will be streamed on Friday 5.10pm.

<https://www.facebook.com/UnitedSynagogueUK/>

<https://www.youtube.com/watch?v=rZsVodY8QVU>



Join us for
[KINLOSS ZOOM HAVDALLA](#)

at 7.20pm on
<https://zoom.us/j/3652480613>

We have a Kinloss Streaming WhatsApp group, where Rabbi Laitner, Rabbi Heller, Harry and Liora will be sending out links to the material that we and others are putting out. If you would like to subscribe and know what is going on, please log on to www.kinloss.org.uk/streaming.



I am working with a ZOOM MEETING ROOM <https://zoom.us/j/3652480613>



This enables video and audio meetings and shiurim. It will be open at designated times.

I look forward to seeing you!

There will be a [KINLOSS ZOOM HAVDALLA](#) on Saturday night at 7:25pm and [TEFILLA EVERY EVENING](#) from Sunday at 7.30pm. This will have the opportunity to participate in the Shema together, for us to recite a memorial prayer, Tehillim and Kaddish.



Sarah Keen has recorded her Toddlers Service - <https://youtu.be/1pgFRWJKRg8>

Natalie Sommer has recorded her Children's Service - https://youtu.be/LtN3XmTI_J4

(Please do not watch on Shabbat)



Join us for:

Friday 1pm: **Rabbi Dr Raphael Zarum** - [Rambam](#)

<https://zoom.us/j/337703845>

Monday 8pm: **Rabbi Laitner** - Getting ready for Pesach - pt 1

Link will be posted on [Streaming group](#)

Tuesday 8pm: **Rabbi Asher Taragin** - [The Hidden Meaning of Pesach](#)

<https://zoom.us/j/3652480613>

Some thoughts on Vayikra in light of our lockdown

‘When a leader sins, and performs one of the commandments of God, that may not be done...and becomes guilty’ (Vayikra 4:22)

This week, we revisit a pasuk (verse) that we have discussed in previous years. The word used for ‘when’ is ‘asher’, an unusual choice which alerts us to consider why it was chosen. Rashi (the premier Torah commentator) explains that ‘asher’ is related to the word ‘ashrei’, meaning ‘happy’ (as said for example at the start of Mincha afternoon prayers, around the time of returning the Sefer Torah and in the second part of the Shacharit morning prayers).

Basing his comments on the Talmud (Horayot 10b), Rashi states that any generation whose leader is prepared to admit to a sin and attempt to atone for the sin is a happy or fortunate generation. Rashbam, Rashi’s grandson, makes a different comparison. Quoting from Megilat Esther, he explains that ‘asher’ refers to a particular kind of leader by reference to the verse in Esther (6:8) which discusses how Haman had to dress Mordechai in royal garments.

Why though is this a happy generation, as Rashi explains? Its leader has sinned! Furthermore, the word ‘asher’ in our pasuk suggests that the leader is bound to sin!

The 19th century Rabbi Baruch Halevi Epstein, in his ‘Torah Temimah’ commentary, suggests that the generation is happy because it sees its leader set an example for the whole generation to follow. If the leader can say ‘mea culpa’, take the appropriate steps to atone for this and show his allegiance to the law, then nobody else can think that they are above the law.

Building on Rabbi Epstein’s idea, perhaps we can suggest that part of leadership is the ability to bounce back from setbacks. As Mishlei (the book of Proverbs) states ‘a Tzaddik (righteous person) falls seven times, and gets up’ (24:16). As the commentary of Rabbi Meir Leibush (aka Malbim, 1809-79) explains on that pasuk, the Tzaddik falls but gets up with the help of God.

We might suggest that our pasuk in Vayikra gives the leader, compared by dint of his position to a Tzaddik (and hopefully a Tzaddik in actuality too!) a framework, with God’s help, to appropriately and positively overcome sin.

As we continue to observe lock down, may our efforts to comply with the law have as positive an impact as soon as possible. Each one of us is contributing to this.

May God bless us and the whole world.
Shabbat Shalom

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	605	410	544
Maftir	1114	856	1066
Haftarah	1192	995	1214

Vayikra Statistics	
Mitzvot:	16 of the 613 mitzvot, 11 positive and 5 negative
Verses:	111 (26th longest of the 54 Sidrot)
Words:	1673 (20th longest)
Letters:	6222 (20th longest)
Haftarah:	34 verses (9th longest of the 80 Haftarot)

The Book of Vayikra has 247 of the 613 mitzvot, which is more than 40% of the mitzvot in less than 15% of the content of the Torah. The Book of Vayikra averages one mitzvah every 3.5 verses (by comparison, Devarim has one mitzvah every 5 verses, Shemot one per 11 verses, Bemidbar one per 25 verses and Bereishit one per 511 verses).

Shabbat Sha-Zoom!



We are in the middle of a particularly difficult week. Staring out at beautiful blue skies,

we are unable to enjoy the fresh air with friends. Though there is sunshine outside, there is a national, even international, gloom – which many of us are feeling within our homes. The commentaries discussing the plague of darkness explain that it was a tangible darkness; it could be felt. As we address isolation, illness and bereavement; even the thought of Yom Tov ahead – our festival of freedom – fills some of us with foreboding. This Seder night will be different from every other Seder night.

I have been particularly inspired this week by the phenomenal work of our Kinloss cares/welfare volunteers, who have been phoning around the community checking in with people and the volunteers who have been assisting locally with collections and deliveries. Some of our youngsters, whose bar and bat mitzvahs are being cancelled over the next few weeks have been assisting their neighbourhood with errands. More than any sermon on social responsibility and what it is to be an adult within the community, they are discovering inner strength and motivation to play their part. Kol HaKavod!

This Thursday, PG - I will be running two online Bar Mitzvah celebrations for Sam Ellis and Alex Levin, who were scheduled to lein in Kinloss this Shabbat. Their families will Zoom in from across the world for some Tefila, for the boys to read their Haftarat and be addressed from my virtual pulpit. We have had Maariv every evening at 7:30 PM with Tehillim, prayers for the sick, memorial prayers for those marking a

Yahrzeit as well as the prayers for those sitting Shiva.

Through our www.kinloss.org.uk/streaming link we have been sharing the chance to participate in online learning, Shiurim and discussions; Daf Yomi, Rabbi Laitner and the Student Beit Midrash, Harry & Liora's youth programme, Jeremy Mindell's history series, my shiur on the wise and wicked son in the context of leniencies and stringencies of Pesach 2020. The online Elevenses has provided an opportunity to chat and share goodwill. Engagement has been uplifting.

One of the most beautiful projects, I readily embraced to mark my Oma's Yahrzeit on Wednesday. With isolation/lockdown it is not possible for us

to have the gatherings and kiddushim we normally



schedule. However, our Kosher caterers are happy to deliver a



“kiddush care package” to the local hospitals for the doctors, nurses and other staff who are on the front line, protecting our families, our communities, our country. Oma's Yahrzeit was feted by the paediatrics emergency department in Watford hospital.

It's hard not to be able to say Kaddish on a Yahrzeit (and that is before we even consider not being able to attend levayas or have people around for Shiva!). For so many people, coming into shul on the day or on that specific Shabbat is a defining moment in their Jewish identity and their connection with family. It is when we feel the bond of community and know that we are participating in a ritual which links generations – ours to our parents, to their parents and back through time. For many people, eighth day Pesach is significant for Yizkor. I know that United Synagogue shuls close to me used to run an early Yizkor service for those who wanted to take it in on their way to work. I make no endorsement, just the observation that the commemoration of our loved ones is writ large in our psyche. And there will be no collective Yizkor in our shuls this year.

If you have a Yahrzeit, under these circumstances, reciting Kaddish can be replaced by learning a Mishna or halacha (as we are doing in the online Maariv). During this festive month of Nissan, in which we reduce the supplicatory and penitential prayers, we also use a curtailed memorial prayer. You might want to add it as you light your Yahrzeit candle at home.

אָדון העוֹלָמִים זְכוֹר אֶת נִשְׁמַת
(insert her name) שְׁהִלְכָה
לְעוֹלָמָהּ, אָנָּה אַב הַרְחָמִים
וְהַסְלִיחוֹת תְּהִי נַפְשָׁה צְרוּרָה בְּצָרוֹר
הַחַיִּים, וְתְהִי מְנוּחָתָה כְּבוֹד, וְנֹאמֶר
אָמֵן :

אָדון העוֹלָמִים זְכוֹר אֶת נִשְׁמַת
(insert his name) שְׁהִלְכָּ לְעוֹלָמוֹ
(שְׁהִלְכָה לְעוֹלָמָהּ), אָנָּה אַב הַרְחָמִים
וְהַסְלִיחוֹת תְּהִי נַפְשׁוֹ (נַפְשָׁה) צְרוּרָה
בְּצָרוֹר הַחַיִּים, וְתְהִי מְנוּחָתָה כְּבוֹד,
וְנֹאמֶר אָמֵן :

**Lord of the Universe remember the soul of ...
who has gone to his/her rest. Oh, Father of
Mercy and Forgiveness may his/her soul be
bound up in the bond of eternal life and may
his/her soul be bound up eternal life and may
his/her rest be in honour, Amen.**

Baruch Hashem, some of our congregants who have been hospitalised and in intensive care seem to have pulled through.

My day was made, today, when I received a telephone call from someone still in ICU, wanting to check up on how to sell his Chametz here and in Israel, and wanting advice on milk alternatives over Pesach for the lactose intolerant. In 24-hours he had shifted from the urgent Tehillim end of the scale to a Hallel and Shehechyanu moment! We shouldn't count our chickens before they hatch – but the knowledge that our congregants were keeping the faith, were concerned enough to phone with Pesach questions from within hospital and were well enough to tell Rabbi what he ought to think and answer gave me great Chizuk/uplift.

How wonderful is the human spirit and how much it is reinforced by the inspiration of others and collective endeavours of community!

Thanks to everyone for your hard work, the energy and light you are bringing to us in dark times. May your spirits stay strong.

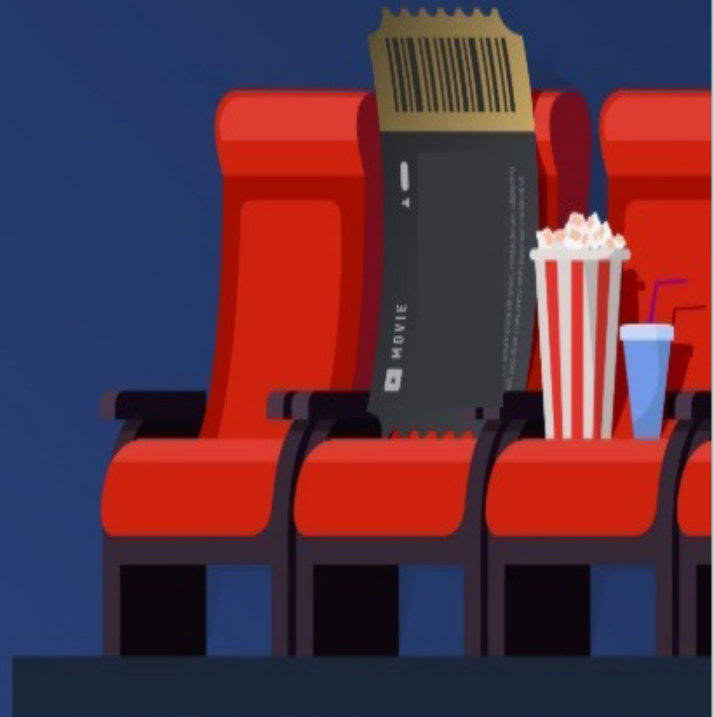
May Hashem bless us with resilience, with healing; may He show us compassion.

Shabbat Shalom



R' Jeremy Lawrence

Watch and listen to
Shiurim online - Join
our whatsapp group on
www.kinloss.org.uk/streaming



**SALE OF CHAMETZ FORMS ARE NOW
AVAILABLE ONLINE**

Please go to : www.kinloss.org.uk/pesach



MAZEL TOV - מזל טוב

* Clare & David Lesser on the birth of a granddaughter, Emily, daughter to Lucy Tobin & Howard Lesser. A sister for Jamie and Toby and another granddaughter for Lyn & Philip Tobin

* Danielle & Jonathan Glasser on the birth of a granddaughter in Manchester, daughter to Benjamin & Simone Glasser.

Mazeltov to the children in our community celebrating their birthdays this week:



Bea Forman (5)
Ayala Levene (5)
Isaac Brittan (10)
Millie Nicholls (7)

Zachary Turner (11)
Bella Levin (8)
Lily Arnold (10)
Poppy Savitz (6)

We have received several calls re whether the Keli Mikveh is open. Sorry it is closed.

Please call the Kinloss Office 020 8346 8551 with any queries, we are here to help you!

KABBALAT SHABBAT: LIVE



If you can't come to US, we'll come to you!

**This Friday 27th March
5.10pm**

Join

Rabbi Bentzi Mann

from Mill Hill East Jewish Community
for an uplifting, inspirational
Kabbalat Shabbat service,
live via the United Synagogue
Facebook page.

Please note:

By participating in this live
stream you are not accepting
Shabbat until you light candles

**Light candles after the
livestream by 6.11^{pm} in London**



USEFUL NUMBERS FOR CALLING LOCAL SHOPS FOR FOOD DELIVERIES (AS AT THE 26TH MARCH)

Kosher Grocery Delivery services (incl Pesach)

- Just Kosher: www.justkosher.co.uk Hard to get slots at the moment
- GoKo Kosher supermarket: www.gokosupermarket.co.uk/home
- Kosher Paradise: 0208 455 2454 email orders@kosherparadise.co.uk order by 5pm

Bakeries offering delivery services

• Daniel's NW11:

£20 minimum order for free local delivery. Order by 2pm the day before. All payments to be made over the phone in advance. No cash payments. Delivery dropped at door. Email order with your phone number to: order@danielsbakery.co.uk and a staff member will call to confirm the order and take payment.

• Grodszinki:

Free deliveries to NW4, WD6, WD26, N3, N2 and NW11 over £15 spend and to HA8, HA7, NW7 and NW11 over £10 spend. All payments to be made over the phone in advance. Delivery dropped at door. Please place your order by 2pm the day before 0208 958 1205 – all subject to availability.

• Carmelli & Yossi's Bakery:

Minimum spend of £10 free deliveries to Golders Green, Hendon and Edgware areas. To place an order please email delivery@carmelli.co.uk or call 020 8458 7056.

Fishmongers

- Leveyson, Hendon Tel: 020 8202 7834
- Nat Jacobs, Edgware Tel: 020 8958 5585 mail mail@natjacobs.co.uk

Butchers offering service

• Kosher Deli:

Call your local branch give them an order over the phone. Once order is made up they will call you for payment. You will then need to arrange for a taxi/family member to collect from the shop and deliver to you.

- Silvermans: Tel: 020 8458 7888 email: info@thekosherbutcher.co.uk

Fruit delivery (though some of these may now be overwhelmed with demand)

- A&D Fruit, Bittacy Hill NW7 0208 346 1027 / 07722 951937 (next day delivery on orders over £20). Opens 7am - 3pm Tues to Fri. Closed Sunday and Monday.
- Greens of Highgate: 0208 365 2224 (free delivery over £20)
- New Covent Garden Market: www.newcoventgardenmarket.com
- Leon's Golders Green: 0208 455 3330 <http://www.leonsfruitshop.co.uk/>

Due to demand, three or four days' notice is needed for orders

- OsoLocal2u.com: 0208 988 7066 www.solocal2u.com
- Fruit and Veg Direct: www.fruitandvegdirect.com Use code PESACH10 for 10% discount

Other shops

- Home from Home NW7: 07940 929976 homefromhomenw7@hotmail.com (Household items and disposables, like Good for You).

Please note this information is what has been provided to us, you will need to call the shops to make sure these services are still in place.

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 28 MARCH

Heather Grant	Mother
Shoshana Lax	Mother
Elizabeth Meyer	Mother
Jill Pivnik	Husband
Susan Shrago	Father
Shirley Weiner	Mother

Sunday 29 MARCH

Leon Barnes	Mother
Rochelle Garfinkel	Father
Gerald Gershon	Father
Raphael Harris	Mother
Geoffrey Morrow	Mother
Judith Susser	Father
Madeleine Winston	Mother

Monday 30 MARCH

Muriel Altman	Mother
Amos Azizoff	Sister
Cynthia Bengen	Mother
Malcolm Chaplin	Mother
Iran Farzanpour	Husband
Sara Keen	Mother
Gerald Lucas	Mother
Nader Navazesh	Father
Hyman Valman	Mother

Tuesday 31 MARCH

Fay Aarons	Mother
Sheila Forman	Brother
Shirley Karp	Sister
Shirley Weiner	1st husband

Wednesday 1 APRIL

Valerie Alembick	Husband
Sara Ansell	Mother
Rhoda Robinson	Sister
Margaret Solomon	Sister

Thursday 2 APRIL

Frances Cohen	Mother
Marion Conway	Husband
Gloria Fox	Husband
Eric Green	Mother
Devorah Harounoff	Mother
Audrey Kelvin	Husband

Friday 3 APRIL

Richard Brett	Father
Audrey Godfrey	Father
Sonia Hirsch	Father
Eve Nachman	Mother
Clive Rubin	Mother

Membership Bills

You will have received your new membership bills
in the post.

Please pay your invoices via :

- * online BACS payment
- * the member portal <https://myus.theus.org.uk/login>

OR CALL THE OFFICE 020 8346 8551
SPEAK TO DENISE TO PAY BY
CREDIT / DEBIT CARD OVER THE PHONE

CONDOLENCES:

- * Dorothy Sadlik, Sarah Nachshen, Mark Sadlik, David Sadlik (Canada) and Miriam Ross on the passing of their husband, father and brother John Sadlik Z"L
- * Frances Herskine on the passing of her mother Fay Yare Z"L

ALL TOMBSTONE CONSECRATIONS ARE POSTPONED FOR THE TIME BEING

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

