



22 / 23 January 2021

י" שבט תשפ"א

SHABBAT WILL START AT 4:17pm AND TERMINATE AT 5:25pm

**Mazel tov to Eitan Kramer and family on his Bar Mitzvah
We extend a warm welcome to their family and guests.**

KINLOSS SHUL IS OPEN FOR SERVICES

**PLEASE NOTE SERVICES FOR SHABBAT AND SUNDAY MUST BE
PRE-BOOKED BEFORE 9am ON FRIDAY 22ND JANUARY**

FRIDAY NIGHT

4:20pm MINCHA, KABBALAT SHABBAT & MA'ARIV
in the Main Shul

4:10pm SEPHARDI MINCHA, KABBALAT SHABBAT & MA'ARIV
in the Sephardi Synagogue

SHABBAT MORNING SERVICES

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

9:15am MAIN SYNAGOGUE led by Chazan Eli Sufrin
Kriat Hatorah by Eitan Kramer
Rabbi Lawrence will speak

9:30am THE MINYAN in the Kinloss Suite
Kriat Hatorah by Robert Owen
Rabbi Laitner will speak

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

Until further notice, The Youth Minyan, Family Service and Children's Service,
will not be taking place

SHABBAT AFTERNOON

4:25pm MINCHA AND SHIUR by Rabbi Laitner titled
Returning to Judaism – part 3: how, if at all, may a Jew who has embraced
another religion return to Judaism? The Brother Daniel case cont...

5:25pm MA'ARIV & TERMINATION OF SHABBAT
in the Main Shul

Parashat בא is jam packed with the final three plagues and the different commandments from G-d on how to remember the exodus from Egypt. The final plague and the aftermath of the last plague make up most of the second half of the Sedra but we can also learn a lot from the first half, and in particular, the first Passuk.

The first Passuk says: “Hashem said to Moshe, ‘Come to Pharaoh, for I have made his heart and the heart of his servants stubborn so that I can put these signs of Mine in his midst”. The first part of the Passuk says: “Hashem said to Moshe ‘Come to Pharaoh...” However, this is a peculiar way to start the verse. Surely, Hashem should have told Moshe to “לך” (Go to Pharaoh) and that would have made more sense. So the question is, why does it say “בא”(come) and not “לך”(go)?

Firstly, Rashi on the Passuk doesn’t have a problem with the word “בא” and explains this Passuk to mean that Hashem is telling Moshe to warn Pharaoh about the imminent plague of Locusts. Even though this doesn’t seem to bother Rashi, other commentators explain the “בא” in a different way.

Rav Elie Munk comments on this terminology earlier in Sefer Shemot in last week’s Sedra, Parashat Va’eira. Perek ט, Passuk א, states exactly the same as the beginning of this week’s Parasha. Here, Rav Munk explains that whenever Hashem tells Moshe to “Come to Pharaoh” it implies that Moshe should meet Pharaoh in Hashem’s name. Furthermore, it means that Moshe met Pharaoh without Pharaoh’s authorisation and without the heavy security protecting the entrance to the throne (Ohr HaChaim).

Ramban (Parashat Va’eira, Perek ה, Passuk ט) also has an explanation for the command by G-d to Moshe. He comments that three of the ten plagues (Frogs, Pestilence and Locusts) have G-d telling Moshe to “Come to Pharaoh”. The explanation given for this is that Hashem is telling Moshe to go and visit Pharaoh alone in Pharaoh’s palace. A warning to Pharaoh alone was sufficient and this is why Moshe is told to “come to Pharaoh”.

These two explanations are similar and go on the same premise that Moshe was speaking to Pharaoh alone and without Pharaoh permission. There is one more explanation given which sheds more light on this.

The Kotzker Rebbe brings a beautiful explanation to this. He says that when Hashem tells Moshe to “Come to Pharaoh” he is really telling him to “Come WITH ME to Pharaoh”. Hashem is really telling Moshe that “I will come with you on your mission”.

With the last explanation we can learn a very important message about our Emunah in G-d. According to Rav Munk, Moshe was meeting Pharaoh without permission and mixed with the Ramban, we understand that Moshe was visiting Pharaoh alone, which must have been daunting for him. However, with the last explanation, we see that Pharaoh might have been alone but Moshe certainly wasn’t, G-d was by his side to help him through and deliver the message he had to deliver. From this we can learn that Hashem is always with us and will always help up through the difficult and worrying times.

BO STATISTICS

MITZVOT: 20 (9 POSITIVE, 11 NEGATIVE) OF THE 613 MITZVOT
VERSES: 106 (29TH LONGEST OF THE 54 SIDROT)
WORDS: 1655 (21ST LONGEST)
LETTERS: 6149 (22ND LONGEST)
HAFTARAH: 16 VERSES (JOINT 13TH SHORTEST OF THE 80 HAFTAROT)
BO IS ONE OF THE SIDROT WITH THE LONGEST VERSES. IN THE FIRST 14 SIDROT OF THE TORAH, THERE HAVE ONLY BEEN 3 MITZVOT. BO MARKS THE BEGINNING OF THE LEGISLATIVE PART OF THE TORAH.

PAGE NO.	SONCINO	HERTZ	ARTSCROLL
SIDRA	377	248	340
HAFTARAH	404	263	1151

Celebrating the Environment of Life



Adam was named for the soil. In Bereshit we learned that even before mankind was created, Hashem placed trees on the earth, and He planted a garden.

Immediately the first human was formed out of the earth, Hashem instructed him to tend to the world and to cultivate it. Life and the knowledge of Good & Evil were associated with trees. In Parashat Beshallah, a tree makes the bitter waters sweet. In the Psalms, the righteous are compared to the upright palm. As we die, our liturgy reminds us that we are transient like the flowers of the field or like grass...

The trees whose fruit and shade we enjoy may have been planted before we were conceived. The trees we plant today might give fruit and shade for generations after we are gone. It is true that mankind is compared to the tree. But in its stature and in its longevity, in some ways as an image and an icon, the tree exceeds mankind.

The festival of Tu BiShvat is on one level nothing more than the marking of an agricultural tax year, with the schools of Hillel and Shammai disputing whether it should be the fifteenth or first of the month. The fifteenth was selected as the strongest rains should have abated making it a good time to plant. On a spiritual and a symbolic level, this semi-festival should help us to focus on our relationship with our environment, the splendour and beauty of nature; the bounty of our natural and cultivated spaces.

Tu BiShvat reminds us of that fine balance between the fruits and the benefits we derive... and our responsibility to care for and to conserve the resources on which we depend.

The Midrash (Kohellet Rabba) teaches that "When Hashem created the first man, He took him around to all the trees in the Garden of Eden and said to him, 'See my handiwork, how beautiful and choice it is... Be careful not to ruin and destroy my world, for if you do ruin it, there is no one to repair it after you.'"

In his Messianic vision, the prophet Ezekiel (Ch 47) refers to the waters being cured, the fish being plentiful; the waterhole, nourished by a returning stream.

In our world, these are significant themes.

Our daily news discusses waste management, recycling, strategies for water conservation & treatment.

We look upon the loss of natural environments and habitats; incursions into unique heritage areas and reserves. We note with concern the threats to endangered species, diminishing biodiversity. On a local and on a global level, we have a spiritual and a civic responsibility to our surroundings.

The Torah and Jewish sources abound with environmental teachings. The Talmud prescribes systems of waste management and the recycling of spent materials.

We are enjoined to plant trees and nurture green spaces. We are prohibited from felling fruit trees to make weapons or in the name of urbanisation or for their timber. (Devarim 20:19) If fruit trees must be uprooted, they must be relocated. We are mandated to leave land fallow in the sabbatical year. Even though we may exploit our fields, we must allow for natural regeneration. (Shemot 23:10)

It is worthy of mention that Israel was the only country in the world that entered the 21st century with more trees and richer forests than it had in the year 1900. Israel, now a world leader in water conservation and desalination is exporting its technology and knowhow.

On Tu BiShvat, it is traditional to enjoy a variety of fruits and a new fruit, particularly the fruits of Israel. Some even make a Seder, with four cups of wine, moving from white through blush to red. R' Chayim Vittal had the custom of eating thirty fruits, ten without peel or stone, ten with pips/stone only and ten with peel but no pips. These represented the kabbalistic sefirot of Creation in the worlds of *Beriya*, *Yetzira* and *Assiya*; worlds which are pure, worlds where the innermost source is impenetrable and worlds where we need to peel back the exterior to discover the inner beauty. (Avocado was not on his Tu BiShvat menu).

In order that our children may also share and enjoy the same beautiful world that is our heritage, may we commit to planting a tree, whether at home, or in Israel or indeed supporting other conservation through the JNF. May we be thoughtful about saving scarce resources, sensible about recycling, eliminating waste – using environmentally safe packaging...

In our Parasha, after the children of Israel cross the Red Sea, they journey three days into the wilderness and then come to a place of bitter water. They protest and complain. Hashem instructs Moses to take a certain bitter tree and throw it into the water to make it sweet. Immediately afterwards Hashem establishes a special ordinance and makes a commitment to heal and protect His people. The commentaries observe that Sometimes the Torah presents a bitter first impression. Nonetheless, when we throw it at life's challenges and immerse ourselves in it, we find it to be a tree of life and source of sweetness.

Environmental responsibility may entail small sacrifices. Our world is worth it!

Shabbat Shalom

Rabbi Jeremy Lawrence



Join me on Wednesday Evening for a Tu BiShvat celebration and cookery demonstration with Lisa Roukin.

**Bring Your
Lunch and Learn Together**
Starts at 1pm **KINLOSS**

WEDNESDAY 3 FEBRUARY 2021

CHAVA WULWICK

WEDNESDAY 10 FEBRUARY 2021

RABBI Y FINE

WEDNESDAY 17 FEBRUARY 2021

RABBI WAYLAND

WEDNESDAY 24 FEBRUARY 2021

RABBI D FINE

WEDNESDAY 3 MARCH 2021

RABBI LAWRENCE

WEDNESDAY 10 MARCH 2021

RABBI FRIEDMAN

WEDNESDAY 17 MARCH 2021

RABBI CARBER

WEDNESDAY 24 MARCH 2021

PNINA SAVERY

www.kinloss.org.uk/landl



KINLOSS

TU BISHVAT

INTERACTIVE SEDER

WITH RABBI LAWRENCE &

BAKING DEMO WITH LISA ROUKIN

WEDNESDAY 27TH JANUARY @ 8PM

REGISTER AT

WWW.KINLOSS.ORG.UK/15



Blueberry Chia Seed Coconut Loaf

If you are bored of banana bread and are looking for a new fruity treat, then you have to give this loaf a go! Simply slice into it to reveal a hidden swirl of berry-packed blueberry jam guaranteed to make you smile! Plus, it's grain free too! Serve it for breakfast or for afternoon tea, ideally with a little more blueberry jam on the side for some extra decadence!

ZOOM PILATES FOR WOMEN

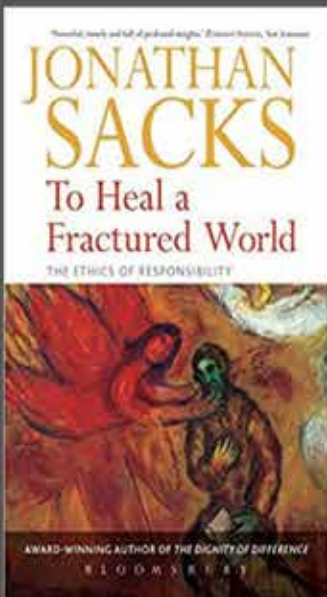
Join a Pilates group every Monday evening at 8.15pm on zoom.
Classes £10 per session.

For more information or to book, please contact Josie directly on 07890 676 738





The Rabbinic Chavrusa in memory of Rabbi Lord Sacks



Rabbi Friedman and Rabbi Lawrence
discuss 'To Heal a Fractured World: The Ethics of
Responsibility'



MONDAY
— · 25 JANUARY, 8.00PM · —

BOOKING ESSENTIAL AT:

www.kinloss.org.uk/SacksBook

OR

FACEBOOK LIVE

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

KINLOSS

THEUS.TV

HGSS
Living Learning Caring



CHILDREN'S SERVICES

with grateful thanks to Natalie Sommer
we have uploaded her Children's Service Videos for Bo

<https://youtu.be/LMGuDOMVxfY>

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

 KINLOSS *KIDS*
**CHALLAH
MAKE**

THURSDAY 11TH FEB @ 4PM



**Grab your aprons and let's
make challah for Shabbat
with Allegra Benitah
The 'Challah Mummy'**



**SUITABLE FOR AGES 5 - 12
(SOME CHILDREN MAY NEED
PARENTAL ASSISTANCE)**

**SIGN UP NOW
WWW.KINLOSS.ORG.UK/CHALLAH21
(LIST OF INGREDIENTS WILL BE SENT)**

KINLOSS
CARES

WE NEED YOUR HELP

WE ARE LOOKING FOR VOLUNTEERS
AGED 25 – 40 WHO ARE
AVAILABLE TO HELP

FOR MORE DETAILS AND TO EXPRESS AN
INTEREST: WWW.KINLOSS.ORG.UK/VOLUNTEER

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

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

Meidan Berke (10)

Zak Joseph (5)

Alisia Rose (11)

Yehuda Halpern (10)

Olivia Levy (4)

Talia Tapnack (9)



BNEI AKIVA

MUSIC THEMED SVIVA

MOTZEI SHABBAT 23rd JANUARY 6:00pm

ON ZOOM (OF COURSE!)
JOIN THE BA ZOOM ROOM
(Link will be emailed out)

SIGNUP, SHORTURL, AT/RODEL

ARE YOU THINKING OF TAKING A GAP YEAR?

WE'RE HERE TO TALK

FOR YEARS 12-13, WE'RE HERE TO DISCUSS GAP YEAR OPTIONS, INCLUDING: YESHIVA, SEMINARY AND GAP YEAR PROGRAMMES

RABBI LAITNER, LEORA AND HARRY ARE AVAILABLE FOR PRIVATE MEETINGS TO DISCUSS AND ADVISE ON THE BEST OPTIONS

TO BOOK A SESSION, CONTACT:
YOUTH@KINLOSS.ORG.UK OR 07827031851



KINLOSS
tribe

KINLOSS



KINLOSS
JCORE
JEWISH COUNCIL FOR RACIAL EQUALITY

Join Kinloss & The Jewish Council for Racial Equality

'Heroes of Jewish activism against racism'

Looking at Jewish heroes of the fight against racism in the US, South Africa and UK and the unsung heroes whose work has been instrumental in combatting racism.

Monday 15th February: 8pm
Presentation and Q&A

Register now at
www.kinloss.org.uk/equality

The Secret Synagogues and Ancient Rites of Ethiopia's Hidden Jews



The remarkable research and
activism of Dr Malka Shabtay

In conversation with Liran Moran and
Rabbi Jeremy Lawrence



now a **breaking story** on i24 News

Wednesday 3 Feb, 8pm

www.kinloss.org.uk/Ethiopia



KINLOSS

EITAN KRAMER

Mazel Tov to Eitan on his Bar Mitzvah

Eitan has 2 siblings Alex and Gideon, and he attends JFS

His hobbies are football, chess, running, coding, cubing, and is a massive Arsenal fan

Charity work as part of his simcha, Eitan has been working with Kinloss Cares to deliver food to the elderly in the community. Eitan has also twinned his barmitzvah with two boys, Khaim Kramer and Walter Ludwig Kramer that didn't live to have their barmitzvah's because of the Holocaust.

Mazel Tov to Tali, Dani, Alex and Gideon on the occasion of Eitan's Bar mitzvah. Also to Grandparents, Shirley & Neil Kramer and Martin Slater. Thinking about Eitan's special Grandma 'Sue' - Susan Slater Z"L.

**Mazel Tov to Mandy & Rabbi Jeremy Lawrence
and**

**Suzanne & Matthew Weiniger
on the engagement of their children
Bracha to Toby.**

**Mazel tov also to grandparents Ashley Lawrence,
Yvonne & Bernard Mocatta,
Michael Cohen, Elaine Finestein and Noah Weiniger.
Remembering Della Levy z"l , David Levy z"l
and Joyce Cohen z"l at this happy time.**

CHATS FOR CHAPS

Percy Kaye is inviting you to a scheduled Zoom meeting

ON WEDNESDAY 27TH JANUARY AT 11:00AM

To join the meeting, click:

www.kinloss.org.uk/chaps (No passcode required)



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



KINLOSS PRESENTS



PURIM DRIVE IN!

THURSDAY 25TH FEBRUARY

FANCY DRESS | FOOD | ENTERTAINMENT

**DETAILS TO FOLLOW
SPONSORSHIP OPTIONS AVAILABLE**

HEALTHCARE TALKS

A 2021 webinar series organised by Kinloss Synagogue in partnership with The Wellington Hospital and United Synagogue

**Kinloss would like to thank
Professor Martyn Caplin,
Mr Andrew Goldberg,
Dr Lisa Anderson,
Dr Mark Furman
and Dr Lee Noimark
for their participation
in the first very successful webinar in the series
held on the 19th January**

THE LATEST THINKING ON DISEASE MEDICAL ADVANCES

2nd March 8.00pm

Dr Clive Onnie	Consultant Gastroenterologist
Dr Huw Beynon	Consultant Rheumatologist
Prof Daniel Hochhauser	Consultant Medical Oncologist
Dr Jenny Cross	Consultant Nephrologist
Prof Martyn Caplin (CHAIR)	Consultant Gastroenterologist

FOR THE OVER 70s: OPTIMISING YOUR HEALTH

13th April 8.00pm

Dr Michael Fertleman	Consultant Physician
Dr Bal Athwal	Consultant Neurologist
Mrs Joanne Hockey	Consultant Gynaecologist
Dr Huw Beynon	Consultant Rheumatologist
Prof Martyn Caplin (CHAIR)	Consultant Gastroenterologist



Professor Martyn Caplin

Consultant Gastroenterologist

As a member of Kinloss, I am delighted to chair the 2021 Healthcare Talks Series in partnership with The Wellington Hospital. We have a tremendous programme of talks planned in 2021 with leading authorities, who will share their valuable insights on common healthcare problems for children, the latest medical advances and how best to optimise our health. I am confident these talks will provide you and your family with a great deal of support and reassurance during an uncertain time for many. I hope you can register and join our talks.



Dr Lisa Anderson
General Practitioner



Dr Bal Athwal
Consultant Neurologist



Dr Huw Beynon
Consultant Rheumatologist



Dr Jenny Cross
Consultant Nephrologist



Dr Michael Fertleman
Consultant Physician



Dr Mark Furman
Consultant Paediatric
Gastroenterologist



Mr Andrew Goldberg
Consultant Orthopaedic Surgeon



Professor Daniel Hochhauser
Consultant Medical Oncologist



Mrs Joanne Hockey
Consultant Gynaecologist



Dr Lee Noimark
Consultant Paediatric Allergist



Dr Clive Onnie
Consultant Gastroenterologist

WHEN AND HOW TO REGISTER:

You can register online at **www.kinloss.org.uk/health** no later than a week before each webinar taking place. The webinars will start promptly on the date and the time specified as above.

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>

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 parents.

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.

SERVICES (שבת SEE FRONT PAGE)	SUN 24TH 11 SHEVAT	MON 25TH 12 SHEVAT	TUES 26TH 13 SHEVAT	WEDS 27TH 14 SHEVAT	THUR 28TH 15 SHEVAT TU BISHVAT	FRI 29TH 16 SHEVAT
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	4:25pm	4:25pm	4:25pm	4:25pm	4:25pm	MINCHA KABBALAT SHABBAT 4:30pm

SHARED READING ZOOM
EVERYONE IS WELCOME- EXISTING OR NEW PARTICIPANTS
Tuesday 9th February at 2pm

Log in:

<https://us02web.zoom.us/j/4377475806?pwd=M2pvdEZuSjU0U1owRW4xaVVPeEpCQT09>

Meeting ID: 437 747 5806 Passcode: story

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

MONDAY MATTERS FOR WOMEN

**The next group meeting will be on
MONDAY 15TH FEBRUARY at 3:00pm**

Log in via: www.kinloss.org.uk/matters

Everyone is welcome



JANUARY @ KINLOSS YOUTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT	SUNDAY
				1	2 PARASHAT VAYECHI	3
4	5 LEARN 2 LEAD	6 BAT MITZVAH PROGRAMME	7 PARASHA QUIZ & SBM	8  INSTAGRAM DVAR TORAH	9 PARASHAT SHEMOT	10
11 DAVENING SQUAD	12 VIRTUAL TOUR OF PRESIDENT'S RESIDENCE	13 BAR MITZVAH PROGRAMME	14 PARASHA QUIZ & SBM	15  INSTAGRAM DVAR TORAH	16 PARASHAT VAYERA	17
18	19 LEARN 2 LEAD	20 BAT MITZVAH PROGRAMME	21 PARASHA QUIZ & SBM	22  INSTAGRAM DVAR TORAH	23 PARASHAT BO	24
25 DAVENING SQUAD	26 SUPPER QUIZ	27	28 PARASHA QUIZ & SBM	29  INSTAGRAM DVAR TORAH	30 PARASHAT BESHALACH	31



KINLOSSYOUTH



07827031851



YOUTH@KINLOSS.ORG.UK

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

Shabbat 23 JANUARY

Jonathan Glasser	Mother
Sarah Nicholls	Mother
Beatrice Primhak	Father
Gary Schajer	Father
Marcel Schajer	Father

Sunday 24 JANUARY

Evelynne Garbacz	Father
Maurice Shear	Father
Anita Stewart	Father
Simon Winston	Mother

Monday 25 JANUARY

Michael Birnhak	Mother
Nahid Hakimi-Sefat	Mother
Shirley Kenley	Brother
Myrna Young	Mother

Tuesday 26 JANUARY

Helen Azizoff	Brother
Edward Cooper	Mother
Phylis Fox	Husband
Harvey Hirsh	Father
Sarita Langdon	Brother
Edna Moser	Father
Dolores Zeid	Brother

Wednesday 27 JANUARY

Elizabeth Feldmann	Father
David Halperin	Step Father
Julia Hammell	Father

Thursday 28 JANUARY

Shirley Arkush	Husband
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Friday 29 JANUARY

Sandra Coleman	Father
David Collins	Step Father
Sarah Curtis	Mother
Frances Glassberg	Sister
Robert Harris	Father
Elaine Young	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

CONDOLENCES:

* Jonathan Pope and Juliet Landau-Pope on the passing of their mother Naomi Pope Z"L

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

28/02/2021	10:30 at Bushey Old in memory of Gwendoline Greenwood Z"L
04/03/2021	10:30 at Bushey Old in memory of David Rosenberg Z"L
14/03/2021	09:30 at Bushey Old in memory of Jean Morris Z"L
17/03/2021	12:00 at Bushey Old in memory of Norman Gilmore Z"L
21/03/2021	12:00 at Bushey Old in memory of Sheila Cohen 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

