

26 / 27 AUGUST 2022

Rosh Chodesh Elul 27 & 28 August

ל' אב תשפ"ב

SHABBAT WILL START AT 7:46pm AND TERMINATE AT 8:48pm

**MAZEL TOV TO ARIEL REINGOLD ON HIS AUF RUF
AND FORTHCOMING WEDDING TO EMMA BATTAT
WE EXTEND A WARM WELCOME TO HIS FAMILY AND GUESTS**

FRIDAY NIGHT

7:00pm Mincha followed by Kabbalat Shabbat in the Nissan and Rifca Deal Halls

7:00pm Sephardi Mincha, Kabbalat Shabbat & Ma'ariv

SHABBAT MORNING SERVICES

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

9:00am Rabbi Dr Raphael Zarum's Rambam Shiur in the Liora Graham Beit Midrash
'Hilchot Gerushin, the Laws of Divorce'

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

9:15am MAIN SERVICE in the Main Synagogue
led by Chazan Eli Sufrin
Kriat Hatorah by Jacky Lax
Rabbi Laitner will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Robert Owen
Rabbi Laitner will speak

YOUTH SERVICE IS FINISHED UNTIL THE NEW ACADEMIC YEAR

10:15am Anim Zemirot Club in the Newman Room led by David Lesser

10.45am CHILDREN'S SERVICES

Ages 0 – 4 - in the Kinloss Suite Foyer - run by Coral Harding
Reception to Yr 2 – in the Nemetnejad Room – run by Natalie Sommer
Yr 3 - Yr 4 and Yr 5 - Yr 6 are finished for the summer holidays
*In an effort to limit single use plastic bottles,
we are asking parents to bring water bottles for their children*

**Following the service there will be a Kiddush in the Kinloss Suite
sponsored by Family Reingold to celebrate
Ariel's Auf Ruf and forthcoming wedding to Emma Battat**

SHABBAT AFTERNOON

7:30pm Mincha followed by Seuda in the Small Deal Hall with
Rabbi Laitner titled

'Shemita is for everybody! Prozbul, modernity and preparing for Rosh Hashanah'

8:48pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

Cleave to His ways – Leora and Harry Salter

אַחֲרַי ה' אֱלֹהֵיכֶם תִּלְכוּ וְאַתֶּן תִּירָאוּ וְאַתֶּן מִצְוֹתַי תִּשְׁמְרוּ וּבְקִלּוֹ תִשְׁמָעוּ וְאַתֶּן תַּעֲבֹדוּ וְכוּ תִדְבָּקוּ:

“It is your G-d alone whom you should follow, whom you should revere, whose commandments you should observe, whose orders you should heed, whom you should worship, and cleave to Him.” – Devarim 13:5

We are told in this verse to follow the commandments of Hashem and “cleave to Him”. How are we supposed to do this? Shall we do spiritual acts that will bring us closer to Hashem? Do we need to do physical acts?

Rashi quotes the Gemara in Sotah (14a) that cleaving to Hashem means that we should do kind acts, bury the dead and visit the sick, as did Hashem. These three acts correspond to when Hashem clothes Adam and Eve in the Garden of Eden, buries Moshe and visits Avraham in his tent after his circumcision.

The Ibn Ezra comments that by cleaving to Hashem, we should do acts with Hashem in our heart, at the beginning and at the end of the act.

Other commentators, including the Ramban, interpret this verse to mean that one should not follow false prophets and instead carefully follow the words of Hashem.

The Ohr HaChaim brings the Gemara in Ketubot (111b) to answer this question. The Gemara asks how is it possible for a human being, who is made of matter, to cleave to Hashem, who is totally abstract? The Gemara answers that we should cleave to Torah scholars who are the carriers of Shechinah, the Divine presence of G-d.

Bringing all of these commentaries together, we can better understand how to cleave to Hashem. By doing acts of kindness, similar to what Hashem did for Adam and Eve, Moshe and Avraham, and by setting an example for others, we can cleave to Hashem. Instead of following the wrong leader, one who sets the wrong path or is a flawed figure, we stray from the ways of Hashem. By cleaving to Hashem, we are ensuring that we are the right role models by always doing acts of kindness in the best possible way and attaching ourselves to people who act properly and can be role models for us.

PAGE NO.	SONCINO	HERTZ	ARTSCROLL
SIDRA	1055	799	998
MAFTIR	944	695	890
HAFTARAH	1188	944	1208

RE'EH STATISTICS

MITZVOT: 55 OF THE 613 MITZVOT, 17 POSITIVE AND 38 PROHIBITIONS

VERSES: 126 (13TH LONGEST OF THE 54 SIDROT)

WORDS: 193 (7TH LONGEST)

LETTERS: 7442 (7TH LONGEST)

Cannes Film Festival - Best Documentary Feature Winner

Nafkot - Yearning

The Hidden Jews of Ethiopia

Exclusive London Premiere

Introduced by Producer/Writer, Dr Malka Shabtay



Dr. Malka Shabtay, an Israeli anthropologist and activist who is engaged with diverse Jewish communities, travels to Ethiopia to visit the community with which she is closely engaged. This time she arrives to film following the Community's request to document and share its unique story of struggling for its identity and survival.

Abera Teshome, a young artist asks her to join her journey so he may complete the missing pieces of his Jewish identity formation. They are traveling to **visit the first hidden synagogue** and participate in the reenactment of the **Red Cow sacred ceremony**. When he returns home, his mother gives him her blessings, and he takes on the role of a new leader.

A unique story of a struggle for identity and survival

Exclusive Screening - and discussion with Dr Malka Shabtay

Weds 31st August 8pm

at Finchley United Synagogue, Kinloss Gardens, N3 3DU

Book: www.kinloss.org.uk/malka


KINLOSS

 **JEWSH
RENAISSANCE**

Kinloss Members £5, Non-Members £10



Teshuvah, Tefillah & Tzedakah

Monday 5 Sept
7:30pm with light
supper

Chava Wulwick
Do I still have time
before Rosh
Hashanah to do
Teshuva?



Rabbi Lawrence
Returning inwards and
upwards



Shabbat Morning
17 Sept 10.30am

Rabbi Dov Cowan
Inspirational Tefilla
Workshop



Monday 19 Sept
7.30pm with light
supper

Chazan Eli Sufrin
What is it and
Should we be giving
charity



Rabbi Laitner
3 key ideas to
supercharge your
Rosh Hashanah
prayers




KINLOSS

**RABBI LAWRENCE IS CURRENTLY AWAY UNTIL
WEDNESDAY 31ST AUGUST
PLEASE CONTACT KINLOSS OFFICE DURING THE RABBI'S ABSENCE
020 8346 8551 / office@kinloss.org.uk**

Finchley United Synagogue
together with Hampstead
Garden Suburb Synagogue
Proudly Presents



CHORAL SELICHOT

Motzaei Shabbat
17th September 2022
at Finchley United Synagogue



Led by
Chazan Avromi Freilich
Chazan Eli Sufrin



accompanied by a special choir under
the direction of
Rabbi Dr Julian Shindler

Address by
Rabbi Jeremy Lawrence

Doors Open 10.30pm
Service Commences 10.45pm

Rosh Hashanah & Yom Kippur Programming Schedule

Rosh Hashanah Day 1 - Monday 26th September

10.00am - Rachel's tears at New Year: Repairing Broken Relationships
with Chava Wulwick (Women Only)

11.15am - Rabbi Dov Cowan (Inspiration)

Rosh Hashanah Day 2 - Tuesday 27th September

11.15am - Hearing the voices in the Krias HaTorah on Rosh Hashanah
with Chava Wulwick

Yom Kippur - Wednesday 5th October

11am - The Scapegoat with Chava Wulwick

12pm - Rabbi Dov Cowan (Inspiration)

1pm - Explanatory Service with Rabbi Lawrence

2pm - Shiur with Harris Bor

3.15pm - Ask the Rabbi with Rabbi Lawrence

EVERYONE WELCOME



SHUL MEMBERSHIP BILLS

You have received your 2022/23 membership bills in the post.

Please pay your invoices via:

- * Online BACS payment

- * The member portal <https://myus.theus.org.uk/login>

- * If you would like to pay by Credit / Debit Card over the phone,
please call Denise on 020 8346 8551

RELAUNCHED

KINLOSS BUSINESS GROUP

PRE REGISTER AT
WWW.KINLOSS.ORG.UK/BUSINESS

8am-9.30am
Thursdays - 8
Sept, 6 Oct,
3 Nov & 1 Dec

Contact
ilan.doctors@netecgc.com
or 07941 170 277 for
details.

- ✓ Opportunity to Network
- ✓ Advertise your Services
- ✓ Increase Business Exposure
- ✓ Meet & Discuss Business Ideas



MAZEL TOV TO
THE CHILDREN
IN OUR
COMMUNITY CELEBRATING
THEIR BIRTHDAYS

Isla Sudwarts (2)
Raya Frenkel (9)
Eliezer Mindell (3)
Oliver Wacks (9)
Maya Conway (3)
Lev Morris (8)
Zev Mosafi (6)
Joseph Savitz (6)
Guy Perilly (7)

ANIM ZEMIROT CLUB

Come and learn to sing Anim Zemirot.
Our club will meet every Shabbat at 10:15am
in the Newman Room.
Boys of 6 and over welcome.
Led by David Lesser

Helping with our Minyan

Please join our WhatsApp Group to help support our Minyan.

There are some times of year where we occasionally need a little extra help to make up a minyan for daily services; also some levayas, matzevas and shivas.

It is a great mitzvah to support the community and is particularly appreciated by those saying Kaddish.

A yahrzeit might be the one weekday in a year that someone turns up in shul. Finding no minyan can leave the person distraught. A comfortable minyan and a welcoming kehilla show the supportive strength and chessed of community. Thanks to all our minyan regulars.

Please join our WhatsApp Minyan group so that we can notify you of any days or services where our minyan needs additional support.

Thank You.



HEALTHCARE TALKS 2022



We are delighted to introduce our first hybrid talk series, organised by Kinloss Synagogue in partnership with The Wellington Hospital.

In our programme of talks planned for autumn 2022, you will hear from our leading consultants who will share their valuable insights on the latest advances in technology, how to prevent common illnesses as you age and how to banish aches and pains.

THE LATEST ADVANCES IN ROBOTIC AND MEDICAL TECHNOLOGY

Wednesday 14th September, 8pm

Miss Jo Franks (Chair)	Consultant General Surgeon
Miss Adeola Olaitan	Consultant Gynaecological Oncologist
Mr Charles Evans	Consultant General Surgeon
Mr Jonathan Miles	Consultant Orthopaedic Surgeon

HOW TO PREVENT COMMON CONDITIONS & ILLNESSES AS YOU GET OLDER

Tuesday 25th October, 8pm

Dr Vanessa Eisman (Chair)	General Practitioner
Mr Andy Goldberg	Consultant Orthopaedic Surgeon
Mr Colin Elton	Consultant Colorectal Surgeon
Dr Bal Athwal	Consultant Neurologist
Dr Sundeep Kalra	Consultant Cardiologist

HOW TO BANISH ACES AND PAINS AT ANY AGE

Wednesday 2nd November, 8pm

Mr Daren Francis (Chair)	Consultant Laparoscopic Surgeon
Mr Jonathan Miles	Consultant Orthopaedic Surgeon
Dr Anthony Gubbay	Consultant in Pain Management and Anaesthesia
Mr Parag Sayal	Consultant Neurosurgeon
Dr Edward Seward	Consultant Gastroenterologist

WHERE

This year we are delighted to host our programme of talks both virtually and in-person to educate the local community and beyond.

VIRTUAL

After registering, you will receive a link to connect to the session virtually.

IN-PERSON

Please arrive at Kinloss Synagogue no later than five minutes before the talk commences.

HOW TO REGISTER

Visit kinloss.org.uk/health.

You must register no later than a week before each talk taking place.



JOIN US

Finchley Synagogue, Kinloss Gardens, London N3 3DU

[Click to view map](#)



Dr Bal Athwal
Consultant Neurologist



Dr Vanessa Eisman (Chair)
General Practitioner



Mr Colin Elton
Consultant Colorectal Surgeon



Mr Charles Evans
Consultant General Surgeon



Mr Daren Francis (Chair)
Consultant Laparoscopic Surgeon



Miss Jo Franks (Chair)
Consultant General Surgeon



Mr Andy Goldberg
Consultant Orthopaedic Surgeon



Dr Anthony Gubbay
Consultant in Pain Management
and Anaesthesia



Dr Sundeep Kalra
Consultant Cardiologist



Mr Jonathan Miles
Consultant Orthopaedic Surgeon



Mr Parag Sayal
Consultant Neurosurgeon



Dr Edward Seward
Consultant Gastroenterologist



Miss Adeola Olaitan
Consultant Gynaecological
Oncologist

The Wellington Hospital

part of **HCA Healthcare uk**




KINLOSS



**Kinloss members young and old
Express your creativity and join us in
making beautifully embellished,
beaded, sparkly, glittery**



**APPLES
SHOFAROT**



POMEGRANATES

**To be displayed in our shul
succah**

**Register at www.kinloss.org.uk/apples
by 4th Sept
so that we can order suitable quantities of
resources for p participants.**

**We need approx 20 volunteers to help to coordinate
this project. Please call Emma on 07852 788 087**

KINLOSS WHISKY SOCIETY

**WEDNESDAY 14 SEPTEMBER, 8PM
NEMETNEJAD ROOM**

PLACES MUST BE
PRE-BOOKED
VIA EMAIL
mg.hasle@gmail.com
OR CALL
07970 254 041
(EVENINGS
ONLY)


KINLOSS

MAZEL TOV - מזל טוב

- * Mazeltov to the Reingold & Battat families on the auf ruf and forthcoming marriage of Ariel, son of Juliet & Richard Reingold, to Emma, daughter of Amanda & Michael Battat. Mazel tov also to grandparents, Susan & Geoffrey Feld, Nancy Reingold, and Brenda Shemberg. Remembering Grandparents Roger Reingold Z"L, Yosi Shemberg Z"L and Diana & Eddie Battat Z"L at this special time.
- * Mazel tov to Lisa & Stephen Harrison on the birth of a grandson, a son to Dinah & Alexander Harrison, a brother for Yehuda and Yoni. Mazel tov also to Michelle & Raphy Burns as well as Great Grandparents Marie Harrison and Cecy & Alan Bearman. Remembering Alan Harrison Z"L at this special time.
- * Mazel tov to Mark & Karen Wagner and Michelle Ambalo on the engagement of Jack to Taliya. Mazel tov to grandparents Zena & Sidney Wagner, Parvaneh & Maurice Faigenblum and Devora Ambalo. Remembering Yuda Ambalo Z"L, Sharon & Martin Kole Z"L and Reuben Ambalo Z"L on this special occasion.



Kinloss Banqueting

banqueting@kinloss.org.uk

0208 349 5268

www.kinlossevents.co.uk



[kinloss.banqueting](https://www.instagram.com/kinloss.banqueting)



SERVICE TIMES:

SERVICES (שבת see front page)	Rosh Chodesh Sun 28th 1 Elul	Bank Holiday Mon 29th 2 Elul	Tues 30th 3 Elul	Wed 31st 4 Elul	Thur 1st 5 Elul	Fri 2nd 6 Elul
Shacharit	8:00am	8:00am	7:15am	7:15am	7:15am	7:15am
Sephardi	8:00am	8:00am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha Kabbalat Shabbat 7:00pm

Services are back in the Liora Graham Beit Midrash

giftaid it

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 Kinloss Office to discuss with Denise or Shimon 020 8346 8551

BOOKINGS OPEN ON WEDNESDAY 24 AUGUST AT:
WWW.THEUS.ORG.UK/CHESEDCONFERENCE2022



THE US CHESED CONFERENCE

SUNDAY
11 SEPTEMBER
9:00AM-2:00PM
OPTIONAL LUNCH AT 1:00PM

TOPICS INCLUDE: COST OF LIVING CRISIS
BRINGING UP YOUNG PEOPLE IN 2022
MENTAL HEALTH • VOLUNTEERING
SUPPORTING UKRAINIAN REFUGEES
BEREAVEMENT

HASMONEAN SCHOOL
PAGE STREET,
LONDON NW7 2EU

The Chesed Conference is for those people who already volunteer or who are thinking about it and want to find out more. If you would like any further information about volunteering with Kinloss Cares please contact Rochelle at Kinlosscares@kinloss.org.uk / 0208 349 5263.

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

Kinloss Cares

What can we offer?

- Welfare Phone Support
- Bereavement Support
- Financial assistance through the Phyllis Nathan Trust (www.kinloss.org.uk/pnt)
- Advice on communal services
- Shopping

Contact Rochelle
020 8349 5263

kinlosscares@kinloss.org.uk

KINLOSS cares
about you

Volunteers needed to shop for our elderly members. We also need volunteers to give lifts to our elderly members.

Please contact Rochelle
0208 349 5263/ 07517 577 019

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

Shabbat 27 AUGUST

Rosalind Freeman	Father
Shirley Kenley	Mother
Gad Levy	Father
David Lightstone	Wife
Parviz Namdar	Mother
Clive Rosenfeld	Mother
Heather Taylor	Father

Sunday 28 AUGUST

Anne Cavendish	Father
Laurence Faiman	Father
Darren Fogelman	Father
Mark Henley	Mother
Rebecca Nemetnejad	Father

Monday 29 AUGUST

Henry Aaronson	Sister
Eric Ansell	Mother
Stephanie Ferster	Husband
Joanne Rose	Mother

Tuesday 30 AUGUST

Stuart Lasky	Father
Alan Laurier	Mother
John Loftus	Mother
Karina Simmons	Mother
Michael Tager	Mother

Wednesday 31 AUGUST

Stephen Arnold	Father
Zena Gerstler	Father
Stacey Green	Father
Bernard Oster	Mother
Jeremy Reuben	Father

Thursday 1 SEPTEMBER

Alan Hakimian	Father
Mahin Hakimian	Husband
Michael Hakimian	Father
Mandana Namdar	Father
Paul Vegoda	Brother

Friday 2 SEPTEMBER

Adrienne Bearman	Sister
Sandra Delroy	Sister
Denis Felsenstein	Father
Elizabeth Gaty	Mother
Bernard Goodwin	Sister
Caroline Gray	Father
Anthony Kraus	Brother
Norman Rose	Father
John Simons	Son
Monica Simons	Son

SHARED READING GROUP

EVERYONE IS WELCOME EXISTING OR NEW PARTICIPANTS

Tuesday 6th September

at 2pm in Benchers at Kinloss

For more information, please speak to :

Kate Fulton on 07801 911 481

or kathrynfulton@hotmail.com



Would you like to sponsor a
Kiddush in the Minyan
on Shabbat?

Please sign up via:
www.kinloss.org.uk/minyankiddush

CONSECRATIONS:

18/09/2022 14:00 in Bushey New in memory of Della Franklin Z"L

FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS

Rabbi Jeremy Lawrence: 07501 895 124

Shimon Gillis, Chief Operations Officer: 020 8349 5264

Safeguarding Officer, Jason Marantz: 02083495262 / safeguarding@kinloss.org.uk

Shul Office: 020 8346 8551

Kinloss Cares: 020 8349 5263

