



24 / 25 JANUARY 2020

כ"ח טבת תש"פ

Shabbat commences at 16:20pm and terminates at 17:28pm

Mincha/Kabbalat Shabbat at 16:20pm

Mevrachim Hachodesh, Rosh Chodesh Sh'vat falls on Monday

Following the Shabbat morning Services
there will be a Kiddush
in the Kinloss Suite

Friday Night

4:20pm: Mincha and Kabbalat Shabbat in the Deal Halls
D'var Torah by James Mindell

SHABBAT LEARNING AT KINLOSS Shabbat Morning

8:30am: Sephardi Synagogue
Talmud Tractate Pesachim by Rabbi Heller

Rabbi Dr Raphael Zarum's Shiur will not be taking place
this Shabbat - it will resume next week

9:15am: Youth Breakfast Shmooze
with homemade cake for Yrs 7-13 in Benchers Cafe

10:30 - 10:50am Study Group with Rabbi Laitner
in the Rabbi's Office
"Covenant & Conversation on Parashat Vaera"

10:40am Food for Thought with Leora Salter
for girls in Yrs 7-13 meet @ Youth Flat

12:35pm Early Mincha in the Main Synagogue

Shabbat Afternoon

Daf Yomi Shiur will be offsite please contact
07521 149764 for address and time

3:30pm - 5pm Bnei Akiva

4:20pm : Mincha followed by Shiur
by Rabbi Laitner titled
"Daf Yomi review and focus: Berachot 16-22,
Tefilla matters part 3"

5:28pm : Ma'ariv and termination of Shabbat

SHABBAT AT KINLOSS

HASHKAMA 7:45am

in the Liora Graham Beit Hamidrash,
followed by Kiddush and a short
shiur.

MAIN SYNAGOGUE 9:15am

led by Chazan Eli Sufrin. Kriat
Hatorah by Robert Owen. Rabbi
Lawrence will speak.

THE MINYAN 9:30am

in the Nissan and Rifca Deal Halls.
Kriat Hatorah by Carl White. Rabbi
Laitner will speak.

YOUTH SERVICE 9:45am

in the Liora Graham Beit Hamidrash,
under the direction of our Youth
Directors, Leora and Harry Salter

SEPHARDI SERVICE 9:00am

in the Sephardi Synagogue, led by
Rabbi Heller and Reuben Gorji.

KIDS' MINYAN 10:45am in the
Marilyn Newman Room with Saul
Elek

Achieving spiritual greatness

“This was Aharon and Moshe, to whom God said...” (Shemot 6:26)

Why is Aharon mentioned before Moshe in this verse? Rashi, in his comment to it, notes that sometimes Moshe is mentioned before Aharon and vice versa, to show that they were spiritually equal.

What though does Rashi mean? On the face of it, Moshe as the greatest ever prophet and the person who received the Torah, was greater than Aharon, even though the later served as the Cohen Gadol (High Priest).

Rabbi Moshe Feinstein (1895-1986) offers a suggestions to answer this query about Rashi’s explanation. Since Aharon dedicated his life to performing God’s will as best he could, he had spiritual equality to Moshe who displayed the same level of dedication. Even though Moshe had more tasks to fulfil than Aharon, since they both did what they were commanded to by God rather than competing for each other’s tasks, they are considered as equal. It was their performance of their respective specific commands, and obeying those commands, rather than taking their own paths, which gave them equal spiritual status with each other.

This teaches a reassuring message. It is not necessarily those who accomplish the most who achieve spiritual excellence. Rather, it is those who fulfil their mission as Jews following the Torah to the best of their ability and desire, who do so. It’s not the person who learns the most Torah, for example, if he or she did not learn to their capacity. Instead it would be a person who may have learned less, but learned to the limits of their capacity.

Moshe and Aharon similarly were, as Rashi puts in, of equal spiritual standing since they both encapsulated this lesson, of achieving to the limits of their capacity. Perhaps in recognition of this, Aharon’s name is listed first in our pasuk.

Shabbat Shalom.

VAERA STATISTICS

Mitzvot: None of the 613 mitzvot
Verses: 121 (20th longest of the 54 Sidrot)
Words: 1748 (15th longest)
Letters: 6701 (17th longest)
Haftarah: 24 verses (joint 25th longest of the 80 Haftarot)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	351	232	318
Haftarah	372	244	1149

Every Day – Try to do Some Good

Monday 27th January will be the 75th anniversary of the liberation of Auschwitz-Birkenau by the 100th Infantry Division of the Red Army. In his memoir “If this is a Man”, Primo Levi describes the arrival of the Russians.

They threw strangely embarrassed glances at the sprawling bodies, at the battered huts and at us few still alive ... They did not greet us, nor did they smile; they seemed oppressed not only by compassion but by a confused restraint, which sealed their lips and bound their eyes to the funereal scene. It was that shame we knew so well, the shame that drowned us after the selections, and every time we had to watch, or submit to, some outrage: the shame the Germans did not know, that the just man experiences at another man's crime; the feeling of guilt that such a crime should exist, that it should have been introduced irrevocably into the world of things that exist, and that his will for good should have proved too weak or null, and should not have availed in defence.

One of the liberating soldiers, Ivan Martynushkin

Saved from “Murder Factory”
MOSCOW, Feb. 2 (UP)—The newspaper Pravda reported today that the Red Army had saved several thousand tortured, emaciated inmates of the Germans' greatest “murder factory” at Oswiecim in southwest Poland.

Pravda's correspondent said fragmentary reports indicated that at least 1,500,000 persons were slaughtered at Oswiecim. During 1941, 1942 and early 1943, he said, five trains arrived daily at Oswiecim with Russians, Poles, Jews, Czechs, French and Yugoslavs jammed in sealed cars.

New York Times Report on Liberation

Martynushkin and his fellow soldiers “noticed people behind barbed wire”. “It was hard to watch them. I remember their faces, especially their eyes which betrayed their ordeal.”

Both these testimonies address the challenge of understanding the emotion and experience of another – and with it, a measure of empathetic care, a commodity absent in the psyche of the persecutors. For the Nazis, their victims were Untermenschen, lesser humans, their names reduced to numbers and then their bodies reduced to ash.

On Monday, I attended the Council of Christians and Jews launch of their Holocaust Memorial Day activities at the House of Lords. We were addressed by the Bishop of London, Sarah Mullally and other Lords Spiritual, as well as Co-Jewish President of the CCJ, Rabbi Wittenberg on the theme of “Stand together”. We were reminded of Sir Nicholas Winton, pioneer of



My Great Grandparents Chaim and Sara Offen and the train manifest marking their deportation to Auschwitz 25 Sept 1942

the rescue of 669 children in the Kindertransport, who exhorted, “Don’t be content in your life just to do no wrong. Be prepared every day to try to do some good.” Fittingly, as we met, the House was addressing the question of child refugees today.

We live in polarising and labelling times. Identities are

used as entitlements and weapons, rallying calls and insults. They are given instant and widespread reach through social media. Seventy-five years since the liberation of Auschwitz and the international recognition of the terrible ultimate consequences of vilification and dehumanisation, of lacking in care and empathy; it is frightening that world over, we see a resurgence and rapid growth of hate speech and hate crimes.

On 27th Nissan, on the anniversary of the Warsaw Ghetto Uprising we mark Yom HaShoah as a Jewish memorial for our losses as well as a commemoration of the heroes and righteous. It is very much an inward facing commemoration. 27th January has its own place as an international anniversary of crime and consequence. It is an opportunity to call the international community of nations to account for their actions and equally for their inaction. It is also a fitting time for us to reflect on the broader aspects of genocide and racism, intolerance and prejudice and on the opportunities that present themselves to us “every day to try to do some good.”

Shabbat Shalom

R' Jeremy Lawrence

Kinloss Supper Quiz is returning!

Sunday 29th March

Doors open at 7pm with dinner served

Join us for an social evening
of fun, food, raffle prizes and
an opportunity to display your
extensive range
of general knowledge.

- Pre-booking essential

- £25 per person

- Please book online at
www.kinloss.org.uk/quiz

- Or call Lucy on
020 8349 5267 for more details

NEW

Baby Massage Course



Mondays 9.15am - 10.45am
Nemetnejad room
5 week course starting
13th January until 10th February

Baby massage offers a wonderful experience and special time for parents to communicate lovingly with their babies. Touch is the first sense to develop and helps parents to bond with their little one.

Cost for the 5 week course: £60
(price includes organic oil and handouts)

For more information, please contact Suzanne Clinton-Davis, Senior Occupational Therapist and IAIM Baby Massage Instructor on **020 8346 0853** or **07767 420 780**

for parents with babies under 1 year old

RABBI SHMUEL ZAJAC **on Monday Evenings at 7.45pm** **in the Liora Graham Beit Hamidrash**



27th January - Mind the Gap

Introduced in the UK in 1968, the phrase urges rail passengers to take caution while crossing the horizontal or vertical spatial gap between the train door and the platform. Also in 1968 - Apollo 8 orbits the moon.

Explore the concept and purpose of 'Tzimtzum' and it's unravelling as we get closer to the era of Moshiach.

10th February - The Prime Indicator

The stock market as a "prime indicator" for g-d's intent in creating our beautiful world and awesome universe.

Rabbi Shmuel Zajac, a Chabad Chassid, grew up in Brazil, studied in the UK and Australia, receiving Semicha and qualifying as a Shochet in the US.

Rabbi Zajac is married to Rochel, together they are still raising their seven children B"H, and served disparate Jewish communities from Hong Kong to New Zealand and others in between. Rabbi Zajac's interests include people, property, equity markets and every four years - the world cup.

*** Free of charge**

Pre-booking is essential via www.kinloss.org.uk/Zajac or call Lucy on 020 8348 5267

Jewish History



with Jeremy Mindell

A six-part series looking at how outside events and forces affected the Jewish world.

8pm Wednesdays

29th January

It's all Greek to me!

5th February

What did the Romans ever do for us?

12th February

The Crusades

4th March

The Enlightenment

19th March

The partitions of Poland

1st April

Intersections of secular and religious history

Free of charge, pre-booking is essential via www.kinloss.org.uk/history or call Lucy on 020 8349 5267

Join KY+ Club, Years 7-8, for...

FLIP OUT!!!



MOTSEI SHABBAT, 25TH JANUARY
7PM-8PM

FLIP OUT BRENT CROSS - MEET INSIDE AT
6:45PM THE LATEST

£13 PER PERSON FOR AN HOUR JUMPING!

SIGN UP AT: WWW.KINLOSS.ORG.UK/KYPLUS

FOR MORE INFORMATION, CONTACT:
07827031851



FOR MOTHERS & DAUGHTERS YEAR 8 & 7

NEW BATMITZVAH PROGRAMME

EXPLORING DIFFERENT THEMES IN A LIVELY AND INTERACTIVE WAY TO PREPARE FOR
THIS AUSPICIOUS TRANSITION: LIFE AS A JEWISH WOMAN.

18.30-19.30 IN KINLOSS

ONCE A MONTH. TO REGISTER PLEASE CLICK ON WWW.KINLOSS.ORG.UK/BT

FOUNDATIONS:
WHAT DOES BATMITZVAH MEAN?

LESSONS FROM OUR MOTHERS:
JEWISH WOMEN IN HISTORY

EMUNAH:
FINDING OUR PLACE IN THE PUZZLE OF LIFE

11

FEBRUARY

SIDOUR SAT NAV:
PRAYER & ME

16

MARCH

JEWISH CALENDAR:
LESSONS FROM AROUND THE YEAR

22

APRIL

BEING A LEADER:
INSPIRING OURSELVES TO INSPIRE OTHERS

18

MAY

22

JUNE

7

JULY

BY REBBETZEN & MA'AYAN LISA LEVENE, BELMONT UNITED SYNAGOGUE

COST: £40 MEMBERS £50 NON MEMBERS



KINLOSS

FOR MORE INFORMATION CONTACT LEORA SALTER
ON YOUTH@KINLOSS.ORG.UK



13 @ KINLOSS

A NEW PARENT AND SON BAR MITZVAH
PROGRAMME

LEARN 5 KEY FUNDAMENTAL TOPICS OF JUDAISM AND
THE PRACTICAL SIDE OF BECOMING A BAR MITZVAH BOY
IN A 6 WEEK PROGRAMME:

WISDOM - 28TH JANUARY

CHESED - 12TH FEBRUARY

JEWISH HISTORY - 11TH MARCH

ISRAEL - 29TH APRIL

MITZVOT - 5TH MAY

FINALE - 2ND JUNE

EACH SESSION WILL BE TAUGHT THROUGH EXPERIENTIAL
LEARNING

SIGN UP: WWW.KINLOSS.ORG.UK/IBM
COURSE DEPENDANT ON MINIMUM NUMBERS

FOR MORE INFORMATION, CONTACT LEORA AND
HARRY: 07827031851 OR EMAIL:
YOUTH@KINLOSS.ORG.UK



WE'RE BACK
AND
BETTER THAN EVER!

KINLOSS BNEI AKIVA

Shabbat Afternoons 3:30-5pm
School Years 2-10
@Kinloss Shul

CONTACT ZAC OR ADIEL AT BAKINLOSS1@GMAIL.COM

ANIM ZEMIROT CLUB

Come and learn to sing Anim
Zemirot.

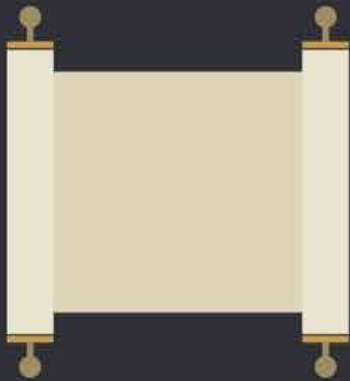
Our club meets every
Shabbat at 10.15am
in the Robing Room.

Boys of 6 and over welcome

Led by David Lesser



KINLOSS
tribe



KINLOSS YOUTH SERVICE - PARASHAT VAERA

9:15am - Breakfast Shmooze with Home made Cake and Dvar Torah in Benchers Cafe!

9:45am - Youth Service in the Liora Graham Beit Midrash

10:40am - Food4Thought for Girls in the Youth Flat with Leora!

All followed by a Dvar Torah from Michal Bassalian

And a Kugel and Cholent Kiddush sponsored by Zahava Hurst!

January 25th 2020

For Years 7-13

LUNCH & LEARN'S NEW TERM WILL START ON WEDNESDAY 29TH JANUARY 2020

12:15pm - Parasha Shiur with Rabbi Daniel Roselaar

1:00pm Mincha

1:15pm - Speaker - Rabbi Daniel Roselaar
in the Liora Graham Beit Hamidrash

LUNCH
AND LEARN

Cost: £5, payable on the door, includes a light lunch. For information
or to book, please email Lucy on ket@kinloss.org.uk or 020 8349 5267

ITYUN (ADVANCED) GEMARA WITH MOISHE SAMPSON

After Ma'ariv on Tuesdays at 7:45pm

An in-depth and analytical study of Mesechet Beitzah drawing on the writings of Medieval and recent commentators.

Walking Westminster Tour

Led by
Steven Jaffe

 Sunday 22nd March

Britain and the Jews - a thousand years' history in a one hour walking tour around Westminster. Britain has had a profound relationship with the Jews and the land of Israel since Medieval times. Steven Jaffe's tour brings you face to face with some of the main players in that story. An insight into British Jewish history from the 12th century to today that will inform, inspire and shock. The tour begins and finishes near Westminster tube station.



 Cost of the tour - £7 Kinloss members, £10 non-members
To book, please visit www.kinloss.org.uk/walkingtour or call Lucy on 020 8349 5267

MAZEL TOV - מזל טוב

* Josepha & Michael White together with Jane & David Sagal, are happy to announce the birth of a baby grandson. Mazel tov to Katie, Josh Sagal and their girls.

* Zena Shattin on her special birthday.

KINLOSS WALKING GROUP - SUNDAY

Join the Kinloss Walking group for a short walk in an open space, helps to keep the heart healthy, to strengthen muscles and realign balance. To next meet on Sunday 26th January.

Please contact Tony Korn on 07958 334 665 or email tk66654@gmail.com



CHATS 4 CHAPS

**WILL BE HELD ON WEDNESDAY 12TH FEBRUARY
AT 11AM**

with Guest Speaker Peter Suchet

**For further details please call Jackie Caplin 07974 665 418
or Rochelle 0208 349 5263**



Rabbi Lawrence in conversation

Wednesday 18th March, 8pm

A Senior Middle Eastern emissary, who has successfully served in various diplomatic roles, including in Beijing, Hong Kong, Washington DC, Jerusalem and London.



Free for Kinloss Members, £5 for non-members. Pre-booking is essential via

www.kinloss.org.uk/inconversation

or call Lucy on 020 8349 5267

KINLOSS NOTICE BOARD



9:45am Games Room in the Newman Room with Saul Elek
0 - 4 year olds with Sara Keen in the Kinloss Suite Foyer
Reception up to School Year 2 with Natalie Sommer in the Avram Nemetnejad Room (2nd Floor)
School Years 3 - 4 with Dina Ellis in the First Floor Classrooms
School Years 5 - 6 with Saul Elek in the Marilyn Newman Room
All Children's Services will start at 10:45am and will be followed by Kiddush
School Years 5 - 6 GIRLS ONLY 10.45am with Benji Falk in the Welfare Room next to Sharon

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

Zak Joseph (4)
Alisia Rose (10)
Emmi Corin (7)
Elijah Zwick (10)

Olivia Levy (3)
Talia Tapnack (8)
Abigail Bensoor (2)



THANK YOU TO:

- * Security Team 1. If you have any queries, please speak to Martin Shiers on 07831 836 031, or email securekinloss@yahoo.co.uk
- * Donald Sharpe, Harry Daniel and Erica Silas of The Welcoming Committee
- * May Sinclair's Kiddush Rota Team

PUBLIC SPEAKING & PRESENTATION SKILLS COURSE SUNDAY 26TH JANUARY - 10am-11am



Course is facilitated by Kinloss member, Barbie Goldfoot-Barzilai, an International Public Speaking and Presentation Skills Coach to Businesses and individuals, with a background in performance and a postgraduate qualification in Dramatherapy.

Providing presentation skills training has allowed Barbie to develop a tried and tested method focusing on the 3 C's (Confidence, Clarity & Charisma), to help professional combat nerves, speak with impact, stand out from the crowd and be remembered whilst remaining true to themselves and their message.

To book please visit www.kinloss.org.uk/speaking or email office@kinloss.org.uk

KINLOSS FILM AFTERNOON "THE CROWN" ON MONDAY 27TH JANUARY 2020 2:00PM FOR A 2:15PM START

We will be screening two episodes a week in the Nemetnejad Room
Season 1 screenings on 27th January, 3rd & 10th February

The Crown traces the life of Queen Elizabeth II from her wedding in 1947 to the present. The series depicts events up to 1955, beginning with an inside look at the early reign of the Queen, who ascended to the throne aged 25 after the death of her father King George VI.

Cost: £3 Kinloss Members / £4 non-members
Refreshments provided.

The next Shabbat Luncheon Club
will be taking place on the 8th February
Please email Rochelle
welfare@kinloss.org.uk or call 0208 349 5263
by Tuesday 4th February
if you would like to attend

NEXT WEEK AT KINLOSS:

DAY:	COMMUNITY LEARNING:	COMMUNITY PROGRAMMES:
SUNDAY	8:00am Daf Yomi (NR)	10:00am Public Speaking Course
		10:00am Walking Group
MONDAY	7:40am Daf Yomi (NR)	9:15am Baby Massage (NR)
	7:45pm Rabbi Zajac 3 part series (BM)	9:30am ACE Fitness (MN)
		10:00am Ilana Banana (Upstairs)
		2:00pm Film Afternoon (NR)
		8:15pm Women's Pilates (MN)
TUESDAY	7:40am Daf Yomi (NR)	10:30am Friendship Club (DH)
	7:45pm Iyun Advanced Gemara (BM)	10:30am Bridge Club (PS)
WEDNESDAY	7:40am Daf Yomi (NR)	10:00am Ilana Banana (DH)
		12:15pm Lunch & Learn (BM)
		1:00pm Art Club (MN)
		8:00pm Jeremy Mindell History Series (NR)
THURSDAY	7:40am Daf Yomi (NR)	6:00pm Table Tennis for Children (Upstairs)
	8:00pm Student Beit Midrash (DH)	7:00pm Yiddish Course (MN)
FRIDAY	7:40am Daf Yomi (NR)	10:15am Ilana Banana (DH)
BC = Benchers Cafe BM = Liora Graham Beit Midrash DH = Nissim and Rifka Deal Hall		NR = Nemetnejad Room MN = Marilyn Newman Room PS = Persian Synagogue

VOLUNTEERS NEEDED FOR WELCOMING

If you are able to help, please sign up via www.kinloss.org.uk/welcomingrota

SERVICES (שירותים see front page)	Sun	Mon ROSH CHODESH	Tues	Weds	Thurs	Fri
Shacharit 1	7:30am	6:50am	7:00am	7:00am	7:00am	7:00am
Shacharit 2	8:15am	8:00am	8:00am	8:00am	8:00am	8:00am
Sephardi Shacharit	8:00am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha		1:00pm	1:00pm	1:00pm	1:00pm	
Ma'ariv	Mincha/ Maariv 4:20pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha & Kabbalat Shabbat 4:35pm

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

Shabbat 25 JANUARY

Carole Jayson	Brother
Muris Kalatizadeh	Father
Youssef Kalatizadeh	Father
Asnat Nematnejad	Husband
Marian Phillips	Mother

Sunday 26 JANUARY

Charles Kaplan	Mother
Rosemary Miller	Father
Carole Mond	Husband
Hilarie Rose	Mother
Nina Schaffer	Husband
Russell Shaw	Father
Marian Stern	Mother

Monday 27 JANUARY

Louise Azizollahoff	Father
Denis Felsenstein	Brother
Barbara Frank	Father
Anthony Kraiss	Father
Janet Rabbie	Father
Cheryl Sarsby	Father
Geoffrey Soll	Father
Monique Solomon	Mother
Sidney Wagner	Father
Saul Zneimer	Father

Tuesday 28 JANUARY

Annette Bamberg	Mother
Shirley Davidson	Brother
Lorraine Silver	Father
David Whiteman	Father

Wednesday 29 JANUARY

Patricia Burns	Father
Zelda Fassbender	Mother
Amir Levy	Sister
Raoul Sobel	Father
Jehuda Sosnow	Father
Sylvia Spiro	Husband
Irene Stanton	Father
Michael Young	Father

Thursday 30 JANUARY

Mark Feldmann	Father
Jonathan Kestenbaum	Father
Pearl Trosser	Father

Friday 31 JANUARY

Sandra Bernstone	Mother
Gloria Lebetkin	Father
Irene Scott	Husband
Harvey Sinclair	Mother
Jacob Steinberg	Sister
Willy Steinberg	Sister

SHARED READING GROUP

Our next Group will take place

Tuesday 11th February at 2:00pm
in Benchers Cafe

All newcomers are welcome and
reading materials supplied.

For more information, please speak to:

Kate Fulton on 07801 911 481
or kathrynfulton@hotmail.com

CONDOLENCES:

* Susan, Paul, Mark, Daniel, Gabriel Alterman on the passing of their mother
Audrey Alterman Z'L

TOMBSTONE CONSECRATIONS:

* SUN 26 JAN	12:00pm at Bushey Old in memory of Jean Gray Z'L
* SUN 9 FEB	09:30am at Bushey Old in memory of Malcolm Lyons Z'L
* SUN 23 FEB	11:00am at Bushey Old in memory of Harold Newman Z'L
* MON 2 MAR	11:30am at Bushey Old in memory of Eve Leigh Z'L
* SUN 8 MAR	10:15am at Edgwarebury Lane in memory of Stanley Ozin Z'L
* SUN 22 MAR	11:30am at Willesden in memory of Elizabeth Israel 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

