

15 / 16 NOVEMBER 2019

י"ח חשוון תש"פ

Shabbat commences at 15:56pm and terminates at 17:01pm
Mincha/Kabbalat Shabbat at 16:00pm

Following the Services there will be a Kiddush sponsored by Tesco to mark their Centenary and celebrating the life of Jack Cohen in the Kinloss Suite



Friday Night

4:00pm: Mincha and Kabbalat Shabbat in the Deal Halls
D'var Torah by Rabbi Lawrence

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 (back next week)

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

10:30 - 10:45am in the Rabbi's Office
Study Group with Rabbi Laitner titled
"Covenant & Conversation on Parashat Vayera"

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

12:25pm Early Mincha in the Main Synagogue

After the Service there will be a
Shabbat Forum
to mark the Centenary of Tesco
with Guest Speaker
Jason Tarry, UK CEO of Tesco



Shabbat Afternoon

3:30 - 5:00pm Bnei Akiva

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

3:50pm : Mincha followed by Shiur by Rabbi Laitner
titled "Values in Sefer Bereishit part 1 - lessons from
the life of Avraham Avinu"

5:01pm : 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 Toby Weiniger.

THE MINYAN 9:30am

in the Nissan and Rifca Deal Halls.
Kriat Hatorah by Jonathan Joseph.

SEPHARDI SERVICE 9:00am

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

YOUTH SERVICE 9:45am

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

KIDS' MINYAN 10:45am

in the Marilyn Newman Room with Saul
Elek

What does laughter really mean? Ma'ayan Raisel Freedman

The Parshah begins with the story of Avraham hosting three Angelic guests and promised a child by the same time next year. The Torah highlights the miraculous nature of this promise by informing us that Avraham and Sarah were old and that she was menopausal. Subsequently when Sarah laughs in the next verse, Rashi understandably explains that this was an expression of incredulity. She looked at herself and saw an old woman seemingly incapable of nursing a child let alone falling pregnant. Immediately she is reprimanded from on high as G-d asks how dare she question Him! But what did her laughter really mean?

Of course, she could have laughed in a genuinely happy way - ecstatic at the news that motherhood is imminent. The Malbim, a 19th century commentator notes that this laughter was borne of happiness. She knew that to be the recipient of a miracle in which nature was overturned meant that she had to be meritorious and these guests had confirmed that she was. Yet, we can still ask why she laughed?

Psychologists note that laughter is particularly informative because it is mostly unplanned, uncensored and hard to fake. Laughter is an honest account of how someone is feeling and usually only occurs when people feel safe. The Torah notes that Sarah was in her tent, in an environment where she felt comfortable enough to express her true feelings. Her laughter is noted by the Torah because it is an important part of the story. It was an uncontrollable reaction to the news she had just heard and can teach us one of two things.

In a study titled “Dimorphous Expressions of Positive Emotion” the authors looked at how we manage extremely high or low emotions. Sometimes we have difficulty processing them and other times we use mechanisms such as laughter to help regulate ourselves. In times of genuine joy, laughter allows us to immerse ourselves in the feeling and experience the full emotion. At other times, our involuntary reaction is the diametrically opposed emotional response (dimorphous) - this is Rashi’s interpretation of Sarah’s laughter. She couldn’t contain herself and the laughter served to regulate the overwhelming thought, that just when she had given up all hope, her greatest wish was about to be fulfilled.

When questioned about her laughter, “Sarah became frightened” - was she concerned about the perception of her laughter or the intention behind it? Either way, G-d challenged her obscuring the truth with “you did laugh.” Clearly, owning our reactions, especially when they are involuntary is important. Only when we can look at ourselves with honesty can we truly examine the meaning behind our responses to situations. Then we can address whether they reflect what we really think when we are able to apply rational thought to the situation at hand.

VAYERA STATISTICS

Mitzvot: None of the 613 Mitzvot
Verses: 147 (7th longest of the 54 Sidrot)
Words: 2085 (2nd longest)
Letters: 7862 (3rd longest)
Haftarah: 37 verses (8th longest of the 80 Haftarah)
Vayera is effectively the second longest Sidra of the Torah (it has unusually long verses).
Today's Revii is the 2nd longest of the Torah.

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	86	63	78
Haftarah	113	76	1134

Doing Godly



Thanks to everyone who participated in the **Women's Health and Halacha Seminar** with Dr Naomi Marmon Grumet last Sunday. I have heard excellent feedback from the evening.

On Tuesday evening I found myself standing in for Dayan Binstock on a panel in Canary Wharf for the Canary Wharf Multifaith Chaplaincy. The topic was **"Why God is not going away, even in the corporate world."** Other participants were Bishop Sarah Mullally DBE, Bishop of London, Baroness Sayeeda Hussain Warsi, Shaunaka Rishi Das Lord Dholakia OBE, Director of the Oxford Centre for Hindu Studies, with Carolanne Minashi, Global Head of Diversity & Inclusion at UBS in the chair. Despite substantial secularisation, there remains a global preponderance of faith adherence (a recent poll placed it as high as 84%) which influences our character and decision making. The panel explored the contributions that our religiosity brought into the corporate environment.

One might imagine that God was on the wrong side of modernity, and that pressures of pluralism, science, egalitarian-individualism would diminish overt faith engagement.

Faith, in general, offers community, direction, purpose and accountability, as well as hope and the possibility of redemption. The digital detox of Shabbat provides a welcome respite from out always on the go and accessible lives, particularly in what the city describes as "extreme jobs". Time set aside for tefilla provides thrice daily mindfulness in which we address the greater picture of life's meaning, family and personal needs. Time set aside for learning is also valuable for personal and spiritual growth, connection with tradition, with chavrusas (study partners), the breadth and depth of the wisdom of ages, as well as a sense of accomplishment.



Alistair Campbell famously instructed the Blair government, "We don't do God". Nonetheless, doing Godly is the Jewish goal. While "doing" God might be over-reaching, emulating Hashem's middot of compassion, fidelity, righteous judgment and lovingkindness provides a constructive framework for ourselves and our communities. In this vein I shared the understanding that "Kosher" is not just about the right kind of food, but can be applied to relationships and situations, and that "Kedusha", sanctity is described by Ramban as the capacity to abstain from excess. Even though something might be kosher, to gorge on it is ungodly. This applies to a surfeit of kosher fishballs at a Kiddush through all legitimate cravings and the worthy desire to make money for ourselves and security for our families and community.

This weekend, our prayers are with our family in Israel, once again spending time in shelters and facing rocket-fire directed generally into civilian areas. May Hashem continue to protect us and all engaged in our security.



We are delighted to welcome representatives of the late Jack Cohen's family to Kinloss, as well as Jason Tarry, UK CEO of Tesco along with other leaders of his management team. This is the **Tesco Centenary** year. Founder, Jack Cohen, was also a founder of Kinloss and had a great fondness for the community.

It was lovely to join with members and friends on a trip to the Churchill War Rooms and Spencer House on Wednesday.

Wishing everyone a Shabbat Shalom and spiritually invigorating digital detox,

A handwritten signature in blue ink, which appears to read "Jeremy Lawrence".

R' Jeremy Lawrence

To mark the Centenary of Tesco, we are holding a special Shabbat Forum.

With guest speaker **Jason Tarry**, UK CEO of Tesco along with a special Kiddush sponsored by Tesco celebrating the life of Jack Cohen.



Jason Tarry joined Tesco in 1990 on a graduate recruitment scheme and has held a number of positions in both food and non-food divisions.

**SHABBAT FORUM
16TH NOVEMBER 2019**



**We are relaunching and rebranding
our Kinloss Annual Supper Quiz,
and are looking to build an exciting new Committee.**

Please contact Lucy on 020 83419 5267 if you want to get involved.

**Monday afternoons in the Nemetnejad Room
Doors open 2pm | Screening commences at 2.15pm
Shtisel - The series**

Screening two episodes a week

Season 2 -

**18th & 25th November,
2nd, 9th & 16th December**

Cost:

- £3 Kinloss members
- £4 non-members. Refreshments provided.

For more information please contact Lucy on ket@kinloss.org.uk or **020 8349 5267**.





LUNCH & LEARN
WEDNESDAY 20TH NOVEMBER 2019

12:15pm - Parasha Shiur with Rabbi Vivian Silverman

1:00pm Mincha

1:15pm - Speaker - Rabbi Nicky Liss (Highgate Synagogue)
in the Liora Graham Beit Hamidrash



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

Monday evenings

Practical Halacha

Doing the right thing, day by day

With Rabbi Jeremy Lawrence

At 8pm

18th & 25th November

9th & 16th December

Dealing with each other and interpersonal relations.

Across work and home, between faiths and different ages.

Shiur at the home of Eleanor and Mark.

Please contact the office for the address.



Monday Evenings

Life's Morals & Ethical Dilemmas

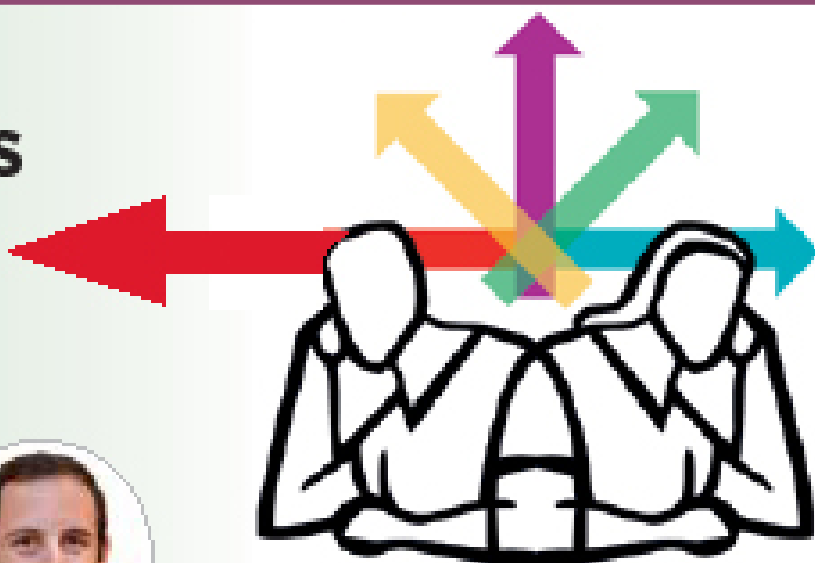
At 7.45pm in Beit Hamidrash

- 18th & 25th November
- 2nd December

Life's Morals and Ethical dilemmas: What's the right thing to do?



With Rabbi Hackenbroch
Senior Rabbi of Woodside Park



MONDAY MATTERS

Next meeting will be held in Kinloss on Monday 2nd December at 2:30pm with guest speaker Esther Rinkoff.

CHATS FOR CHAPS

Our next meeting will be held on Wednesday 11th December 11am
Guest speaker Peter Suchet followed by lunch.

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

WOULD YOU LIKE TO LEARN YIDDISH?

WE ARE LOOKING INTO RUNNING A COURSE AT KINLOSS.

PLEASE CONTACT LUCY FOR MORE DETAILS 0208 349 5267 ket@kinloss.org.uk

VOLUNTEERS NEEDED FOR THE WELCOMING DESK

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

BOARD GAME CHALLENGE

DO YOU PLAY SCRABBLE OR RUMMIKUB??
2:30pm - 4:30pm in the Sephardi Shul Upstairs

on THURSDAY 28th November

A friendly group to play a mix of board and card games to accommodate most tastes.

Free for Kinloss members and non-members.

Tea and light refreshments will be provided.

For more information, please contact Martin Summers on 020 8346 0619 or email martinsumm48@yahoo.co.uk

Please contact Lucy 020 8349 5267 if you need transport assistance

IYUN (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.



KINLOSS BANQUETING & EVENTS

For all enquiries please contact Samantha on 020 8349 5268

Finchley Synagogue | Kinloss Gardens
| London N3 3DU
banqueting@kinloss.org.uk
www.kinlossevents.co.uk



KINLOSS
tribe

WELCOME TO KINLOSS YOUTH PAGE

PARASHAT VAYERA- 16TH NOVEMBER

**9:15am - Breakfast Shmooze - In Benchers Cafe
with Cake and Drinks!**

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

10:40am - Girls Food4Thought - Youth Flat

**Followed by a Sushi Kiddush sponsored by Ben
Kutten on the occasion of his birthday!**

SIGN UP NOW!

**Learn2Lead - 26th November! To sign up go to:
www.kinloss.org.uk/l2l**

**Year 13 Shabbat Lunch - 30th November - Year 12 Shabbat Lunch -
7th December
sign up at - www.kinloss.org.uk/youthlunch**

**Sign up for the Bar and Bat Mitzvah Programme:
<http://www.kinloss.org.uk/bm>
<http://www.kinloss.org.uk/bt>**

LEARN2LEAD KICKED OFF THIS WEEK!



Follow us on Instagram: Kinlossyouth

Contact us: youth@kinloss.org.uk / 07827031851

Wishing you a Shabbat Shalom - Leora and Harry



85TH ANNUAL CEREMONY & PARADE

17TH NOVEMBER 2019
THE CENOTAPH, WHITEHALL



Last year's Parade marked the centenary of the end of WWI, with the largest attendance for over 20 years.

It is imperative we continue to honour those who died in all wars and show respect for our veteran community.

This year we challenge and encourage you to bring someone who has never attended.

JOIN US ON THE MARCH

In a change from previous years, and by request of the Metropolitan Police, all those wishing to march **MUST HAVE A TICKET** enabling them to do so.

To obtain a ticket you can sign-up online or contact AJEX – see details below. Tickets will be named, numbered and are not transferable.

Those marching need to assemble by 13:30 on Horse Guards Parade.

If you arrive without a ticket you will go through additional security checks and must have two forms of ID (at least one with your photo)

COME ALONG AND WATCH

Spectators do not require a ticket and need to assemble on Whitehall between the Cenotaph and Banqueting House by 14:30.

AJEX REUNION RECEPTION

This year the AJEX members' Reunion Reception will be a lunch and held before the Parade, from 10:45 to 13:00, at the Institute of Civil Engineers, 1 Great George Street, London SW1P 3AA.

For tickets contact AJEX.



REMEMBRANCE IS A MITZVAH

IN PROUD ASSOCIATION WITH



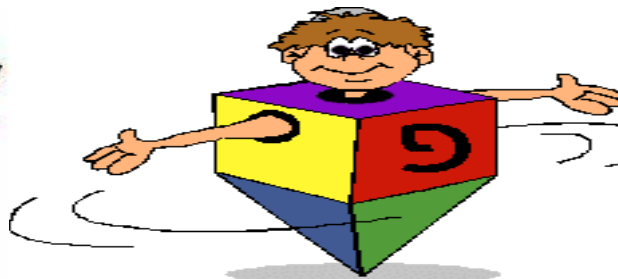
LONDON JEWS IN
THE FIRST WORLD WAR
WE WERE THERE TOO



T 020 8202 2323 E paradetickets@ajex.org.uk

AJEX Charitable Foundation Registered Charity No: 1082148

@AJEX_UK f AJEX
www.ajex.org.uk



Save the Date
SUNDAY 15TH DECEMBER 2019
2:30pm - 5:00pm

KINLOSS AND SACKS MORASHA
CHANUKAH WONDERLAND

THE FAMILY EVENT OF THE YEAR

PRE-BOOK NOW:

WWW.KINLOSS.ORG.UK/WONDERLAND

מזל טוב - MAZEL TOV

* Shoshana & Bruce Jaffe on the birth of their first granddaughter Maya Ascolie Jaffe. Mazel tov to parents Netta & Moti Jaffe, grandparents Nava & Dov Ascolie (USA), and great grandparents Miriam & Azar Chetrit (Israel).

United Synagogue Community Cares Induction Training Course



Phone calls



Befriending



Providing Shabbat/
Yom Tov Hospitality



Making meals



Shopping



Driving

There are many ways to help others in your community.

Our induction training course for all new volunteers will give you the skills and the confidence to do it well.

When: Mondays 2nd and 9th December 2019

(You need to attend both sessions)

Time: 7:45 – 10:00pm

(the course will begin promptly at 7:45pm)

Location: Belmont United Synagogue

(101 Vernon Drive, Stanmore HA7 2BW)

**To book a place on the training, please contact Rochelle on
kinlosscares@kinloss.org.uk or 0208 349 5263 by Monday 25th November**

Spaces are limited so please book early.

Chesed is the Hebrew word for kindness. Our aim is to help both our own members and the wider community in which we live. The Chesed Department is an integral part of the United Synagogue whose aim is to engage members with Jewish living, learning and caring.

For further information visit www.theus.org.uk/chesed or telephone 020 8343 5688



US Chesed

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
School Years 5 - 6 GIRLS ONLY with Benjy Falk in the Welfare Room next to Sharon Kindergarten
All Children's Services will start at 10:45am and will be followed by Kiddush

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



Sigal Nachshen (11)
Ariel Aboody (9)
Noa Renton (11)
Lilly Ardeman (6)
Saul Dunitz (7)

Joseph Choueka (9)
Dylan Arnold (2)
Freya Forman (8)
Zev Hamburger (8)

THANK YOU TO:

- * Security Team 6. If you have any queries, please speak to Martin Shiers on 07831 836 031, or email securekinloss@yahoo.co.uk
- * Donald Sharpe, Angela Kamiel and Dorothy Sadlik of The Welcoming Committee
- * Kiddush Rota Team

WE URGENTLY NEED VOLUNTEERS TO JOIN OUR SECURITY ROTAS

Shul members - PLEASE join our security rotas for shifts from 11am onwards.

You would only be required for one hour every eight weeks, on Shabbat morning.

Please email securekinloss@yahoo.co.uk or call Martin Shiers on 07831 836 031 to volunteer and register.

MINCHA DURING WINTER MONTHS

If you are in the Kinloss area at 1:00pm Mondays to Thursdays and can help make up a Minyan this would be very much appreciated

LOST PROPERTY AT KINLOSS

We have accumulated a large amount of "Lost Property".

Please come into the shul to check if you think any items could possibly belong to you.

All items of "Lost Property" are on the coat rack between the Beit Hamidrash and the main shul.

We will dispose all items not collected by FRIDAY 15TH NOVEMBER

From this Shabbat on there will be a **NEW Year 5 and 6 GIRLS ONLY** Children's Service run by Benjy Falk taking place at 10:45am in the Welfare Room (Next to the Sharon Kindergarten, First Room)

NEXT WEEK AT KINLOSS:

DAY:	COMMUNITY LEARNING:	COMMUNITY PROGRAMMES:
SUNDAY	08:00am Daf Yomi (NR)	10:30am Kinloss Walking Club
		20:00pm Paediatric First Aid Course (DH)
MONDAY	07:40am Daf Yomi (NR)	09:30am ACE Fitness (MN)
	19:45pm Life's Morals & Ethical Dilemmas	10:00am Ilana Banana (DH)
	20:00pm Practical Halacha with RJL at	14:15pm Film Afternoon - Shtisel (NR)
	home of Eleanor & Mark	19:30pm Ivrit Discussion Group
		20:00pm Women's Pilates (MN)
TUESDAY	07:40am Daf Yomi (NR)	10:30am Friendship Club (DH)
	19:45pm Iyun Gemara with M Sampson (BM)	10:30am Bridge Club (PS)
		20:00pm Ivrit Ulpan (MN)
WEDNESDAY	07:40am Daf Yomi (NR)	10:00am Ilana Banana (DH)
	08:30am Rambam with R'Lawrence (BM)	13:00pm Art Club (MN)
	12:15pm Lunch and Learn (BM)	
THURSDAY	07:40am Daf Yomi (NR)	10:00am Art Club (MN)
		18:00pm Table Tennis for Children (Upstairs)
FRIDAY	07:40am Daf Yomi (NR)	10:00am 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		

SERVICES (שבת see front page)	Sun	Mon	Tues	Weds	Thurs	Fri
Shacharit 1	7:30am	7:00am	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 3:55pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha & Kabbalat Shabbat 3:50pm

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

Shabbat 16 NOVEMBER

Robert Cohen	Father
Simon Crespi-Gulgoz	Mother
Josephine Elias	Father
David Friedman	Mother
Benson Greenberg	Father
Michael Staszewski	Father

Sunday 17 NOVEMBER

Lorna Bennett	Husband
Carol Cantor	Brother
Wendy Class	Father
Susan Gradel	Mother
Helen Kamiel	Mother
Paul Morris	Father
Rita Toubkin	Father
Sandra Wagner	Father
Martin White	Daughter

Monday 18 NOVEMBER

Laurence Cohen	Father
Alick Glass	Brother
John Greenbourne	Mother
Shiley Hagai	Father
Mannie Sher	Mother
Rycia Silverstein	Mother
George Taylor	Mother
Martin White	Sister

Tuesday 19 NOVEMBER

Caroline Greenbourne	Father
Muriel Krieger	Father
David Kutten	Brother
Henry Milner	Mother
Gillian Pincus	Mother
Pearl Rubin	Brother
Barbara Rubinstein	Mother
Brian Silver	Mother
Clive Sutton	Father

Wednesday 20 NOVEMBER

Michael Abrahams	Father
Anita Alexander-Passe	Husband
Gabriella Alexander-Passe	Father
Perry Conway	Mother
Trevor Gee	Brother
John Greenbourne	Father
Louise Kalms	Father
Betty Lasher	Mother
David Lightstone	Father
Gillian Pincus	Sister
Ian Shelley	First Wife
Thea Valman	Mother

Thursday 21 NOVEMBER

Maxine Burland	Father
Michael Cohen	Mother
Lotte Levy	Father
Parviz Namdar	Wife
Tony Namdar	Mother
Arnold Wagner	Father
Ruth Warents	Father

Friday 22 NOVEMBER

Julia Benson	Mother
Madeline Jacobs	Mother
Muriel Krieger	Brother
David Pelled	Father
Elaine Renshaw	Mother
Pamela Rubens	Mother
Sylvia Schryber	Mother
George Taylor	Daughter
Heather Taylor	Daughter

ANIM ZEMIROT CLUB

Led by David Lesser

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.

TOMBSTONE CONSECRATIONS:

- * SUN 24 NOV 11:30am at Bushey Old in memory of Sheila Sykes Z'L
- * SUN 8 DEC 12:30pm at Bushey New in memory of Tanya Burns Z'L
- * SUN 22 DEC 10:00am at Bushey New in memory of Michele Barzilai Z'L
- * THUR 16 JAN 12:00pm at Bushey Old in memory of Lilly Schreier 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

