



31 JANUARY / 1 FEBRUARY

ו' שבט תש"פ

Shabbat commences at 16:33pm and terminates at 17:39pm
Mincha/Kabbalat Shabbat at 16:35pm

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

Friday Night

4:35pm: 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

9:00am Rabbi Dr Raphael Zarum's Shiur will be taken by
Simon Goulden in the Deal Halls titled
"The Purim story they never taught you at Cheder"

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

Study Group with Rabbi Laitner will not be taking place
this Shabbat

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

Shabbat Afternoon

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

3:30pm - 5pm Bnei Akiva

4:30pm : Mincha followed by Shiur
by Rabbi Lawrence titled
"Daf Yomi review and focus: Berachot 23-30"

5:39pm : 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 Michael Fluss. Rabbi
Lawrence will speak.

THE MINYAN 9:30am

in the *Nissan and Rifca Deal Halls*.
Kriat Hatorah by Robert Owen.
Rabbi Lawrence will speak. Kiddush
sponsored by John Frenkel.

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

Opting In

At cheder we learned about the build-up to the 10th and final plague. Hashem warns Moshe to speak to the children of Israel and instruct that every family should select a lamb and that they should sacrifice it on the fourteenth of the month, smearing some of its blood on the doorposts of their houses.

Why was this done? We were all taught, so that the Angel of Death would know to pass by those houses and spare the firstborn within.

It is directly clear from the text that a number of the plagues did not affect the Israelites. There was no hail where they resided in the land of Goshen, and they did not suffer from the blood, the frog or the lice. With the exception of the plague of locusts, the Israelite households were not touched by the plagues at all. The commentaries explain that the destruction of the Israelite crops by the locusts is understood as Hashem making it easier for the Israelites to leave. They would have no fields or harvest left to stay for.

Hashem had made it plain to the Egyptians that they were the target of His wrath and that the Israelites were protected. The Israelites did not have any reason to doubt that Hashem would protect them now.

So, it seems strange then, that they needed to daub their doorposts with the blood of the Paschal lamb. Surely the Angel of Death would smell the chicken soup and matzah balls as he swept through Egypt! The lamb and the blood seem superfluous.

What lies behind Hashem’s instruction?

The lamb, we know, represented an Egyptian deity. In tethering it outside their houses the Israelites were publicly demonstrating their self-identification as apart from Egyptian society. The sacrifice of the lamb was a bold statement of protest, a repudiation of Egyptian idolatry. Hashem is telling the Israelites that they must ‘opt in’ to the redemptive process.

They must have the faith to declare themselves.

They could not just sit back and let their destiny unfurl. The previous plagues had made it plain that Hashem could afflict or spare regions or households as He chose. The Paschal lamb illustrates that on a national and individual level, we are not exempt from the obligation to show our solidarity and resolve.

Within the Parsha, as the children of Israel ready themselves to leave Egypt, Hashem mandates an annual commemoration of the Exodus anniversary, a seven-day festival with matzos eaten, an opening feast with the Paschal lamb.

Our Haggada lifts the words right out of the Parsha. “You shall tell your son on that day, saying, “*Ba’avor zeh*” – it is because of this, the Paschal Lamb, that Hashem acted for me, in bringing me out of Egypt.” Hashem saved me because I demonstrated my solidarity and fidelity.

We are privileged to enjoy life in a society which affirms decent values; freedom, the rights of individuals, religious and ethnic diversity. We affirm our local participation with loyalty and pride. Nonetheless, our Parsha and the Seder remind us that to keep our Judaism alive, we cannot just be passengers, who let it happen for us or around us; for whom our ritual is a private affair to be conducted behind closed doors.

There is no doubt that it is good to have a “*Yiddische neshumme*”, to be Jewish at heart. But Jewish survival and destiny demands more.

Just as we bask in the warmth of the candles, Kiddush and Friday night dinners *en famille* (and there is a worrying trend away from family Friday nights), every generation is reminded that we need to act outwardly and to ‘opt in’;

We must teach our children to do the same.

We should take pride in displaying a mezuzah on the outside of our front doors (as well as on each internal door). We should be comfortable and confident in saying to our colleagues and employers that our Holy days are sacred and a time apart; or perhaps that we will be a little late one day as we have to attend a shul service to mark a Yahrzeit or attend Yizkor.

“*Ba’avor zeh*”. As we put ourselves out to opt in, may Hashem continue to bless us our people with favour, with freedom and may He bring us redemption and peace.

Don’t wait till Pesach. Let’s make this a year where we all opt in.

Shabbat Shalom

R’ Jeremy Lawrence

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	377	248	340
Haftarah	404	263	1151

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.

Beyond Darkness so Tangible it Could be Felt

Parashat Bo, which contains the plague of Darkness has been designated Mental Health Awareness Shabbat.

On Monday evening, we are very privileged to host a very special event on Resilience.

Last summer the world waited with bated breath to discover the fate of 12 boys, aged 11 to 16. The group, all members of a local junior football team called the Wild Boars and their 25-year-old assistant coach, had gone missing after setting out to explore the Tham Luang Nang Non cave. They had failed to return home after becoming stranded by rainfall. After more than a week the boys were discovered, and a successful international rescue mission took place.

What kept them going when all seemed black and bleak?

We will hear from Dr Jareonsettasin ("Dr Tee"), a former registrar and Consultant at the Royal Free Hospital, who was Minister of Education in Thailand at the time and the first psychiatrist to meet with the rescued boys and



their families. He is joined by Dr Mark Berelowitz, director of the Child and Adolescent Mental Health Service at the Royal Free Hospital.



At Kinloss, we have also hosted a course on Mental Health First Aid accredited by the National Health Service and JAMI (the mental health service for the Jewish community). This is part of a project that is being spearheaded by Jason Marantz, known to many of us well for his commitment to education, advocacy for young people, and now a JAMI mental health ambassador.

Recent NHS surveys attest that one in four people in the UK will experience some form of mental health problem in any given year. These problems are in many forms; bouts of anxiety and depression, phobias, obsessive compulsive behaviour, panic attacks, post traumatic stress disorder, personality disorders. They may manifest themselves in a range of ways from feeling lethargic and withdrawn, to

degrees of active self-harm. They affect the lives of the sufferer, their family and their colleagues.

Awareness is important: In being aware, we can help many people towards assistance in bettering or managing the stressors in their lives. It is important to de-stigmatise mental health conditions. So many bullying and pejorative labels have been cruelly applied over time, that sufferers or their families feel too ashamed or embarrassed to consider opening up or seeking assistance. Tragically, a lack of awareness or correct response leaves people feeling even more alone, despondent and helpless; isolated in a dark world which is bleak, black and empty.

Amazingly, despite the darkness of the cave, and through over two weeks of being trapped, the Wild Boars teens did not fall apart. What sustained them? Are there lessons we can learn from their experience? Significant factors appear to be fraternity, the belief that they would be rescued and the absence of a "blame culture". We might characterise these as community, faith and care.

What would we have done? Who might we become?

We need to be aware and available to assist; open to listen and supportive guides in peoples' lives; able to point those who need towards options and restore composure and control.



Please do join us on Monday evening at 8pm, as we address a fascinating account of survival and hear first-hand from the experts who can translate experience into guidance that might save people we love, who are in their own way feeling lost, trapped and alone.

Shabbat Shalom

A handwritten signature in blue ink, reading 'Jeremy Lawrence'.

Rabbi Jeremy Lawrence





LUNCH & LEARN ON WEDNESDAY 5TH FEBRUARY 2020

12:15pm - Parasha Shiur with Rabbi Vivian Silverman

1:00pm Mincha

1:15pm - Speaker - Dayan Vanzetta, Dayan Beth Din
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

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



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



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

RESILIENCE

What we can learn
from the Thai boys
trapped in the cave

**Monday 3rd February,
8pm**

**With
Dr Jareonsettasin “Dr Tee”
& Dr Berelowitz**

Join two leading child and adolescent Psychiatrists, Dr Jareonsettasin “Dr Tee” & Dr Berelowitz, as they delve into the lessons we can all learn from the grit and determination displayed by the 12 boys who were successfully rescued from a Thai cave after spending more than a week trapped underground.



Dr Jareonsettasin



Dr Berelowitz

Doors open 7.45pm

£2 Kinloss Members, £4 non Kinloss Members

**To book, please visit www.kinloss.org.uk/cave
or call 020 8349 5267**



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

SIDDUR 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

**KINLOSS
tribe**

**KINLOSS
tribe**

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/BM
COURSE DEPENDANT ON MINIMUM NUMBERS

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

Jewish History



**with Jeremy
Mindell**

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

8pm Wednesdays

5th February:

What did the Romans ever do for us?

12th February:

The Crusades

4th March:

The Enlightenment

19th March:

The partitions of Poland

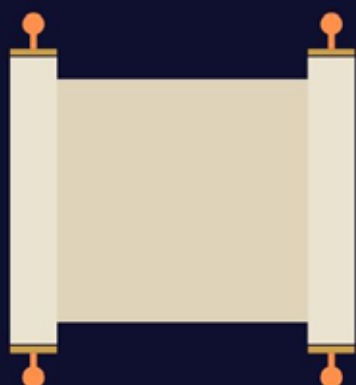
1st April:

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**



KINLOSS
tribe



KINLOSS YOUTH SERVICE - PARASHAT BO

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
Adina Kut
And Kiddush**

**February 1st 2020
For Years 7-13**

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

MAZEL TOV - מזל טוב

* Lucy and Jack Bennett on the birth of a son, Micah Seth Bennett. Mazeltov also to grandparents Joanne & David Bennett and Gail & Les Swerling.

We are looking for Kinloss volunteers to sit on a number of new sub-committees.

- 1) Building Development
- 2) Children and Youth
- 3) YP Development
- 4) Womens Leadership Group
- 5) Adult Education committee
- 6) Membership development

Please contact Shimon on shimon.gillis@kinloss.org.uk and for which sub-committee.

Tour

Led by
Steven Jaffe



Sunday 22nd March

Walking Westminster Tour

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**

KINLOSS WHISKY SOCIETY - TUESDAY 4TH FEBRUARY @ 8PM NEMETNEJAD ROOM

Come and join this vibrant society, which meets approximately every three months. **PLACES MUST BE PRE-BOOKED.** Please contact Michael Goldman by email on mg.hasle@gmail.com or call 07970 254 041 (evenings only)

The summer season of
**Seuda Shlishit will commence on
2 May and run through until 22 August**

If anyone is interesting in sponsoring a Seuda to mark an occasion, eg Simcha, Yahrzeit, etc please email

dalia@hajioff.com

The Kinloss Table Tennis Club had three of our members playing for The Greenhouse Table Tennis Club at their Academy in Marylebone last Sunday.

This was the first outing for our players in 'The National Junior League'. They all did very well and we are so proud of their sportsmanlike manner they displayed whether they won or lost.

For more details, please contact Stuart on 07973 712 730.

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:

Lia Zeloof (10)
Lily Marks (2)
Ethan Cowan (2)

Elisa Ebrahimoff (5)
Jonah Goodman (8)
Ariella Ellis (8)



THANK YOU TO:

- * Security Team 2. If you have any queries, please speak to Martin Shiers on 07831 836 031, or email securekinloss@yahoo.co.uk
- * Susan Sperber-Kosky, Lisa Harrison and Stephen Harrison of The Welcoming Committee
- * Angela Kamiel's Kiddush Rota Team

KINLOSS FILM AFTERNOON "THE CROWN" ON MONDAY 3RD FEBRUARY 2020 2:00PM FOR A 2:15PM START

We will be screening two episodes a week in the Nemetnejad Room
Season 1 screenings on 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.



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

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.

VOLUNTEERS NEEDED FOR WELCOMING

If you are able to help,
please sign up via

www.kinloss.org.uk/welcomingrota

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

**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)	
MONDAY	7:40am Daf Yomi (NR)	9:15am Baby Massage (NR)
		9:30am ACE Fitness (MN)
		10:00am Ilana Banana (Upstairs)
		2:00pm Film Afternoon (NR)
		7:30pm Resilience (DH)
		7:30pm Ivrit Discussion Group (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)
		8:00pm Whisky Society (NR)
WEDNESDAY	7:40am Daf Yomi (NR)	10:00am Ilana Banana (DH)
	8:30am Rambam with R'Lawrence (BM)	12:15pm Lunch & Learn (BM)
		8:00pm Jeremy Mindell History Series (NR)
THURSDAY	7:40am Daf Yomi (NR)	1:30pm Art Club (MN)
	8:00pm Student Beit Midrash (DH)	6:00pm Table Tennis for Children (Upstairs)
		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

SERVICES (שירותים 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 4:30pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha & Kabbalat Shabbat 4:45pm

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

Shabbat 1 FEBRUARY

Charles Cohen	Mother
John Goldman	Mother
Nicole Martin	Brother
Rebecca Nemetnejad	Mother

Sunday 2 FEBRUARY

Farzaneh Amini	Mother
Suzanne Black	Father
Clive Chippeck	Mother
John Frenkel	Father

Monday 3 FEBRUARY

Shirley Arkush	Sister
Brian Clarke	Brother
Huguette Cukier	Mother
Reuben Ezekiel	Brother
Norman Goldner	Mother
Joseph Lavian	Sister

Tuesday 4 FEBRUARY

Susan Gradel	Father
David Kass	Father
Leonard Klahr	Father
Amir Levy	Father
Siegbert Mandelbaum	Sister
Harry Rabbie	Mother
Lisa Woolfson	Mother
John Zucker	Father

Wednesday 5 FEBRUARY

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

Thursday 6 FEBRUARY

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

Friday 7 FEBRUARY

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

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

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.

CONDOLENCES:

* Rabbi Dr Raphael Zarum, Gitta & Arie Z'rum, Howard Glick and Lonnie Shaffer Zarum on the passing of their Sister, Daughter and Wife, Deganit Glick Z"L.

TOMBSTONE CONSECRATIONS:

- * 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
- * SUN 1 MAR 12:00pm at Waltham Abbey in memory of Norman Raven 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

