

SHABBAT WILL START AT 8:01pm AND TERMINATE AT 9:04pm

Shabbat Mevarachim 20 August - Rosh Chodesh Elul 27 & 28 August

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

Rabbi Dr Raphael Zarum's Rambam Shiur will not be taking place this week

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

9:15am COMBINED MAIN AND MINYAN SERVICE in the Main Synagogue
led by Chazan Eli Sufrin
Kriat Hatorah by Chazan Eli Sufrin
Rabbi Reuven Livingstone 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 will not be taking place this week

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 families Shear and Shollar
to include an "around the world whisky table"

SHABBAT AFTERNOON

7:45pm Mincha followed by Seuda in the Small Deal Hall with
Rabbi Reuven Livingstone titled
'Lifnim MeShurat HaDin: Jewish Military Experience in Halacha'

9:04pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

Just a little Grace

This week’s Parsha is Parshat Eikev, in which we read the continuation of Moshe’s final addresses to the Children of Israel as they prepare to cross over the Jordan into the Promised Land. A strong theme of the Parsha is the idea of reward and punishment, the promise of prosperity or the menace of alienation.

Moshe warns the Children of Israel that “man does not live by bread alone – rather by everything that emanates from the mouth of God.” On one level, this is a reminder that their sustenance in the wilderness has been through the miracle of the mannah, without which they would have starved.

The line also conveys the idea that our life is not only about the material things; the consumption and pursuit of wealth. It is about having a higher purpose than bread alone - it is about living for and according to the mitzvot and ethical guidance emanating from the mouth of God. It is not only about the wealth, it is about the Torah.

If we are true to this, Moshe tells us, we shall enjoy the benefits of the fruits of the Israel; *ve-achalta, vesavata u-verachta et Hashem elokecha* - you shall eat and be satisfied and bless God. These words are familiar from the Grace after Meals – they are in fact the very source of the mitzvah of bensching.

Moshe then speaks of the alternative; take care in your prosperity lest you forget Hashem and turn aside from the mitzvot ... and say in your heart, “My strength and the might of my hand made me all this wealth.” This course, warns Moshe, will lead you to into idolatry and to serve the gods of others.

There are two developments unfurling in parallel. One is that we forget Hashem, our historic provider and out guide; the second, is that through our ingratitude, we delude ourselves about our own abilities. We see ourselves as the exclusive sources of our success.

This is not a problem that is exclusive to God. It happens when successful students neglect to acknowledge their teachers... look how brilliant I am!

I cannot count the times that a congregant has told me how they, or a family member gave a needy someone the wherewithal to start a business or the inspiration for a project – only to be marginalised or cast aside when the venture took off.

Counsellors see it, too. We go to them when they are down; we talk through and resolve our problems. When life picks up again, we don’t like to dwell on our past hardships, and later fail to appreciate their role in our newfound emotional prosperity.

Perhaps this is why the mitzvah of Birkat Hamazon, thanking God for the food, is placed where it is in our Parsha. It is important to act with grace and to show gratitude. It is important to for us all to appreciate that we are not entirely self-made. God is at the beginning of quite a long list of support structures that have sustained us – even if through inspiring others to act with charitable support.

It is reciting blessings or brachot that bonds us to Hashem as our provider. And it is the showing of gratitude that we become truer to ourselves in acknowledging all those who have bolstered us in our lives

For those of us who are the teachers, counsellors and financial backers, we should remember our fortune in having gifts which enable us to be of service to our fellows in this world. We should be grateful to our own teachers and mentors for the expertise and the solutions we often claim in our name.

Thank God for the many gifts and privileges we have. May we strive to use them in His name for the charitable service of the community. May we be conduits for spiritual growth, peace of mind, ethical and charitable wisdom. How much they enrich our world – for man does not live by bread alone.

Shabbat Shalom
R’ Jeremy Lawrence

EIKEV STATISTICS			
MITZVOT: 8 OF THE 613 MITZVOT, 6 POSITIVE AND 2 PROHIBITIONS			
VERSES: 111(26TH LONGEST OF THE 54 SIDROT)			
WORDS: 1747 (16TH LONGEST)			
LETTERS: 6865(14TH LONGEST)			

PAGE No	SONCINO	HERTZ	ARTSCROLL
SIDRA	1032	780	980
HAFTARAH	1051	794	1197

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

 JEWISH
RENAISSANCE

Kinloss Members £5, Non-Members £10

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**

Finchley United Synagogue
together with Hampstead
Garden Suburb Synagogue
Proudly Presents

 KINLOSS

 HGSS
Living. Learning. Caring.

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

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

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.



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



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 participants.

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

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

KINLOSS

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

CEMETERY OPENING, FOR VISITS DURING ELLUL

SUNDAYS 18 and 25 SEPTEMBER 2022

T: 020 8950 7767 (option 1)
E: office@usburial.org.uk

Registered Charity No. 242552

BUSHEY CEMETERY Please note that no transport to and from Bushey Cemetery will be provided	OPEN 18/9/22 09.00 – 17.00 25/9/22 09.00 – 16.00
WALTHAM ABBEY CEMETERY Please note that no transport to and from Waltham Abbey Cemetery will be provided	OPEN 18/9/22 09.00 – 17.00 25/9/22 09.00 – 16.00
WILLESSEN CEMETERY	OPEN 18/9/22 10.00 – 16.00 25/9/22 10.00 – 16.00
EAST HAM CEMETERY	OPEN 18/9/22 09.00 – 15.00 25/9/22 09.00 – 13.00
WEST HAM CEMETERY (At all other times by appointment only)	OPEN 18/9/22 10.00 – 15.00 25/9/22 10.00 – 13.00
PLASHET CEMETERY (At all other times by appointment only)	OPEN 18/9/22 10.00 – 15.00 25/9/22 10.00 – 13.00

All other Sundays, Bushey, Waltham Abbey, East Ham and Willesden Cemeteries will be open as per 18/9/22 above timings. West Ham and Plashet Cemeteries will be shut.

MONDAY - FRIDAY OPENING TIMES

Bushey, East Ham, Waltham Abbey and Willesden Cemeteries are open as follows:

Monday – Thursday 09.00 – 17.00 (East Ham 09.00 – 15.00)

Friday 09.00 – 16.00 (East Ham 09.00 – 13.00)

Monday 29 August, As above, except Willesden open only from 10.00 – 16.00, East Ham is closed.

Monday 6 September and other eves of Jewish Holidays, all cemeteries will close at 16.00 (East Ham 13.00)

All other cemeteries are by appointment only; please call 020 8950 7767 Option 1 to arrange a visit.

Please note that West Ham and Plashet Cemeteries may be unsupervised during visits.

The United Synagogue cemeteries are maintained to a good standard but due to the nature of the grounds there are inevitable risks namely, slips and trips. By agreeing to visit our cemeteries, the United Synagogue Burial Society consider that you understand and accept these conditions.

Please be careful when visiting as paths can be very uneven. When walking around the graves please ensure that you do not hold onto the headstones and ensure you watch your footing. The ground at these cemeteries is very volatile; subsidence can occur at any time. Please take notice of the iron railings and any signage indicating risk.

President: Michael Goldstein

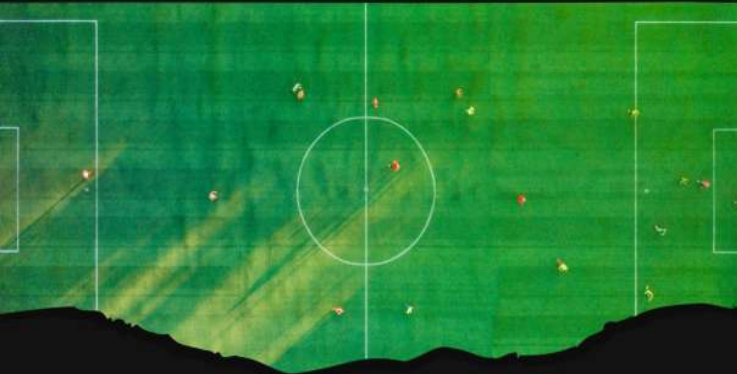
Treasurer: Maxwell Nisner

Trustees: Andrew Eder, Claire Lemer, Fleurise Lewis, Nicola Rosenfelder, Barry Shaw, Saul Taylor, Jacqui Zinkin

Chief Executive: Steven Wilson



KINLOSS YOUTH FANTASY FOOTBALL THE SEASON IS COMING



**GET READY FOR THE NEW SEASON
AND JOIN THE KINLOSS YOUTH
FANTASY LEAGUE!**

CODE FOR THE LEAGUE: QYVCEJ



MAZEL TOV TO
THE CHILDREN
IN OUR
COMMUNITY CELEBRATING
THEIR BIRTHDAYS

Raphael Rodney (3)

Alicia Barnett (6)

Maayan Nachshen (3)

Orli White (11)

Freddie Fogelman (6)

Arielle Roomer (3)

Kinloss Cares

What can we offer?



- Welfare Phone Support
- Bereavement Support

• Advice on
communal
services

- Shopping



• Financial assistance
through the Phyllis
Nathan Trust
(www.kinloss.org.uk/pnt)



Contact Rochelle
020 8349 5263

kinlosscares@kinloss.org.uk



WE'RE STILL HERE DURING THE SUMMER BREAK!

FEEL FREE TO CONTACT US
THROUGHOUT THE SUMMER BREAK
AND CHECK OUT OUR INSTAGRAM PAGE
FOR EXCITING EVENTS COMING UP IN
THE NEW ACADEMIC YEAR!

 07827 031851



KINLOSSYOUTH



YOUTH@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

MAZEL TOV • מזל טוב

* Mazel tov to Elizabeth & Michael Conway on the birth of a son, Gabriel Saul. Mazel tov also to grandparents Vivienne & Jonathan Metliss and Perry Conway. Remembering Helene Conway Z"L at this time.

* Mazel tov to Sara & Rabbi Mendy Shollar on the birth of a daughter, Golda Miriam, a brother for Avi. Mazel tov also to grandparents Elliot & Leah Shear and Rabbi Binyamin & Fraidel Shollar (New York), and great grandparents Maurice & Rosalind Shear.

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



US Chessed

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 Chessed 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.

SERVICE TIMES:

SERVICES (שבת see front page)	Sun 21st 24 Av	Mon 22nd 25 Av	Tues 23rd 26 Av	Wed 24th 27 Av	Thur 25th 28 Av	Fri 26th 29 Av
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	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha Kabbalat Shabbat 7:00pm

Services are back in the Liora Graham Beit Midrash

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

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

KINLOSS

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 Kinloss Office
to discuss with
Denise or Shimon 020 8346 8551*

giftaid it

FREE RECIPE BOOKS

WE HAVE A NUMBER OF NEW COPIES OF

“ONE EGG IS A FORTUNE : MEMORIES AND RECIPES TO SHARE”

BY PNINA JACOBSON , JUDY KEMPLER

IF ANYONE WOULD LIKE A

FREE COPY OF THE BOOK

PLEASE COME TO THE OFFICE DURING OFFICE HOURS



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

Shabbat 20 AUGUST

David Bennett	Father
David Brodie	Mother
Sandrine Prager	Father
Myrna Taylor	Mother

Sunday 21 AUGUST

Lynne Dyan	Father
Rose Ralton	Father
Benjamin Schuldenfrei	Father
Irene Scott	First Husband
Peter Sheldon	Brother
Blanche Stechler	Father

Monday 22 AUGUST

Ashley Brodin	Father
David Ebrahimoff	Father
Miriam Schajer	Mother

Tuesday 23 AUGUST

Michelle Bull	Father
Neville Chajet	Mother
Deborah Clements	Father
Devorah Harounoff	Husband
Helen Kamiel	Husband
Ian Kamiel	Father
Judith Kraiss	Father
Edna Moser	Mother
Paul Richer	Father
Alfred Young	Mother

Wednesday 24 AUGUST

Arie Bleiberg	Mother
Neil Cohen	Mother
Marilyn Dvorkin	Mother
Karen Leigh	Father
Susan Sperber-Kosky	Second Husband
Marion Tinger	Father
Jilli Vegoda	Sister

Thursday 25 AUGUST

Sandra Delroy	Mother
Jean Rappaport	Mother
Cilla Summers	Father
Kenneth Waters	Mother
Monty Zeid	Mother

Friday 26 AUGUST

Michael Birnhak	Father
Samuel Cohen	Father
Eitan Epstein	Brother
Trevor Gee	Mother
Loraine Gershon	Father
Joyce Grossmark	Father
Jane Kaye	Mother
Stuart Lasky	Mother
Peter Sherwood	Father

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**

CONDOLENCES:

* Elisa Angel, Rosalind Cohen, Jamie, Danny and Richard Cohen on the passing of their father and husband Ernest Cohen Z"L

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