



13 / 14 DECEMBER 2019

ט"ז כסלו תש"פ

Shabbat commences at 15:36pm and terminates at 16:46pm
Mincha/Kabbalat Shabbat at 15:40pm

**Mazeltov to Libby and Mika Frenkel on their Bat Mitzvah.
We extend a warm welcome to their family and guests.**

Following the Shabbat morning Services
there will be a Joint Kiddush in the Kinloss Suite
sponsored by
Laura & Vitek Frenkel
to celebrate Libby & Mika's Bat Mitzvahs

Friday Night

3:40pm: 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

8:45am Maimonides : Laws of Purim and Chanukah in
the Deal Hall by Rabbi Dr Raphael Zarum

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 week

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

12:20pm Early Mincha in the Main Synagogue

Shabbat Afternoon

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

3:40pm : Mincha followed by Shiur
by Yitz Bauernfreund

4:46pm : 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 9:15am

in the Nissan and Rifca Deal Halls.
Kriat Hatorah by Robert Owen.
Rabbi Lawrence will address the Bat
Mitzvahs Libby & Mika Frenkel.

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

by Leora and Harry Salter – More than a Name

The Parasha this week has another changing of name for one of our ancestors. Yaackov get a name change to Israel after 'a man wrestled' (Chapter 32, Verse 25) with him. As Rashi explains, the 'man' who wrestled with Yaackov was in fact an angel, who then gave Yaackov the blessing of a name change. However, surely a name change is not such a big deal? Is there more to a name change that we can learn from?

The first name given to a person in the Torah is Chava. In Parashat Bereshit, Chapter 3, Verse 20, it says: 'The man called his wife's name Chava', because, according to Rashi, she gave life to children and Chava means living. Here is the first naming of the Torah but the name does not seem to have such an importance to Chava and is merely a label.

Re-naming of people is a sign given by G-d to show something good in a human. The first re-naming in the Torah is with Avraham. His name is changed from Avram to Avraham in Parashat Lech Lecha and Rashi explains that his name is changed to show that he is the father of all nations. Hashem is changing his name to show us who to base and copy our lives on.

Avraham was a man of great faith in G-d and was the first complete Jew. Hashem wanted to highlight that we should strive to be like Avraham by changing his name. Sarah's name was changed again to show that Sarah is the mother of the religion. Avraham and Sarah are the couple we should base our lives from.

So, what does the name change in our Sedra show? Yaackov in Chapter 32, Verse 25,

wrestles with the angel and as a result, asks the angel for a blessing. The blessing the angel gives to Yaackov is that he should now be called 'Yisrael'. The next words in the Verse tell us why his name is now Yisrael. It says: 'for you have striven with the Divine, and with man and have overcome.' The Sforno comments that this focuses on the point that Yaackov struggled with G-d and man. Even though he struggled with both Divine and ordinary beings, he still managed to come through the test and 'overcome' his difficulties.

The re-naming of Avraham, Sarah and Yaackov occur to teach us a lesson on who to follow in our lives. Avraham 'walked before G-d' (Chapter 17, Verse 1) and Sarah was the perfect companion to help Avraham on this mission, a woman of great faith in Hashem. Yaackov had a life of difficulties but still believed in Hashem and was ultimately rewarded with a name change. The re-naming of Yaackov is a blessing for us now that we will have our tests and difficulties with G-d and our fellow man but we will have the strength to overcome it, just like Yaackov did.

VAYISHLACH STATISTICS

Mitzvot: Contains the first negative command in the Torah
(the sciatic nerve of the hindquarters)

Verses: 153 (4th longest in the Torah)

Words: 1976 (6th longest)

Letters: 7458 (6th longest)

Today's Haftarah: 17 verses (joint 15th shortest of the 80 Haftarot)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	195	122	170
Haftarah	220	135	1139

**We are sorry to advise that the Chief Rabbi's father,
Rabbi Dr Lionel Mirvis ז"ל
has sadly passed away in Cape Town, South Africa.
The Kinloss congregation sends deepest condolences to
Chief Rabbi Ephraim Mirvis and all the family.**

Standing against the Forces of Chaos

Between this article being written and going to print, voting will have started. If you are reading online on Thursday, the polls may yet be open. Have you voted? By Friday morning, we should know who is our local MP, who is our Prime Minister; by Shabbat morning we should have an inkling as to who is a rising star and who is destined to fall.

I write “should” because unable to resolve the split-house deadlock, Israel has just set itself up for a third election within a year.

While here in the UK there is a choice whether or not to vote, in Australia it was compulsory. Fines are issued for those who failure to exercise their democratic duty. In the UK, voting is seen as a discretionary right.

In halacha, there are many caveats against becoming too involved with lordship and government. In Pirkei Avot (2:3), Rabban Gamaliel, the son of Rabbi Judah Hanasi teaches, “Be careful with the ruling power, for they befriend a person only for their own needs. They appear to be friends when it is beneficial to them, but they do not stand by a person at the time of *his* distress.” Both he and his father had experienced the arduous responsibility of managing the Jewish community (with its internal wrangling) and also representing the community to the powers of Rome.

Nonetheless, Avot (3:2) goes on to admonish us that “Rabbi Chanina, an assistant of the High Priest said: Pray for the welfare of the government, since but for fear of it men would swallow each other alive.” In the books of Deuteronomy, Judges and Samuel, the King is presented as a force for strength, stability and order for the entire nation and not the few; however, the Books of Kings show time and again how power corrupts even the good and how easily it becomes abused.

Whether for the sake of the Jewish community, the wider community or one’s own interests, Halacha addresses the importance of casting a vote from a variety of perspectives.

Our responsibility to “seek the peace of the city” (Jeremiah 29, 7) or to “Pray for the welfare of the government” should see prayer matched with participation. We have the chance to effect change for the good, whichever “good” we choose to prioritise.

Conversely, there might be a need for us to avert evil. Where a political programme is antithetical to religious teaching (or good ethics) or might give power to those who are malevolent or corrupt, there is a duty not to stand by. The opportunity to vote becomes a responsibility to add one’s voice. Not all issues, but some, might be counted as performing a Kiddush Hashem or avoiding a desecration.

In this vein and taking a strong spiritual stance, Rav JB Soloveitchik asserted, “as a civilised society we stand against

the forces of chaos; as a faith community, we confront opposing faith values; we must share not only the known narrative of humanity in the image of G-d but also the unknown – our otherness as a metaphysical covenantal community.”



Focusing on good citizenship in the United States, in a letter written in 1984, Rav Moshe Feinstein insists that “A fundamental principle of Judaism is Hakarat Hatov – recognising benefits afforded us and giving expression to our appreciation. Therefore, it is incumbent upon each Jewish citizen to participate in the democratic system which guards the freedoms we enjoy. The most fundamental responsibility incumbent on each individual is to register and vote... By this we can express our appreciation and contribute to the continued security of our community.”

Even if the local or national result is a foregone conclusion, there is a duty to cast a vote. In many mitzvot, we cannot see the added value of our participation and we do them because they are commanded. If voting is a mitzvah of Hakarat Hatov, or an expression of “not standing idly by”, then our participation itself (aside from any result) is important. Certainly, in open democracies such as ours, the magnitude of a win, or the closeness of the vote are expressions of public will on certain issues, (if not the “mandates for action” that might subsequently be claimed).

Whose good? It is noted by some that Moshe abandoned a position of potential widespread influence in the court of Pharaoh to focus on a cause which was particular and sectarian. The Midrash Rabba has R’ Yochanan suggest that Yakov Avinu instigated the development of currency (the local economy), marketplaces (international trade) and bathhouses (social welfare) for the people of Shechem.

In general, we should view an election as a chance to better the nation and through it our world, to make it more goodly and more godly, with good leadership of strong communities, the welfare of our cities, our citizens and all Am Israel.

This election has been exceptionally intense and deep divisions in the country have been exposed. We pray that the hawkers of hate and apologists for racism and anti-Semitism will have their come-uppance. We pray that we can move on into a period of healing and growth.

Shabbat Shalom

R’ Jeremy Lawrence

CELEBRATORY
DINNER &
DANCING



MUSIC BY
CHAZAN
AVROMI
FREILICH

THE UNITED SYNAGOGUE

SIYUM HASHAS

A CELEBRATION OF TORAH LEARNING
FOR THE WHOLE COMMUNITY

SATURDAY 11TH JANUARY 2020 AT 7:30PM
HAMPSTEAD GARDEN SUBURB SYNAGOGUE

TO BOOK VISIT

WWW.THEUS.ORG.UK/SIYUMHASHAS

FOR MORE INFORMATION CONTACT HANNAH REUBEN
HREUBEN@THEUS.ORG.UK

GUESTS INCLUDE
CHIEF RABBI EPHRAIM MIRVIS
DAYAN GELLEY
DAYAN BINSTOCK
DAYAN SIMONS
REBBETZEN LAUREN LEVIN
RABBI BARRY LERER



DISCOUNTED
BOOK SALE



PRICE
£20

R C U S
Rabbinical Council of the United Synagogue
דבר הוראה של ק"ק בנסות יחדיו



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.

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

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

MONDAY EVENINGS - PRACTICAL HALACHA WITH RABBI JEREMY LAWRENCE "Anxiety and depression in Halacha" At 8pm on the 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

VOLUNTEERS NEEDED FOR WELCOMING

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



LUNCH & LEARN
WEDNESDAY 18TH DECEMBER 2019
12:15pm - Parasha Shiur with Rabbi Lawrence

1:00pm Mincha
1:15pm - Speaker - Rabbi Yoni Birnbaum, Hadley Wood
'Judaism & human rights: contradictory or complemer'
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

KINLOSS SHABBAT LUNCHEON CLUB

**will be taking place on
Shabbat 21st December 2019**

**Please contact Rochelle
on 020 8349 5263**

**Please reply by
Monday 16th December**

Join Kinloss on Saturday night, 18th January 2020
at Hampstead Theatre for **The Tyler Sisters**.

Alexandra Wood's innovative new play explores the deep
and unruly waters of sisterhood. Fake sick days, Stonehenge,
roller skates, champagne and glow-in-the-dark stars.

The Tyler Sisters is a funny, heartening exploration of time,
and the unassuming moments that make up our lives.

The Play starts at 7.45pm.
Contains mild coarse language.

£14 per adult ticket, please book online at www/kinloss.org.uk/tyler
Tickets are non-refundable.

Contact Lucy on ket@kinloss.org.uk or **020 8349 5267** for more details



**We are looking at starting a
weekly Chess Club
in January 2020
led by an experienced
Chess Teacher.**

**Please email ket@kinloss.org.uk or call
Lucy on 020 8349 5267 for more details**

PLEASE NOTE

**KINLOSS OFFICE
WILL BE
CLOSED ON
SUNDAY
15TH DECEMBER**



Kinloss Walking Group - Sunday 1st December
next Walking Group will be on Sunday 15th December (bring your walking boots)

Kinloss & Sacks Morasha JPS

CHANUKAH WONDERLAND

Sunday 15th December
2.30 - 5pm



£7 / child - online
(before the event)
kinloss.org.uk/wonderland

£8 / child - on the door
Venue: Kinloss, N3 3DU
(Adults and under 2's free)





KINLOSS
tribe

WELCOME TO KINLOSS YOUTH PAGE

PARASHAT VAYISHLACH- 14TH DECEMBER

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 Dvar Torah and Rogelach and sweet kiddush sponsored by Sam Kутten!

SIGN UP NOW!

Discover: next session on 14th december to sign up go to:

<http://www.kinloss.org.uk/discover>

Sign up for the Bar and Bat Mitzvah Programme:

<http://www.kinloss.org.uk/bm>

<http://www.kinloss.org.uk/bt>

THIS WEEK @ LEARN2LEAD - STREETWISE



Follow us on Instagram: Kinlossyouth

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

Wishing you a Shabbat Shalom - Leora and Harry

Kinloss Super 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

WE ARE LOOKING FOR TABLE HOSTS
PLEASE CONTACT LUCY ON 020 8349 5267
ket@kinloss.org.uk

MAZEL TOV • מזל טוב



LIBBY AND MIKA FRENKEL

Mazel tov to Libby and Mika on their Bat Mitzvah

They both attend JFS

Libby's hobbies are football and guitar.

Mika's hobbies are photography, piano and dance.

As part of their bat mitzvah, Libby and Mika went to Israel on the Mum and Daughter trip, learning about the wonderful work done by the charity and enhancing their love of Israel.

Libby and Mika have also twinned their bat mitzvah with two Israeli girls through the Jewish Child's Day Charity.

* Laura, Vitek, Jude and Raya Frenkel on the occasion of Libby and Mika's bat mitzvah. Mazel tov to Grandparents Gina & Martin, and John & Ruth. Fondly remembering Vitek's amazing mum Naomi.

* Rosalyn and Ian Liss on the occasion of the Barmitzvah of their grandson Shmuel Yona, son of Rabbi Nicky & Shuli Liss.



KINLOSS SEPHARDI SYNAGOGUE WOULD LIKE TO INVITE
THE WHOLE COMMUNITY FOR ANOTHER EVENING OF
INSPIRATION, FOOD AND SOCIAL GATHERING. ALL AGES
ARE ENCOURAGED TO ATTEND. THE TOPIC'S WILL
CONCERN...

CHANUKAH AND ORGAN DONATION

Speakers will be Rabbi Leibish Heller on
the Lights of Chanukah and Rabbi Jeremy
Lawrence on Organ Donation in Judaism.

Arvit at 7;30pm followed by shiurim
and refreshments.

Thursday, 19th of December 2019
Finchley Sephardi Synagogue
Kinloss Gardens N33DU



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 Benjy Falk in the Welfare Room next to Sharon

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

Stella Silverman (4)
Rafael Kogan (8)
Max Goodall (12)

Gilad Greenaway (9)
Freya Beenstock (5)



THANK YOU TO:

- * Security Team 3. If you have any queries, please speak to Martin Shiers on 07831 836 031, or email securekinloss@yahoo.co.uk
- * Michael Goldman & Linda Sharpe of The Welcoming Committee
- * Shoshana Jaffe's Kiddush Rota Team



SHTISEL - THE SERIES

Monday afternoons in the Nemetnejad Room
Doors open 2pm - Screening commences at 2.15pm

Last Episodes of Season 2 - 16th December

Cost: £3 Kinloss Members / £4 non-Members

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

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**

**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.

NEXT WEEK AT KINLOSS:

DAY:	COMMUNITY LEARNING:	COMMUNITY PROGRAMMES:
SUNDAY	08:00am Daf Yomi (NR)	10:30am Kinloss Walking Club
		14:30pm Kinloss/Morasha Chanukah Wonderland
MONDAY	07:40am Daf Yomi (NR)	09:30am ACE Fitness (MN)
	20:00pm Practical Halacha with R'Lawrence Eleanor & Marks home	10:00am Ilana Banana (DH)
		14:15pm Film Afternoon - Shtisel (NR)
		19:30pm Ivrit Discussion Group (NR)
		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)	
	12:15pm Lunch and Learn (BM)	
THURSDAY	07:40am Daf Yomi (NR)	
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

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

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 3:40pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha & Kabbalat Shabbat 3:40pm

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

Shabbat 14 DECEMBER

Rita Benjamin	Mother
Joyce Grossmark	Mother
Elli Morris	Father

Sunday 15 DECEMBER

Alan Class	Mother
Michael Cohen	Father
Edward Cooper	Brother
Gary Djanogly	Father
Leonie Djanogly	Husband
Sheila Fertleman	Mother
Vitek Frenkel	Mother
Alex Hajioff	Mother
Sandra Halperin	Father
Bernard Kaye	Mother
Anna Phillips	Mother
Josephine Symons	Mother

Monday 16 DECEMBER

Peter Bloom	Father
Lester Kendler	Mother
David Lesser	Mother
Eve Nachman	Husband

Tuesday 17 DECEMBER

Sarah Aaronson	Grandson
Edna Barnett	Mother
Barbara Bleiberg	Brother
Wendy Class	Mother
Doreen Coller	Father
Lea Gilchrist	Husband
Sara Renshaw	Father
Ann Winkler	Father

Wednesday 18 DECEMBER

Cyddlar Adler	Sister
Martin Coleman	Father
Simone Harris	Father
Audrey Sinclair	Brother

Thursday 19 DECEMBER

Muriel Altman	Husband
Anne Cavendish	Mother
Karen Davis	Mother
Colin Sive	Father

Friday 20 DECEMBER

Sarah Aaronson	Mother
Doreen Coller	Sister
Farita Franklin	Mother
Pamela Plesner	Husband
Aviva Shoolman	Mother

Reflect and Remember Sunday 22nd December 2019 10am to 11am Liora Graham Beit Midrash

A Discussion on Jewish Perspectives on Loss and Coping with Rabbi Lawrence for those who have been bereaved in the past year (or who have a yahrzeit this month)

Rabbi Lawrence invites you to join him for coffee and danish

A chance to talk and share experiences

Please RSVP to:

Rochelle 020 8349 5263

kinlosscares@kinloss.org.uk

TOMBSTONE CONSECRATIONS:

- * 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
- * SUN 19 JAN 10:15am at Edgwarebury Lane in memory of Daniel Daniel Z'L
- * 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

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

