



16 / 17 JULY 2021

ח' באב תשפ"א

SHABBAT WILL START AT 8:56pm AND TERMINATE AT 10:11pm
FAST OF AV STARTS 17 JULY @ 9:09pm AND ENDS 18 JULY @ 10:03pm

PLEASE NOTE SERVICES FOR SHABBAT AND SUNDAY MUST BE PRE-BOOKED BEFORE 9am ON FRIDAY 16TH JULY

FRIDAY NIGHT

7:30pm MINCHA, KABBALAT SHABBAT & MA'ARIV
 in the Nissan and Rifca Deal Halls

7:20pm SEPHARDI MINCHA, KABBALAT SHABBAT & MA'ARIV
 in the Sephardi Synagogue

SHABBAT MORNING SERVICES

7:45am HASHKAMA in the Nissan and Rifca Deal Halls

9:00am MAIN SYNAGOGUE led by Chazan Eli Sufrin

Kriat Hatorah by Michael Fluss
 Rabbi Laitner will speak

9:20am THE MINYAN in the Kinloss Suite

Kriat Hatorah by Carl White
 Rabbi Lawrence will speak

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

9:45am YOUTH SERVICE in the Nissan and Rifca Deal Halls

11:20am CHILDREN'S SERVICES

must be booked in advance www.kinloss.org.uk/childrenservice
 and bookings will open every Sunday morning.
 Places are limited and are on a first come first served basis

Ages 0 – 4 – Beit Midrash – run by Eva Namdar & Coral Harding
 Reception to Yr 2 – Ladies Gallery in the Main Synagogue – run by Natalie Sommer
 Family Friendly for Years (3-6) – Kinloss Suite - run by Jason Marantz and Rabbi Lawrence

SHABBAT AFTERNOON

7:00pm Mincha in the Main Synagogue

9:09pm Tisha B'av Fast Begins

10:11pm Termination of Shabbat

10:30pm Maariv & Eicha in the Kinloss Suite

**Further Tisha B'av timings, booking details and log in for online are
 on the flyer on page 4**

**This week's Newsletter is sponsored by
 Joy Lyons in loving memory of Malcolm Lyons Z"L**

Connection between Devarim and Tisha B'av – Leora and Harry Salter

“אֵיכָה אֶשָּׂא לְבַדִּי טְרַחְתְּכֶם וּמִשְׁאַכְם וְרִיבְכֶם: How can I bear unaided the trouble of you, and the burden, and the bickering!” – Devarim, 1:12

Parashat Devarim is always read in the week preceding Tisha B'av, the day of mourning which commemorates the destruction of the two Temples. The word 'אֵיכָה' – 'how' is found both in this week's Parasha and in the opening of the Book of Lamentations which is read on Tisha B'av. The verse in the week's Parasha is customarily read in the same mournful tune used to read the Book of Lamentations.

Moshe in this week's Parasha was referring to the trouble that he had to explain the meaning of the commandments to foolish people, according to Rabbeinu Bahya. He continues to explain that the Israelites were bothering Moshe with a great deal of litigation and the loser of the litigation would never be content with the judgement but would claim that they have witnesses whom they have not yet spoken and their argument have not yet been heard, thus resulting in the claim being reopened and Moshe having to add more judges to review the case.

Rashi adds to this that the people treated the judges and Moshe with scant respect. He adds that if Moshe was leaving his tent early they would say “Why does the son of Amram leave so early? Perhaps he is not at ease at his home?” If he left his tent late they would say “What do you think? He is sitting and devising evil schemes against you and formulating plots against you!”

Why would anyone want to keep tabs on when Moshe left his home? Why would anyone give a negative interpretation to everything Moshe does on their behalf?

The sages see a connection between the two occurrences of אֵיכָה. Before we read the monumental lamentation about the destruction of the Temple and the ensuing war, we first read a small lamentation in the Parasha which is the source of all the trouble. A direct line connects the אֵיכָה in this week's Parasha, describing the degeneration and cynicism of a society, to the אֵיכָה of the destruction of the Temple.

DEVARIM STATISTICS	
MITZVOT:	2 OF THE 613 MITZVOT, BOTH PROHIBITIONS
LETTERS:	5972 (24 TH LONGEST)
VERSES:	105 (32 ND LONGEST OF THE 54 SIDROT)
WORDS:	1548 (26 TH LONGEST)
HAFTARAH:	27 VERSES (18 TH SHORTEST OF THE 80 HAFTAROT)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	989	735	938
Haftarah	1004	750	1195

Tisha B'Av on Motzaei Shabbat

The Shabbat before the Fast of Av is called Shabbat Chazon after the vision of Isaiah, which constitutes the Haftara, and sung mostly to the tune of Eicha. It is a particularly baleful prophecy, with Hashem calling out the hypocrisy of joyous Temple offerings by those who ignore their obligations of justice and aid to the vulnerable.

לִמְדוּ הַטֵּב דְּרָשׁוּ מִשְׁפָּט אֲשֶׁר־יִחְמוֹץ שִׁפְטוֹ יָתוֹם רִיבוֹ אֶלְמָנָה :

Learn to do good; seek out justice, strengthen the victim, uphold the rights of the orphan, take up the cause of the widow. (Isaiah 1:13). The admonition against neglect of the needy is repeated in verse 17. Isaiah's instruction "Learn to do good" carries great import. It is not enough that we should attend to welfare through knowing that charities and institutions exist to support the disadvantaged, nor even enough to contribute to charities so that the poor and needy are kept from begging at our door. Learning to do good means accustoming ourselves to actively seek out opportunities to assist. Learning to do good means to personalise the obligation – and where possible to personally connect with those pushed to the margins.

Sinat Chinam, the cause for the destruction of the Second Temple (Yoma 9b) is often translated as 'baseless hatred'. Casual disregard of victims can be as oppressive as name-calling and violence. To rebuild the House of God in our presence and Hashem's Presence in our houses, the foundations must be social justice and we must become pillars of personal compassion.

Though the mourning rituals of Tisha B'Av do not commence until after Shabbat, we begin the at sunset on Shabbat (9.09pm) rather than at the nightfall. Accordingly, Seuda Shelishit, which is the meal going into the fast needs to be commenced early enough to be completed by then. There is no restriction on what may be eaten; one need not eat alone or bench without a *zimmin*; nor is there the requirement to eat bread and ash or sit on the ground. Zemiroth may be sung as normal.

Once Shabbat is out (10.11pm) one should say "*Baruch Hamavdil bein Kodesh leChol*" before commencing any regular activity. The blessing "*Borei M'oray HaEsh*" should also be recited over a Havdalah candle. (No wine and no spices.)

Only after Shabbat (and *Hamavdil*) should one put on the non-leather shoes for Tisha B'Av. It is also appropriate not to be wearing full Shabbat clothing for shul. Maariv in Kinloss has been set a little after Shabbat (10.30pm) to enable people to change and come in.

On the evening of Tisha B'Av, the shul is dimmed and the *parochet* removed from the Ark. Megillat Eicha (Lamentations) is read after Maariv and followed by Kinnot (liturgical dirges), many of which were composed between

10th and 14th centuries. It is traditional to sit on the floor for Eicha in tangible discomfort of mourning.

The prohibitions on Tisha B'Av are the same as on Yom Kippur. No eating or drinking; no marital relations; no anointing, no washing, no wearing leather shoes. Many people sleep on the floor or without a pillow on Tisha B'Av night.

Please be in touch with me if there are any specific health issues or concerns. In the event that someone needs to break the fast for health reasons, they should make Havdalah (not on grape juice or wine) before eating.

Amongst the changes to Tefilla on the Day of Tisha B'Av, Tallit and Tefilin are not worn at Shacharit, but at Mincha (2pm & 7.45pm). Tefilin are an ornamentation. Verses and passages which are upbeat or reference the Temple's glory are deferred. In some congregations the leining is read without normal cantillation and the Haftara to the tune of Eicha. Mourners, not normally called up during their *avelut*, may receive an Aliya as we are all in mourning.

One should not divert one's mind from mourning. Kinnot are read at the end of Shacharit, including elegies for the destroyed communities of the Crusader era and the Shoah. Even after the service formally ends, it is appropriate to read further Kinnot, the laws of mourning or the approved, solemn passages of Talmud and Midrash. We do not even exchange greetings.

Please do join us for Rabbi Aubrey Hersh's presentation on Rome and Jerusalem at 8.30pm.

On Sunday night after the fast is ended (10.03pm) we make (or complete) Havdalah on wine (no flame, no spices).

The themes of Tisha B'Av are loss, disorientation bereavement and isolation. We yearn to emerge into the joy in community and celebration of family. We reflect on the costs to a nation and the steps necessary for national rehabilitation. Sinat Chinam, baseless or indiscriminate hatred, is identified as a cause of the loss of the Second Temple. It is not necessarily overt aggression or malicious intent, but the prioritisation of the self without concern for the feeling or welfare of others.

As we emerge from the fast and into a relaxation of imposed restrictions, please continue to wear masks wherever possible in services and indoors in public areas. Demonstrable care for the welfare and comfort of each other lies at the heart of Redemption.

Wishing you Shabbat Shalom, a meaningful Tisha B'Av and may we be blessed to celebrate the rebuilding of our Temple and peace for all Israel.

R' Jeremy Lawrence



Tisha B'Av 5781

Rome and the Jews

A 2,000 Year Saga

With Rabbi Aubrey Hersh

8.30pm, Sun 18th July

www.kinloss.org.uk/9av

Live & Online

TISHA B'AV TIMES

Shabbat 17th July

Mincha	7.00pm
Fast begins	9:09pm
Shabbat Out	10:11pm

All Services below Live & Online

Maariv & Eicha	10.30pm
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Sunday 18th July

Shacharit	8:30am
1 st Mincha	2:00pm
2 nd Mincha	7:45pm

Rabbi Hersh	8:30pm
Maariv	9:35pm
Fast Terminates	10:03pm

Please book Services & Programme on
www.kinloss.org.uk/9av

**On Tisha B'Av, Sunday 18 July 2021,
Alderney Road, Brady Street, Lauriston Road, Plashet and West Ham cemeteries
will be open between 11.00 – 15.00.
Appointments are not required for visits on this day.**

WILLESDEN JEWISH CEMETERY TISHA B'AV TOUR

SUNDAY 18 JULY 2021

3:30 PM

There is an old tradition to visit a cemetery on the afternoon of Tisha B'Av as we reflect on the destruction of the Temple of that day. Volunteer guides are available for all booked tours of Willesden Cemetery to share its remarkable story of London's Jewish community.

**SORRY FULL
NO PLACES LEFT**

For more information, go to
www.kinloss.org.uk/tour

HOUSE OF LIFE

**WILLESDEN
JEWISH
CEMETERY**

London's Place to Remember



KINLOSS

**BOOKING OPENS
EVERY SUNDAY**

0-4
SERVICE

RECEPTION
TO YR 2

FAMILY
FRIENDLY

**CHILDREN
SERVICES**

EVERY
SHABBAT
11.20AM

[WWW.KINLOSS.ORG.UK/CHILDRENSERVICE](http://www.kinloss.org.uk/childrenservice)

מזל טוב - MAZEL TOV

* Mazel Tov to Bracha Lawrence and Toby Weiniger on their wedding this week. Mazel Tov to parents, Rabbi Jeremy & Mandy, Suzanne & Matthew. Mazel Tov to grandparents Ashley Lawrence, Yvonne & Bernard Mocatta, Michael Cohen, Elaine & John Finestein and Noah & Sandra Weiniger. Remembering David & Della Levy z'l and Joyce Cohen z'l at this happy time.

* Mazel Tov to Janet & Harry Rabbie on the birth of a grandson. Mazel tov to parents Sara & Gil Abraham, and brother to Amelia. Mazel Tov also to grandparents Shalom Bensoor and Sarah Abraham and great-grandma Dinah Gritz. Remembering grandfather Sammy Abraham z'l at this happy time.

* Mazel Tov to Ros & David Judah on the birth of a granddaughter, Leah Eve. Mazel Tov to parents Yael and Ben Judah, sister for Rachel. Mazel Tov also to grandparents Lulu & Ruben Misrahi and great granddaughter for Monty Leib.



With tremendous joy and gratitude to Hashem
we are honoured to invite you to join us in celebrating
the marriage of our children

Bracha
טובה וברכה
Toby

Tuesday, the Twentieth of July 2021
Please join us via LiveStream for the Chuppah at 4 pm
Finchley United Synagogue, Kinloss Gardens N3 3DU

Mandy & Rabbi Jeremy Lawrence
Suzanne & Matthew Weiniger

Owing to the current situation, we're sorry that we cannot invite you all to join us in shul.

However we would be thrilled if you could join our Livestream on

<https://www.brachaandtobywedding.com/>

MONDAY MATTERS FOR WOMEN

The next group meeting will be on

**MONDAY 19TH JULY
at 3:00pm**

Log in via:
www.kinloss.org.uk/matters
Password: Kinloss
Everyone is welcome

CHATS FOR CHAPS

Percy Kaye is inviting you to the last meeting before the summer break.

**ON WEDNESDAY 28TH JULY
AT 11:00am**

To join the Zoom meeting, click:
www.kinloss.org.uk/chaps
Password: Kinloss



SHARED READING ZOOM

Monday 2nd August at 2:00pm

Log in via

<https://us02web.zoom.us/j/4377475806?pwd=YzBucldMKzBNejdYczlhZytmUFJlQT09>

Meeting ID: 437 747 5806 Passcode: books

For more information, please speak to:
Kate Fulton on 07801 911 481 or
kathrynfulton@hotmail.com



**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!



KINLOSSYOUTH



07827 031851



KINLOSS

MEMORIAL BOARDS ANNUAL UPDATE 5781 / 5782

We are now offering, for a short time, the opportunity to add your loved ones' names and Yahrzeits to the beautiful new Memorial Boards in the Main Synagogue Foyer.
All names will be in perpetuity.

The price of a single plaque is £850.

Please note : this cannot be Gift Aided or paid by Charity Voucher

Bookings taken until Friday 23rd July 2021

For further information please contact the office on
020 8346 8551 / office@kinloss.org.uk

To download form to complete go to
www.kinloss.org.uk/memorial



KINLOSS

LET'S CARRY ON

Please support the Kinloss Eruv Fundraising campaign
26 July 2021

www.kinloss.org.uk/eruv



The North West London Eruv has changed Kinloss life for us all. So much so that we now take it for granted.

It costs £45,000 per year to maintain the Eruv. The cost is split around the various communities that depend on it, with Kinloss responsible for £7,500 per year.

These costs are a responsibility for us all

Please donate at least £1 per week at

www.kinloss.org.uk/eruv

Registered charity no. 1081160

Last week we had the youth end of year BBQ with over 60 youth attending in their slots!



Kinloss Youth, together with HGSS Youth and Stanmore Youth, organised the Inter-Shul Football Tournament with 17 teams from Years 7-13. Well done to the 2 Kinloss teams who competed well!

KNIT, STITCH & NATTER



**WEEKLY, STARTING TUESDAY 20TH JULY
AT 3PM VIA ZOOM**

Facilitated by Jewish Care, you can try a new medium/technique, exchange ideas and be as creative as you wish.

Perfect for anyone who would like to continue with a project or wishing to start something new

Register now - www.kinloss.org.uk/knit


KINLOSS

JEWISH CARE

VOLUNTEER USHERS NEEDED FOR SHABBATOT

We are looking for volunteer ushers for forthcoming Shabbatot.

The aim of the role is to help facilitate the safe entry and checking of those attending services for 'track and trace' purposes and to remind people to wear masks and sanitise their hands upon entry.

Please sign up to a slot by clicking on

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

Hunger.

It's closer to home than you might think.

Millions of children in the UK are at risk of being hungry over the summer holidays when the safety net of free school meals is removed. There are children who won't even have a hot meal at all.

The impact of the pandemic means there are now more children than ever in need of support.

US Chesed send out over 150 weekly food parcels to individuals and families. Please help us top up the bags with desperately needed extra items over the summer months.

US Chesed donation boxes

will be available at your shul or local areas until 25th July.

Please donate generously.

For more information please contact
ypeleg@theus.org.uk

We will be collecting:

- Fruit juice
- Tinned fish
- Tinned sweetcorn
- Tinned tomatoes
- Tinned fruit
- Cereal
- Crisps

☎ 020 8343 5696

✉ chesed@theus.org.uk

🌐 www.theus.org.uk/chesed

**KINLOSS HAVE COLLECTION
BOXES TO DROP OFF ITEMS
FROM ABOVE LIST
MON - THURS BETWEEN
8AM - 4.30PM
PLEASE GIVE GENEROUSLY**



US Chesed

giftaid it

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

**MAZEL TOV TO THE CHILDREN IN OUR
COMMUNITY CELEBRATING THEIR
BIRTHDAYS THIS WEEK**

Isaac Shiers (9)
Millie Suchet (5)
Libby Burman (8)



Children's Services

with grateful thanks to Natalie Sommer
we have uploaded her Videos
Devarim for the Little People
<https://youtu.be/i3D8--9o9xc>
other links for Natalie are available on
www.kinloss.org.uk/natalie



TRIBE COMMUNITY MEMBERSHIP FOR SINGLES AGED BETWEEN 21 - 29

Is your child single and between the age of 21 - 29?

**If so, they are not covered under your household
membership and funeral scheme.**

It is essential they are members in their own right cost is £5 a month.

**This will also enable them to attend weekday,
Shabbatot and Chaggim Services.**

Please sign up here :

<https://portal.tribeuk.com/account/tcm/register/>

**10 MINUTES OF
YOUR TIME...
COULD SAVE A LIFE**

**CAMP
SIMCHA**



During this difficult time we need you to help us save a life...

Give blood with Camp Simcha and Kinloss

**Thursday 23rd Sept • Appointments available throughout the
day At Finchley United Synagogue, Kinloss Gardens, N3 3DU**


KINLOSS

BOOKING SYSTEM FOR SERVICES AND HOW TO BOOK:

In the interest of health and safety we will be capping the number of people attending services. To book please go to <http://www.kinloss.org.uk/book>

To book to attend the Persian services, please email michael@michaelhakimian.com

Seating: Unfortunately, allocated seating in the Main Shul is currently suspended and we thank you in advance for your co-operation. **Please do not attend if you have not received confirmation of booking.**

SERVICES (שבת SEE FRONT PAGE)	SUN 18TH 9 AV TISHA B'AV	MON 19TH 10 AV	TUES 20TH 11 AV	WEDS 21ST 12 AV	THUR 22ND 13 AV	FRI 23RD 14 AV
SHACHARIT	see flyer on pg 4	7:15am	7:15am	7:15am	7:15am	7:15am
SEPHARDI		6:30am	6.30am	6.30am	6.30am	6.30am
MINCHA / MA'ARIV		7:30pm	7:30pm	7:30pm	7:30pm	MINCHA KABBALAT SHABBAT 7:30pm

Weekday Services will be in the Main Synagogue
Weekday Services are also on Zoom www.kinloss.org.uk/zoom

KINLOSS cares

about you

What can we offer?

- Welfare Phone Support
- Bereavement Support
- Shopping
- Advice on communal services
- Financial assistance through The Phyllis Nathan Trust - www.kinloss.org.uk/pnt

Contact Rochelle
0208 349 5263

kinlosscares@kinloss.org.uk

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 volunteer and register.

MEMBERSHIP BILLS

**We really appreciate
 you honouring your
 membership bills at this time.**

**Please pay your invoices via
 online BACS payment**

**OR the member portal
<https://myus.theus.org.uk/login>**

**OR CALL THE OFFICE
 020 8346 8551
 AND SPEAK TO DENISE TO PAY BY
 CREDIT / DEBIT CARD
 OVER THE PHONE**

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

Shabbat 17 JULY

Josephine Cohen	Mother
Philip Elias	Father
Heather Grant	Father
Claire Harris	Father
Raffaello Nemni	Mother
Sybil Newman	Father
Karina Simmons	Father

Sunday 18 JULY

June Brookes	Sister
Edit Elek	Father
Simon Fearnley	Father
Audrey Godfrey	Husband
Dalia Hajioff	Father
Siegbert Mandelbaum	Mother
Joseph Soleiman	Father
Sheila Soleiman	Husband
Madeleine Winston	Father

Monday 19 JULY

Donald Breslaw	Sister
Barry Frey	Father
Howard Israel	Father
Maureen Sander	Husband
Gail Silver	Father

Tuesday 20 JULY

Barbara Cohen	Brother
David Isaacs	Mother
Irene Milch	Brother
Geoffrey Morrow	Father
Stuart Selwyn	Mother

Wednesday 21 JULY

Ian Addleson	Wife
Edith Breskin	Father
David Cavendish	Mother
Michael Cavendish	Mother
Arlette Gotkine	Sister
Valerie Green	Father
Frances Posener	Husband
Celia Rabstein	Father
Miriam Roomer	Sister
Bernard Trent	Father

Thursday 22 JULY

Leonard Coleman	Mother
Irene Dickson	Father
Joy Lyons	Husband
Jeremy Newman	Mother
Nasser Rahimi	Mother
Zena Wagner	Father

Friday 23 JULY

Jonathan Barr	Mother
Maurice Lazarus	Mother
Monique Solomon	Father
Sylvia Spiro	Father



CONSECRATIONS: Please note these are being held privately with limited numbers. If you wish to attend please call the family beforehand:

22/07/2021	11:00 at Bushey Old in memory of Delysia (Della) Levy Z"L (mother of Mandy Lawrence)
23/07/2021	11:00 at Bushey Old in memory of Moshe Nurtman Z"L
01/08/2021	11:30 at East Ham in memory of Cimmie Frankfurt Z"L
08/08/2021	13:00 at Bushey Old in memory of Irene Botsman Z"L
15/08/2021	12:00 at Bushey Old in memory of Millicent Villiers Z"L
18/08/2021	11:30 at Bushey New in memory of Amir Levy 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

