



8 / 9 NOVEMBER 2019

י"א חשוון תש"פ

Shabbat commences at 16:07pm and terminates at 17:10pm
Mincha/Kabbalat Shabbat at 16:10pm

**Mazeltov to Ian Addleson on his second Bar Mitzvah.
We extend a warm welcome to his family and guests.**

Following the Services there will be a Kiddush
in the Kinloss Suite sponsored by
Ian Addleson on his
second Bar Mitzvah

Friday Night

4:10pm: Mincha and Kabbalat Shabbat in the Deal Halls
D'var Torah by Dr Naomi Marmon Grumet

SHABBAT LEARNING AT KINLOSS *Shabbat Morning*

8:30am: Sephardi Synagogue
Talmud Tractate Pesachim by Rabbi Heller

9:00am 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 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 Lech Lecha"

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

3:30 - 5:00pm Bnei Akiva

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

4:00pm : Mincha followed by Shiur by
Dr Naomi Marmon Grumet,
Founder and Executive Director
of the Eden Center in Jerusalem titled
"What can the mikveh teach MEN about intimacy?"

5:10pm : 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. Rabbi
Lawrence will speak.

THE MINYAN 9:30am

in the Nissan and Rifca Deal Halls.
Kriat Hatorah by Ari Wohlgemuth.
Rabbi Laitner will speak. Kiddush
sponsored by Judi & Jeremy
Newman.

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

Parashat Lech Lecha – Trust in G-d

Emunah, faith, in G-d is a cornerstone of the Jewish practice and belief. We have the 13 principles of faith where we start off saying 'I believe with faith that is complete'. The Rambam's principles are based into three categories: the nature of belief in Hashem, the authenticity of the Torah and man's responsibility and ultimate reward. A practical example of the principles is shown in the Bracha of revival of the dead, where the Rambam says that we must instil perfect belief whilst saying the Bracha. However, where does complete Emunah come from?

An argument can be made that the first believer in G-d was Noah. Described as a 'righteous man' (Chapter 6, Verse 9) in the beginning of last week's Parasha, Noah believed in Hashem. He had confidence in him that everything would be fine and his family would be saved from the flood.

However, in the same verse it says that Noah 'walked with G-d'; Rashi explains this to mean that Noah needed support with G-d, but Avraham would strengthen himself and walk on his own, thus showing the argument that Avraham was the first believer in G-d.

Avraham did not need G-d's help with his belief, he was a fully committed Jew. It says in this week's Parasha, Chapter 15, Verse 6, Avraham 'trusted in Hashem'. Rashi comments that Avraham did not request a sign from Hashem about the promise that he would have offspring, but he did require a sign from G-d about the possession of the Land of Canaan. The Sforno also comments that Avraham had complete faith in G-d and at no time did Avraham doubt His promise.

Furthermore, the following words of the verse also show the faith from Avraham. The verse says 'He reckoned it to him as righteousness' and both Rashi and the Sforno agree that this is a credit to his faith in Hashem. The Sforno says that if it was not complete faith in Hashem then he wouldn't have been described as righteous and quotes the book of Ezekiel (Chapter 19, Verse 24): "But when the righteous turns away from his righteousness and commits iniquity...none of his righteous deeds that he has done shall be remembered".

This description of Avraham highlights his faith in G-d. Even though Avraham thought he couldn't have children, after G-d promised it to him, Avraham fully trusted G-d to fulfil his promise, thus showing that Avraham is the first complete believer in Hashem.

LECH LECHA STATISTICS

Mitzvot: One of the 613 mitzvot i.e. Brit Milah
Verses: 126 (13th longest of the 54 Sidrot)
Words: 1686 (18th longest)
Letters: 6336 (19th longest)
Haftarah: 21 verses (joint 31st longest of the 80 Haftarot).
Lech Lecha has short verses, hence the difference in ratings.

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	60	45	54
Haftarah	82	60	1133

Shabbat Shalom



We are delighted to welcome **Dr Naomi Marmon Grumet** to Kinloss this Shabbat. She will be the keynote speaker at our **Women's Health and Halacha**

Seminar on Sunday evening 7pm-10pm. Naomi is the founder of The Eden Center and director of the Training Program for Mikveh Attendants. She received her PhD in Sociology from Bar Ilan. She lives in Jerusalem with her husband and three children.

Her topic on Sunday evening is **"Intimacy, Satisfaction and Healthy Relationships"**.

Naomi writes that "The Eden Center was born as result of 20 years of research, in which I learned that too often the mikveh is a place of pain rather than the empowering resource it ought to be. Women from all walks of life use the mikveh — more than 750,000 immersions every year in Israel alone — and in the course of life, they may experience challenges with fertility or miscarriage, postpartum depression, sexual issues or changes in their body that affect their own self-image and their intimate relationship.

"I asked myself: How, and where, are we able to hold those moments? What resources can we give women that can help them heal, that can actually rejuvenate them spiritually and emotionally?

"Our goal at Eden is to infuse this ancient ritual with contemporary relevance and to transform the mikveh into that place of well-being, healing and embrace, with appreciation for the needs of women today."

Naomi will give the D'var Torah at the end of the Friday night service and the shiur after mincha on Shabbat afternoon. Her Shabbat afternoon title will be **"What can the mikveh teach MEN about intimacy?"** Men and women all welcome.

Our other presenters on Sunday include **Dr Emily Simon, Dr Hadassah Fromson, Raisel Freedman, Dr Veronique Berman, Naomi Dickson and Joanne Greenaway.** We thank Joanne and all at **LSJS**, whose partnership has made the event possible.

Further details are inside Kol Kinloss. It is a women's event. Please do join Mandy and our wonderful planning team on Sunday evening.

There are pictures inside of the outstanding celebration of the completion of the **Noé Edition of the Koren Talmud Bavli.** Coinciding with the completion of the Daf Yomi cycle, the new Talmud is a remarkable and significant piece of scholarship.

The first printed editions of the Talmud came off the Soncino press on 19th 1583. The Hebrew year 5244 is appropriately acknowledged in the frontispiece as **גמר"א** Gimmel Mem Reish Aleph. Gemara. Joshua Solomon ben Yisrael of Soncino established the *tzurat hadaf* (shape of the page), commentary in Rashi script and the four lines of Rashi and Tosafot above the main column. His was not a complete printing. That honour went to Daniel Bomberg, a non-Jewish printing house in Venice in 1519-23.

Distinguishing the magnificent Noé Edition of the Koren Talmud Bavli, and earning it a legitimate place in Talmud history is that it is the first printing of the entire Talmud with a complete and comprehensive commentary by a single author, the remarkable **Rabbi Adin Steinsaltz** עמו"ש.

Additional features are its Notes, History, Halacha, new Steinsaltz Commentary, Vocalisation, Biographies, and Themed paragraphs, as well as accessibility through pdfs, paperbacks, online access to schools and through Sefaria.

This Talmud is a work of beauty, on the shelf, open on a desk or shtender – but all the moreso in the eye of the learning student and on the lips of a Maggid shiur.

Looking forward to seeing you in shul and over the week ahead,

Shabbat Shalom

R' Jeremy Lawrence



With President of the
Board of Deputies,
Marie van der Zyl

Women's Health and Relationships Seminar

Sunday 10 November 2019 | 7–10pm (Doors open 6:45pm)



Opening keynote:

Intimacy, Satisfaction and Healthy Relationships

Dr Naomi Marmon Grumet

Founder and Executive Director of The Eden Center in Jerusalem

The centre promotes women's mental & physical health and well-being. It provides community programmes and resources with a focus on mikveh education.

Followed by a range of honest, informative and compelling TED-type talks on:

- Relating to your teenage daughters
- Improving mikveh experiences
- Postnatal emotions & challenges
- Facing the menopause

Other Presenters include:

Dr Hadassah Fromson Msc, Dpsych
Counselling Psychologist,
Rebbetzin & Educator

Joanne Greenaway
LSJS Chief Executive; Ma'ayan

Dr Emily Simon
Community Gynaecology, Royal Free
Hospital; Sexual Health trainer for GPs

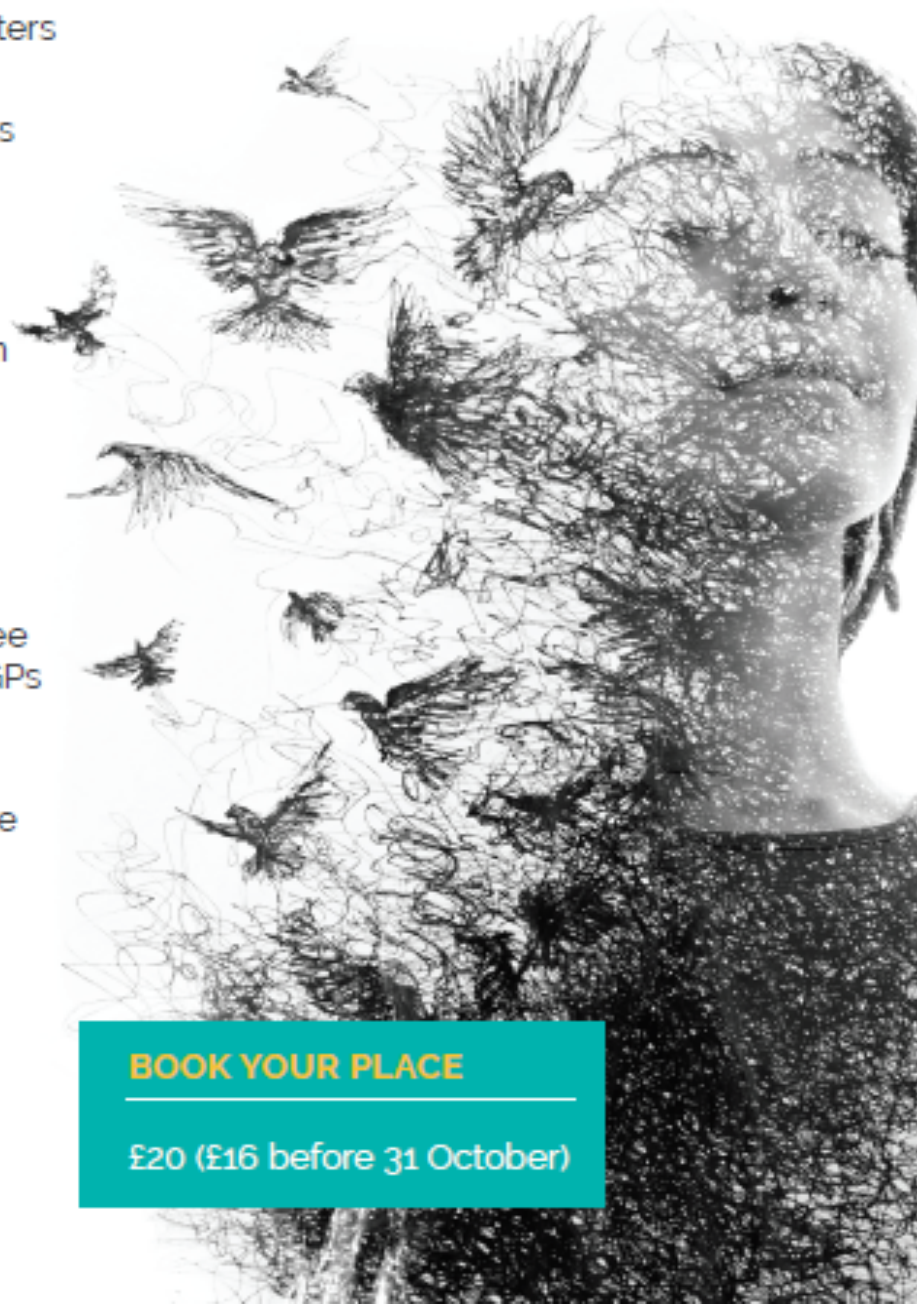
Raisel Freedman
Ma'ayan; Public Affairs, PaJeS;
AleI Zion Taharat Mishpacha hotline

Kinloss members book online at
www.kinloss.org.uk/health

Finchley United Synagogue,
in partnership with LSJS.

BOOK YOUR PLACE

£20 (£16 before 31 October)





INTIMACY, SATISFACTION & Healthy Relationships

Timetable

- 18:45** Doors Open and Coffee
- 19:00–19:05** Welcome
- 19:05–20:00** **Keynote Speaker:** Dr Naomi Marmon Grumet,
Founder and Director of the Eden Center, Jerusalem
- 20:00–20:15** Coffee and Refreshments
- 20:15–21:10** **Back to Back short talks with Q&A**
(hear them all - no need to choose a topic)

Raising Healthy Teenagers

Dr Hadassah Fromson, MSc, DPsych - Counselling Psychologist,
Rebbetzin and Educator

Navigating Relationships After Birth

Raisel Freedman, Ma'ayan, Public Affairs Officer - PaJeS, Alei Tzion
Taharat Mishpacha Hotline

Un-expecting – Perceptions of Fertility

Dr Veronique Berman, Chana

Unhealthy Relationships – Preventative Strategies

Naomi Dickson, Jewish Women's Aid, Chief Executive

Facing the Menopause

Dr Emily Simon, GP Brook Surgery, Diplomas in Gynaecology,
Sexual Reproductive Health, Psychosexual Medicine

- 21:10–21:15** Break

- 21:15–22:00** **Panel Discussion**
Sex within Judaism: Clinical Perspectives
Dr Marmon Grumet, Dr Fromson and Dr Simon,
moderated by **Joanne Greenaway**, LSJS, Chief Executive

TALMUD TALKS

INSPIRING TALKS TO MARK THE COMPLETION OF THE
NOE EDITION KOREN TALMUD BAVLI ON
TUESDAY 19TH NOVEMBER 2019





KINLOSS
tribe

WELCOME TO KINLOSS YOUTH PAGE

PARASHAT LECH LECHA- 9TH 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 Dvar Torah and a Kiddush!**

SIGN UP NOW!

**Learn2Lead - 12th November! To sign up go to:
www.kinloss.org.uk/l2l**

**Year 13 Shabbat Lunch - 30th November -
www.kinloss.org.uk/youthlunch**

The Bar and Bat Mitzvah Programme will be starting soon!

For more information and sign up visit:

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

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

Follow us on Instagram: Kinlossyouth

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

Wishing you a Shabbat Shalom - Leora and Harry

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

Kinloss Business Group Meeting - Thursday 31st October 2019



**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](http://www.kinloss.org.uk/welcomingrota)



MONDAY MATTERS - MONDAY 4TH NOVEMBER

Over 30 ladies attended our discussion group which was held in the Persian Shul.

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

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

CHATS FOR CHAPS - WEDNESDAY 30TH OCTOBER

Josesh Szlezinger gave an emotional talk on his life growing up in Belgium during the Holocaust. His father perished in Auschwitz.

Our next meeting will be held on Wednesday 13th November 11am to 12pm.
For further details please contact
Jackie Caplin 07974 665 418 or
Rochelle 0208 349 5263.

MAZEL TOV • מזל טוב

* Ian Addleson on his second Bar Mitzvah.



LUNCH & LEARN
WEDNESDAY 13TH NOVEMBER 2019
12:15pm - Parasha Shiur with Rabbi Vivian Silverman
1:00pm Mincha
1:15pm - Speaker - Rabbi Michael Laitner
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

**BNEI
AKIVA**
UNITED KINGDOM



Kinloss Sviva Returns...

**Every Shabbat
Year 2+
3:30pm - 5:00pm
@Kinloss Shul**

For more information, contact Zac or Adiel
at bakinloss1@gmail.com

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

Shtisel - The series

Screening two episodes a week

Season 2 -

11th, 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.



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

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



Ora Josephs (6)
 Jonah Joseph (7)
 Nathan Aboody (4)
 Nate Simmons (7)

Joseph Alcobi (12)
 Elissa Hajioff (5)
 Ariana Adler (1)
 Clara Cohen (5)

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
- * Michael Goldman, Stephen Harrison, Lisa Harrison of The Welcoming Committee
- * Angela Kamiel's Kiddush Rota Team

IYUN (ADVANCED) GEMARA WITH MOISHE SAMPSON

After Mincha/Ma'ariv on Tuesdays at **6:50pm**

An in-depth and analytical study of Mesechet Beytza drawing on the writings of Medieval and recent commentators.



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 Remember Them

Mitzvah Day 2019

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

AJEX Charitable Foundation Registered Charity No: 1082148

@AJEX_UK **f AJEX**
www.ajex.org.uk

The United Synagogue Women's Quiz

Thursday 14th November 2019 | 7pm

We are delighted to be holding the quiz this year at:

St John's Wood Synagogue, Grove End Road, St John's Wood, London NW8 9NG

If you would like to join the Kinloss table please contact Dalia Hajioff on dalia@hajioff.com

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

NEXT WEEK AT KINLOSS:

DAY:	COMMUNITY LEARNING:	COMMUNITY PROGRAMMES:
SUNDAY	08:00am Daf Yomi (NR)	
MONDAY	07:40am Daf Yomi (NR)	09:30am ACE Fitness (MN) 10:00am Ilana Banana (DH) 14:15pm Film Afternoon - Shtisel (NR) 20:00pm Women's Pilates (MN)
TUESDAY	07:40am Daf Yomi (NR) 19:45pm Iyun Gemara with M Sampson (BM)	10:30am Friendship Club (DH) 10:30am Bridge Club (PS) 20:00pm Ivrit Ulpan (MN)
WEDNESDAY	07:40am Daf Yomi (NR) 08:30am Rambam with R'Lawrence (BM) 12:15pm Lunch and Learn (BM)	10:00am Ilana Banana (DH) 11:00am Chats 4 Chaps (NR)
THURSDAY	07:40am Daf Yomi (NR)	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

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.

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 (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 4:05pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha & Kabbalat Shabbat 4:00pm

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

Shabbat 9 NOVEMBER

Barbara Cohen	Father
Josephine Cohen	Brother
Huguette Cukier	Brother
Tina Greenspan	Mother
Jacob Lax	Father
Hazel Simler-Chippeck	Mother

Sunday 10 NOVEMBER

Nona Davar (Ozerianskaya)	Mother
Anne Freedman	Father
Deborah Goldschmidt	Husband
Haya Lewi	Mother
Michael Nathan	Father
Barbara Phillips	Father
Pamela Plesner	Father

Monday 11 NOVEMBER

Stephen Bayard	Mother
Leila Behrman	Mother
Gilda Braff	Mother
Gwendoline Greenwood	Son
Sara Greenwood	Brother
Neil Nachshen	Father
Jacob Steinberg	Mother
Willy Steinberg	Mother
Regina Woolman	Brother

Tuesday 12 NOVEMBER

Norman Davis	Mother
Richard Ellis	Father
Rachel Hajioff	Mother
Audrey Kelvin	Mother
Eric Lever	Father
Michael Weinstein	Father

Wednesday 13 NOVEMBER

Charlotte Collins	Father
Felice Crown	Brother
Miriam Graham	Father
Eva Greenspan	Mother
Devorah Harounoff	Father
Gloria Kaufman	Husband
Siegbert Mandelbaum	Wife
Daniel Selby	Father
Mike Ungelson	Mother
Mike Ungelson	Sister

Thursday 14 NOVEMBER

Farzaneh Amini	Sister
Frances Gordon	Husband
Rami Kanzen	Sister
Percy Kaye	Father
Eleanor Kirsh	Father
Hanna Nisse	Brother

Friday 15 NOVEMBER

Ivan Burland	Father
Lucia Kaye	Father
Joy Lyons	Father
Monty Zeid	Father

Kinloss Walking

Group

Sunday 3rd

November 2019



CONDOLENCES:

- * Vivienne, Hilton, Rachel and Julia Mervis on the loss of their son and brother Daniel Mervis Z'L
- * Malcolm Dagul, Louise Maurice, Anthony Dagul, Michelle Murgai, Sheila Hershkorn on the loss of their mother and sister Marie Dagul Z'L
- * Natalie Bookatz, Hayley and Jane Druker on the passing of their father David Druker Z'L

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

