

24 / 25 April 2020

א' אייר תש"פ

Shabbat commences at 19:58pm and terminates at 21:06pm

ROSH CHODESH IYAR



The Shul Doors may be Closed but Kinloss remains Busy!

For Streaming Updates on WhatsApp please connect to www.kinloss.org.uk/streaming

For everyone who is struggling to remember which day is which at the moment:

Fri	24 Apr	30 Nissan	Rosh Chodesh Iyar	Hallel Candle Lighting Omer after Nightfall (21:06)	19:58
				16 days	
שבת	25 Apr	1 Iyar	Rosh Chodesh Iyar Tazria & Metzora	Hallel Havdalla Kinloss Zoom Tefilla & Havdalla Count Omer after Nightfall	21:06 21:10
				17 days	
Sun	26 Apr	2 Iyar		Count Omer after Nightfall	18 days
Mon	27 Apr	3 Iyar		Count Omer after Nightfall	19 days
Tues	28 Apr	4 Iyar	Yom HaZikaron	Count Omer after Nightfall	20 days
Wed	29 Apr	5 Iyar	Yom HaAtzmaut	Hallel Count Omer after Nightfall	21 days
				22 days	
Thur	30 Apr	6 Iyar		Count Omer after Nightfall	23 days
Fri	1 May	7 Iyar		Candle Lighting Omer after Nightfall (21:19)	20:09
				24 days	
שבת	2 May	8 Iyar	Acharei & Kedoshim	Havdalla Count Omer after Nightfall	21:19
				24 days	

Lag B'Omer is night of Monday 11 May and Tues 12 May. Rosh Chodesh Sivan is Sunday 24 May
Shavuot will be Thurs Night 28 May, Friday 29 May & Shabbat 30 May



See inside for United Synagogue Streamed Tefilla

- Women's Rosh Chodesh Hallel
- Kabbalat Shabbat



See inside for
Yom HaZikaron &
Yom HaAtzmaut



See inside for details of Daily Tefilla, Memorial Prayers, Regular Divrei Torah & Shiurim
With Rabbi Lawrence, Rabbi Laitner, & Youth Directors Harry & Liora Salter

Monday Evening Yom HaZikaron Programme



6:45pm Soldiers share their Stories

✧ Ceremony coordinated by R' Eitan Kirshenbaum

7:30pm Mincha & Maariv

8:00pm Shiur with Rav Asher Taragin

✧ Confronting religious challenges in the IDF

[Direct Zoom Link](https://www.zoom.us/join) or <https://www.zoom.us/join> Meeting 365-248-0613 Password Kinloss

In Conversation with Dr Tessa Davis

Consultant in Paediatric Emergency
NHS Woman of Inspiration 2020

Weds 11am on Zoom



Natalie's Children's Service https://youtu.be/LtN3XmTl_J4 | Sara's Toddler's Service <https://youtu.be/1pgFRWJKRg8>

Thanks to all our welfare volunteers and kindly neighbours for their great supportive work.

More than Skin Deep

The Parshiyot of Tazria and Metzora introduce many principles of ritual purity (Tahara) and impurity (Tuma). In the days of the Temple these were of great and widespread significance as they had an impact on the status of all people, clothing and food. Tithes of grain and produce had to be given to the Kohanim; these needed to be preserved and consumed in a state of purity; accordingly the many gradations of impurity, how they were contracted and identified comprised a significant body of Halacha. In the Mishnah (compiled around the 2nd century) Seder Taharot (dealing with purity) is the most substantial of the six sections of law. Taharot is closely followed by Moed (dealing with Shabbat and Festivals) and then Zeraim (laws of agriculture) and Kodashim (sacrifices and kashrut).

Two to three centuries later, the Talmud sees only one full Tractate (out of a possible 12) in Taharot. The emphasis has substantially shifted to the laws of festivals, the civil code, interpersonal relationships and marriage. The laws of Niddah are the only area of Taharot which apply as thoroughly to religious Jewish family life today as in the time of the Temple. While today, most Orthodox rabbis and batei din broach the subject of mikveh and *Taharat HaMishpacha* with young couples before they marry, a generation or so back in the Commonwealth this was not always the case. I have been called on a couple of occasions by parents wondering why I have insisted on ritual which was not at all important to the Rabbi who had officiated at their wedding... and if he and his Rebbitzin hadn't required it...

It was remarkable to us that when we were living in Pisgat Zeev (on the outskirts of Jerusalem) in the early 90s, in an area with a substantial Sefardi population, *Taharat HaMishpacha* was very widely observed – even though in other respects the individuals were less punctilious about modest clothing, strict Kashrut or Shabbat. Culturally, the laws of separation and mikveh had remained strong in their *kehillot*.

The laws of *Tuma* continue to apply is with regards to the purity of Kohanim, who we do not allow to enter into a building or a room with a dead body. *Tumat Met*, the ritual impurity contracted through being in contact with or under the same roof as a corpse, is the most stringent impurity and would preclude a Kohen from officiating in the Temple. While there is no immediate call for such service, we try to preserve the purity of Kohanim where possible. At funerals, Kohanim are allowed to be in the same room as their deceased parent, spouse, sibling or child. Even the Kohen Gadol was allowed to become impure for a *met mitzvah* an abandoned and unclaimed corpse requiring burial. While there are different opinions (and some

superstitions) regarding pregnant women attending a levaya, there are poskim who particularly prohibit the pregnant wife of a Kohen entering a cemetery (or passing within 6-8 feet of a grave).

In Israel, some hospitals and nursing home display signs to warn Kohanim if they may (or may not) enter. There are various teshuvot addressing the problems of Kohanim who are doctors – and indeed, whether or not it is an appropriate profession for a frum Jewish boy! (The problem is not so much after qualification, when there might be leniencies for pikuach nefesh – but in training, there is a need to handle cadavers, until junior doctors can qualify exclusively on augmented reality)

Our Parasha gives particular attention to Tzaraat, often translated as leprosy. It is a condition that affects bodies, clothing and buildings. It is clear from the commentaries that it is not the same as the leprosy of today. It is treated by Chazal as a punishment for speaking *lashon hara*. Contrary to popular misapprehension, Lashon Hara is not speaking defamatory falsehood; it is essentially telling unnecessary truths in a way susceptible of negative interpretation. The offender, who has highlighted the blemishes in another comes to notice over time that his house, then his clothing and finally his person are blemished. He needs to go through a cleansing ritual which begins with confessing to the Kohen that it seems I have a Tzaraat-like spot. Notes the Maharal, he could have said “it seems I have Tzaraat”. Why a “tzaraat-like spot”? The Maharal explains that the purveyor of Lashon Hara has often been guilty of making rushed judgments about other people and their conduct. The very process of rehabilitation requires the purveyor to suspend his own authoritative proclamations and condemnations – and to invite an expert assessment in his place.

Between fake news and the insults of the Twittersphere, we are exposed to far too much Lashon Hara. We scarcely appreciate the harm we cause to others let alone the damage we do to ourselves. Victims know too all too well that even when there's no physical break, scar or bruising, the hurt that is felt inside is real, if it is invisible to others.

Perhaps it's time to rehabilitate a sensitivity to spiritual cleanliness and filth; to the dirt we can't see but which sticks; the damage we cause carelessly and the contagion we spread.

Shabbat Shalom

R' Jeremy Lawrence



The Dignity of Distance

Friday and Shabbat are Rosh Chodesh.

It is with true determination that I read the pre-Rosh Chodesh prayer:

Yehi Ratzon - May it be your will, O Lord our God and god of our ancestors to renew for us this coming month *letova ulivricha* - for good and blessing. *Vetiten lanu chayim aruckim* and give us long life, of peace, of goodness, of blessing...

Mi she-asa nisim l'avoteinu - He who performed miracles for our ancestors, *hu yig'al otanu bekarov* - may he redeem us speedily...

Yechadshehu Hakadosh Baruch Hu - May the holy one blessed be he, renew this month for us and for all His people, for life, for peace, gladness, joy, salvation and consolation...

Chayim Arukim - it's an expression which can mean length of days or days which are fulfilled.

Sometimes the two go beautifully together.

In Pirkei Avot, Ben Azzai teaches,

אל תהי כז לכל אדם, ואל תהי מפליג לכל דבר, שצאין לך אדם שצאין לו שעה ואין לך דבר שצאין לו מקום:

He used to say: do not despise any man, and do not discriminate against anything, for there is no man that has not his hour, and there is no thing that has not its place.

Each one of us has a moment. It might be spectacular. It might be modest. But there is no one in Hashem's creation undeserving of dignity and respect. There is not a life that has passed that Hashem hasn't valued. And while we might not understand why some lives are longer and others are shorter it is at the heart of our faith that God gives and takes. That our presence here is an act of Divine Chesed and that our destiny is to return.

Earlier this week, we marked Yom HaShoah, commemorating the victims of the Shoah as well as the heroism of righteous. As with so many episodes in our history, we cannot fathom what lies behind our experience. We can only try to shape how we move on from it.

On Tuesday I was in conversation with Dr Martin Stern MBE, a child survivor. His father was captured and later shot as a member of the resistance in the Netherlands.

He was arrested while trying to assist Martin's mother, who was in labour giving birth to Martin's sister. Martin's mother died of an infection in the days after giving birth. Taken in by friends, protected in Terezin by a kindly catholic woman, who would have boarded the train to Auschwitz rather than surrender him alone, Martin witnessed both brutality and selfless gestures of humanity, those respecting human dignity.



Martin shared with us many reflections and insights. In 2018 he was awarded an MBE for his service to Holocaust education.

In the presence of destruction, so many have created moments of meaning. And in its aftermath, we have been blessed to see great national and spiritual achievements.

We never gave up hope.

Od lo avda tikvateinu.

This Monday night we commemorate those who gave their lives for Israel, the period leading up to its establishment and those who have defended it continuously since Independence. Sadly, we will not be hosting the annual Bnei Akiva event in Kinloss this year, but I hope that you will recite prayers at home and join online.

This Omer period between Pesach and Shavuot, where we commemorate the loss of Rabbi Akiva's students is a bumpy journey from exile to redemption.

Despite losses of families and losses of villages and losses of generations, we build for tomorrow. Like the mourners of Zion and Jerusalem of old, we face bereavement and exile with an eye to redemption. The very expression of condolence that we use is May the Omnipresent comfort you amongst the mourners of Zion and Jerusalem. Our personal tragedies are to be understood in the perspective of national loss. Our tragedies are to us, as great and as devastating as the loss of sovereignty to our nation.

In an cemetery, full of funerals, yet empty of the normal traffic of family and friends, keeping a hundred metres from the gravediggers, with the two permitted mourners backing away as the ground-staff fill the grave, it is a strange and sobering new reality. This is not the honour for the dead that we are used to – the ceremony,

the escort, the being there with them. It is strange, indeed, to see the staff pick up the shovel as I leave and spray it with detergent and scrub it down.

In fact, stepping away from the diggers and keeping our distance from the superintendents and the cemetery staff, we are affirming another value entirely. In the face of death, we are showing our paramount concern for the welfare of the living. While social distancing might seem anti-social, and while not shaking hands might seem uncivil, we are doing the right thing by each other and committing ourselves to life.

We should not take risks.

אַל תְּהִי בָז לְכָל אָדָם - do not be disdainful of anyone. The staff at Bushey, the bus drivers, the staff in shops, the key workers, the health service. Each life has value. Each life has meaning. We should do what we can to help every single life.

And if we can do that

Yechadshehu Hakadosh Baruch Hu - May the holy one blessed be he, renew this new month of Iyar for us all, for life, for peace, gladness, joy, salvation and consolation...

Venomar Amen.



Shavuot Companion – Not *EVERYTHING* is Online!



We are working on putting together a Kinloss Shavuot Companion which we hope to mail out to the congregation ahead of Yom Tov. I am looking for Articles & Artwork which is on any suitable theme. Eg: The Ten Commandments, Book of Ruth, Torah Study, Harvest, Listening and Doing. Also, of course, a couple of interesting Cheesecake Recipes and any poignant Shavuot Reminiscences.

Contributions should be around 350 words. Please email me if you are interested:

rabbi@rabbi-lawrence.net

'NHS/Care Home Kiddush'

I am sure that all of us miss the social and communal spirit of our Shul Kiddush but there is one group of people who would benefit most from the Kiddush that we cannot at the moment enjoy. The NHS Staff in our local Hospital/care homes who are the true heroes of our time, would receive much cheer from a hamper of yummy plattered sandwiches and drinks from one of our local Kosher proprietors and we want you consider marking a celebration or special milestone or simply wanting to do a mitzvah by sponsoring this 'NHS/Care Home Kiddush' and it being sent to them on behalf of our Shul with your best wishes. So please reach out to **Sarah Weisz 07939 537340** and share the simcha of the Kinloss Synagogue with a special group of people. Kiddush will go out on the weekend and your sponsorship will be shared in our weekly newsletter (multiple sponsorships are available). Thank you



Bar & Bat Mitzvah Celebrations



Amongst the many disappointments and frustrations of the moment is the cancelling of Bar and Bat Mitzvahs. We have held a couple of meaningful online celebrations with Tefilla and Divrei Torah as well as an address. While the parties can be deferred to whenever we are released from lockdown, many Divrei Torah and of course leining preparation is very Parasha specific. Please do be in touch with me to discuss options if interested.

Dr Tessa Davis in Conversation – Wednesday 11am

Tessa is a Consultant in Paediatric Emergency at the Royal London Hospital, has been involved with setting up the Nightingale Hospital and just won the 2020 NHS Inspiring Woman Award. And that is just the beginning! We'll be discussing her inspirational work as well as the latest on COVID.



Thanks again to all our welfare volunteers and kindly neighbours for all the great supportive work.

Watch and listen to Shiurim online join our WhatsApp Group on
www.kinloss.org.uk/streaming

Daily Mincha and Ma'ariv

Join **Rabbi Lawrence** every evening for Mincha and Ma'ariv **at 7.30pm**.

This includes the reading of Yarzeits.

Click <https://zoom.us/j/3652480613> to join or by phone on 0203 481 5237 using code 365 248 0613.

Daily Halacha

Daily Halacha from **Rabbi Laitner**, as a short voice note on the Kinloss streaming group, relating to current topics, as normally **takes place after the weekday first minyan at Shul**. Click www.kinloss.org.uk/streaming to join

Elevenses on Monday, Wednesday and Thursday

Join **Rabbi Lawrence** for a general catch up and words of Torah on

Mondays, Wednesdays and Thursdays at 11am.

Click <https://zoom.us/j/3652480613> to join or by phone on 0203 481 5237 using code 365 248 0613. The password is Kinloss.

Covenant & Conversation with Rabbi Laitner

Discussion group with **Rabbi Laitner**, studying Rabbi Sacks' weekly Covenant & Conversation essays on the weekly sidra as usually takes place on Shabbat mornings. The material contains stories and different sections. It's an excellent introduction to Rabbi Sacks' thought and approach to learning. Weekly downloads are available at www.rabbisacks.org/shemini-5780-family-edition/. The discussion group will be on **Fridays at 11am**, for approximately 30-40 mins. Click <https://zoom.us/j/91072903468> to participate or by phone on 0203 481 5237 using code 910 7290 3468

Weekly Rambam Shiur with Rabbi Dr Raphael Zarum

Weekly shiur at 1.30-2pm on **Fridays, 12.30pm to 1.15pm**.

<https://zoom.us/j/337703845>

Weekly Daf Yomi Talmud Summary Shiur with Rabbi Laitner

A weekly Daf Yomi summary shiur with **Rabbi Laitner**, to overview key points of the previous week in the Daf Yomi and focus on one particular topic of interest. You do not need to be learning the Daf Yomi or even learning Talmud regularly to participate. **On Sundays at 8pm**, for approximately 45 mins.

Click <https://zoom.us/j/94937994928> to participate or by phone on 0203 481 5237 using code 949 3799 4928.

Tribe Spark and Material

Click <https://www.tribeuk.com/category/tribe-resources-download> for Tribe resources.

Click <https://www.tribeuk.com/content/weekly-shabbat-newsletter> for the Tribe weekly spark newsletter. This will be updated regularly.

CRP REGISTRATION FOR 2020

We are aware that the current closure of our shul buildings will almost certainly have a significant impact on the next Certificate of Religious Practice (CRP) session due to start in May.

The Office of the Chief Rabbi and the United Synagogue are developing a workable solution to ensure that disturbance to school admissions is kept to an absolute minimum, and are currently engaging with our school network in order to devise an interim approach.

You can register your interest to collect points at Kinloss. We will not be sending out tokens at this stage, and we will update you on arrangements once we are advised.

Please register online <http://www.kinloss.org.uk/crp-registration>

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



Shopping and Delivery Options and COVID Information

Please go to www.kinloss.org.uk/covidhelp
to see all shopping and delivery options.

This will be regularly updated as we receive new information
so please check regularly.



Join

Rebbetzen Dr Hadassah Fromson
from Golders Green United Synagogue

and

Rebbetzen Leanne Binstock
from Hale Synagogue



FOR AN UPLIFTING

WOMEN'S HALLEL

SERVICE

to mark Rosh Chodesh – the new Jewish month of Iyar

Friday, 24 April, 10.30am

Live via United Synagogue
Facebook and You Tube pages

Please note this event is for women only



TAZRIA STATISTICS

Mitzvot: 7 of the 613 mitzvot, 5 positive & 2 negative
Verses: 67 (7th shortest of the 54 Sidrot)
Words: 1010 (7th shortest)
Letters: 3667 (7th shortest)
Haftarah: 22 verses (39th shortest of the 80 Haftarot)

METZORA STATISTICS

Mitzvot: 11 of the 613 Mitzvot, all positive
Verses: 90 (11th shortest of the 54 Sidrot)
Words: 1274 (14th shortest)
Letters: 4697 (14th shortest)
Haftarah: 21 verses (joint 31st shortest of the 80 Haftarot)

Page No.	SONCINO	HERTZ	ARTSCROLL
Shevi'i	944	695	608
Maftir	386	253	348
Haftarah	1195	1001	1218

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	689	470	689
Haftarah	1197	1005	1220

D'var Torah Tazriah Metzorah

Where in the Torah do you find an example of purposeful isolation?

Where in the Torah do you find an example of purposeful isolation? It is in Parshat Tazriah which appears alongside Parshat Metzorah this Shabbat.

The Torah presents us with the laws of the Metzorah – a ‘leper’, someone who is guilty of slandering others. Chazal explain that the term ‘metzorah’ is derived from the words ‘Motzei Sheim Ra’. ‘He has created a bad name for others’. So what is the punishment for the Metzorah? The Torah tells us “badad yesheiv michutz lam-achane” - “He must dwell alone, his place of habitation will be outside the camp”.

Rashi brings the gemara in Mesechet Arachit Daf 16B. There Chazal tell us that the Metzorah has been guilty of causing husbands to separate from wives and people to separate from their friends therefore he now should be separated from society. This is one of the outstanding examples of corrective punishment in the Torah. The hope is that as a result of tasting isolation himself, the Metzorah, at the end of his period of being impure, will re-emerge into society now to be a responsible person. It is clear that the Torah views isolation as being an unhealthy state of existence. That is why in Sefer Bereshit we are told “Lo tov lehiyot adam levado” “it is not good for a person to be by themselves”. And I wonder, is the English word ‘bad’ derived from the word ‘badad’ because it is not good to be alone?

During this period of the coronavirus, so many of us are isolated. And we’re getting through this, knowing that it is for a good purpose: to look after our own health and the lives of those around us.

Unlike in biblical times, when isolation meant absolute isolation. Today, those who are isolated can and should be in touch with others. And it is a mitzvah to get in touch with those around you - particularly those living by themselves - on the phone, by email and through whichever way possible. Those of us able to get out of our homes, can stand outside the homes of others and speak to them through the window or be in touch, be connected. Because it is tough to be alone right now.

May Hashem bless us and all of our society that when we eventually emerge from isolation we will come back into a society which will be responsible, which will be happy and most importantly of all be healthy.

KABBALAT SHABBAT: LIVE



If you can't come to US,
we'll come to you!

This Friday 24th April

7.00 pm

Join

**Rabbi Feldman
& Rabbi Kett**

from Bushey United Synagogue
for an uplifting, inspirational
Kabbalat Shabbat service,
live via the United Synagogue
Facebook and YouTube pages.

Please note:

By participating in this live stream you are not
accepting Shabbat until you light candles

**Light candles after the
livestream by 7.58pm in London**





KINLOSS
tribe

Join Kinloss Youth for



Monday 27th April

Log on at 7:15pm

Bingo starts at 7:30pm

Zoom Link:

[https://us02web.zoom.us/j/87030898901?](https://us02web.zoom.us/j/87030898901?pwd=9_IBH4ba3X9Je_MaCBGybc)

[pwd=9_IBH4ba3X9Je_MaCBGybc](https://us02web.zoom.us/j/87030898901?pwd=9_IBH4ba3X9Je_MaCBGybc)
[e-cEd3aDk](https://us02web.zoom.us/j/87030898901?pwd=9_IBH4ba3X9Je_MaCBGybc)

Zoom Meeting ID:

870-3089-8901

Zoom Meeting Password:
Kinloss



Join us at our virtual ceremony for
**YOM HAZIKARON &
YOM HA'ATZMAUT
5780!**

CHIEF RABBI EPHRAIM MIRVIS HE AMBASSADOR MARK REGEV
HALLEL WITH CHAZZAN JONNY TURGEL MAZKIR RAFI COHEN
INSPIRING BNEI AKIVA RUACH MOVING TEKES WITH CANDLE LIGHTING
FOLLOWED BY A YOM HA'ATZMAUT PARTY!

When
7.00pm
Tuesday, 28th April 2020

Where
Facebook Live & YouTube Live
(@BneiAkivaUK, @UnitedSynagogueUK, @MizrachiUK)

In partnership with:



**Mazel Tov to the children in our Community celebrating their
birthdays this week**

Kaylee Speigel (6)
Sophie Sloam (4)
Micah Gershon (7)
Mila Ebrahimoff (3)
Noah Posniak (11)

Samuel Kogan (3)
Liad Rahamim (11)
Rachel Stone (8)
Zekiel Barsam (12)

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

RABBI LAWRENCE WILL BE RECITING THE MEMORIAL PRAYER FOR ALL THE Yahrzeits THIS SHABBAT

Shabbat 25 APRIL

Alan Bearman Brother
Rita Benjamin Husband

Sunday 26 APRIL

Arie Bleiberg Son
Barbara Bleiberg Son
Philip Elias Mother
Michael Goldman Mother
Richard Jaffa Father
Cynthia Rothman Father
Bernard Trent Mother

Monday 27 APRIL

Jonathan Glasser Father
Yvette Kamlisch Father

Tuesday 28 APRIL

Rami Kanzen Father
Sylvia Kayman Father

Wednesday 29 APRIL

Sadie Bloom Mother
Josephine Cohen Brother
Gloria Gilchrist Father
Janet Gold Father
Geoffrey Graham Father
Warren Levy Mother
Judith Newman Mother
Rosalind Shear Father
Nedjat Toubian Mother

Thursday 30 APRIL

Renate Altmann Mother
Jack Ferster Mother
Martin Greenfield Mother
Shirley Karp Mother
Peter Sheldon Father
Sheila Soleiman Brother
Kathrin Szlezinger Mother

Friday 1 MAY

Ian Addleson Brother
Farzaneh Amini Father
Bernard Enlander Father
Keith Gilbert Mother
Lilian Green Father
David Halperin Father
Bernard Trent Wife

CONDOLENCES:

- * Howard Gilmore on the passing of his father Norman Gilmore Z"L
- * Karina Simmons, Amy-Fleur Goldsmith and Natasha Abulafia on the passing of their husband and father Leslie Simmons Z"L
- * Tali Kramer, Martin Slater, Simone Wilson, Geraldine Shenkin and Garry Grant on the passing of their mother, wife and sister Susan Slater Z"L
- * Jacqueline Weisbard on the passing of her husband Spencer Weisbard Z"L
- * Jonathan Matthews, Shirley Matthews, Karen Peterman, Richard Matthews, Edna Gergel on the passing of their father, husband and brother Stanley Matthews Z"L
- * Sharon Heller and Philip Moshi on the passing of their father Richard Moshi Z"L

ALL TOMBSTONE CONSECRATIONS ARE POSTPONED FOR THE TIME BEING

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

