

SHABBAT WILL START AT 3:54pm AND TERMINATE AT 5:04pm

**Mazel tov to Lucy Wacks on her Bat Mitzvah.
We extend a warm welcome to her family and guests.**

In accordance with the latest Government guidelines, Face Masks must be worn on entering the building and during all Services. It is recommended that 1m distance be kept outside family groups.

FRIDAY NIGHT

3:55pm Mincha followed by Kabbalat Shabbat in the Main Shul.
After the Friday night service, we welcome a short D'var Torah from
Sophia Graham representing JAMI

3:45pm 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 Rabbi Dr Raphael Zarum's Rambam Shiur in the Liora Graham Beit Midrash
new topic 'Hilchot Gerushin, the Laws of Divorce'

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

9:15am MAIN SERVICE in the Main Synagogue
led by Chazan Eli Sufrin
Kriat Hatorah by Robert Owen
Rabbi Laitner will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Jonathan Wacks
Rabbi Lawrence will speak

9:45am YOUTH SERVICE in the Liora Graham Beit Midrash

10:15am Anim Zemirot Club in the Newman Room led by David Lesser

10.45am CHILDREN'S SERVICES

Ages 0 – 4 in the Kinloss Suite Foyer - run by Michal Bassalian and Coral Harding
Reception to Yr 2 – in the Nemetnejad Room – run by Natalie Sommer
Yr 3 - Yr4 - in the 1st Floor classrooms - run by Lauren Hamburger
Yr 5 - Yr 6 - in the Newman Room - run by Jonny Tapnack

Following the Shabbat morning Services there will be a kiddush in the Kinloss Suite
sponsored by Jo & Mike Wacks to celebrate Lucy's Bat Mitzvah

12:30pm EARLY MINCHA in the Main Synagogue

SHABBAT AFTERNOON

3:55pm MINCHA AND SHIUR by Rabbi Laitner titled
"Megillat Esther part 1 - how this book became part of the Tanach and the implications
which followed."

5:04pm MA'ARIV & TERMINATION OF SHABBAT in the Main Synagogue

Come with me – Leora and Harry Salter

Parashat בא has the final three plagues and the different commandments from G-d on how to remember the exodus from Egypt. The final plague and the aftermath of the last plague make up most of the second half of the Sedra but we can also learn a lot from the first half, and in particular, the first verse.

The first verse of this week's Sedra says (Chapter 10, Verse 1): "Hashem said to Moshe, '(בא) Come to Pharaoh, for I have made his hearty and the heart of his servants stubborn so that I can put these signs of Mine in his midst.'" A key question arises from this verse. Surely, Hashem should have told Moshe to "go to Pharaoh" and instead of "come to Pharaoh." Why does it say "בא" (come) and not "לך"(go)?

Firstly, Rashi on the verse doesn't have a problem with the word "בא" and explains this verse to mean that Hashem is telling Moshe to warn Pharaoh about the imminent plague of locusts. Even though this doesn't seem to bother Rashi, other commentators explain the "בא" in a different way.

Rabbi Elie Munk, the father of the late Lady Jakobovits, comments on this terminology earlier in Parashat Va'eira. Chapter 9, Verse 1 states exactly the same as the beginning of this week's Parasha. Here, Rabbi Munk explains that whenever Hashem tells Moshe to "come to Pharaoh" it implies that Moshe should meet Pharaoh in Hashem's name. Furthermore, it means that Moshe met Pharaoh without Pharaoh's authorisation and without the heavy security protecting the entrance to the throne (Ohr HaChaim).

Tosphot (Parashat Va'eira, Chapter 8, Verse 19) also has an explanation for the command by G-d to Moshe. He comments that three of the ten plagues (frogs, pestilence and locusts) have G-d telling Moshe to "come to Pharaoh". The explanation given for this is that Hashem is telling Moshe to go and visit Pharaoh alone in Pharaoh's palace. A warning to Pharaoh alone was sufficient and this is why Moshe is told to "come to Pharaoh".

These two explanations are similar and go on the same premise that Moshe was speaking to Pharaoh alone and without Pharaohs permission. There is one more explanation given which is also key.

The Kotzker Rebbe brings a beautiful explanation to this and says that when Hashem tells Moshe to "come to Pharaoh" he is really telling him to "come WITH ME to Pharaoh". Hashem is really telling Moshe that "I will come with you on your mission".

With the last explanation we can learn a very important message about our Emunah in G-d. According to Rabbi Munk, Moshe was meeting Pharaoh without permission and mixed with the Tosphot, we understand that Moshe was visiting Pharaoh alone, which must have been daunting for him. However, with the last explanation, we see that Pharaoh might have been alone but Moshe certainly wasn't, G-d was by his side to help him through and deliver the message he had to deliver. From this we can learn that Hashem is always with us and will always help up through the difficult and worrying times.

BO STATISTICS

MITZVOT: 20 (9 POSITIVE, 11 NEGATIVE) OF THE 613 MITZVOT
VERSES: 106 (29TH LONGEST OF THE 54 SIDROT)
WORDS: 1655 (21ST LONGEST)
LETTERS: 6149 (22ND LONGEST)
HAFTARAH: 16 VERSES (JOINT 13TH SHORTEST OF THE 80 HAFTAROT)
BO IS ONE OF THE SIDROT WITH THE LONGEST VERSES. IN THE FIRST 14 SIDROT OF THE TORAH, THERE HAVE ONLY BEEN 3 MITZVOT. BO MARKS THE BEGINNING OF THE LEGISLATIVE PART OF THE TORAH.

PAGE NO.	SONCINO	HERTZ	ARTSCROLL
SIDRA	377	248	340
HAFTARAH	404	263	1151

From Darkness to Light

Over recent years, Parashat Bo, which contains the plague of Darkness has been designated **Mental Health Awareness Shabbat**.

וימש חושך (Shemot 10:21) The plague was a darkness



that could be touched – so heavy that it was tangible; not only clouding the Egyptians' vision but confounding their touch on reality. **וימש** connects with **אמש** (yesterday). There is a darkness that disrupts our rhythms of day and night, the ability to

manage our time.

Before Covid, NHS surveys indicated that one in four people in the UK would experience some form of mental health problem in any given year. These problems are in many forms; bouts of anxiety and depression, phobias, obsessive compulsive behaviour, panic attacks, post-traumatic stress disorder, personality disorders. They may manifest themselves in a range of ways from feeling lethargic and withdrawn, to degrees of active self-harm. They affect the lives of the sufferer, their families, and their colleagues.

In the two years since the survey, we have seen an onslaught of pressures, disrupting millions of families, who normally managed so well. Isolation, anxiety about health, separation from parents or children and concern for their welfare, interrupted education, the loss of companionship, holidays, formative international study programmes, furlough and business closures... all exacerbated as our normal points of reference, social supporter and health services have been overwhelmed.

It has been unsettling to experience and assist so many others encountering an unfamiliar and bewildering barrage of anger, anxiety, fear, grief and guilt. People are struggling to “keep a stiff upper lip” and are bottling it in... embarrassed to reach out.

Mental Health Awareness is important: In being aware, we can help many people towards guidance in bettering or managing the stressors in our lives. It is

essential that we de-stigmatise mental health conditions.

With many bullying and pejorative epithets, cruelly applied over time, sufferers and their families often feel awkward or ashamed and do not consider opening up or seeking support. Tragically, a lack of awareness or correct response leaves people feeling even more alone, despondent and helpless; isolated in a dark world which is bleak, black and empty.

JAMI is the **Mental Health Service for the Community** and a good first port of call. In conjunction with JAMI, we have hosted a number of Mental Health Awareness events and First Aider training sessions.

Of course, Mental Health Awareness is not only about resolving mental health problems. It is substantially about the **positive steps we can take to strengthen our own mental health**. Companionship and healthy interactions with other people, physical activity, learning and participation in mental stimulation, contributing to community and mindfulness are important strategies for looking after ourselves. They are about growth, not just prevention. In place of grasping about in tangible darkness we can help ourselves enjoy our lives, company and community in light.



We are delighted to welcome **Sophia Graham**, Peer Support worker at JAMI, who will speak after the service on Friday night.

And a joyous Mazal Tov to **Lucy Wacks**, who celebrates her Bat Mitzvah this Shabbat. Her grandmother Jennye is on the JAMI Clinical Governance & Professional Advisory Group. Lucy has created a boardgame, **The Jump to Freedom**, which she is selling as part of Mental Health Awareness Shabbat.

Shabbat Shalom and warm wishes for a healthy 2022 – in body, mind and soul.



R' Jeremy Lawrence

Jami For information and access to JAMI's services, <https://jamiuk.org/>

TU BISHVAT

Seder

Monday 17th January

7pm

Led by Rabbi Lawrence

FRUIT | WINE | COMMUNITY

www.kinloss.org.uk/fruits

£10 Kinloss Members
£17.50 Non Members
£5 UNDER 18'S



Head First

What does it mean to be well?

Anorexia... Depression... Exhaustion...

Why what's "all in your mind" matters...



Dr Alastair Santhouse
Consultant Psychiatrist



Monday 24th January 8pm Live at Kinloss & on Zoom

www.kinloss.org.uk/headfirst

Rabbi Lawrence in conversation with the **Author**



KINLOSS



KRAV MAGA LESSONS

MONDAYS AT 6PM, STARTING 10TH
JANUARY 2022 FOR TEENS AGED 13
AND ABOVE.

MONTHLY OR PAY AS YOU GO OPTIONS
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CLASSES PROVIDED BY MAF75.

FOR MORE INFORMATION AND
TO BOOK, CALL 07908 053 619
OR VISIT www.maf75.com

Kinloss Junior Table Tennis is back



**new 10 week term
starting
13th January 2022.**

Sign up now :
www.kinloss.org.uk/tabletennis

Spaces are limited



We are looking for
volunteers to serve
Chollent and Kugel
at Kiddush
(approx 11.20 - 12pm)

Please sign up via:
www.kinloss.org.uk/kiddush

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



THREE PART SERIES WITH
CHARLES LANDAU

FRENCH JEWRY

WEDNESDAYS AT 8PM LIVE AND VIA ZOOM

26 JAN 'Liberté, Egalité, Fraternité: but not for all Jews? Crusades & book burning to Voltaire and Bonaparte'

9 FEB 'Treachery in the heart of France: THE Affair...Dreyfus. The Affair that never dies?'

23 FEB 'Betrayal, WWII and hope: Vichy, Petain to Le Chambon, Lustiger and Jules Isaac'

REGISTER VIA WWW.KINLOSS.ORG.UK/FRENCH



KINLOSS

SHABBAT FORUM - 22ND JANUARY 2022

after main services at approx 11.30am

Save A Child's Heart

SACH is a humanitarian apolitical organisation based in Israel. As long as children with rheumatic and congenital heart disease around the world continue to suffer without access to care, SACH will treat children, train doctors and raise the level of paediatric heart care worldwide.



KINLOSS



US Women's Shabbat 2022

AMPLIFYING WOMEN'S VOICES

14 - 15 JANUARY 2022

Women for Women Service

Please join us for a
Women for Women Kabbalat Service

On Shabbat Shira/Parashat Beshallach
14 January at 4.15pm.

If you would like to lead
Kabbalat Shabbat or Ma'ariv, please be in
touch with Mandy Lawrence 07467497148



Erev Purim
16th March 2022

Kids for Kids Megillah reading on Purim

If your child in years 3-6 wants to participate please be in
touch with Mandy Lawrence 07467497148
Newcomers & experienced readers are welcome

Girls for Girls Megillah reading on Purim

We will be having a Girls for Girls Megillah reading
on Purim.
Any 12+ girls who would like to participate should be in
touch with Mandy Lawrence 07467497148

LUNCH & LEARN STARTS AGAIN ON WEDNESDAY 19TH OCTOBER 2021

LUNCH
AND LEARN



in Kinloss and on Zoom
Starts at 1:00pm
With Rabbi Vivian Silverman
in Liora Graham Beit Hamidrash
and streamed via zoom - www.kinloss.org.uk/landl
£5 for light lunch

For information or to book, please email Lucy on ket@kinloss.org.uk or 020 8349 5267

CHATS FOR CHAPS AND MONDAY MATTERS

WILL BOTH BE HELD ON
MONDAY 24TH JANUARY
IN KINLOSS SHUL

STARTING AT 11:00AM
FOLLOWED BY
COMBINED LUNCH

**FOR CATERING PURPOSES, IF YOU
WOULD LIKE TO ATTEND PLEASE
CALL BY WEDNESDAY 19TH LATEST:
ROCHELLE SCHRANK
020 8349 5263**

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



Noah Ellis (2)
Alexa Mark (6)
Goldie Lester (6)
Jake Joseph (11)
Samuel Prager (10)
Jacob Fenton (7)
Emmy Angel (4)
Ariella Josephs (11)
Ilan Jesner (10)



**WE HAVE SUPPLIES OF FREE
NHS LATERAL FLOW TESTS
(NOSE AND THROAT)
AVAILABLE FOR MEMBERS ONLY
FOR COLLECTION FROM KINLOSS
OFFICE DURING OFFICE HOURS
MON - THURS 9AM TO 5PM OR
FRIDAY 9AM TO 1PM.
PLEASE COME TO THE SECURITY
HUT AND ASK TO SPEAK TO DENISE**

SHUL MEMBERSHIP BILLS

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

**Please pay your invoices via online
BACS**

OR
**the member portal [https://myus.
theus.org.uk/login](https://myus.theus.org.uk/login)**

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

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*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*

MAZEL TOV - מזל טוב

LUCY WACKS

Mazel Tov to Lucy on her Bat Mitzvah

Lucy has two siblings, Erin and Oliver and she attends South Hampstead High School

Her hobbies are Football, drama, playing ukulele, arts and crafts

Charity work as part of the simcha, Lucy has designed and made a Pesach-themed board game to tie in with Parshat Bo. She has been selling these to raise money for Jami as it is Mental Health Awareness Shabbat.

* Mazel tov to Jo, Mike, Erin and Oliver on the occasion of Lucy's Bat Mitzvah. Mazel tov to grandparents Jennye & Jonny Seres and Janice Wacks and great grandmother Corinne Bor. Fondly remembering Mike's parents Tony & Sandra Wacks.

* Mazel Tov to Suzanne & Henry Clinton-Davis on the birth of a grandson in the USA, son to Sam and Ariella.

* Mazel Tov to Angela & Mike Abrahams on the birth of a grandson, a son for Estie & Gaby Bergin and family, also to Gwen & Simon Bergin and to the whole family.



BACK BY POPULAR DEMAND

THE CROWN

Monday afternoons

Doors Open 1.45pm
Screening Starts 2pm
Nemetnejad room

Season 2 (last 3 episodes) - 10th Jan
Screening two episodes a week thereafter
Season 3 - 17th, 24th & 31st Jan, 7th & 14th Feb
Season 4 - 28th Feb, 7th, 14th, 21st & 28th March

£3 Kinloss Members | £4 non Members

KINLOSS



KINLOSS
tribe

Parashat Bo
9:45am - Youth Service - Liora Graham
Beit Midrash
With Shacharit, Leining and Mussaf,
followed by a Dvar Torah and Kiddush
sponsored by Kinloss Youth!

COMING UP THIS WEEK

TUESDAY: LEARN2LEAD @ 7:30PM

WEDNESDAY: BATMITZVAH
PROGRAMME @ 7PM

Follow us on Instagram: Kinlossyouth
Wishing you a Shabbat Shalom - Leora and Harry

SHARED READING **GROUP**

EVERYONE IS WELCOME EXISTING
OR NEW PARTICIPANTS
THURSDAY 25TH JANUARY 2022
@ 2:00PM

Zoom link:
<https://us02web.zoom.us/j/4377475806?pwd=YzBuclDMKzBNejdYczlhZyt-mUFJlQT09>
Meeting ID: 437 747 5806
Passcode: books

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



MAKING A
DIFFERENCE
FOR SERIOUSLY
ILL CHILDREN

A SINGLE
PINT CAN
SAVE
THREE LIVES
DONATE
BLOOD
T O D A Y

GIVE BLOOD WITH
CAMP SIMCHA
KINLOSS SHUL
AND ALEI TZION
AND HELP SAVE A LIFE

Thursday 13th January

Appointments available throughout
the day

At Finchley United Synagogue,
Kinloss Gardens, N3 3DU

Pre registration is essential.

Book your appointment online at
www.campsimcha.org.uk/giveblood

Donor age 17-66*

*There is no upper age limit for people
who have donated within the last two
years



BOOK NOW: WWW.CAMPSIMCHA.ORG.UK/GIVEBLOOD

SERVICE TIMES:

SERVICES (שבת see front page)	Sun 9th 7 Shevet	Mon 10th 8 Shevat	Tue, 11th 9 Shevat	Wed, 12th 10 Shevat	Thur 13th 11 Shevat	Fri 14th 12 Shevat
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	3:55pm	3:55pm	3:55pm	3:55pm	3:55pm	Mincha Kabbalat Shabbat 4:05pm

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



YOUR HELP IS NEEDED FOR MINYANIM! SHABBAT LATE MINCHA

IF YOU ARE ABLE TO SUPPORT OUR LATER SHABBAT MINCHA,
WE WOULD GREATLY APPRECIATE IT.

WE ARE CONSIDERING RESTARTING THE 8AM WEEKDAY SHACHARIT MINYAN.
IF YOU ARE ABLE TO ATTEND, PLEASE CONTACT
RABBI LAWRENCE ON RABBI@KINLOSS.ORG.UK

THE FRIENDSHIP CLUB AT KINLOSS

IS BACK
EVERY TUESDAY
AT KINLOSS SHUL

WE ARE ALSO LOOKING FOR DRIVERS
FOR PICK UPS
AT 9:30am AND TAKE HOME AT 1:00pm

CALL TRUDY ON 020 8346 3925

OR JUST TURN UP EVERYONE IS WELCOME!

SAVE THE DATE



ShabbatUK Challah Make

Thursday 3rd March
6pm or 7pm
Deal Hall



For more information to follow

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

Shabbat 8 JANUARY

Albert Bauernfreund	Father
Charles Cohen	Mother
John Goldman	Mother
Rebecca Nemetnejad	Mother

Sunday 9 JANUARY

Farzaneh Amini	Mother
Suzanne Black	Father
Clive Chippeck	Mother
John Frenkel	Father

Monday 10 JANUARY

Shirley Arkush	Sister
Brian Clarke	Brother
Huguette Cukier	Mother
Reuben Ezekiel	Brother
Norman Goldner	Mother

Tuesday 11 JANUARY

Susan Gradel	Father
David Kass	Father
Leonard Klahr	Father
Harry Rabbie	Mother
Lisa Woolfson	Mother
John Zucker	Father

Wednesday 12 JANUARY

Jonathan Glasser	Mother
David Lewi	Mother
Sarah Nicholls	Mother
Beatrice Primhak	Father
Gary Schajer	Father
Marcel Schajer	Father

Thursday 13 JANUARY

Evelynne Garbacz	Father
Maurice Shear	Father
Anita Stewart	Father
Simon Winston	Mother

Friday 14 JANUARY

Michael Birnhak	Mother
Nahid Hakimi-Sefat	Mother
Shirley Kenley	Brother
Myrna Young	Mother

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.

CONDOLENCES:

- * Leo Rosenberg, Jeanette Rosenberg and Karen Paul on the passing of their wife and mother Ruth Rosenberg Z"L
- * Stuart Milch on the passing of his mother Irene Milch Z"L

CONSECRATIONS:

06/02/2022	9:30am at Bushey New in memory of John Sadlik Z"L
06/02/2022	11:30am in Bushey Old in memory of Fred Leveson Z"L
13/02/2022	11:30am in Bushey New in memory of Naomi Pope 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

