

9 / 10 AUGUST 2019

ט' באב תשע"ט

Shabbat commences at 20:20pm and terminates at 21:27pm
Mincha/Kabbalat Shabbat at 7:30pm

Shabbat Chazon

Following the Services there will be a Kiddush
in the Kinloss Suite

Friday night

7:30pm: Mincha and Kabbalat Shabbat

SHABBAT LEARNING AT KINLOSS

Shabbat Morning

8:30am: Sephardi Synagogue

Talmud Tractate Pesachim by Rabbi Heller

Rabbi Dr Raphael Zarum's Maimonides Shiur will not be
taking place this week,
and will recommence on the 17th August

10:30 - 10:50am in the Rabbi's Office
Study Group with Rabbi Laitner titled
"Covenant and Conversation on Parashat Devarim"

Shabbat Afternoon

There will not be a Daf Yomi Shiur

6:00pm : Mincha (Liora Graham Beit Midrash)

8:33pm : Fast of Av commences
(and finishes at 9:18pm on Sunday 11th)

9:27pm Shabbat terminates

9:40pm : Ma'ariv and Eicha (Main Synagogue)

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 Chazan Eli Sufrin.
Rabbi Lawrence will speak.

THE MINYAN 9:30am

in the *Nissan and Rifca Deal Halls*.
Kriat Hatorah by Neil Nachshen.
Rabbi Lawrence will speak.

SEPHARDI SERVICE 9:00am

in the *Sephardi Synagogue*, led by
Rabbi Heller and Reuben Gorji.

**KIDS' MINYAN will not be
taking place this week.**

Please note Kinloss Office will
be closed all day
on Tisha B'Av (11th August),
and will re-open
Monday 12th August @ 9am

Guidelines for Tisha B'Av on Shabbat (Kinloss 5779)



Unlike Yom Kippur, which is solemn, but not mournful, Tisha B'Av is a day of public mourning and we do not mourn in public on Shabbat. Therefore, whereas Yom Kippur is observed on Shabbat, when Tisha B'Av falls on Shabbat the commemoration is deferred.

Shabbat is brought in and honoured as normal, with no prohibitions on meat or wine. Indeed, the Shulchan Aruch (OC554:19) states that one may enjoy banquet of King Solomon. In deference to the day itself, some refrain from wearing their finest clothing, and unless it is mikveh night abstain from marital relations.

We do commence the fast at sunset on Shabbat (8.33pm) 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 *zimmun*; nor is there the requirement to eat bread and ash or sit on the ground. Zemiroth may be sung as normal.

When Tisha B'Av falls on a weekday, we are restricted to learn only the sad passages permitted for the day itself (such as the Book of Job and the Talmud on fasting) from the preceding afternoon. On Shabbat afternoon according to the Mishnah Berura we have no such restriction.

Once Shabbat is out (9.27pm) 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 (9.40pm) 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. Many people sleep on the floor or without a pillow on Tisha B'Av night.

Amongst the changes to Tefilla on the Day of Tisha B'Av, Tallit and Tefilin are not worn at Shacharit, but at Mincha. 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 *aveilut*, 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.

When a Brit Milah happens on Tisha B'Av (which falls on 9th Av), the Brit takes place only after the Kinnot. The parents, Mohel and Sandek may wear Shabbat clothes for the ceremony itself. Only the mother (if she is not fasting) and the baby may sip the wine. When the fast is on 10th Av, the Brit should take place after Mincha; the parents, Mohel and Sandek make Havdalah and may even bathe and break their fast (though not feast) as a Brit constitutes a personal Yom Tov (Mishneh Berura 559:8 38). The practice, nonetheless, is to wait.

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. Please be in touch with me if there are any specific health issues or concerns. The fact that the fast is pushed off does create some additional leniencies for those who are even slightly ill, who are pregnant or nursing. 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.

On Sunday night after the fast is ended (9.18pm) we make (or complete) Havdalah on wine (no flame, no spices). In years when the fast falls on 9th Av itself, many of the mourning restrictions carry through till midday on 10th Av. When the fast is delayed, the other mourning observances such as washing, laundry & music end with the termination of the fast. It is preferable to refrain from eating meat or drinking (other) wine till midnight. (Rema 558:1) R'JL

A Vision of Redemption

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. (Of course, this year that Shabbat falls on 9th Av itself.) 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 הַיָּטֵב דְּרָשׁוּ מִשְׁפָּט אֲשֶׁר הָמוּץ שִׁפְטוֹ יָתוֹם רִיבֹ
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.

May we be blessed to see Jerusalem rebuilt in our days.



R' Jeremy Lawrence



Tisha B'Av Programme at Kinloss 2019

Shabbat 10th August

Fast commences	8.33pm
Shabbat Terminates	9.27pm
Ma'ariv and Eicha	9.40pm

Sunday 11th August

Joint Shacharit with Kinnot	8am
Early Mincha	2pm
Mincha	6.30pm
Documentary and Presentation	7pm

'Infiltrating today's Anti-Semites'

Undercover in the alt-right

Co-presented by Patrik Hermansson
(Infiltrator of Neo-Nazi Groups)
& Cormac Hollingsworth
(Director of HOPE not Hate)



Ma'ariv	8.50pm
Termination of Fast	9.18pm



The Book of Devarim (Deuteronomy), begins this week. It is Moshe's valedictory address, delivered as the people are camped on the eastern side of the Jordan River in the plains of Moab (today in Jordan), finally ready to cross to Israel.

The famous medieval commentator Ramban (acronym for his name, Rabbi Moshe ben Maimon) explains in his introduction to Devarim, that Devarim is essentially a review of the Torah (hence its other name, 'Mishne Torah' which means such). This is so, even though the Book of Devarim contains some new mitzvot, which Moshe teaches the people as they prepare to enter the Land.

Moshe in particular dwells on mitzvot which apply to all the people, not just some of the specifics which apply to Cohanim (priests) and other special instances, which were found in the books of Vayikra and Bemidbar. The Cohanim, who were spiritual guides, and served in the Temple, had proved their commitment and efficiency time and time again, and as such, were deemed diligent enough not to require a review of their particular mitzvot at this time.

Regarding the new mitzvot, Ramban explains that these were given to Moshe before the sin of the spies which led to the decree of wandering and delayed entry to Israel (Bemidbar 14). This sin was in the second year after the Jews had left Egypt. Ramban suggests that Moshe withheld these mitzvot from the people at that time, since those mitzvot were obligatory only in Israel, and he therefore wished to teach these mitzvot when they would become practical. No new material was given to Moshe in the plains of Moab, as all that he taught had already been revealed by G-d to Moshe previously at Mount Sinai, or when Moshe experienced encounters with G-d in the Tent of Meeting.

Despite the references to the sins of Bnei Yisrael, Moshe also emphasises G-d's love for the people, reassuring them as they prepared to enter Israel, and also reassuring on the eve of Tisha B'Av, the fast commemorating the destruction of both Temples, which we pray will be superseded by the joy of Third Temple.

Shabbat Shalom

Devarim Statistics

Mitzvot: 2 of the 613 mitzvot, both prohibitions
Letters: 5972 (24th longest)
Verses: 105 (32nd longest of the 54 Sidrot)
Words: 1548 (26th longest)
Haftarah: 27 verses (18th shortest of the 80 Haftarot)

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

LODZ

Visit Lodz, Poland with Kinloss
in the company of Scott
Saunders & Rabbi Lawrence.

The trip includes pre-war Jewish Life
in Lodz, Lodz Ghetto and
Chelmno Death Camp.

Sunday 1st - Monday 2nd December 2019



Price:

£250 per person sharing (additional £35 for single room)

Includes:

Comfortable transport, 4-star hotel based on twin occupancy, site entrance fees, local tour manager and kosher meals.

Does not include:

Flights, coach transfers to airport or travel insurance.

To reserve a place, please go to www.kinloss.org.uk/lodz and pay a £100 deposit. Once there is a confirmed viable group, we will send out further information.

(If we cancel the trip, the deposit will be refunded.)

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



KINLOSS NOTICE BOARD

9:45am Games Room in the Newman Room with Nathaniel Carlebach
0 - 4 year olds with Sara Keen in the Kinloss Suite Foyer
Reception up to School Year 2 with Benjy Falk in the Avram Nemetnejad Room (2nd Floor)
School Years 3 - 4 with Dina Ellis in the First Floor Classrooms
School Years 5 - 6 with Nathaniel Carlebach will not be taking place this week
All Children's Services will start at 10:45am and will be followed by Kiddush



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



Hannah Weil Cohen (7)
 Ilan Renshaw (2)
 Ella Donaldson (4)

Ely Blitz (4)
 Sophia Ison (5)
 Stella Marks (2)

THANK YOU TO:

- * Security Team 5. If you have any queries, please speak to Martin Shiers on 07831 836 031, or email securekinloss@yahoo.co.uk
- * Michael Goldman, Stephen Harrison and Angela Kamiel of The Welcoming Committee
- * Kiddush Rota Team
- * Minyan Kiddush



BOARD GAME CHALLENGE
DO YOU PLAY SCRABBLE OR RUMMIKUB??
2:30pm - 4:30pm
in the Sephardi Shul Upstairs
on THURSDAY 15th August

A friendly group meeting to play a mix of board and card games to accommodate most tastes.

Free for Kinloss members and non-members.

Tea and light refreshments will be provided.

For more information, please contact Martin Summers on 020 8346 0619 or email martinsumm48@yahoo.co.uk

Please contact Lucy 020 8349 5267 if you need transport assistance

Future Shabbat Seuda Shlishit Speaker at Kinloss

17/8/2019

Steven Jaffe



Take a look at our updated website showing all future events
www.kinloss.org.uk



Hospital Visiting

If either you or a friend or a member of your family is in hospital and would like to be visited, please contact Rochelle: 0208 349 5263 or email: kinlosscares@kinloss.org.uk

If you require help or support, please call Rochelle on 0208 349 5263, or email welfare@kinloss.org.uk.

All messages treated in the strictest confidence.

There will be a Hashkama Minyan both days Rosh Hashana starting at 6:15am and finishing at 10:15am

If you are interested and would like to attend please contact josh-singer@outlook.com

MAZEL TOV - מזל טוב

* Susana Ross on the engagement of her son Daniel to Ilana Schulder, daughter of Dr Lu Steinberg & Dr Michael Schulder of New York City. Mazel tov to brothers Joshua & Gabriel, remembering Ian Harvey Ross Z"L at this happy time.

* Sharon & Alan Lee on the birth of a grandson, to Lucy Middleweek & Michael Lee.

* Haya and David Lewi on the birth of a granddaughter on 2 August, Ava Annie (Chava) to Abigail and Allon Lewi.

NEXT WEEK AT KINLOSS:

DAY:	COMMUNITY LEARNING:	COMMUNITY PROGRAMMES:
SUNDAY	8:00am Daf Yomi (NR)	
MONDAY	07:40am Daf Yomi (NR)	
TUESDAY	07:40am Daf Yomi (NR)	10:00am Friendship Club (DH)
	20:00pm Iyun Advanced Gemara (BM)	10:30am Bridge Club (PS)
WEDNESDAY	07:40am Daf Yomi (NR)	
THURSDAY	07:40am Daf Yomi (NR)	14:30pm Board Game Challenge (PS)
FRIDAY	07:40am Daf Yomi (NR)	

BC = Benchers Cafe
 BM = Liora Graham Beit Midrash
 DH = Nissim and Rifka Deal Hall

NR = Nemetnejad Room
 MN = Marilyn Newman Room
 PS = Persian Synagogue

Would you like to get involved in Children's Service provisions? If you can help, please contact Shimon Gillis on 020 8349 5264 or email shimon.gillis@kinloss.org.uk

The biography of Maimonides has been borrowed from the Liora Graham Beit Hamidrash. Please could it be returned.

IYUN (ADVANCED) GEMARA WITH MOISHE SAMPSON

After Mincha/Ma'ariv on Tuesdays at 8pm

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

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.

We have been advised by the Burial Society that Alderney Road, Brady Street, Lauriston Road, Plashet and West Ham Cemeteries will be open between approx 11am to 3pm for visitors on Tisha B'Av, Sunday 11th August.

SERVICES (שבת see front page)	Sun TISHA B'AV	Mon	Tues	Weds	Thurs	Fri
Shacharit 1	Joint 8:00am	7:00am	7:00am	7:00am	7:00am	7:00am
Shacharit 2		8:00am	8:00am	8:00am	8:00am	8:00am
Sephardi Shacharit	8:00am	6:30am	6:30am	6:30am	6:30am	6:30am
Early Mincha	2:00pm					
Second Mincha	6:30pm					
Mincha / Ma'ariv	Ma'ariv 8:50pm Termination of Fast 9:18pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha Kabbalat Shabbat 7:30pm

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

Shabbat 10 AUGUST

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

Sunday 11 AUGUST

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

Monday 12 AUGUST

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

Tuesday 13 AUGUST

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

Wednesday 14 AUGUST

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

Thursday 15 AUGUST

Yaghoub Bassally	Father
Maurice Lazarus	Mother
Jason Marantz	Mother
Monique Solomon	Father
Sylvia Spiro	Father

Friday 16 AUGUST

Keith Gilbert	Father
Sonia Hirsch	Brother
Barbara Hoddes	Father
John Loftus	Father
Natalie Miller	Sister
Pamela Plesner	Mother
Sara Silverman	Mother

KINLOSS MEMORIAL BOARDS ANNUAL UPDATE 5779/5780

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 Thursday 15th August 2019

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

CONDOLENCES:

* Family of the late Anthony Morris Z'L

TOMBSTONE CONSECRATIONS:

WED 4 SEPT	13:30pm at Bushey in memory of Sheila Franks Z'L
SUN 8 SEPT	13:30pm at Bushey in memory of Alan Shepherd Z'L
SUN 8 SEPT	11:30am at Hoop Lane in memory of Mrs Mali Azizollahoff Z'L
SUN 15 SEPT	13:00pm at Bushey in memory of Sidney Dagul Z'L

FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS

Rabbi Jeremy Lawrence: 07501 895 124

Shimon Gillis, Director of Operations: 020 8349 5264

Shul Office: 020 8346 8551

Kinloss Cares: 020 8349 5263

Jackie Caplin, Safeguarding Officer: 07974 665 418

