

6 / 7 MAY 2022

ו' אייר תשפ"ב

SHABBAT WILL START AT 8:17pm AND TERMINATE AT 9:29pm

Mazel Tov to Asher Sosnow on his Bar Mitzvah.
We extend a warm welcome to their family and guests

FRIDAY NIGHTS

7:30pm Mincha followed by Kabbalat Shabbat
in the Nissan and Rifca Deal Hall

7:20pm Sephardi Mincha, Kabbalat Shabbat & Ma'ariv

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
'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 Asher Sosnow
Rabbi Lawrence will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Jonny Tapnack
Rabbi Laitner 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 Silver Suite - run by Michal Bassalian and Coral Harding

Reception to Yr 2 – in the Nemetnejad Room – run by Natalie Sommer

Yr 3 - Yr 4 - in the 1st floor classrooms - run by Ella Schuchman

Yr 5 - Yr 6 - in the Newman Room - run by Orli Ruback

This week's Kiddush is co-sponsored by
the Elek family to mark the occasion of the 25th Yahrzeit of Miriam Elek Z"L
and Naomi, Marc, Leila & Maya Sosnow on the occasion of
Asher's Bar Mitzvah

SHABBAT AFTERNOON

8:15pm MINCHA AND SHIUR by Rabbi Laitner titled
"Getting ready for Shavuot, Part 1: Introducing the Book of Ruth"

9:29pm MA'ARIV & TERMINATION OF SHABBAT
in the Main Synagogue

This week's Kol Kinloss is sponsored by David and Sharon Elek
in loving memory of their mother Miriam Elek Z"L

The Fundamental Principle of the Torah – Leora and Harry Salter

לֹא־תִקֶּם וְלֹא־תִטּוֹר אֶת־בְּנֵי עַמֶּךָ וְאֶהְיֶה לְרֵעֶךָ כְּמוֹךָ אֲנִי ה' - You shall not take vengeance or bear a grudge against members of your people. Love your fellow as yourself: I am Hashem – Vayikra, 19:18

This verse is one of the most well-known in the entire Tanach. Rashi quotes Rabbi Akiva who says that this is the fundamental principle of the Torah, to love your fellow as yourself. The Kli Yakar says Hillel said that this is a great general principle in the Torah because of the story brought down in Shabbos (31a) which relates that there was once a convert who asked Hillel to convert him on condition that he would teach him the entire Torah while he stood on one foot. Hillel taught him the verse, “You shall love your fellow as yourself”. Exploring several commentaries to understand what this really means will help us better understand the true meaning of this famous quote.

The Sforno comments that this means we should apply the same yardstick to our concerns for our fellow that we would want applied to ourselves if we were in their shoes in a similar situation. This meaning of this verse to the Sforno is that we should have a fair and just society and want this same rules applied equally. The Chizkuni expands this point and explains that by the same token you should love as much to do favours for your fellow as you would have others do favours for you.

There is another explanation that the some commentators expand. The Ramban explains that the commandment of the Torah means that one is to love one’s fellow-being in all matters, as one loves all good for oneself. First and foremost, a person is expected to love themselves. After all, how can they love another person as much as themselves, if they do not love themselves? Unfortunately, this is not always so obvious to all of us. This demand seems to be impossible to fulfil. Is it really possible to love one’s friend as much as one loves themselves?

Among the answers given, the following one asks us to continue reading until the less familiar end of the verse: “I am Hashem.” When you understand that you were both created by G-d who gave you both a soul, then you will love your fellow because you are both part of humanity, and the bonds of solidarity and commitment connect you. This verse tells us to love our neighbour, our fellow Jew, as we both have the common goal.

Rabbi Sacks Z’L in *Faith in the Future* added a key concept to this famous quote. He wrote ‘the Hebrew Bible contains the great command, ‘You shall love your neighbour as yourself,’ and this has often been taken as the basis of biblical morality. But it is not: it is only part of it. The Jewish sages noted that on only one occasion does the Hebrew Bible command us to love our neighbour, but in thirty-seven places it commands us to love the stranger. Our neighbour is one we love because he is like ourselves. The stranger is one we are taught to love precisely because he is not like ourselves.’

The commandment to love our fellow teaches us to not do what you wouldn’t want done to you, to love yourself in order to love your fellow and to love your fellow as you have the same common goal and beliefs. This verse also brings out the point, as Rabbi Sacks wrote, to love a stranger as they are not like ourselves. Ensuring we treat everyone fairly, whether they share your beliefs or not, is a fundamental principle of the Torah.

KEDOSHIM STATISTICS

Mitzvot: 51 of the 613 Mitzvot, 13 positive & 38 prohibitions
Verses: 64 (6th shortest of the 54 Sidrot)
Words: 868 (6th shortest)
Letters: 3229 (6th shortest)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	723	497	656
Haftarah (Amos 9:7-15)	735	509	1173

The Only Country

It was a delight to be back and to mark Yom HaZikaron and begin the celebration of Yom Ha'Atzmaut with Bnei Akiva in shul at Kinloss, overflowing with joyous atmosphere as Chazan Jonny Turgel led us in a rousing Hallel.

Her Excellency spoke movingly about seizing the moment and Israel's existence and survival stemming from youth inspired by Torah values and several decisions to do the ambitious right thing for our future despite overwhelming pressures and reasons to be cautious. The Chief Rabbi contrasted refugees from Eastern Europe in the 1930s and 40s with the refugees of Ukraine in 2022. Today's Jewish refugees are greeted at every border with the offer of shelter and the chance to come home.

Doing the rounds again this year was an adaptation of the poem by the late Israeli satirist Ephrayim Kishon from his collection "So Sorry We Won" סליחה שנצחנו. It includes the lines:

This is the only country where missiles from Iraq, Katyushas from Lebanon, suicide bombers from Gaza and shells from Syria have already exploded, and still a three-room apartment costs more than in Paris.

This is the only country where the man in the open shirt with the stain is the Honourable Minister, and the one next to him with the suit and tie is his driver.

This is the only country where the rich are on the socialist left, the poor on the capitalist right and the middle class pay for everything.

This is the only country where between the happiest day and the saddest day there are exactly sixty seconds.

This is the only country where most people are unable to explain why they actually live in it, but they have lots of reasons why it is impossible to live elsewhere.

This is the only country where if you hate politicians, hate officials, hate the situation, hate taxes, hate the quality of service and hate the weather, it's actually a sign that you love it.

This is the only country I could live in. It's my country.

זוהי המדינה היחידה שאני יכול לחיות בה . . . זו המדינה שלי

Those "60 seconds of transition" from commemoration to celebration were born of Chief Rabbi Shlomo Goren's insistence that the first anniversary of independence 1949 could not go ahead until those who had died were remembered. Many dates had been considered and rejected (see the Koren Machzor p391). This was right... and Yom HaAtzmaut 1949 was about to happen.

My cousin, Ari, sent me photographs from Afula cemetery, showing the ceremony at the grave of his uncle Eliezer Moshe

Licht, one of those mourned that first year. Born in Wiesbaden in 1928, Eliezer survived the war in hiding, immigrated to Palestine with the first "Aliyat HaNoar" group from Switzerland in 1945. He saw himself as the pioneer of the family in the to pave the way for his mother and brother, and to avenge the extermination of his father and almost all the wider family.



Eliezer enlisted at the beginning of the war of independence, fought in the Carmeli brigade in the Shomron. He was shot by a sniper in the Battle for Jenin, on 25th of Iyar, 3rd June, 1948.

He is one of 24,068 military victims, 4,216 victims of terror since the establishment of the State.

When Hatikva words and music were matched, an anthem of hope joined cascading tones, sombre, on the back of 2,000 tragic years. 60 seconds of transition. Today, Israel is a country exporting hope.

A leader in sciences and medicine; too small, said Kishon to have its name on the map – Israel is in Space! Israeli hope is in our first responders – at every natural disaster – and most recently establishing the first field hospital in Ukraine.

Israel is currently ranked the world's ninth happiest country in its highest ranking to date in the world Happiness report.

We must be proud of our democracy and judiciary, independent and dependable in the face of so many strong and diverse pressures. We must be proud of our people – for their resilience, their integrity and inspiration.

On Yom HaZikaron, we honour the sacrifice and heroism of those who fought to establish our State and security. We honour those who continue to fight terror, warfare and lawfare, across borders and on university campuses.

The Salvation of our people is the salvation of our world. On Yom Ha'Atzmaut, we celebrate that the journey to our salvation is truly underway.

We are blessed to live in this world, seeing the fulfilment of our ancestors' prayers and the realisation of prophetic dreams – we are blessed, when so many of our parents and our grandparents witnessed what many feared to be a final chapter in the history of the Jewish people.

זוהי המדינה היחידה – a unique country for a unique people...

Next year, may the toll of casualties be undiminished, the cost of holidays and living down, but may the Aliya and happiness rates continue to grow!

עצמאות שמח ושבת שלום!

R' Jeremy Lawrence

Meet Helen Fry



- Distinguished World War II Historian
- Author/Editor of over 25 Books
- Ambassador for National Centre for Military Intelligence
- Association of Jewish Refugees (Honorary Member)

Monday 16th May 2022 at Kinloss, 8pm—Live and on Zoom
www.kinloss.org.uk/fry

LUNCH & LEARN

WEDNESDAY AFTERNOONS
 12.15PM-2PM

KINLOSS

THE RETURN OF THE PARSHA SHIUR WITH RABBI VIVIAN SILVERMAN



FOLLOWED BY GUEST SPEAKERS



RABBI D FINE 18 MAY



CHAVA WULWICK 25 MAY



RABBI Y FINE 8 JUNE



RABBI LAWRENCE 15 JUNE



RABBI WOLLENBERG 22 JUNE

TBC 29 JUNE

TBC 6 JULY

TBC 13 JULY



Cost: £5 on the door for a light lunch.



In conjunction with



Hendon United
Synagogue



Join us for a Civic Service and Celebration of THE QUEEN'S PLATINUM JUBILEE

In the presence of the Deputy Lord Lieutenant for Barnet, Martin Russell Esq DL FCT

led by our Rabbonim, with Chazan Eli Sufrin & Chazan Avromi Freilich
and the Choir of Sacks Morasha JPS, Children of the Congregation and Bnei Akiva



1952 - 2022...

Tuesday 24th May, 6.00pm - 7.15pm
Followed by Refreshments
RSVP: www.kinloss.org.uk/jubilee

INTRODUCING...

Shabbat UK 2022 at Kinloss

Thurs 12th
May,
6pm

Challah Bake with Challah
Mummy, Allegra Benitah



Fri 13th
May,
8.30pm

Young US & Kinloss
Friday Night

Shabbat
14th May,
10.30am

Spiritual Workout with
Rabbi Dov Cowan



Shabbat
14th May,
12.30pm

Lunch with Guest Speaker
Rabbi Danny Mirvis & Kids
Entertainment



Shabbat
14th May,
7pm- 8.30pm

Seuda with Sivan Rahav
Meir



Shabbat
14th May,
after Mincha

Shiur with Rabbi Andrew
Shaw



Book Now - www.kinloss.org.uk/shabbat

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

Kinloss Junior Table Tennis
new term starts
28th April for 10 weeks.

Sign up now :
www.kinloss.org.uk/tabletennis
Spaces are limited

CHATS FOR CHAPS AND MONDAY MATTERS

WILL BOTH BE HELD ON
MONDAY 23RD MAY IN KINLOSS SHUL

STARTING AT 11:00AM

FOLLOWED BY COMBINED LUNCH

FOR CATERING PURPOSES,
IF YOU WOULD LIKE TO ATTEND PLEASE CALL
ROCHELLE SCHRANK 020 8349 5263
BY WEDNESDAY 18TH MAY

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

Kinloss Cares

What can we offer?



- Welfare Phone Support

- Bereavement Support



- Financial assistance through the Phyllis Nathan Trust
(www.kinloss.org.uk/pnt)

Advice on
communal
services

- Shopping



Contact Rochelle
020 8349 5263

kinlosscares@kinloss.org.uk

this event is supported by
projectwelcome
an initiative of
Chof Eliyahu

SACKS MORASHA
London-Moscow Synagogue

KINLOSS

ShabbatUK Challah Make

with Challah Mummy 'Allegra Benitab



Thursday 12th May
6pm

**BOOKING LINE WILL CLOSE ON
SUNDAY 8TH MAY 22**

BOOK NOW - www.kinloss.org.uk/challah



Soul Fitness At Kinloss



with Rabbi Dov Cowan

Rabbi Dov Cowan has developed a reputation for dynamic, passionate and relevant classes that speak to the heart and sing to the soul.

Soul Fitness was born from hundreds of conversations with students of all ages over ten years.

Reaching for Spiritual Fulfilment in our Prayer

Rabbi Dov will be running *Soul Fitness* workshops at Kinloss on Shabbat UK (14th May) and Shabbat 21st May at 10.30am.

His Soul Fitness Meditation recordings have over 10K listens since launching in May 2020.

Register your interest: www.kinloss.org.uk/soul

MIZRACHI'S WEEKEND OF INSPIRATION

12-15 MAY 2022



CULMINATING WITH THE ANNUAL
MIZRACHI UK, KINLOSS AND STENECOURT
DAY OF INSPIRATION

PLEASE BOOK TICKETS FOR ENTRY AND DINNER IN ADVANCE:
<https://app.etapestry.com/onlineforms/MizrachiUK/DoI5782.html>



ASHER SOSNOW

Mazel Tov to Asher on his Bar Mitzvah

Asher has two sisters, Leila and Maya,
and goes to Immanuel College

Asher loves travelling, music and designing buildings

In recent months, Asher has raised money for
Ezra Umarpeh and volunteered at GIFT

* Mazel Tov to Naomi, Marc, Leila and Maya on the occasion of Asher's Bar Mitzvah. Mazel Tov to Sufta Jenny & Sabba Jehuda Sosnow, Grandpa Robert Caplin & Debra Caplin and to Sufta Rabba Phyllis Lader. Remembering Asher's Grandma Roz on this special occasion.

* Mazel Tov to Emma & Sela Arnsberg on the birth of a daughter. Mazel Tov to Ros Altmann & Paul Richer and Rinat Hanna Shemesh & Michael Arntz Arnsberg on the birth of a granddaughter, and to Renate Altmann, Winnie Arnsberg & Ove Arnsberg on the birth of a great-granddaughter.

CERTIFICATE OF RELIGIOUS PRACTICE (CRP)

DO YOU KNOW
HOW TO COMPLETE
**THE CRP
PROCESS?**

If you are applying to a Jewish school for admission in September 2023 you are required to earn a CRP certificate. Make sure to look at the admissions pages of the schools you are applying for.

Please be aware that the CRP form has been updated.



Office of The
CHIEF RABBI



Full details can be found at
www.theus.org.uk/crp

Or watch our info film at
www.TheUS.tv/crp2022



*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*

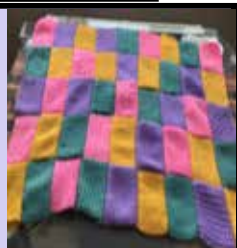
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KNIT, STITCH & NATTER

The Tuesday Knit, Stitch and Natter group have been busy knitting
adorable baby hats and a blanket that will be delivered to
the Anita Dorfman Centre at the Sandringham Campus.

The group will be meeting on the 10th May @ 11am in the Marilyn Newman Room.

Our Volunteer from Jewish Care has asked that everyone in attendance takes a
lateral flow test that morning and bring the results swab along with you.



MAZEL TOV TO THE CHILDREN
IN OUR COMMUNITY
CELEBRATING THEIR BIRTHDAYS

Juliette Bentley (10)
Ava Sharot (1)
Sasha Renton (6)
Ava Winters (1)
Boaz Goldberg (12)
Judah Marks (7)
Zac Levitan (7)



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

TIKKUN LEIL SHAVOUT @ KINLOSS YOUTH

*Motsei Shabbat
4th June*

*Watch out for more
information*



KINLOSS
tribe



 KINLOSS
tribe

KINLOSS YOUTH SERVICE KIDDUSHIM

IS IT YOUR
ANNIVERSARY OF
YOUR BAR/BAT
MITZVAH OR
BIRTHDAY?

DO YOU HAVE A
FAMILY
CELEBRATION?

WOULD YOU LIKE TO
SPONSOR THE YOUTH
SERVICE KIDDUSH?

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

SHARED READING GROUP

EVERYONE IS WELCOME

EXISTING OR NEW
PARTICIPANTS

**Tuesday 24th May
at 2pm in Benchers at
Kinloss**

For more information,
please speak to :

**Kate Fulton on 07801 911 481
or kathrynfulton@hotmail.com**

**THE FRIENDSHIP CLUB AT KINLOSS
IS AWAY UNTIL TUESDAY 24TH MAY**

Call Trudy on 020 8346 3925
or just turn up - everyone welcome!

SERVICE TIMES:

SERVICES (שבת see front page)	Sun 8th 7 Iyar	Mon 9th 8 Iyar	Tues 10th 9 Iyar	Wed 11th 10 Iyar	Thur 12th 11 Iyar	Fri 13th 12 Iyar
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	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	Mincha Kabbalat Shabbat 7:30pm

The children of the community had the opportunity to spend time together and get in the mood for Yom Haatzmaut with a range of blue and white themed creative activities arranged by Sharon Laitner last Sunday morning.

The event was rounded off with an interactive Israel multiple choice quiz board game, 'Israelopoly', that took place in the main shul with Rabbi Laitner - the children worked together fantastically as a team.



Many thanks to our wonderful volunteers, Clare Lesser and Tilly Nicolaides for their help setting up, running the activities and tidying up!



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

Shabbat 7 MAY

Renate Altmann	Mother
Martyn Caplin	Mother
Martin Greenfield	Mother
Shirley Karp	Mother
Peter Sheldon	Father
Sheila Soleiman	Brother

Sunday 8 MAY

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

Monday 9 MAY

Edward Cooper	Father
Rosalind Goulden	Father
Marion Josephs	Father
Dennis Marks	Father
Paul Richer	Brother
Dorothy Sadlik	Father

Tuesday 10 MAY

Harry Cass	Father
Nona Davar (Ozerianskaya)	Father
David Elek	Mother
Bernard Goodwin	Mother
Anthony Harris	Father
Shirley Karp	Sister
Stuart March	Mother
Mannie Sher	Father

Wednesday 11 MAY

Chokat Bassally	Father
Judith Benjamin	Brother
Gloria Lebetkin	Mother
Alicia Lewis	Mother
Walter Muhlgay	Father

Thursday 12 MAY

Pauline Harris	Brother
Marian Phillips	Sister
Sheila Sive	Father

Friday 13 MAY

Frank Caplan	Mother
Vivienne Crespi-Gulgoz	Father
Spencer Davis	Father
Beverley Goodman	Father
Jeffrey Horn	Father
David Kaye	Father
Barbara Kesten	Father
David Rose	Father
Paul Turner	Father

Membership Bills from Pesach 2022

You will have received your new membership bills in the post.

Please pay your invoices via:

* Online BACS payment

* The member portal

<https://myus.theus.org.uk/login>

* If you would like to pay by Credit / Debit Card over the phone, please call the office on 020 8346 8551 and speak to Denise

KINLOSS CARES



Volunteers needed to shop for our elderly members.



We also need volunteers to give lifts to our elderly members.

Please contact Rochelle

0208 349 5263/ 07517 577 019

CONSECRATIONS:

15/05/2022

09:30 in Bushey Old in memory of Fred Leveson Z"L

22/05/2022

12:00 in Bushey New in memory of Arnold Nissen Z"L

22/05/2022

14:00 in Bushey Old in memory of Gordon Ross 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

