



Week 229		25 – 27 October 2019 26 – 28 Tishrei 5780			Parashat Bereshit / פרשת בראשית	
Friday Mincha	שבת Shacharit	שבת Mincha	שבת Ends	Sunday Shacharit	Tuesday (RC) Shacharit	Wed (RC) Shacharit
5.30PM	9.15AM	5.33PM	6.33PM	8.20AM <small>Od Yosef Hai</small>	7.00AM <small>55 Downage</small>	7.00AM <small>55 Downage</small>

Mazal Tov!

Mazal Tov to Norman and Merle Gutkin on the brit of their grandson who was named Yoni Noah.

Mazal Tov to Sharon and Aaron Balkin on their son Joshua's engagement to Mel Souronsky, daughter of Linda and Alan Jaeger of New York.

Mazal Tov to Chatanim Rabbi Kenigsberg and Yoni Weisz.

Additional Information for Shabbat

Lighting	Earliest time 4.44pm Shabbat at 5.32pm
Chabura	Elkan Adler at 9.00am
Leining	Dan Artman
Children	Magen Minis and Maxis at 10.45am Magen Munchies is kindly sponsored this week by Darren and Anouk Abrahams.
Molad	Rosh Chodesh Marcheshvan Tuesday 29 and Wednesday 30 October Beyom Hashelishi U'veyom Horevi'i The Molad will be on Monday night 28 October at 6.34pm and 6 chalakim.
Drasha	Rabbi Kenigsberg (Shabbat Morning)
Kiddush	The Kiddush this week is kindly sponsored by Darren and Anouk Abrahams on the occasion of their wedding anniversary. Mazal Tov!
Shiur	Rabbi Kenigsberg (after Mincha).

Y@MA Update

We have had a hectic but amazing time over the past month, and can now return to normalcy after a heavy month of Chagim. Over Rosh Hashanah we had a great session of resolutions, why we make them and how we could better ourselves without pledging the impossible. Yom Kippur brought about a great discussion on personal development and character building, and that we need to focus on ourselves spiritually and physically in tandem with each other. The Great Youth Succah Crawl on Shabbat Chol Hamoed was a great success, with approximately 20 youth and much nosh - special thank you to families Jacobs, Spizzichino and Adler for hosting this wonderful event! Last but not least, Simchat Torah was extremely enjoyable - the youth had their own hakafah, and we had our very own youth table at the lunch with over 20 kids! On another note, we are looking for sponsors of our Shabbat morning weekly kiddush - it is only £35! If you are able to sponsor it would be deeply appreciated. Regards, Elliot Berke, MA Youth Director.



Yom Tov Thanks

Thanks to our guest speaker Ran bar Yoshafat for some fascinating talks over Shemini Atzeret/Simchat Torah. Thank you also to **Mizrachi UK** for facilitating this event.

Thank you to our speakers at the women's breakfast on Simchat Torah morning which was attended by 50+ women. Thanks also to Chaya Langerman for organising.

Huge thanks to all who helped over Chag!



Guest Speaker

Dr Aryeh Simmonds, Chief of the Department of Neonatology at Laniado Hospital will be speaking between Mincha and Maariv on Shabbat afternoon **9 November**. This is an incredible opportunity to hear from an outstanding speaker. Laniado is one of Israel's leading hospitals in terms of the number of annual births, as it is known around the country for its special caring environment and the unique attention each patient receives.



Tzurba m' Rabanan

Tzurba m'Rabanan shiur with Rabbi Kenigsberg restarts on **Wednesday 6 November**. For more information about the program please visit tzurbaolami.org.

Special Lecture

We are delighted to invite all adults to a special lecture by Dr Jeremy Bieder on "Time, narrative and community - a neurobiological reading of Parshat Bereishit - touching on neurons, networks and emotional wellbeing." This will take place on **Motzei Shabbat 2 November at 7.45pm** at the home of family Langerman (4 Downage). Jeremy is a medical doctor and consultant psychiatrist specialising in mood and anxiety disorders, addiction disorders, adult adhd, psychosis and insomnia. He has a bachelor's degree in philosophy and medical science, a masters degree in behavioural sleep medicine, is a graduate of UCL medical school and a member of the Royal College of Psychiatrists.



Horim V'Yeladim

Horim V'Yeladim (learning for parents and children) begins **9 November**. Elkan and Patti Adler will again be running the sessions throughout the winter in Shul. Please contact info@magenavot.com to sponsor a week.

Women's Quiz 2019

The United Synagogue Women's Quiz takes place on **Thursday 14 November at 7.00pm** at St John's Wood Synagogue, Grove End Road, St John's Wood, London NW8 9NG. Cost is £150 a table (max 10 people at £15 a person). Cost includes a light supper. To book please contact Anne Shisler on 07971845 653 or visit www.theus.org.uk/WomensQuiz2019.



Movember/MoCheshavan

We are proud to announce our very own Movember/MoCheshvan this coming month to raise money for mental health and cancer. Further details to follow.



TALMUD Talks



Chief Rabbi
Ephraim Mirvis

Three inspiring talks to mark the completion of the Noé Edition Koren Talmud Bavli with commentary by Rabbi Adin Even-Israel Steinsaltz



Rebbetzen
Lauren Levin

Thursday 31st October 2019

Doors open 19:45

(Book sale from 19:15)

**Finchley Synagogue,
Kinloss Gardens, London, N3 3DU**



Rabbi Lord
Jonathan Sacks

Adults £7.50

Youth (up to 18) £4.00

Special discount on Koren/Maggid books at the event - ask for the Magen Avot discount to receive 30% off!

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