



Friday Mincha	שבת Shacharit	שבת Mincha	שבת Ends	Horim V'Yeladim	Mental Health Special Event	Sunday Shacharit	Next Friday Mincha
4.30PM	9.15AM	4.39PM	5.39PM	6.30PM	7.30PM	8.20AM in OYH	4.45PM

Mazal Tov!

Mazal Tov to Susan, Michael and Eytan Storfer on Eytan's engagement to Chaya Glasner of Jerusalem, daughter of Tovi and David Glasner of Silverspring, Maryland.

Thank You!

Thank you to Rav Gideon Weitzman who joined us as scholar-in-residence last Shabbat for his inspiring and thought-provoking presentations. Thanks also to the **Chief Rabbi's Centre for Community Excellence** for supporting this event and to **Mizrachi UK** for helping to facilitate another excellent guest speaker. Thanks also to Joy Kay, Shifra Shaerf and their helpers for organising a highly enjoyable communal lunch. Thank you also to all those who attended the lunch on Shabbat. Feedback is very useful to help develop further engaging programmes for our community. Please complete this survey: <https://tinyurl.com/u220xe6>

New Learning Opportunity

Rabbi Kenigsberg continues a series of shiurim on **Hilchot Kashrut** this **Wednesday night**. This is an opportunity to join a weekly shiur covering an extremely practical topic. The shiur is at **8.45pm** at Alei Tzion. Men and women are welcome. This week's topic is "Parev foods and nat bar nat (Part 2)".

Save the Date

The Neshot Chayil Shabbat will take place next Shabbat on **7/8 February** where we will be honouring Joy Kay.

There will be an additional event on **Sunday 9 February** - a fruit-carving workshop in honour of Tu b'Shvat. It will take place from **6.00pm to 8.00pm** at the home of Family Langerman, 4 Downage. The event is limited to 20 places and must be booked in advance. The cost is £15 per person. To book and pay visit: <http://www.theus.org.uk/MAFruitCarving>.

Stone Setting

The stone setting for Tony (טוביה בן ר' אלי לייב) Goldsobel will take place **Sunday 23 February** at **10.30am** at the Adath Yisroel Cemetery, Silver Street, Cheshunt, EN7 5JE. We wish Menachem Goldsobel and Gita Weinstein and their families a Chayim Aruchim.

Rav Mordechai Friedman - Profile

Rav Mordechai Friedman [YHE '78] has been a Ram at Yeshivat Har Etzion since 1986. He is the Halacha Coordinator for the Virtual Beit Midrash, the Yeshiva's Internet Project. Rav Friedman studied under Rav Joseph B. Soloveitchik zt"l at Yeshiva University in New York, graduating with a degree in Computer Sciences. He earned Semicha from the Chief Rabbinate of Israel.

Y@MA Shuk Update

Y@MA's Israel Shuk raised a total of £257.44, for the JNF Eli Cohen School renovation project. A fantastic effort! Thanks again to the JNF, Elliot Berke and the rest of the Y@MA team.

Additional Information

Lighting	Earliest time for lighting is 3.51pm Shabbat starts at 4.33pm
Shema	Sof Zman Kriat Shema at 9.56am
Chabura	Ian Gamse at 9.00am
Leining	Raffi Maurer
Children	<u>Magen Minis and Maxis at 10.45am</u> Magen Munchies this week is sponsored by Darren and Anouk Abrahams in memory of Bryna Lea bat Joseph and Rachel bat Eliahou. Y@MA is back this week with Elliot Berke. Thanks to Ronnie Langerman for running last week's session. This week's Y@MA bumper Kiddush is co-sponsored by Family Jacobs on the occasion of Hannah's birthday and by Elliot Berke to mark the 1st anniversary of Youth @ Magen Avot!
Drasha	Rabbi Kenigsberg (Shabbat Morning)
Kiddush	The Kiddush this week is kindly sponsored by Shoina and David Kass in memory of David's late parents Dr Norman and Frieda Kass. <u>The Whiskies of the Week</u> will be two quality single malts.
Shiur	Rav Mordechai Friedman (after Mincha) The topic will be: "Kos Shel Brachah".
Horim V'Yeladim	Horim V'Yeladim meets this week at 6.30pm Last week's session was unsponsored.

Mental Health Shabbat – this week!

On Motzei Shabbat there will be a talk at **7.30pm** in Shul on: "Why are we?". There will be three speakers followed by a discussion.

Dr Fiona Taylor works as a consultant adult Psychiatrist in Camden and Islington. She is interested in the social determinants of mental illness and has spent a year working in Parliament as a mental health advisor to a Peer in the House of Lords, helping to raise the profile of mental illness and influence government policy.

Hillel Mirvis is a Child and Adolescent Psychotherapist based at Barnet CAMHS. He has a particular interest in therapy with adopted children and disturbed adolescents, and has published several papers in these areas.

Dr Richard Taylor has been a GP for over 20 years. He has a special interest in Mental health and Education. Richard holds a diploma in Child Health, a Postgraduate Certificate in Medical Education and has a BSc in Medical History. He has been an undergraduate tutor at UCLH medical school and is a Postgraduate GP trainer with the London Specialty School for GP education.




Y@MA PRESENTS

1 year of Y@MA

Join us for a bumper kiddush in celebration of one year of Youth at Magen Avot



1 FEB 2020 • STAFFROOM YEARS 7-13

Contact youth@magenavot.com



THAI Carving EXPERIENCE

9th Feb 2020 6-8 pm

Venue: 4 Downage, Hendon (Family Langerman) £15





Enjoy a fun & interactive Thai fruit and vegetable carving experience with Chef Nasima. Let your artistic inhibition come alive in this 2 hour session where you will learn to create art pieces with simple fruits and vegetables. Examples of items to be carved: leaf carving, a range of different floral carving and swan carving using a variety of fruits and vegetables

Create a little fruit display to take with you!
Click on the link below to register

Men & Women Welcome

www.theus.org.uk/MAFruitCarving





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