



BELOW ARE SUGGESTED COMMUNITY TIMES THAT WE CAN KEEP TOGETHER AT OUR INDIVIDUAL HOMES

Friday Mincha	Kabbalat Shabbat LIVE	שבת Starts	Sof Zman Kriat Shema	שבת Shacharit	שבת Mincha	שבת Ends
4.45PM	5.00PM	5.59PM	9.03AM	9.15AM	6.02PM	7.02PM

### Kabbalat Shabbat LIVE!

If you can't come to US, we'll come to you!

**This Friday 20th March 5:00pm**

Join **Chazan Jonny Turgel** for an uplifting, inspirational Kabbalat Shabbat service, live via the United Synagogue Facebook page.

Please note: By participating in this live stream you are not accepting Shabbat until you light candles.

Light candles after the live stream by 5:59pm in London

### Mazal Tov!

Mazal Tov to Louise and David Gould on the engagement of their son Ariel to Ariella Stimler, daughter of Rina and Hershey Stimler.

### Additional Information

- Chodesh** This week we read the following:-
- Maftir: Exodus 12:1-20
  - Haftarah: Ezekiel 45:16 - 46:18
- Molad** Rosh Chodesh Nissan Beyom HaChamishi / Thu 26 March The Molad will be on Tuesday 24 March at 10.14am and 11 chalakim.
- ראש חודש ניסן יהיה ביום חמישי  
הבא עלינו ועל כל ישראל לטובה:

### Shiur on Sunday

Daniel Greenberg will be giving a Shiur this **Sunday 22 March at 7.00pm** as part of our online activities to keep us all together. The Shiur will be on: "What's The Derech, and Who's Off It? - A Discussion of Core Jewish Values". The Shiur will last about half an hour with time for discussion. Join the Zoom Meeting at: <https://zoom.us/j/568536558>

### WhatsApp Community Group

We are proud to launch the new MA: Community Whatsapp Group. Messages on this group will be sent from admin only. This will become an additional vehicle of communication, as well as our new virtual pulpit, where Rabbi Kenigsberg will be sharing Divrei Torah, Halachic guidance and words of chizzuk in these trying times. Each audio recording will be preceded by a short note explaining what the content of that day's message is. The link to use on your mobile is: <https://chat.whatsapp.com/HQ5NibGAtre8Ay2G9NKg7v>

### Hilchot Kashrut Shiur

Rabbi Kenigsberg's Hilchot Kashrut shiur continues with Volume 5 of Tzurba m'Rabanan. This week's topic will cover Pesach. The shiur will now be available through Zoom which can be downloaded on your phone or used on your desktop/laptop. Rabbi Joel Kenigsberg is inviting you to a scheduled Zoom meeting at **8.30pm** on Wednesday evenings. Men and women are welcome. Join Zoom Meeting: <https://zoom.us/j/5033385503> (ID: 503 338 5503). Last week's Shiur was very well attended and we encourage more people to try this from the comfort of their own home.

### Pulling Together @ MA

**Magen Avot Pulling Together To beat COVID-19**

During these uncertain times, a caring community is more important than ever.

The Magen Avot Chessed Committee has had countless offers from members of the community who are very eager to help anyone who needs assistance.

**If you need:**

- Help with groceries -
- Medicine or other supplies -
- Just someone to talk to -
- Or anything at all -

**PLEASE contact**  
Rabbetzen Sarah Kenigsberg  
07521 500 298  
rabbetzen@magenavot.com

MagenAvot.com | facebook.com/MagenAvot | @MagenAvot

### Pesach

Mechirat Chametz online forms will be issued shortly by Rabbi Kenigsberg. Additionally, there will be a number of online Shiurim opportunities to help people prepare for Chag. Rabbi Kenigsberg is available by phone or email for any questions.

### Daven For

Please daven for David Marks (David Lev Ben Hinde) who unfortunately is very unwell with Coronavirus.



## Virtual Magen Maxis

Dear children,

I am so disappointed not to see you all at Magen Maxis, and hope you are well and possibly enjoying time off from school!

So that is why I'm creating a "Virtual Magen Maxis" for Shabbat!

We'll start with our usual davening which begins at **10.45pm**.

Here are the תפילות that we daven.

- מודה אני
- על מצוות ציצית
- Set of ברכות up to and including כרצונו
- We then move to נשמת.
- We daven from the beginning up to גואל ומושיע.
- We jump to על כן עברים and daven write up to the end of ישתבח.
- Then we sing קל אדון קל.
- We then move to the 3 paragraphs of שמע and then from צור ישראל till the end of the עמידה.

By now your parents will be amazed by your brilliant davening and will give you a snack to take you through story time.

THE MONKEY AND THE GOLD COINS – and yes, I know some of you will recognise it but it's our annual פסח story and I can't resist it!

It is Poland long ago when the Squire (the man in charge of everyone) has given Itzik a job running the local inn (*a kind of small hotel*). Itzik doesn't like it much because the Polish farmers who come along after work always drink too much strong wine and vodka and get really rowdy. Itzik's wife and young children live upstairs and they often get woken up from the noise. But Itzik needs the job and they have to make the best of it.

One evening the farmers are making a lot of noise as usual, when suddenly there's absolute silence. The Squire has just walked in – with his pet monkey on his shoulder! His pet monkey always goes with him! The farmers are scared of the Squire because he's really powerful and might take away their jobs. Then there wouldn't be enough money to buy food for their families.

The Squire points to the first man. "Who is in charge of you?"

"You are your Lordship".

"And what about you?" He points to the next man.

"You are your Lordship".

"And you" "and you" "and you"?

And then the Squire points to Itzik. "Who is in charge of you?"

"ה".

The Squire says: "I'll give you another chance. Who looks after you?"

"ה".

By now the Squire is getting angry. "I'll give you one last chance: Who looks after you?"

"ה".

The Squire's face is getting redder and redder. He is so angry! He turns to Itzik: "In that case you and your family are too leave this inn! Now! In the middle of the night. In the snow and ice! Then you'll see who really looks after you and you'll find out that it's ME! THE SQUIRE! I LOOK AFTER EVERYONE! And checking that his monkey is still on his shoulder, the Squire storms out!

Itzik goes upstairs. He wakes up his family. They quickly pack up a few things and put on their warmest clothes. The children are crying – they want to go back to sleep. Itzik tells them that they have nothing to worry about. 'ה' is looking after them.

More next week! Have a great שבוע!

**Ruth Ehreich (Head of Magen Maxis)**

## Chessed Committee

During these uncertain times, a caring community is more important than ever. The Magen Avot Chessed Committee has had countless offers from members of the community who are very eager to help anyone who needs assistance. So, if you can't get out and need food, medicine or other supplies, or if you need anything else at all, big or small, PLEASE contact **Rebbetzen Sarah Kenigsberg** on 07521 500 298 or [rebbetzen@magenavot.com](mailto:rebbetzen@magenavot.com). Sarah will co-ordinate to make sure help is available to whoever needs.

Anyone wishing to assist with our chessed committee please contact the Rebbetzen at [rebbetzen@magenavot.com](mailto:rebbetzen@magenavot.com) or contact Shoina Kass on 07932 048 360.

## Hilchot Kashrut Shiur

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## Please Support

Amidst the uncertainty of the current situation we recognise that an added financial strain may be placed on some members of the community. With this in mind we would like to draw your attention to Magen Avot's annual Kimcha dePischa appeal. The aim of this initiative is to help supply provisions for the upcoming Chag to community members who may require extra assistance.

Under the current circumstances this may affect more people than usual and therefore we ask those who are able to please give generously. To donate and for further information regarding this project please speak to the Rabbi.

In addition, Magen Avot has a recently established Gemach fund in order to assist with the long term needs of members of the community. Donations can be made through the normal channels, clearly stating "Gemach".

Further information regarding shul activities and (online) community initiatives over the coming period will be published soon.

**The Magen Avot Team**





## The MA Community Whatsapp Group

Dear Friends,

Over the past days we have been reflecting on the place of the shul in our lives. It's surely not by chance that this coincides with the weeks when we read about the construction of the Mishkan, the first sanctuary that accompanied Bnei Yisrael in the desert.

As a portable sanctuary, the various components of the Mishkan had rings on their sides through which poles were slotted so they could be easily carried. When they came to rest and the Mishkan was reassembled the poles would be removed. But with one exception.

Regarding the Aron the Torah tells us הַבָּדִים לֹא יסֻרוּ תָּמֹנָה – the poles were never to be removed, even when it was at rest. This idea is so significant that it is even counted as one of the 613 commandments.

Why keep the poles constantly attached? Sefer HaChinuch explains that it was a matter of honour – kavod haTorah. The Aron housed the Luchot and was a symbol of Torah in the world. It may have had to be moved at a moment's notice. It was imperative that the poles were retained so that it could always be transported quickly, easily and safely.

Rav Shimshon Refael Hirsch explains differently. He writes that this command comes to teach us a fundamental lesson about the nature of Torah itself. The poles which never left the Aron came to show us that the Torah was not confined to one specific location. It was always ready and waiting to be on the move.

In recent days the Torah has travelled in ways we could hardly have imagined. For the time being our own mikdashei me'at – miniature sanctuaries, have been closed. The primary focus of our Torah and Avodat Hashem has shifted away from our shuls and back to our homes.

Tefillah beTzibbur in the traditional sense has been taken from us. We are no longer able to come together to daven in the same physical space. However despite this, and indeed because of it, our sense of community must remain as strong as ever. As the world around us focuses on isolation and distance, let us invest our energies in finding new ways to connect.

There have already been a plethora of initiatives from amongst our Magen Avot community, as well as from the United Synagogue. Shiurim via zoom, regular video messages via social media, online chaburas and livestreamed Kabbalat Shabbat (before Shabbat comes in!) are just some of the wonderful ways we plan to remain continually engaged with you all. If any of this sounds technologically daunting to any of you, not to worry. We will make sure to arrange someone to help you learn to use these platforms, as we enter uncharted territory.

In this spirit we are proud to launch the new MA: Community Whatsapp Group. Messages on this group will be sent from admin only. This will become an additional vehicle of communication, as well as our new virtual pulpit, where Rabbi Kenigsberg will be sharing Divrei Torah, Halachic guidance and words of chizuk in these trying times. Each audio recording will be preceded by a short note explaining what the content of that day's message is. (Please click the link at the bottom of this email using your phone to join the group).

Let's pull together in all the ways we can. As previously stated, we are here to support EVERY member of the community with whatever needs may arise. We also take this opportunity to remind you of our Kimcha dePischa appeal to provide financial support for members of the community who may require it ahead of the upcoming Chag. Thank you to all those who have offered to contribute to our Chessed committee, and please keep the creative ideas coming to help us ensure that come Pesach, even under these circumstances, nobody is left alone.

As always, Rabbi and Rebbetzen Kenigsberg, together with the entire executive and council, remain available for questions, support and assistance in any way we can.

**Rabbi Kenigsberg and the Magen Avot Executive**

<https://chat.whatsapp.com/HQ5NibGAtre8Ay2G9NKg7v>

## Other Information

**NESHAMA**  
**נְשָׁמָה**

**Seder Ideas & Inspiration**

**3 Continents  
3 Speakers  
and you!**

March 22nd	March 29th	April 5th
Slovie Jungreis Wolff OU Women's Initiative	Ma'ayan Raisel Freedman Office of the Chief Rabbi	Dr Chani Tannenbaum OU Israel

Watch online each Sunday at 8pm GMT

Sign up here: [www.ou.org/women/seder](http://www.ou.org/women/seder)

A Project of OU Women's Initiative,  
the Office of the Chief Rabbi and OU Israel

**Magen Avot**

**Join Magen Avot now for £150!**

To celebrate the United Synagogue's 150th Anniversary, we are running a special introductory offer for new members: join Magen Avot for £150 per annum for your first year of membership.

Our warm and friendly community is ready to welcome you to our family!

To enquire, get in touch with Alice or Michelle:  
 W: [alice@ma.ou.org.uk](mailto:alice@ma.ou.org.uk) / [Michelle@ma.ou.org.uk](mailto:Michelle@ma.ou.org.uk)  
 T: 020 8743 9076

Terms & conditions apply.  
 \*Subject to the Federal Exemption Scheme, additional fees will apply after 1st Jan 2021 - 1st June 2021

**Wash your hands**

**Use a tissue for coughs**

**Avoid touching your face**





# UNITED SYNAGOGUE CORONAVIRUS HELPLINE 020 8343 5696

The United Synagogue has set up a dedicated helpline for all those seeking support, advice or if you are simply struggling to cope.

We can point you in the right direction for:



### Practical support

if you need help with things like shopping or cooking



### Spiritual support

if you need Rabbinic advice or religious guidance



### Emotional support

if you just need somebody to chat to

Call us on

**020 8343 5696**

Email us at

**helpline@theus.org.uk**

Our Helpline will be available from Monday to Thursday 9am–5pm and Friday 9am–1pm. (Outside of these hours you will be able to leave us a message and somebody will get back to you.)

***Please note:** Our helpline is run by community volunteers and US staff. We are unable to offer medical, legal or financial assistance but we will do our best to point you in the right direction, including to your local community care group or to the charity GIFT. If you are feeling unwell please follow the current government guidelines.*

If you would like to speak to us about volunteering or offering any other assistance during this challenging time, please email

**Yael Peleg** on **helpline@theus.org.uk**

