












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

DON'T FORGET TO CHANGE YOUR CLOCKS ON SUNDAY MORNING FROM 1.00AM to 2.00AM

Friday Mincha	Shabbat LIVE	שבת Starts	Sof Zman Kriat Shema	שבת Shacharit	שבת Mincha	שבת Ends	Havdalah	Sunday Clocks
 4.55PM	 5.10PM	 6.11PM	 8.54AM	 9.15AM	 5.45PM	 7.14PM	 7.34PM	 1.00AM

Chabura on FRIDAY!



9.00AM

We are happy to announce that the weekly Chabura is back! The new timeslot is **Friday** mornings at **9.00am** and the shiur will take place via Zoom at the following link: <https://zoom.us/j/5033385503> (Meeting ID: 5033385503). This week's Chabura will be given by Elkan Adler.

Kabbalat Shabbat on Zoom



KABBALAT SHABBAT: LIVE

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

This Friday 27th March
5.10pm

Join
Rabbi Bentzi Mann
From Mill Hill East Jewish Community 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 livestream by 6.11pm in London

Relocation of Kiddushim

As we cannot go to Shul, a new initiative has been created which has the enthusiastic agreement from Rabbi Kenigsberg and members of our Executive. The idea is for us to sponsor Kiddushim for doctors, nurses and staff at our local hospital. This way, a Yahrzeit or Simcha is still acknowledged. Our newsletter, would say: "Kiddush sponsored this week by in celebration of/in memory of at Hospital". Doctors, nurses and staff are all working much longer hours and really need our support. Plus, it's so uplifting for them to know how much we care. At the same time, we are still supporting our local shops/bakeries. Debbie Kagan has a team that are in contact with each hospital who will co-ordinate everything for us, as well as collecting from the shop and delivering directly on our behalf. If you would like to sponsor a Kiddush email info@magenavot.com and check out sponsorship weeks on our website.

Havdalah on Zoom

Twenty minutes after Motzei Shabbat at **7.34pm** Daniel Greenberg will Zoom a Havdalah, followed by a few Motzei Shabbat songs from the Moditz Melava Malka repertoire, and a Dvar Torah by the Rabbi, lasting ~20 minutes in total. The link to join is: <https://zoom.us/j/570021876>.

Tefillah Guidelines (Rabbi Kenigsberg)

Here a few key points to remember for davening at home this Shabbat. Although we can't come together in the same physical space, let's try and all daven together at the same time. Davening times have been sent out on page 1 of the newsletter.

Following Friday Mincha, everyone is invited to join in the livestream for Kabbalat Shabbat. Shabbat should not be brought not in until after the computer is switched off, when candlelighting takes place.

Ma'ariv: Barchu and Kaddish are not said when praying alone. The bracha me'eyn sheva (Magen Avot bidvaro) is also omitted. Remember to say the entire Shema after nightfall.

Shacharit and Mussaf: We have kept the usual time for Shacharit, starting at **9.15am**. Sof zman Kriat Shema is earlier than this at **8.54am** so please remember to say the full Shema by this time. There is no Barchu, Kaddish, Kedusha or repetition of the Amidah. A sefer Torah cannot be taken out without a minyan, however there is a mitzvah to read and study the weekly parsha (without any brachot). This can be done from a Chumash at the time one would normally hear Kriat HaTorah or later in the day. Read it by yourselves or learn it together with your family. This week we read Parshat Vayikra.

Regarding prayers in the siddur after Torah reading: I will continue saying the prayers for the Royal Family, the State of Israel and soldiers of the IDF. Anyone who wishes to say these may do so. Only the first Yekum Purkan is said. Av Harachamim is not said and Ashrei should be said before davening Mussaf.

We will start Mincha at the earlier time of **5.45pm** in order to have time to fulfil the mitzvah of Seudah Shlishit (3 Shabbat Meals), and let's try and imbue all our meals with an added atmosphere of Kedusha, Divrei Torah and Zemirot.

Wishing you all an uplifting and inspiring Shabbat, despite the unusual circumstances. May Hashem answer all our tefillot and may we meet together again in shul soon!

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





Virtual Magen Maxis

Dear Children

I hope you and your families are staying well and are not too fed up with having to stay home from school.

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

Below are the תפילות that we daven.

Of course, I know that only the older children will manage to daven everything and I'd love to hear from you about how you are doing. Might be worth a raffle prize once all this is over!

- 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 עתה and daven write up to the end of ישתבח
- קל אדון
- We then move to the 3 paragraphs of שמע and then from צור ישראל till the end of the עמידה

Snack time and here's the story:

Itzik, his wife and children have to leave the inn. They're not worried because they know very well that ה' is in charge and will look after them. But it is a freezing cold night so they're not too happy!

They walk into the forest and after a short while they see a shed in the distance. When they get there, they see that it's quite tumbledown but at least they can shelter inside. They lie down on the floor and go to sleep. In the morning the older children help their parents – some go and look for food and dig into the soil in search of potatoes or other vegetables, and even find some berries they can eat. Itzik gets to work repairing the shed as much as he can and his wife cleans up. They find some wood so they can get a fire going to keep them warm and to cook some food. In the meanwhile, the Squire and his monkey go home.

It is ערב פסח. The Squire decides to pay Itzik a visit. He knows the family must be cold and starving by now, so taking his pet monkey on his shoulder he walks into the forest. He's not disappointed when he finds the old shed. He hears the children crying and he looks through the window. As he expected, there they are sitting on the floor and he hears Itzik's wife asking him how on earth can she make פסח this year. No wine, no מצה סדר no מוצה plate, no yummy food! No new clothes!

The Squire laughs and laughs! "That'll teach Itzik a lesson! He has to admit that it's ME looking after him!" He goes home still laughing! But then he sees a notice!

IMPORTANT NOTICE!!

Check your gold coins!
Criminals have made false money
that can't be used!

Oh no! Oh no! All his money might be worthless. He'll have to sell his house! He won't be able to pay the servants! No new clothes for his wife! He races home as fast as his legs will carry him, down to the cellar, monkey on his shoulder as usual. He knows that the only way to check if his coins are made of real gold is to bite into them. Gold is a soft metal and he should be able to see his toothmarks in them. The Squire can't believe it! He has loads and loads of money hidden in his basement! What if it's all fake! He won't have anything left! He'll have to sell his big and beautiful house! Oh no! What will he do?

More next week! – שבת שלום

Ruth Ehreich (Head of Magen Maxis)

Chessed Committee

If you are unable to 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**. Sarah will co-ordinate to make sure help is available.

Please Support

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".

WhatsApp Community Group

The new MA: Community Whatsapp Group is now live. Please note that messages on this group are sent from admins only. This is 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 following link on your mobile device: <https://bit.ly/3dwwf1EO>.

Pesach

Rabbi Kenigsberg will be giving 2 shiurim via Zoom in preparation for Pesach. The first will take place on **Tuesday 31 March** and will be about cleaning and kashering for Pesach. The second will take place on **Sunday 5 April** and will be about the Haggadah and Hilchot Leil Haseder. Both Shiurim will be from **8.30pm**. Links will be sent out nearer the time. Please submit questions in advance to Rabbi Kenigsberg at: rabbi@magenavot.com.

Mechirat Chametz forms are available online at the following web address: <https://bit.ly/3bpOp6z>. For questions or clarifications please speak to Rabbi Kenigsberg directly.

Ordinarily only food specifically labelled as Kosher for Pesach may be purchased for use over the Chag. Due to this year's unique circumstances KLBDD have compiled a list of foods which may be purchased where specific KLP goods are unavailable. This list is featured on pages 5 and 6 of this newsletter.





Yellow Candle Project

Magen Avot is proud to support this year's yellow candle project. To arrange collections from Family Langerman (outside door 4 Downage) please contact Chaya on 07779706873. If you are in isolation, we will deliver to you. Suggested donation £1 per candle. Please see the poster below

COLLECT A YELLOW CANDLE FROM YOUR SYNAGOGUE AND JOIN TENS OF THOUSANDS OF PEOPLE IN THIS INCREDIBLE PROJECT OF REMEMBRANCE



YOM HASHOAH COMMENCES ON THE EVENING OF MONDAY 20TH APRIL 2020 FOR A RANGE OF USEFUL EDUCATIONAL RESOURCES PLEASE VISIT YELLOWCANDLEUK.ORG

SUGGESTED CONTRIBUTION OF £1 PER CANDLE

TAG @YELLOWCANDLEUK USE #YELLOWCANDLE



£150 for 150



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 person 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 Aliza or Michelle:
 w: www.theus.org.uk/join
 e: 150membership@theus.org.uk
 t: 020 8343 5876

Terms & conditions apply
 To be part of the Funeral Expenses Scheme, additional fees will apply
 Offer valid from 1st Jan 2020 - 1st June 2020



Isolation Deliveries



A new service has started for those who are in isolation due to Coronavirus. Orders can be made so that people can stay in their homes unless they absolutely have to leave. Text orders or email orders can be made to Eliezer Gilbert on 07506750023 or office@shabbatwalk.org

Home Deliveries

We hope this list of kosher establishments offering home delivery services will be helpful in these challenging times. We apologise for any inaccuracies and should be grateful if you would let us know about these. This list should not be seen as an advertisement or recommendation for any individual establishment over others which are not listed.

Bakeries

- Carmelli – Supervised by KLBD. Deliver bread, cakes and other baked goods. Minimum order £10 for free delivery. Contact by phone on 020 8458 7056 or by email: delivery@carmelli.co.uk
- Grodzinski – Supervised by KLBD (Golders Green) or Kedassia (Edgware). Deliver bread, cakes and other baked goods. Golders Green, call 020 8458 3654. Edgware - free delivery/minimum order £15, otherwise £5 delivery charge to NW4/NW11. Orders must be placed by 2.00pm. Call 020 8958 1205.

Kosher Groceries/other items (plus for Pesach)

- GoKo – Deliver a range of groceries and other items. Contact by phone on 020 8815 4555 or email: info@gokosupermarket.co.uk
- Sabeny – Deliver a range of groceries and other items. Visit <https://www.sabeny.com/passover>
- Tapuach – Supervised by KLBD. Deliver a range of groceries and other items. Call 020 8202 5700 or email sales@tapuach.co.uk or visit tapuach.co.uk
- Just Kosher – Supervised by KLBD. Deliver a range of groceries and other items. Minimum order £200 plus £10 delivery charge. Not accepting further Pesach orders – call 020 8207 5556, email info@justkosher.co.uk or www.justkosher.co.uk

Restaurant food delivery

- Deliveroo – Many kosher restaurants offer delivery via <https://deliveroo.co.uk> - You are able to order for delivery to other addresses, so can order for relatives and friends who may not have computer access.
- Kosher restaurants – Many kosher restaurants have introduced delivery services in view of the current situation – it's worth calling to check if they can deliver to you.

Late Notices

Remember to check our Facebook page regularly for video messages from the community, Drashot from the Rabbi and more! We are looking for more Shabbat table photo submissions which we hope to share in future newsletters.

On Tuesday morning there will be a virtual get-together and coffee morning for the community via Zoom. Look out for more details by email and on the whatsapp group.





ב"ט

Coronavirus (COVID-19) Community Update 4 24th March 2020

Please only use Hatzola in case of severe medical emergencies to protect our responders as much as possible and to allow them to treat the sickest.

Following the latest announcements, the UK has been put on lockdown and we urge that all those in our community leave home for the following specific reasons **ONLY**;

- Shopping for necessities i.e. food and medication
- Medical appointments or seeking urgent medical advice
- Travelling to and from work only where is it 'absolutely necessary'
- One form of daily exercise per day

Hatzola are currently having to deal with an unprecedented call volume along with a reduced number of responders due to the virus. For yours and your family's health, please follow the government guidelines which aims to drastically minimise the spread of this virus and will enable us to help those really in need.

Remember: The most effective way of minimising transferring of the virus is for good hand washing for 20 seconds with soap and warm water.

DO NOT TOUCH YOUR EYES, NOSE OR MOUTH EVEN IF YOUR HANDS ARE CLEAN

If you feel you may have COVID-19 we would urge you to use NHS 111 online, instead of the Hatzola Emergency Line. Their online coronavirus service can tell you if you need medical help and advise you what to do. Do not go to a GP surgery, pharmacy or hospital if you suspect you have coronavirus.

Link to the NHS website: <https://111.nhs.uk/covid-19>

Hatzola members are trained and equipped to respond to suspected cases of COVID-19, however, we would encourage you to use the NHS 111 service as a first port of call, but to contact us if the patient deteriorates or becomes significantly unwell.

This advice is subject to further change.



ב"ה

COURT OF THE CHIEF RABBI BETH DIN, LONDON

בית דין צדק דק"ק לונדון והמדינה

Dayan Ch. Ehrentreu,
Emeritus & Consultant Dayan
Dayan M. Gelley Rosh Beth Din
Dayan I. Binstock
Dayan S. Simons

KASHRUT DIVISION
Rabbi J.D. Conway Director

Pesach 5780-2020 / Covid 19: Product Guidelines "in-extremis":

It is a longstanding *minhag* going back to the beginning of commercial food manufacture in the 15th Century that products for Pesach should be manufactured under special Passover supervision.

The Guidelines below, allowing the use of some regular products, are intended specifically during this time of crisis, when regular supervised products are not available or if people are in isolation and unable to go shopping themselves or have Pesach products delivered to their home.

(Key: **Y**=Yes. Can be approved. **N**= No. To be avoided. **Y/N** = Check Note.)

Products:	Status	Comment:
Baking Powder	Y/N	Pure Sodium Bicarbonate would be fine but brands which have Cornflour or Maltodextrin added should be avoided
Butter	Y/N	Pure Butter, Plain and Salted, can be allowed. Lactic Butter (which will list Lactic Culture in the Ingredients) should be avoided
Cocoa Powder	Y	Pure 100% Cocoa Powder. NOT Drinking Chocolate
Coffee Instant	Y	Nescafe Gold & Red Label Reg and Nescafe Decaf all certified KLBD-P
Coffee Roasted	Y	Pre roasted Ground Coffee can be allowed. Decaffeinated should be avoided
Desiccated Coconut	Y	
Dried Apple	Y	Pure Apple with Preservative Sulphur Dioxide can be allowed.
Eggs	Y	Regular Hen eggs, both white and brown, are permitted. There is no concern regarding the ink-stamp. (Brown eggs have a higher incidence of bloodspots.)
Frozen fish	Y	Frozen fish, whole or filleted, is permitted, provided that no other ingredients have been added. It should be rinsed thoroughly before use
Frozen fruit	Y	Provided no ascorbic or citric acid is listed as an anti-oxidant
Frozen Veg	Y	Provided no ascorbic or citric acid is listed as an anti-oxidant
Fruit Juice Drinks	Y/N	Pure Fruit Juices without any added anti-oxidants listed on the ingredients, can be allowed. Apple juice often has Citric or Ascorbic Acid added which could be Kitniyot or possibly Chametz.
Hand Sanitisers	Y	
Honey	Y	Pure Honey from a reputable brand can be allowed
Icing Sugar	Y/N	Silverspoon Icing Sugar with Tri Calcium Phosphate as anti-caking agent can be allowed. Other brands using Cornflour should preferably be avoided. NB Fondant or Royal Icing Sugar are not approved.
Jams	N	Often contains Glucose, Citric Acid, Sodium citrate which can be Chametz
Kitniyos (Rice Peas Beans etc)	N	These pulses are forbidden for Ashkenazim. In an emergency situation, Rabbinic advice should be sought.
Low Sodium Salt	Y	LoSalt Low sodium Salt is permitted
Milk : (Regular non-supervised)	Y	
Nuts Ground	Y	
Nuts Whole	Y	Only raw or blanched, not roasted
Oil: Coconut Oil	Y	Extra Virgin Coconut Oil can be allowed
Oil: Olive Oil	Y	Extra Virgin Olive Oil can be allowed. Refined or Pomace Oils should be avoided



Oil: Pure Sunflower Oil	Y	Ideally Supermarkets own brand pure Sunflower Oil. If any additives are listed on the Ingredients (EG Flora "With Vitamin E") the product should be avoided.
Olives	N	Even plain pitted Olives in Brine generally use Lactic Acid (which could be Chametz) as an Acidity Regulator, as well as Preservatives Citric or Ascorbic Acid.
Pepper	Y	Both Black or white
Pickled Cucumbers	N	Usually in Spirit Vinegar which could be of Chametz origin
Potato Starch	Y	
Prunes	N	Dried Prunes generally use preservative Potassium Sorbate which can be of Chametz origin
Quinoa	Y	It is questionable whether Quinoa is to be considered as Kitniyot. In case of need it can be allowed.
Raisins	Y	Sun Maid raisins are approved. If they are not available other brands of plain Raisins with no additional ingredients other than Sunflower Oil would be permitted
Raw (kosher) Meat without a KLP status	Y	Raw (kosher) meat (not pickled) and unprocessed raw Chicken can be permitted even without a KLP label
Salt	Y	Saxa has been approved. Any other brand could be used if Saxa is not available including Sea Salt.
Soft Drinks / Cola	N	Soft Drinks typically contain Flavourings and anti-oxidants derived from Chametz. The Caramel in in Cola drinks is generally made from Glucose of wheat. (The Kosher l'Pesach colas utilise a specially manufactured KFP Caramel.)
Spices: Garlic, Onion, Ginger, Cinnamon	Y	This refers to pure spice powder or granules. Spice Salts such as Garlic Salt or Onion Salt should be avoided.
Sugar	Y	Currently certify Tate & Lyle Granulated Caster and Demerara, but Silver Spoon and other brands could also be used if T&L is not available
Sweeteners:	Y/N	Hermesetas Mini is approved as well as Xylitol when pure or using only Silicon Dioxide as free flow agent.
Tapioca starch	Y	Tapioca Starch from Doves Farm is KLBD certified. Other brands can be allowed as well.
Tea	Y	KLBD currently certify all Taylors of Harrogate Yorkshire tea. Other brands of regular Black Tea could also be allowed if necessary
Tinned Potatoes	N	Often contains Ascorbic Acid
Tinned Salmon	Y	Plain in oil, water or brine, without sauces or flavours
Tinned Sardines	Y	Plain in oil water or brine, without sauces or flavours
Tinned Tomatoes	N	Generally, contains Citric acid
Tinned Tuna	Y	Tinned Tuna in Sunflower Oil, Brine or Water can be allowed
Tomato Puree	Y/N	100% Tomato can be allowed. Those containing Citric Acid should be avoided
Toothpaste	Y	Where a KLP product is not available, regular toothpaste is permitted.
Washing up liquid	Y	Fairy Liquid is certified for Pesach but other brands can also be allowed. (Ecover limited edition which is derived from beer should be avoided.)
Water Bottled	Y	All still bottled water and naturally sparkling water is fine. Artificially carbonated water may be carbonated with CO2 from the brewing industry, but many brands have been checked and approved. See passover.isitkosher.uk
Yoghurts	Y	Plain natural unflavoured Yoghurt only

*This list is not exclusive and may be added to over the coming days

חג כשר ושמה



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