











Shabbat 6 June 2020 | 14 Sivan 5780

Parashat Nasso / פרשת נשא

Friday Chabura	US Facebook LIVE	Earliest Lighting	שבת Starts	Sof Zman Kriat Shema	שבת Shacharit	שבת Mincha	שבת Ends
 9.00AM	 7.00PM	 7.30PM	 8.58PM	 8.52AM	 9.15AM	 8.45PM	 10.18PM

Events

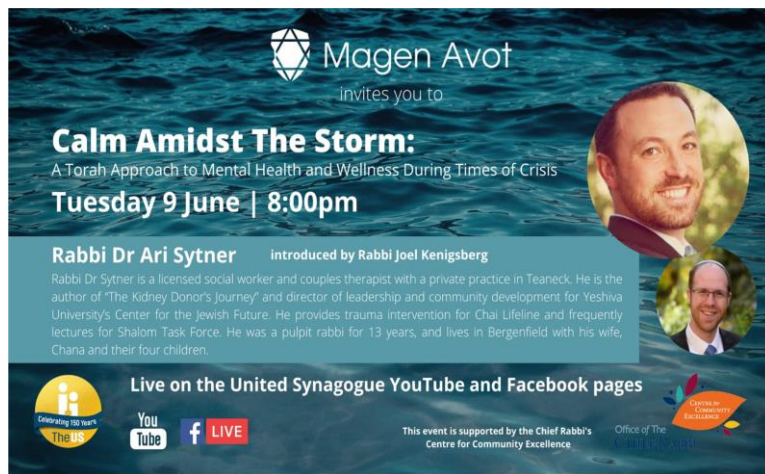
Join our Community Whatsapp Group: <https://tinyurl.com/yx4xac4v>.

Friday 5 June: Chabura

A link will be sent out to the WhatsApp Group just prior to the Friday morning **9.00am** Chabura. This week our speaker will be **Raffi Maurer**. Men and women are most welcome to join.

Tuesday 9 June

Rabbi Dr Ari Sytner will be speaking on the topic of: "**Calm Amidst the Storm: A Torah Approach to Mental Health and Wellness During Times of Crisis**". Rabbi Dr Sytner is a highly sought-after international speaker and this is an event not to be missed!



Magen Avot invites you to
Calm Amidst The Storm:
A Torah Approach to Mental Health and Wellness During Times of Crisis
Tuesday 9 June | 8:00pm
Rabbi Dr Ari Sytner introduced by Rabbi Joel Kenigsberg
Rabbi Dr Sytner is a licensed social worker and couples therapist with a private practice in Teaneck. He is the author of "The Kidney Donor's Journey" and director of leadership and community development for Yeshiva University's Center for the Jewish Future. He provides trauma intervention for Chai Lifeline and frequently lectures for Shalom Task Force. He was a pulpit rabbi for 13 years, and lives in Bergenfield with his wife, Chana and their four children.

Live on the United Synagogue YouTube and Facebook pages

This event is supported by the Chief Rabbi's Office of the Centre for Community Excellence

This is scheduled to be broadcast to both YouTube and Facebook, with the following live link: <https://tinyurl.com/y9h3oksr>

Wednesday 10 June

Join us for a challa and brioche demonstration at **8.00pm** with **Fabienne Viner-Luzzato**. The list of ingredients is published on page 3. This event will be followed by a shiur to be given by **Debbie Meyer**. The Challa and brioche made by Fabienne will be distributed to select London NHS hospitals. This event is kindly sponsored by **Chaya Langerman** to commemorate the beloved memory of her father Shmuel Goldberg z"l. The Zoom call link is as follows: <https://tinyurl.com/ydfz9nlt>.

Wednesday 10 June

Rabbi Kenigsberg's Tzurba m'Rabanan shiur continues this **Wednesday** night. The topic is "**Coronavirus in Halacha Part 2: Outdoor minyanim, digital platforms and davening alone**". The shiur begins at **8.30pm** and zoom login details will be sent out prior to the event via email and WhatsApp.

Announcements

Friday Night: Remember say the Shema after nightfall.
Shabbat Morning: Sof zman Kriat Shema until **8.52am**. Virtual Magen Maxis is on page two.

Shabbat Mincha: Pirkei Avot is Perek Alef.

Magen Avot Pulling Together

To beat COVID-19

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

The Magen Avot Chesed 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
Rebbetzen Sarah Kenigsberg
07521 500 298
rebnetzen@magenavot.com

Thanks

Thanks to all those who contributed to the excellent three-part series on: "**The Race to Beat Covid-19 in the UK**". The last session was a three-way discussion between Rabbi Ginsbury, Rabbi Roselaar and our very own Rabbi Kenigsberg. The discussion was moderated by Rabbi Portnoy. The session is available to watch here: <https://youtu.be/qrtSq3mqmyg>

Everyone is also invited to view Rabbi Kenigsberg's shiur from Sunday 24 May on the topic of "**An Ancient Nation with Modern Problems: Halachic dilemmas in the State of Israel**" https://youtu.be/RWQ4b_Y5d-I.

Yahrzeits

The following members are observing a Yahrzeit during the forthcoming week

Date	Member	Yahrzeit	
Shabbat 6 June	14 Sivan	Sarah Josephs	Father
Shabbat 6 June	14 Sivan	Vivienne Kesztenbaum	Father
Shabbat 6 June	14 Sivan	Susan Storfer	Father
Monday 8 June	16 Sivan	Julian Pollard	Father

We wish them and their families Chayim Aruchim

Return to Shul Update

Dear Kehilla,

It has been 12 weeks since we were forced to take the difficult but necessary step of closing our shul. It has been a challenging time for us all and no doubt further difficulties will lie ahead, but we are pleased to announce that preparations are now underway for an eventual return to shul. This week, guidance was issued by the United Synagogue towards the reopening of shuls and members of the Magen Avot executive and council, together with Rabbi Kenigsberg have been closely following developments in order to prepare for as smooth and safe a return as possible.

Whilst much remains unknown at this point in time, we are beginning to gain a sense of how and when the resumption of shul services might take place. Although the earliest possible date mooted by the government for the reopening of houses of worship is the 4th of July, logistical and safety considerations make it likely that we will need to wait a further few weeks beyond that. Furthermore, we remain cognizant that even during or after a phased return to shul, the situation may change and we might be required to reintroduce lockdown measures. At this time as ever, Pikuach Nefesh remains our number one priority and as painful as the thought of each day that passes by with our doors remaining shut may be, nothing can take more importance than ensuring the safety of each and every member of the community.

The situation is extremely fluid and our return will in any eventuality be gradual. Certainly, in the initial phases, services may feel a little different to what we are all used to. When we do open, strict social distancing measures will be in place, in line with NHS and government guidelines, in order to protect us all. These are likely to include, amongst other measures, the wearing of masks and a 2-metre separation between people at all times. In addition, as much as we long to see everybody back, anyone who may be at greater risk or feels unsafe to return to social gatherings at this stage, should certainly feel under no pressure to do so.

We are working in close liaison with Nancy Reuben Primary School and Od Yosef Hai regarding the logistics of this complex undertaking and we will be sharing more specific details as soon as we are able to. Although it is still a number of weeks away, we are extremely excited and hopeful about the prospect of once again meeting and davening together as a community in person.

In the meantime (and beyond) our full range of online programming will continue and we remain available for any assistance you may need or questions you may have.

Wishing you all a Shabbat Shalom
Simon Bentley and Rabbi Kenigsberg

Virtual Magen Maxis (Ruth Ehreich)

שלום Magen Maxis! Let's start with our davening:-

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

Now it's time for your snack and story.

Best Friends

Heshy and Ari are best best friends. Now Heshy is very excited and he cycles over to Ari and taps their secret tap on the window. "Hey Ari, do you want to come bike riding?" He's not worried because he knows Efraim loves cycling.

"Oh, I'm sorry Heshy, but I'm going to the zoo with Efraim. Maybe we'll go riding another day".

Well, Heshy was very surprised and disappointed. He always did things with Ari. Ari is his best friend,

"How about coming to my house later?"

"Oh, sorry, I can't, I've already said I'll go to Efraim for supper! Another day".

"Ok, I'll see you tomorrow."

Ari hesitated. "I'm going to play with Efraim tomorrow.

As Heshy sadly cycles home, he feels like crying. Now it's all about Efraim. It's not fair. Ari is supposed to be his best friend. Efraim is stealing his best friend away! He's Ari's best friend! Just because Efraim's come to live on Ari's street.

But Heshy's a pretty cheerful boy and after all, it's soon going to be Chanukah and his birthday! He and Ari have already made plans to stay up late and learn. His mother always gives them loads of treats to eat while they're learning. Then they will have their annual pillow fight before going to sleep!

It's Erev Chanukah and Heshy meets Ari going to school. "Hi Ari, don't forget tonight!"

Ari seems a bit nervous. "I'm really sorry Heshy, but Efraim's father is taking us to a restaurant after lighting the Menorah!"

Heshy can't believe his ears! On his birthday! He wants to ask Ari why he can't go to the restaurant another day, but he can't speak. The words are stuck in his throat. They get to school and Heshy can't concentrate. But then their teacher holds up something in his hand and Heshy finds himself interested.

"This, is an apple watch!"

"Wow! The boys have heard of an apple watch, but they've never seen one. They all crowd around the teacher's desk when
DISASTER.....CRASH.....More next week!"

Member Sponsorship

Avidan Weisz (son of Marion and Yoni Weisz) is doing a **220km** sponsored bike ride for charity. Please consider sponsoring him at the following link: <https://tinyurl.com/yco9w2rm>.

Background: On August bank holiday, Sunday and Monday 30th and 31st Avidan Weisz will be cycling 220km to the Chiltern Hills and back. The cycle will be split over two days and he plans to ride for over 10 hours. He has been training really hard because Shabbat Walk is a charity that is so important to the community. You'll see his team fundraising target on the right of the page link above. Your donation can really help him smash this goal.

At Shabbat Walk they aim to inspire the youth of our community to become givers. In doing so they are able to help and assist those who are struggling or are lonely in our community. Dedicated young volunteers assist families in need such as families with special needs children, new born babies and any other struggling families that may gain from some extra volunteer support. Older volunteers provide visit and shifts in hospitals 24/7.

The families that Shabbat Walk supports constantly express how much they appreciate the volunteers and what a difference they have made to their lives. In addition to this, the volunteers constantly express how this experience has transformed them and how they view the world. Volunteers agree that the experience is amazing and they are honoured to be involved in such a great organisation.

In order to recruit more volunteers and sustain the growth of the organisation they urgently need more funds. Please donate now and help them to increase all the amazing work Shabbat Walk does!



Fabienne Viner-Luzzato

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**Haya LANGERMAN – In the beloved memory of Shmuel Goldberg z”l
Shiur with Debbie Meyer**

Challah bread workshop recipe

Make 6 medium size challah

1.6kg strong bread flour

6 sachets of dried yeast

Between 100g and 200g of caster sugar

35g of fine sea salt

750-800 ml of warm water depending on how strong your flour is (strong or very strong)

375 ml of sunflower or vegetable oil

1 large egg beaten in a bowl for egg wash (not inside the recipe dough)

In a bowl mix all ingredients except the egg and except the salt together until they are all blended and that you can form a neat ball, then add the salt and knead. The ingredients are proportionally measured and you do not need to add any more water or flour to knead the dough if you have respected the exact quantities of each ingredient.

On a clean worktop, knead the dough for about 10-12 minutes until it becomes elastic and until you hear a “click” noise when you are kneading it. Leave the dough to rest and rise on your worktop and cover it with the bowl at least 1.5 hour to 2 hours (or more if you have more time, sometimes I leave it all night to rise), until the dough at least doubles in size. The temperature of the room has to be warm to help the rising process.

Divide your dough into the number of challah or bread rolls you would like to make. To assemble a challah, take three balls of dough. Form three snakes and form a plait. Brush the challah with egg wash to make it golden.

You can also make milk or white chocolate brioches. Take a small ball of dough, add a square of milk or white chocolate in the centre and roll it and cover it completely with the dough. Add the egg yolk on top, brushing very gently. Ideally make the challah rise again for 30 minutes.

Cook the bread and/or brioches at 160-180°C for about 15-20 minutes until golden.

The brioches will need less time to cook as they are smaller.

Les Brioches de Julie

250ml of warm water

2 sachets of dried yeast

70g of caster sugar

20g of vanilla sugar

Sugar to caramelize the top

500g of strong bread flour

80mg of sunflower oil

12g of salt

2 eggs, One egg plus one egg to brush the brioches

In a bowl prepare the leaven; mix the water, oil, yeast, vanilla sugar, and sugar and let rest for 10 minutes

Then add the flour, the salt, one egg and the leaven

Form a ball and knead the dough for 10-15 minutes

Form (approximately 50g/brioche) directly on an oven tray lined with baking paper or on individual paper on a muffin tray

Let to rise for at least one hour covered with a clean towel

Brush the top with egg yolk, add sugar on top and cook at 180°C for 12-15 minutes