



Friday Chabura	Earliest Lighting	שבת Starts	Sof Zman Kriat Shema	שבת Ends	Havdala	Horim V'Yeladim
<b>zoom</b>  8.40AM	 3.18PM	 3.59PM	 9.31AM	 5.03PM	<b>zoom</b>  5.30PM	<b>zoom</b>  6.00PM

### Friday

The Friday morning **Chabura** continues at the new time of **8.40am** in order to be finished before people begin work. This week the Chabura will be given by **Julian Gilbey**. The access link is: <http://tinyurl.com/MagenAvotZoom>.

### Shabbat

Below are three questions on this week's Parsha to think about over Shabbat. Please submit your children's answers after Shabbat (and before Horim V'Yeladim at 6.00pm) to [rabbi@magenavot.com](mailto:rabbi@magenavot.com). Correct answers will be revealed on the night and all children with correct answers will receive a prize (to be handed out after lockdown).

#### QUESTIONS:-

1. The Torah records that the lifespan of Sarah was 127 years. Where else in Tanach does the number 127 appear?
2. The Torah records that Eliezer finds a wife for Yitzhak by a well. Who in the Torah meets his own future wife at a well? (2 answers)
3. The deaths of which father and son are recorded in this parsha?

### Motzei Shabbat

We will holding a Communal Havdalah at **5.30pm** this week at Zoom link: <https://us02web.zoom.us/j/88613106128> or **Meeting ID: 886 1310 6128**.

We are excited to announce that Horim V'Yeladim will be starting this Motzei Shabbat at **6.00pm**. During lockdown this will take the form of an exciting online quiz using an interactive Tanach-based Google map. We look forward to seeing you all on Motzei Shabbat! The link to join is: <http://tinyurl.com/MagenAvotZoom>.

### Sunday

Mitzvah Day is this **Sunday 15 November**. Please see poster with full details on page three of this newsletter.

We are excited to be launching a brand-new series called "**Meet MA!**" It will be comprised of a combination of live and recorded interviews with various members of our community, to be conducted by Julian Pollard. The first session will take place this **Sunday 15 November** at **8.30pm** with Prof. David Ruben. The Zoom link will be sent out via the WhatsApp group.

### Monday/Tuesday

[www.tinyurl.com/MagenAvotZoom](http://www.tinyurl.com/MagenAvotZoom)

Mondays	9:15-10:00am	No appointments needed
Tuesdays	7:45-8:30pm	Completely Confidential

### Wednesday

Tzurba m'Rabanan given by Rabbi Kenigsberg continues at **8.30pm** on the topic: "**Hilchot Nedarim**". Login details will be sent by WhatsApp and poster is on page three of this newsletter.

### Tefillah Guidelines (Rabbi Kenigsberg)

Once again, we all find ourselves davening at home, rather than with a minyan. Here a few key points to remember for services this Shabbat.

**Friday:** Mincha should be davened before candlelighting. A central Kabbalat Shabbat will be livestreamed via theUS.tv website for those who wish to join. Remember not to accept Shabbat before turning off the computer and to ensure this is done before the time of candlelighting.

**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:** Sof Zman Kriat Shema is at **9.31am** 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 Chayei Sara.

**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.

**Shabbat Mevarchim:** Rosh Chodesh Kislev is on Tuesday 17 November (Beyom Hashelishi). The Molad will be on Sunday evening at 4.07pm and 1 chelek.

No Av Harachamim before davening **Mussaf** as its Shabbat Mevarchim. Again, there is no repetition of the Amidah.

**Mincha:** Shabbat Mincha should be said as usual, with the omission of Torah reading. It is preferable to daven Mincha before eating Seudah Shlishit but it can be said until Shekiah.

Following Ma'ariv please join us on zoom for a communal Havdalah including a song, a short dvar Torah and time to chat. Wishing you all an uplifting Shabbat and hoping to be together again in shul soon!

### MA's Got Talent

MA's Got Talent organised by Shelley Berke and Chaya Langerman will take place on **Motzei Shabbat 12 December** at **8.00pm**. Any talent is acceptable including non-artistic such as story telling, math, sports etc. Please register your interest by emailing: [MASGotTalent@magenavot.com](mailto:MASGotTalent@magenavot.com).

### Next "I'm passionate about..." session

The next event will be on **Sunday 29 November** at **8.00pm** and a link will be shared on the MA Women's Group. If you have not been added to this WhatsApp group please contact Chaya Langerman who will be happy to add you.

### "Keeping Calm" series

Please see poster with full details of this joint event with Hendon US and Alei Tzion on page three of this newsletter.

### Yahrzeits and Bereavement Notice

Shabbat 14 Nov	27 Cheshvan	Charles Pascoe	Mother
Friday 20 Nov	4 Kislev	Susan Storfer	Mother

We regret to inform you that Linda Lovat's father, Stanley Clayman, passed away on Wednesday. Linda can be reached from Thursday afternoon on: 07890 927 954. We wish Linda and the whole family a Chayim Aruchim.





# SAVE THE DATE: JOIN US IN REMEMBERING THEIR SERVICE

14TH -15TH NOVEMBER 2020



## AJEX REMEMBRANCE CEREMONY 2020

SUNDAY 15TH NOVEMBER AT 2.30PM ON [WWW.YOUTUBE.COM/AJEX\\_JMA](http://WWW.YOUTUBE.COM/AJEX_JMA)

We will always remember the sacrifice and dedication of our ex-Servicemen and Women and this year due to the Covid pandemic the ceremony will take place in a poignant Remembrance Service online, rather than at The Cenotaph. Join us in Remembrance.

### AJEX SHABBAT 14TH NOVEMBER

On Shabbat 14th November, we invite you to recite a special **AJEX Remembrance Prayer** either individually or with your community. Download and print the prayer at: [www.ajex.org.uk/ajex-prayer](http://www.ajex.org.uk/ajex-prayer)

### TAKE PART SOCIALLY

- Visit [www.ajex.org.uk](http://www.ajex.org.uk) and choose a social media activity for sharing
- Download a profile picture for the weekend 14th/15th November
- Download an AJEX Poppy to personalise a Remembrance coat to share
- Submit pictures of veterans with their medals worn with pride
- Educational resources for children and schools are also available

To find out more on the AJEX ANNUAL REMEMBRANCE WEEKEND visit [www.AJEX.org.uk](http://www.AJEX.org.uk) and to register for further news on the ceremony and campaign: [ajexremembers@ajex.org.uk](mailto:ajexremembers@ajex.org.uk)



#AJEXRemembers #AJEXShabbat

T 020 8202 2323 E [ajexremembers@ajex.org.uk](mailto:ajexremembers@ajex.org.uk)

[youtube.com/AJEX\\_JMA](https://www.youtube.com/AJEX_JMA) [facebook.com/ajexheadoffice](https://www.facebook.com/ajexheadoffice)

[twitter.com/AJEX\\_UK](https://twitter.com/AJEX_UK) [instagram.com/ajex\\_jma](https://www.instagram.com/ajex_jma)

AJEX Charitable Foundation Registered Charity No: 1082148



# AJEX REMEMBRANCE PRAYER

BY RABBI (MAJOR) REUBEN LIVINGSTONE OF LL.M, SENIOR JEWISH CHAPLAIN TO HM ARMED FORCES AND CHAPLAIN TO AJEX

We invite you to recite this **AJEX Remembrance Prayer** either individually or with your community. Following Shabbat it would be special to AJEX if you could join us and others in the community by using #AJEXShabbat and #AJEXRemembers or email [ajexremembers@ajex.org.uk](mailto:ajexremembers@ajex.org.uk) to share your experiences and thoughts at this time.

## אֲדוֹן הָעוֹלָמִים Lord of the Universe;

at this time of solemn reflection and remembrance we salute the courageous British and Allied soldiers who served and died in the cause of liberty, right and justice. Many were proud Jews who were prepared to make the ultimate sacrifice on our behalf; and this heroic service continues in the UK, Israel and around the world. We remember also the six million innocent victims of the Shoah and countless others murdered by the Nazis. We pray that we, who have survived, may carry forward the torch of memory and merit Your grace to flourish in life and Judaism - and serve our Queen and Country proudly in the cause of peace. Amen

Thank you for taking part in the AJEX Shabbat. We look forward to you joining us on Sunday 15th November at 2.30pm for this year's virtual AJEX Annual Remembrance Ceremony: [www.youtube.com/AJEX\\_JMA](http://www.youtube.com/AJEX_JMA)

T 020 8202 2323 E [ajexremembers@ajex.org.uk](mailto:ajexremembers@ajex.org.uk)

[www.youtube.com/AJEX\\_JMA](https://www.youtube.com/AJEX_JMA) [facebook.com/ajexheadoffice](https://www.facebook.com/ajexheadoffice) [twitter.com/AJEX\\_UK](https://twitter.com/AJEX_UK)

AJEX Charitable Foundation Registered Charity No: 1082148

# TED Circles

hosted by  
*Fiona Taylor*  
Sunday 22 November

We are very excited to run a session of "TED circles", hosted by Fiona Taylor on **Sunday 22 November at 8.00pm**. The session will be on "What to trust in a post-truth world."

TED Circles is a global community enterprise where small groups engage in conversations about big ideas. The idea is that through curiosity, inclusion and debate, we can connect with one another, be ourselves and have fun!

Hosted by volunteers, Circles watch and discuss a TED Talk about the monthly theme, the idea being to create a global conversation. Circles can take place online, so they are helping communities stay connected, especially now.

November's theme is "truth tellers", and we are going to watch and discuss a short video about "post-truth"

If you would like to join, please register your interest by emailing [drfionataylor@gmail.com](mailto:drfionataylor@gmail.com) and Fiona will add you to our circle.

Magen Avot

GIFT



Recipe Booklet 5781

Fun and easy recipes for all the family

This week saw the true completion of the first instalment of the 3T Project - with the printing of our Recipe Booklet in conjunction with GIFT. The booklet (see front cover opposite) is comprised of fun, easy and affordable recipes for all the family, supplied by MA members. Many thanks to organisers Fiona Taylor and Patti Adler and designer Raffi Maurer. The booklet is dedicated to Malcolm Lyons z"l, in loving memory from his wife Joy.



# YOUR HELP WILL BE ESSENTIAL THIS MITZVAH DAY 2020



Throughout November, US Chesed is asking you to donate food items which will be used in our Essentials Food Boxes which get sent each week to vulnerable US members and their families.

Please take any items which you wish to donate to your local collection point

For more information please speak to Yael on [ypeleg@theus.org.uk](mailto:ypeleg@theus.org.uk)

Alternatively you can buy products to include in the boxes from our Amazon Wishlist at [www.theus.org.uk/amazon](http://www.theus.org.uk/amazon)

We are specifically looking for the following items:

- ▶ Long-life milk
- ▶ Coffee
- ▶ Jam
- ▶ Peanut butter
- ▶ Fruit juice
- ▶ Tinned vegetables
- ▶ Tinned fish

Mitzvah Day

This year's collection will adhere to COVID-19 guidelines

☎ 020 8343 5669

✉ [chesed@theus.org.uk](mailto:chesed@theus.org.uk)

🌐 [www.theus.org.uk/chesed](http://www.theus.org.uk/chesed)

Chesed is the Hebrew word for kindness. Our aim is to help both our own members and the wider community in which we live. The Chesed Department is an integral part of the United Synagogue whose aim is to engage members with Jewish living, learning and caring.



## Mitzvah Day

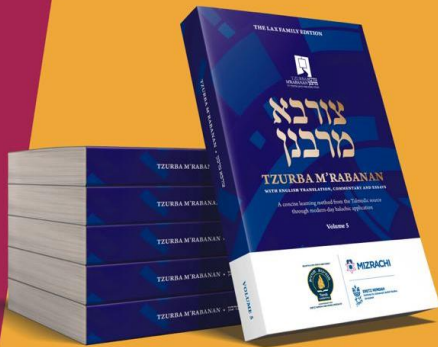
# Sunday 15 November 2020

On Sunday there will be a collection bin outside the home of Rabbi and Rebbetzen Kenigsberg:-

35 Tenterden Gardens  
Hendon  
NW4 1TG

## TZURBA M'RABANAN LEARNING PROGRAM

A concise learning method from the Talmudic source through modern-day halachic application



Wednesday nights at 8:30 pm  
with Rabbi Joel Kenigsberg

Zoom ID: 869 5009 6756  
Password: Tzurba

## Feeling alone? Anxious? Depressed? Or simply in need of someone to talk to?

Our trained volunteers are here to support you. Male or female, religious or not, we are here for the whole community. We listen without judgement and your call is kept completely confidential.

You do not have to give your name.

We are here to listen.

Sunday – Thursday: Midday to Midnight  
Friday: Midday to 3pm

[www.jewishhelpline.org](http://www.jewishhelpline.org)

**JEWISH  
HELPLINE**  
0800 652 9249  
020 3096 2875



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## HENDON UNITED SYNAGOGUE TOGETHER WITH ALEI TZION & MAGEN AVOT INVITE TO YOU TO A FASCINATING THREE-PART SERIES: UK LOCKDOWN 2.0



### KEEPING CALM CARRYING ON & MORE!

#### MONDAY 30TH NOVEMBER – "KEEPING CALM..."

Rabbi Aryeh Sufrin MBE, (founder & former Director of Chabad drugs lifeline),  
Laurie Rackind, CEO, Jami, (the Jewish mental health service for our Community),  
Naomi Dickson, CEO, Jewish Women's Aid (building a future where domestic violence is not tolerated)  
- 'keeping cool, avoiding melt-downs, addictions and worse ...'

#### MONDAY 7TH DECEMBER – "CARRYING ON ..."

Debbie Sheldon CEO, Work Avenue, (employment and business support for our Community),  
Bayla Perrin, CEO, The Paperweight Trust, (helping people to deal with bureaucracy, welfare and benefits),  
Victoria Sterman, CEO, Resource, (helping you to win the right job for you)  
- 'keeping on top of financial, employment & admin needs'

#### MONDAY 14TH DECEMBER, 5TH NIGHT CHANUKAH – "AND MORE ..."

an initial keynote address:

"A LITTLE BIT OF LIGHT DISPELS A LOT OF DARKNESS",

from

Rabbi Dr Ari Sytner,

Director of Leadership and Community Development at Yeshiva University, New York,  
Professor of Social Work, therapist and author

Followed by a discussion between our Shuls Rabbis entitled "from theory to practice" – lessons from Jewish teachings and life which can help us 'stay the course' through the current challenging times.

ALL THREE EVENINGS WILL COMMENCE AT 8.30PM

[HTTPS://ZOOM.US/J/193973537](https://zoom.us/j/193973537)



Jami

**STRUGGLING TO COPE IS MORE NORMAL THAN YOU THINK.**

Uncertainty and isolation can cause any of us to experience feelings of distress or anxiety. For people already struggling with their mental health, this next phase of restrictions may be overwhelming. Whatever you are going through, you don't have to face it alone.



**Jami is the mental health service for the Jewish Community.** If you need support or are supporting someone who needs help, visit [jamiuk.org/get-support/](http://jamiuk.org/get-support/) or call **020 8458 2223**



For free, safe and confidential online counselling and emotional wellbeing services for adults, contact Jami Qwell at [qwell.io/jami](http://qwell.io/jami)



Kooth Student provides free, safe and anonymous online counselling and support to students at [student.kooth.com/jami](http://student.kooth.com/jami)



If you're struggling to cope or need immediate help, contact Shout's 24/7 crisis text service. Text **Jami** to **85258**

# Jami

The Mental Health Service for our Community

Y@MA PRESENTS EVERY WEDNESDAY 8PM

## GAMES NIGHT!

Magen Avot

**Y@MA Speak Up**

Every Tuesday 5-6PM

ZOOM LINK TO BE SENT OUT

**DEBATE NIGHT**

**Learning Sessions**

SIGN UP FOR INDIVIDUAL OR GROUP LEARNING AT A TIME CONVENIENT FOR YOU

Under the cover of a community ostensibly of extreme religious piety, a major housing benefit fraud is carried out using, for the most part as unwitting pawns, the teachers at a Talmudic academy. The fraud is uncovered as a result of an investigation by a local newspaper. The ringleader leaves the country before he can be caught and prosecuted; and his junior partner in the fraud, who is also the religious head of a local Talmudic academy, forms a conspiracy with the police to make a scapegoat of the only one of the teachers who refuses to cooperate in a coverup. The story is told by one of the students of the academy whose relationship with the framed teacher becomes closer as the plot unfolds, at the same time as his involvement in the religious community that was previously his life diminishes.

A Tale of Two Rabbis - Faith and Fraud

Daniel Greenberg

A new novel by Daniel Greenberg called: "A Tale Of Two Rabbis - Faith And Fraud" is now available on Amazon in paperback and as an e-book here: <https://tinyurl.com/y4e4ftac>