



Friday Chabura	Earliest Lighting	שבת Starts	Sof Zman Kriat Shema	שבת Ends	Havdala	Horim V'Yeladim
Zoom 8.40AM	 3.11PM	 3.50PM	 9.37AM	 4.55PM	Zoom 5.20PM	Zoom 5.50PM

Thursday

On **Thursday 19 November at 8.00pm** there will be a memorial for Rabbi Lord Jonathan Sacks zt"l at the following link: <https://theus.tv/memorial-for-rabbi-lord-jonathan-sacks>

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 **Daniel Ehreich**. The access link is: <http://tinyurl.com/MagenAvotZoom>.

Shabbat

Below are two questions on this week's Parsha to think about over Shabbat. Please submit your children's answers after Shabbat (before Horim V'Yeladim) to 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. Where does the number 40 appear in this week's parsha? (Please note there are two answers)
2. In this parsha we are informed of the birth of the twins Yaakov and Esav. Which other set of twins appears in the Torah?

Well done to Yonah and Vivi Adler, Mia Langerman, Yonatan Kenigsberg and Aliza, Micol and Reuben Spizzichino who all correctly answered last week's questions!

Motzei Shabbat

We will holding a Communal Havdalah at **5.20pm** this week at Zoom link: <https://us02web.zoom.us/j/88014993338> or Meeting ID: **880 1499 3338**.

Horim V'Yeladim continues this Motzei Shabbat at **5.50pm**. Well done to the Spizzichino, Adler and Langerman families for correctly answering the map challenge at last week's Horim V'Yeladim. Prizes will be given out after lockdown. This week's session of Horim V'Yeladim will include another map challenge. See this link for an explanation of how to use the online Tanach map: <https://youtu.be/3hWRKEjGosc>. The link to join us on the night is: <http://tinyurl.com/MagenAvotZoom>.

Sunday

"TED circles" hosted by Fiona Taylor begins this **Sunday 22 November at 8.00pm**. The first session will be on "**What to trust in a post-truth world**". 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 magenavottruth@gmail.com and Fiona will add you to our circle.

Booking for the online Whisky Tasting Event (hosted by Daniel Ehreich) closes this Sunday. Please see our poster with booking details on page two of this newsletter. Please note this event takes place on Thursday 3 December at 8.00pm.

Monday and Tuesday

Please note that Rabbi Kenigsberg will only be in the Zoom room (<http://tinyurl.com/MagenAvotZoom>) on Monday morning (9.15am - 10.00am) and not Tuesday evening this week.

Wednesday

Tzurba m'Rabanan Shiur given by Rabbi Kenigsberg is on break for one week and will return next week.

Parasha Chabura

Join us every Friday morning on Zoom for our renowned Parsha Chabura

The Chabura for Parashat Toldot will be given by **Daniel Ehreich** at **8:40am** for 15 minutes

Come and hear a short and interesting idea on the Parasha to bring you into Shabbat

Join on Zoom at:
tinyurl.com/MagenAvotZoom | Meeting ID: 876-0991-2998

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.

Whisky Tasting Event

Please see poster with full details of this event on page two.

"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.

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 by Friday 27 Nov.

Y@MA Update from Elliot Berke (MA Youth Director)

I hope you are all well and coping with lockdown 2.0! The start of the recent second lockdown made me think it was time for some new virtual programming for the youth, as Zoom fatigue is becoming quite common for youth and adults alike! We have moved away from quizzes and towards lively debates and competitive brain games. Individual or group learning for both secular and kodesh topics is also available, if the youth members want to learn something new or simply just need help with schoolwork or revision. The youth have also been introduced to a number of volunteering opportunities, the details of which can be seen below. Finally, if your child is not on the Whatsapp group and would like to be, please do let me know.

Yahrzeit

Wednesday 25 November	9 Kislev	Rami Naori	Wife
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BOOK NOW

This year the much-anticipated annual whisky tasting will be taking to Zoom, hosted as usual by Daniel Ehreich, our local self-appointed whisky ambassador. A pre-packed set of five whisky samples will be delivered in advance to each participant, and you will be guided through the tasting. If you have any questions or feedback please contact daniel@ehreich.com or book now using the following link: <http://tinyurl.com/MAWhisky2020>



Whisky Tasting

Thursday 3rd December 2020
8.00pm

Live Zoom whisky tasting hosted by Daniel Ehreich

All participants will receive a pre-packaged set of five samples

Tickets: £30 each to cover costs

Please book at:
tinyurl.com/MAWhisky2020
by Sunday 22nd November

THE 3-T PROJECT 2.0



Thanks to the wonderful Magen Avot community, the first instalment of The 3-T Project was a great success. But there is much still to be done during these winter days which are in some ways even darker.

We are therefore excited to launch 3-T 2.0, running from now up until Pesach, focusing on the 3 pillars of **Torah Learning, Chessed and Tzedeka.**

More information will be provided in the coming weeks; watch this space. We have shown that together we can make the world a better place, so please get involved!

INITIATIVES

Learning

Communal learning of Gemara Pesachim

Coinciding with the commencement of Masechet Pesachim in the Daf Yomi cycle, we will be launching a communal learning of the tractate, culminating in a Siyum for all on erev Pesach. We will make plenty of resources and support available - so whatever your background, please sign up at tinyurl.com/MAPesachim.

Chessed

Initiatives supporting our Jewish community

We are developing a programme to support our local London Jewish community, similar to the original 3-T programme. More details to follow.

Tzedaka


Initiatives supporting the wider community

We are working on providing opportunities to support the wider non Jewish community. More details to follow.

2.0

SIGN UP TODAY!

Magen Avot **GIFT**



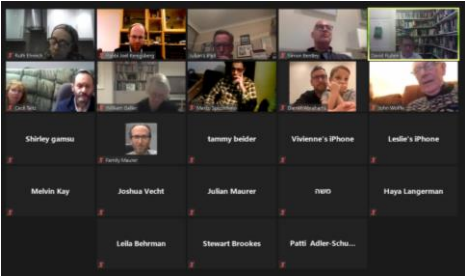

Recipe Booklet 5781

Fun and easy recipes for all the family

The Magen Avot cookbook (see opposite) for GIFT was brought to the Gift warehouse by our Bat Mitzvah Course Girls where the last session in their programme took place.



First Meet MA Session with thanks to Julian Pollard and Professor David Ruben

Available on our YouTube channel:
<https://youtu.be/hy7ox79r3YU>
 Dont forget to hit up the SUBSCRIBE button!

ת"ס י

**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**



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
JEWISH HELPLINE
 0800 652 9249
 020 3096 2675



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/ 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

Kooh Student provides free, safe and anonymous online counselling and support to students at student.kooh.com/jami

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





Y@MA