



Shabbat 28 November 2020 | 12 Kislev 5781

Parashat Vayetzei 5781 / פרשת ויצא

| Friday Chabura | Earliest Lighting | שבת Starts | Sof Zman Kriat Shema | שבת Ends | Havdala | Horim V'Yeladim |
|---------------------------|-------------------|------------|----------------------|------------|---------------------------|---------------------------|
| Zoom 8.40AM | 3.06PM | 3.43PM | 9.44AM | 4.50PM | Zoom 5.15PM | Zoom 5.45PM |

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 **Raffi Maurer**. The access link is: <http://tinyurl.com/MagenAvotZoom>.

Motzei Shabbat

Communal Havdalah at **5.15pm** on our Zoom link: <https://us02web.zoom.us/j/86838525527>.

Horim V'Yeladim continues this Motzei Shabbat at **5.45pm**. Well done to Mia Langerman, Family Adler, Maayan Maurer, David Jacobs and Zecharya Grubin-Brookes who correctly submitted the answers to last week's questions.



This week's session of Horim V'Yeladim will be a **Kahoot Quiz!**



The link to join is: <http://tinyurl.com/MagenAvotZoom>.



The great Shabbaton quiz is back this Motzei Shabbat at 6.30pm. Please see our poster on page two.

Sunday



The next "I'm passionate about..." event will take place this **Sunday 29 November** at **8.00pm**. 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.

Monday



On Monday night the first of our 3-part series in conjunction with Alei Tzion and Hendon United begins. **This week's session will deal with Mental Health. An expert panel not to be missed:** <https://zoom.us/j/193973537>. Poster on page two.

Wednesday

Tzurba m'Rabanan given by Rabbi Kenigsberg continues at **8.30pm** on the topic: "**Hilchot Chanukah**". Login details will be sent by WhatsApp.



Parasha Chabura

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

The Chabura for Parashat Vayetzei will be given by **Raffi Maurer** 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

Mazal Tov!

Mazal Tov to Shoina and David Kass on the birth of a great grandson, a son for David's grandson Sholom and Rivky Sandler.

Thanks



Since Magen Avot was set up, the shul has had the enormous privilege and good fortune to have had its amazing Magen Maxis programme led by the inimitable **Ruth Ehreich**. Her enthusiasm, knowledge, patience and AMAZING stories have ensured that so many of our children have grown up with a resounding love of their tefillah and solid grounding about their religion. Sadly, Ruth has now decided to hand over the running of Magen Maxis, and so we would like to take this opportunity to wish her all the very best and to thank her so much for her fantastic efforts and input over so many years for our children.

Whisky Tasting Event

The Whisky Tasting event on Thursday 3 December at 8.00pm is now sold out. This event will be held via Zoom and pre-packaged sets of five samples will be delivered to all participants along with details of how to join the session.

TED circles

Thank you to everyone who joined the TED circles session "I want to believe in a post-truth world" on Sunday evening. We had a stimulating and thoughtful discussion about truth, facts and faith. Looking forward to the next one in December.



Yahrzeits

| | | | |
|-------------------|-----------|--------------|----------|
| Friday 4 December | 18 Kislev | John Wolffe | Daughter |
| Friday 4 December | 18 Kislev | Linda Wolffe | Daughter |



THE GREAT SHABBATON QUIZ

As promised – the quiz is back!

For all ages! Compete as individuals or families against thousands of others from across the UK in the first ever online Great Shabbaton Quiz.

Motzel Shabbat
28th November
6:30pm – 7:30pm

Register here:
mlzrachl.org.uk/quiz



ETGAR



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)



Hendon United Synagogue



ALE ZION



Magen Avot



CENTRAL SYNAGOGUE

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 Tzedaka.**

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.



Magen Avot



Have something on your mind? A question to ask or just looking to chat?

Each week, I will be in the Magen Avot Zoom Room at the times below – please feel free to pop in!

Rabbi Kenigsberg

www.tinyurl.com/MagenAvotZoom

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

There will be a waiting room if busy



KINLOSS

Join Kinloss Youth and the Youth Community for

LESSONS FOR THE YOUTH

A night of learning in memory of Rabbi Lord Jonathan Sacks -
 HaRav Ya'akov Zvi ben David Arie'el Z"L

Motsei Shabbat 28th November

6pm-7pm

For Years 7-13

3 Keynote Speakers, followed by Community Speakers for each community

Rabbi Jeremy Lawrence
 Senior Rabbi at Kinloss

Gila Sacks
 Daughter of Rabbi Sacks Z"L

Rabbi Dr Raphael Zarum
 Dean of the LSJS

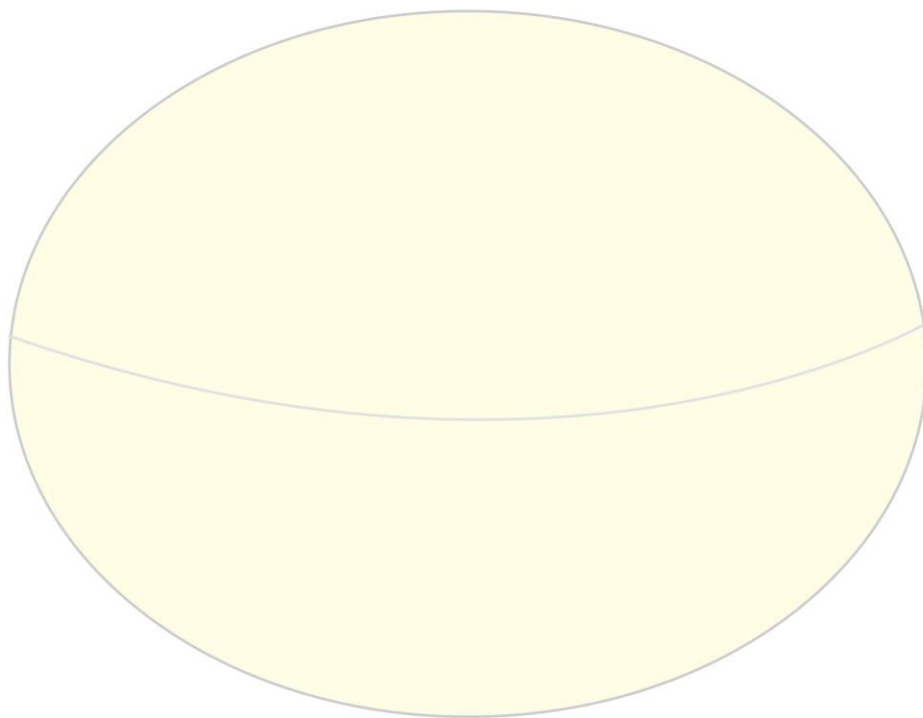
To register for the event visit:

www.kinloss.org.uk/lessons



Design a Delicious **DOUGHNUT**

Draw your tasty ideas below then scan in your artwork and email it to us. Tell us your name, age and school and you could be in with a chance to win a big box of doughnuts! The winning entries will also be published in the Jewish News! There are Junior and Secondary school categories. Good luck!



To submit your idea by Wednesday 2 December, email
tomorbelovski@tribeuk.com



tribe

www.tribeuk.com

 [tribe.uk](https://www.instagram.com/tribe.uk)

 [@TheTribeUK](https://twitter.com/TheTribeUK)

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Magen Avot Y@MA


JOIN US FOR

COMMUNAL CANDLELIGHTING & Y@MA QUIZ

YOU ARE INVITED, TOGETHER WITH THE
WHOLE KEHILLA, FOR VIRTUAL
COMMUNAL LIGHTING AND A CHANUKAH
QUIZ RUN BY THE YOUTH OF MAGEN
AVOT

THURSDAY 17TH DECEMBER, 7PM

[HTTPS://TINYURL.COM/MACANGLES](https://tinyurl.com/macandles)



Join our Communal Candlelighting
and Y@MA quiz
on Thursday 17 December from 7.00pm

ZOOM Meeting Details
Meeting ID: 883 3844 4873
Passcode: lights

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




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




**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



Kooth Student provides free, safe and anonymous online counselling and support to students at 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**

Magen Avot GIFT



Recipe Booklet 5781

Fun and easy recipes for all the family

We are planning another print run of our Recipe Booklet that was distributed by GIFT.

If you are interested in buying a copy please register your interest by simply emailing:-

info@magenavot.com

with the subject:-

MA RECIPE BOOKLET

Once we have enough interest we will go to print and they will be made available to buy.

Each copy will be £10 of which the money will go towards the print cost with the remainder going to GIFT as a donation.