



Shabbat 19 December 2020 | 4 Tevet 5781 Parashat Miketz 5781 / פרשת מקץ

Friday Chabura	Friday Mincha	שבת Starts	שבת Shacharit	SZK Shema	שבת Mincha	שבת Ends	Zoom Havdala	Horim V'Yeladim	Sunday Shacharit
8.40AM	3.35PM	3.37PM	9.30AM	10.00AM	3.47PM	4.47PM	5.30PM	5.45PM	8.20AM

Thursday
 You are invited together with the whole community for a virtual communal lighting and a Chanukah quiz run by the youth of Magen Avot on **Thursday 17 December at 7.00pm** here: <https://tinyurl.com/macandles>.

Friday
 The Chabura will be given by **Sara Spizzichino** at **8.40am**. The access link is: <http://tinyurl.com/MagenAvotZoom>. After this week the Chabura will be on break for two weeks and will resume on Friday 8 January. If any men or women are interested in giving a Chabura please contact rabbi@magenavot.com.

Parasha Chabura

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

The Chabura for **Parashat Mikeitz** will be given by **Sara Spizzichino** 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 or ID: 876-0991-2998 with password Magen1948

Book seats: <https://tinyurl.com/MAServicesBookingForm>. Please bring your own masks to services and only use those provided in Shul if you forget to bring. A significant number of our provided masks are used so we are looking for donations.

Shabbat
Dan Artman will be leining this week and **Rabbi Kenigsberg** will be giving Shiur between Mincha and Maariv.

Motzei Shabbat
 Communal Havdalah at **5.30pm** at the following link: <https://us02web.zoom.us/j/82622606323> | 826 2260 6323
 Horim V'Yeladim continues after Havdalah at **5.45pm**. Well done to **Mia Langerman** who again came first in last week's Chanukah Kahoot Quiz. Join here: <http://tinyurl.com/MagenAvotZoom>



As we begin studying the brand new volume: HALACHOT OF THE COVID ERA

Join us to celebrate the siyum of Volumes 1-6
 Featuring short shiurim by:
Rav Doron Podlashuk **Rav Joel Keni**
 Introduction by Rav Doron Perez
Sunday 20 December | 8:00pm
<https://tinyurl.com/tzurbaSiyum>

POSTPONED

Wednesday
 Rabbi Kenigsberg's Tzurba m'Rabanan Shiur (dealing with Halachot related to COVID-19 throughout the four sections of Shulchan Aruch) will be on break from this week. This is the last shiur until January as there will be a two week break over the winter holidays.

Thanks To...
 The second session of **"Meet MA!"** took place last Sunday night. Juian Pollard ran an excellent interview with **Sara Spizzichino**. This event was not recorded. The next interview takes place on Sunday 10 January at 8.00pm and features Stewart Brookes at the usual link: <http://tinyurl.com/MagenAvotZoom>.

Monday night was the conclusion of our 3-part series on **"A little light dispels a lot of darkness"**. This session featured a keynote presentation from **Rabbi Dr Ari Sytner**, followed by a panel discussion on lessons from COVID-19 featuring our own **Rabbi Kenigsberg**. All three sessions are available now to watch on <https://theUS.TV>.

Im Passionate About....
 The third "I'm passionate about..." session for women will take place on **Sunday 3 January at 8.00pm**. More details next week.

Refuah Shleyma (רפואה שלמה)
 Rami Naori has been in hospital for five weeks and would like to thank everyone for their Tefillot which mean so much to him. He is still in a very serious condition so please continue to daven for Rachamim ben Rina. On behalf of the Rabbi, Executive, Council and Kehillah we wish him a speedy recovery.

Yahrzeit

Friday 25 Dec.	10 Tevet 5781	Aharon Balkin	Mother
We wish them and their family a Chayim Aruchim			

CHANUKAH DRIVE IN

Join Alei Tzion, Hendon United and Magen Avot

For a drive by doughnut and Chanukah fun with the Tribe Chanukah Van.

Location: Hendon United Car Park (due to Covid Tier 3 restrictions visitors will stay in the car and drive past the van to collect their goodies)
 Time: Drive by any time between 5pm and 6pm
 On: Thursday 17th December – 8th night of Chanukah

Please fill in this form to let us know you are going to join us
www.tinyurl.com/chanukahvan

Hendon United Synagogue | Magen Avot | tribe

WHAT ARE YOU PASSIONATE ABOUT?

January 2021

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday 3rd Jan 2021

THE 3-T PROJECT 2.0

Magen Avot

As part of 3-T 2.0, Magen Avot is excited to present a communal learning of Masechet Pesachim, culminating in a Siyum for all on erev Pesach.

There will be plenty of resources and support available. Please sign up for 1, 2, or 3 dapim and help us finish the masechet together.

Whatever your background, **please sign up at tinyurl.com/MAPesachim**

SIGN UP TODAY!

Meet Ma

January 2021

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday 10th Jan 2021

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

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

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