












Shabbat 23 January 2021 | 10 Shevat 5781

Parashat Bo 5781 / פרשת בא

Friday Chabura	שבת Starts	שבת Shacharit	Sof Zman Kriat Shema	שבת Mincha	שבת Ends	Zoom Havdala	Horim V'Yeladim	Sunday Shacharit
 8.40AM	 4.17PM	 9.30AM	 10.02AM	 4.25PM	 5.25PM	 6.00PM	 6.15PM	 8.20AM

Friday

The Chabura will be on Friday morning at **8.40am**. This will be given this week by **Julian Gilbey**. Join us at the following link: <https://tinyurl.com/MagenAvotZoom>.

Motzei Shabbat

Join the Communal Havdalah at **6.00pm** at the following link: <https://us02web.zoom.us/j/86342908387> | 863 4290 8387

Horim V'Yeladim continues this week with another Kahoot Quiz at **6.15pm**: <https://tinyurl.com/MagenAvotZoom>.



Last week's Kahoot Results

- 1st Place: Mia Langerman
- 2nd Place: Yishai Ehreich
- 3rd Place: Yonatan Kenigsberg

Tuesday

SPECIAL EVENT

TUESDAY 26 JANUARY

for International Holocaust Memorial Day



"My Father was a Nazi - The Extraordinary Story of Dr Bernd Wollschlaeger". Dr Wollschlaeger, will tell the remarkable story of his 'German Life'; growing up in Germany in the shadow of his Father, a highly-decorated WWII tank commander and Nazi officer, eventually converting to Judaism, emigrating to Israel and serving in the IDF as a Medical Officer.

Joining details will be sent out via the Community WhatsApp group prior to the event starting.

Wednesday

Rabbi Kenigsberg's Tzurba m'Rabanan Shiur returns this week. Details will be made available on the WhatsApp Group.

THE LAX FAMILY EDITION
TZURBA M'RABANAN

SPECIAL VOLUME:
Halachot of the COVID-19 Era



A systematic and concise learning method, from the Talmudic source through modern-day halachic application
AVAILABLE NOW AT WWW.TZURBAOLAMI.COM

THE LAX FAMILY EDITION
TZURBA M'RABANAN

Yahrzeits

26/01/21	13 Shevat 5781	David Ruben	Father
27/01/21	14 Shevat 5781	Julian Gilbey	Father
28/01/21	15 Shevat 5781	Sarah Josephs	B-in-Law
29/01/21	16 Shevat 5781	Jacqueline Franco	Husband
29/01/21	16 Shevat 5781	Daniel Gance	Mother

We wish them and their families a Chayim Aruchim

3-T 2.0 – Uyghur Campaign

JOIN OUR CAMPAIGN TEAM!

Following our recent Uyghur talk, we have posted a campaign page on our website here: <https://tinyurl.com/y6bkv9nw>.

Magen Avot continues its communal learning of Mesechet Pesachim, culminating in a Siyum on erev Pesach. There is still time to sign up at: <https://tinyurl.com/MAPesachim>.

Kiddush Sponsorship



Opposite are staff including anaesthetists from the Whittington Hospital with their much appreciated recently delivered MA Kiddush.



This week's kiddush is kindly donated by **Family Kay** and will be delivered to Watford General Hospital by **Shelley Berke!**

If you would like to sponsor a "Kiddush" to benefit more NHS staff, please call or text Joy Kay on **07956 348 392** for further details.

Gemach Fund for Members

Magen Avot operates a Gemach fund for members who have fallen into financial hardship. Help is available in the form of emergency one-off payments or short-term loans. If you are in need, are aware of, or are being approached by other members of the community in need of such a service, please feel free to contact Rabbi Kenigsberg (rabbi@magenavot.com) or Cecil Taizt (treasurer@magenavot.com), in complete confidence.

Mental Health Awareness

On Wednesday 20 January we marked the Mental Health Awareness Shabbat with a talk by Jami peer worker Ben Winton who spoke on: "My Journey to Peer Support: Being There For Each Other". If you missed this event, please see our recording here: <https://youtu.be/E5GJ1X Y0uk>.

My Journey to Peer Support: Being There For Each Other

Wed 20th Jan 2020, 8pm | Event for Mental Health Awareness Shabbat



Ben was diagnosed with severe depression during university and subsequently drew on therapies, meditation, Judaism and peer support to aid his recovery.

He is now a peer support worker at Jami, where he uses his experiences to assist others living with and recovering from mental illness.



SUNDAY SOCIALS

February @ Magen Avot

Meet
-Ma

TED
Circles

interviewing Linda Wolffe
Sunday 7th February

hosted by Esther Bentley
Sunday 14th February

tinyurl.com/MagenAvotZoom

We will soon be launching a **Mental Health First Aid** course. The course is run by **Jami** and is fully accredited. For more information and to register interest please see this short Google form: <https://tinyurl.com/y6yakofa>

WRITE A POEM TAKE A PHOTO DRAW A PICTURE



#YomHaShoahChallenge

WHAT DOES THE HOLOCAUST MEAN TO YOU?



in association with



Magen Avot

office@yadvashem.org.uk

Dear Parents,

I hope you are all doing well. As the new year brings another lockdown, we have returned with refreshed virtual programming, embarking on new ways of engaging with the youth in a fun and interactive manner.

A combination of learning, games, quizzes and debates are being enjoyed during our weekly Wednesday evenings. I wanted to inform you of our upcoming informal **Q&A with Rabbi Kenigsberg**, on **Wednesday 3rd of February at 8pm**, so I would encourage any youth that are interested in this to participate and bring along any questions they may have!

Also, a quick reminder that 1-1 or group learning is available for a range of secular and kodesh subjects, as well as revision help and advice regarding exams, school and coping with lockdown!

If your child is not already on the Y@MA Whatsapp group and would like to be, please reply to this email with their details.

Many thanks, **Elliot Berke**, MA Youth Director.

Y@MA '21
DEBATES
GET ENGAGED AND INCREASE YOUR CONFIDENCE

GAMES
COMPETE WITH YOUR FRIENDS FOR VICTORY

LEARNING
INCREASE YOUR KNOWLEDGE IN KODESH OR SECULAR

JOIN OUR WHATSAPP GROUP FOR REGULAR UPDATES

WEDNESDAY NIGHTS 8PM VOLUNTEERING OPPORTUNITIES INDIVIDUAL OR GROUP LEARNING

YOUTH @ MAGEN AVOT PRESENTS
Q & A
WITH RABBI KENIGSBERG

Come with your trickiest questions and queries!
Wednesday 3rd February | 8:00 PM
Via Zoom

Looking for Support?

If you are experiencing any type of emotional distress and need **someone to talk to**, please give Raphael a call.

Our counsellors can help people with many different **issues**, including:

- Depression or anxiety
- Illness or bereavement
- Relationship difficulties
- Family breakdowns
- Panic attacks or eating disorders
- Low confidence or self-esteem
- Issues concerning sexuality and sexual or gender identity
- Post traumatic stress - including the long term effects of the Holocaust

Raphael guarantees to provide a safe, welcoming, non-judgmental and **confidential** environment in which you can privately discuss your individual issues.

Following your initial contact, you will be offered an **assessment** and will then be referred to a Raphael counsellor, if appropriate. Please note that not all assessments lead to referral to a counsellor. However, if you are not referred to a Raphael counsellor, you will be advised about alternative help.

Fees will be assessed at a level **manageable** to you.

THE JEWISH COUNSELLING SERVICE
Raphael

0800 234 6236

info@raphaeljewishcounselling.org
www.raphaeljewishcounselling.org
P.O.Box 172, Stanmore HA7 3WB

Registered Charity No: 1164313



Patrons:

Rabbi Laura Janner-Klausner
REFORM JUDAISM

Chief Rabbi Ephraim Elimelech
ORTHODOX JUDAISM

Rabbi Joseph Owech
THE SC-HARDI COMMUNITY

THE JEWISH COUNSELLING SERVICE
Raphael



The Jewish community's network for anyone looking for emotional support

0800 234 6236

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Interactive Talmud

Introduction to Tractate Pesachim

With Karen Miller Jackson

Explore Talmud as a book of Jewish law, literature and thought. We will focus on methodology including skill-building, structure and history of the Rabbinic period. Topics include: the Seder, kiddush, havdalah, education and gratitude. No previous experience necessary.



Karen Miller Jackson is the creator of **#PowerParsha** (a brief dvar Torah disseminated weekly via social media), host of the Eden Center podcast *'Building Ourselves through the Parsha'* and founder of *Kivun I'Sherut*, a guidance program for religious girls before shervit leumi or army service. She holds an MA in midrash and Talmud from New York University and has studied at Matan, Midreshet Lindenbaum and Drisha. Previously she has developed curriculum at Lookstein Virtual. Her writing can be found at karenmillerjackson.com

lsjsadmin@lsjs.ac.uk 020 8203 2427

COURSE SESSIONS

Start: 3 February
Day: Wednesday
Duration: 7 weeks
Time: 7:45-9pm

BOOK YOUR PLACE

Per session: £10
Bookings can be made through the LSJS website
www.lsjs.ac.uk



Magen Avot

LSJS
London School of Jewish Studies

Why Raphael

Increasing numbers of people suffer from **depression**, low self-esteem, relationship difficulties and other kinds of emotional distress. Mental health has never been higher on the agenda and latest figures show that one in three British adults seek some type of counselling support.

Raphael's team of trained counsellors helps individuals and couples **cope** with the stresses and strains of modern life. Raphael's team has been providing counselling services to Britain's Jewish community for over 40 years.

As the only broad-based Jewish counselling service, Raphael draws support and patronage from every sector of the **community**. As a registered charity, we strive to keep the cost of our counselling services down, even offering concessions where individual circumstances apply, so that support is always **available** wherever it is needed.

Raphael is a member of the **British Association for Counselling and Psychotherapy** and all our counsellors are bound by the BACP's Ethical Framework for Counselling Practice.

All Raphael's counsellors are Jewish which means they are especially attuned to the concerns of **Jewish people**. However Raphael is not restricted to any particular sector of the Jewish community and can offer counselling to members of the community who are not Jewish.

The name Raphael derives from the **'Angel of Healing'** while the King David's harp featured in our logo was, in biblical times, associated with soothing troubled souls.

Able to OFFER Support?

Raphael welcomes applications from qualified **Counsellors** or trainees at an advanced stage who are prepared to offer their services and/or are seeking a placement.

info@raphaeljewishcounselling.org

Raphael would also be delighted to hear from any individual or organisation who can help either by **raising funds** or **sponsoring** client sessions. Raphael is funded entirely by the voluntary sector, which means we rely on donations to deliver our essential services to the community.

friends@raphaeljewishcounselling.org

Raphael