



Shabbat 6 February 2021 | 24 Shevat 5781 (Shabbat Mevarchim)

Parashat Yitro 5781 / פרשת יתרו

Friday Chabura	שבת Starts	שבת Shacharit	Sof Zman Kriat Shema	שבת Mincha	שבת Ends	Zoom Havdala	Horim V'Yeladim	Sunday Shacharit
8.40AM	4.42PM	9.30AM	9.53AM	4.48PM	5.48PM	6.30PM	6.45PM	8.20AM

## Friday

Magen Avot

## Parasha Chabura

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

The Chabura for Parashat Yitro will be given by **Darren Abrahams** 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](https://tinyurl.com/MagenAvotZoom) or ID: 876-0991-2998 with password Magen1948

## Shabbat

The Molad will be on Friday 12 February at 6.19pm and 4 chalakim. Actual Rosh Chodesh days are Friday 12 and Shabbat 13 February (Bayom Hashishi U'bayom Shabbat Kodesh).

ראש חודש אדר יהיה ביום הששי וביום שבת  
קודש הבא עלינו ועל כל ישראל לטובה:

## Motzei Shabbat

Join the Communal Havdalah at **6.30pm** at the following link: <https://us02web.zoom.us/j/86342908387> | **863 4290 8387**

Horim V'Yeladim continues this week with another Kahoot Quiz at **6.45pm**: <http://tinyurl.com/MagenAvotZoom>.

### Attendees



### Kahoot Results



## Sunday

"Meet MA!" takes place this **Sunday** at **8.00pm**. This month Julian Pollard will be interviewing **Linda Wolffe**. Join us on zoom at the usual link: <http://tinyurl.com/MagenAvotZoom>.

## Wednesday

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

## Purim

Purim is three weeks away and we are finalising our plans, bearing in mind the rapidly changing nature of the situation with the pandemic. Full details will be released next week regarding what Magen Avot will have on offer and how all the mitzvot of Purim can be fulfilled in a Covid-secure manner.

## 3-T 2.0 – Uyghur Campaign

Our Uyghur campaign continues! Please visit our website at the following link: <https://tinyurl.com/y5sqhfre>.

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

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

Dear Debbie, Joy Kay and the Magen Avot Synagogue.

I would like to take this opportunity to thank you and your friends for so kindly providing our staff with delicious bakery items. We are incredibly grateful for your support.

These past ten months have brought unprecedented challenges for Whittington Health, but the generosity of our local community has played a critical role in supporting the welfare of our staff and patients.

Your support has boosted morale and energy levels, helping our staff to cope with the pressures of this latest wave of the pandemic. It has been a pleasure to see exhausted expressions in staff rooms transform into ones of happiness and gratitude as a tray of food arrives.

Many thanks also to Hendon Bagel for providing and delivering.

Thank you again for your support.

Yours sincerely,

Kate Cormican  
Whittington Hospital

## 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](mailto:rabbi@magenavot.com)) or Cecil Taitz ([treasurer@magenavot.com](mailto:treasurer@magenavot.com)), in complete confidence.

## Mental Health First Aid Course

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/y6vakofu>.

## Sunday 14 February

A TED Talk hosted by Esther Bentley on Sunday 14 February will feature: "Dr Edith Eva Eger: The journey of grieving, feeling and healing". Please see the following short video in advance of the event: <https://tinyurl.com/y2qr76xw>. Joining details will be circulated next week.

## Yahrzeits


Members observing Yahrzeit during the forthcoming week

08/02/2021	26 Shevat 5781	Simon Leigh	Mother
11/02/2021	29 Shevat 5781	Eileen Brookes	Mother

We wish them and their families a Chayim Aruchim



**WOMEN ONLY**



# 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.

**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](http://www.lsjs.ac.uk)




Magen Avot



London School of Jewish Studies

Use discount code **MAGENAVOT5** to receive **50% off** your booking.



**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 l'Sherut, a guidance program for religious girls before sherut 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](http://karenmillerjackson.com)

[lsjsadmin@lsjs.ac.uk](mailto:lsjsadmin@lsjs.ac.uk) 020 8203 2427

**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](http://tinyurl.com/MAPesachim).

**SIGN UP TODAY!**

**Jami**  
The Mental Health Service for our Community

**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@jami.com](mailto:jami.qwell@jami.com)

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

**tribe**  
Celebrating 30 years The Tribe

Celebrate Purim 2021 with the United Synagogue's

# PURIM IN A BOX

INSIDE THE BOX, EVERYTHING YOU WILL NEED TO MAKE YOUR OWN FESTIVE BREAKFAST SEUDAH (MEAL)

**BUY**  
a box for your own festive Purim Seudah (Meal)

**GIFT**  
a box as Mishloach Manot (Sending gifts)

**DONATE**  
for Matanot L'evyonim (Gifts to those in need)

For more info and to purchase visit  
[www.theus.org.uk/purimbox](http://www.theus.org.uk/purimbox)

**Magen Avot**

## Magen Avot Pulling Together

To beat COVID-19

During these uncertain times, a caring community is more important than ever.

The Magen Avot Chesed Committee has had countless offers from members of the community who are very eager to help anyone who needs assistance.

**If you need:**

- Help with groceries -
- Medicine or other supplies -
- Just someone to talk to -
- Or anything at all -

**PLEASE contact**  
Rebbetzen Sarah Kenigsberg  
07521 500 298  
[rebnetzen@magenavot.com](mailto:rebnetzen@magenavot.com)

[MagenAvot.com](http://MagenAvot.com) [facebook.com/MagenAvot](https://facebook.com/MagenAvot) [@MagenAvot](https://twitter.com/MagenAvot)



We continue our weekday events online. Please join our **Community WhatsApp group** by scanning the QR Code opposite using your mobile phone WhatsApp camera. We share details of events along with up to date joining details and links for instant access.