












Shabbat 24 July 2021 | 15 Av 5781 (Shabbat Nachamu and Tu B'Av)

פרשת וַאֲחֵנָחַן 5781 / Parashat Vaetchanan

Friday Mincha	Light From	שבת Starts	Sof Zman Kriat Shema	שבת Chabura	שבת Shacharit	שבת Mincha	שבת Ends	Sunday Shacharit
 7.15PM	 7.24PM	 8.48PM	 9.09AM	 9.15AM	 9.30AM	 9.00PM	 10.00PM	 8.20AM

## Shabbat 24 July

Book seats for Shabbat: <https://tinyurl.com/MABookSeats>.

Sof Zman Kriat Shema is until **9.04am** and this week's Shabbat Chabura at **9.15am** will be given by **Joey Katz**. Please note that after this week the Chabura will be on break for the summer and will return at the end of August.

**Magen Minis and Maxis and Y@MA** is on summer break.

We are looking to create a third children's service (Magen Midis) which will cater for children from year 1 until the end of year 3. If you or your teenager is interested in running this, please be in touch with Patti Adler on 07507 304 903.

Leining: **Rafi Berke** (one year Bar Mitzvah anniversary).

Rafi Berke is delighted to celebrate his one-year Bar Mitzvah anniversary with the Magen Avot community. Welcome to family and friends who are joining us. Rabbi Kenigsberg will speak and make a presentation to Rafi. There will be takeaway Kiddush bags distributed at the end (one per family).

**Rabbi Kenigsberg** will give shiur after Mincha.

## Sunday 25 July

Y@MA BBQ at the Kenigsberg's this Sunday. Sign up at <https://tinyurl.com/yym7ct2z> and pay online (£4) as follows: Account name: Magen Avot - US, Account number: 60217278, Sort code: 60 80 07. Ref: [Your Name] Y@MA BBQ.

## Holiday Period

Please note that Family Kenigsberg will be away over the next two weeks. Rabbi Kenigsberg will still be available for any urgent needs or questions by WhatsApp on 07891 988 201.

## HaMagen

We are looking for contributions for the next HaMagen magazine. Please email Julian Pollard with your suggestions: [hamagen@magenavot.com](mailto:hamagen@magenavot.com).

## The Tanach Project

The Tanach Project (<https://tinyurl.com/tanachprogramme>) recordings are shared on our Whatsapp group every Tuesday.

## Quicklinks for Previous OnlineEvents

Muslim Uyghurs Conference: <https://theus.tv/timeforaction>

Israeli Ambassador Event: <https://youtu.be/8Hriimw84Ks>.

Tisha B'Av - Rabbi Taragin: <https://youtu.be/s-buNwC1AQE>

## Next Shabbat

On **Shabbat 31 July at 6.30pm** we are hosting Gila Fine for a shiur on: "He Who Causes Me Suffering: The Death and Rebirth of Rav. What caused the political feud between the rabbis of Israel and Babylon?" at the home of Family Katz (45 Brampton Grove). Book here: <https://tinyurl.com/y4f7cvsu>.

Gila Fine is chief editor of Maggid Books. She is also a teacher of Aggada, exploring the tales of the Talmud through philosophy, literary criticism, psychoanalysis, and pop-culture. Gila is faculty member at the Pardes Institute of Jewish Studies, the Nachshon Project, and Amudim Seminary, and has taught thousands at conferences and communities across the Jewish world. Haaretz has called her "a young woman on her way to becoming one of the more outstanding Jewish thinkers of the next generation."

## Yahrzeits

24/07/2021	15 Av 5781	Sarah Josephs	Mother-in-law
26/07/2021	17 Av 5781	Mel Kay	Mother
29/07/2021	20 Av 5781	Merle Gutkin	Mother
29/07/2021	20 Av 5781	Jack White	Father

## Mazal Tov!

Mazal Tov to Rafi Berke on his one-year Bar Mitzvah anniversary being celebrated this Shabbat. Mazal Tov also to parents Shelley and David Berke and the whole family.

## Message from the Chairman and Rabbi

This week marked the beginning of stage 4 of the Government's Covid roadmap, with the majority of legal requirements for social distancing having come to an end on July 19. Nonetheless, we are all too aware that we are currently in the midst of a third wave, as cases continue to climb, and severe illnesses and hospitalisations are on the rise too (albeit thankfully at a much lower rate than in previous waves). Our guidelines for shul services in the weeks ahead therefore reflect this reality. Whilst we are all eager for a return to completely "normal" shul life as quickly as possible, we need to proceed gradually and with caution. As the Chief Medical Officer and others have made clear, an end to legal requirements of distancing does not indicate an end to the pandemic, and a level of caution, particularly in enclosed spaces, remains a sensible and responsible course of action. It has been wonderful to welcome so many people back to shul in recent weeks and months, some after prolonged absences, and we trust that all will play their part in ensuring that the shul environment remains one in which all who wish to do so feel comfortable to attend. These guidelines have been formulated based on government and US guidance and expert medical opinion. As the situation is constantly changing, they will be kept under regular review, and all will be informed as and when changes occur.

- Spacing between households will be reduced from 2m to 1m
- Doors/windows will be opened to provide max air flow
- Encourage face masks indoors particularly for singing
- All required to use hand sanitizer upon entry/exit from shul
- Communal Siddurim/Chumashim are available for use for those who do not wish to bring their own – please use hand sanitizer before taking and upon returning them
- The procedure for Aliyot remains unchanged at present
- Anyone currently ill with Covid, experiencing symptoms or otherwise required to self-isolate should not attend.

We thank everyone for your patience and understanding over the past year, for your continued support and co-operation and we look forward to (continuing to) see you in shul!

## Yamim Noraim – Book ASAP!

With Tisha B'Av behind us we are now ready to take bookings for Yamim Noraim. We are pleased to confirm that services will be once again held in a large outdoor marquee in the playground behind Od Yosef Hai. Subject to prevailing rules at the time, we anticipate that singing will be possible. Members of Magen Avot are eligible to apply for seats free of charge. Seats are also available for children of members under the age of 18 for a contribution of £18 per seat. Non-members are able to purchase seats at the cost of £100 for adults and £30 for children (under 18). Please note that unfortunately we're not able to accept charity cheques. Both members and non-members should submit their booking straight away. However, in order to give priority to members, we will be allocating seats first to members who have applied by 13th August 2021. Any remaining seats will then be allocated to non-members who have applied before that date on a first-come first-served basis. We will of course make every effort to accommodate everyone who applies before the deadline as we have in previous years. Important note: members and non-members who apply after 13th August 2021 will not be allocated fixed seats but, space permitting, will be welcome to use an area of non-reserved seating on a first-come first-served basis. If you would like to discuss any financial matter in strict confidence please contact Cecil Taitz whose email address is [treasurer@magenavot.com](mailto:treasurer@magenavot.com). Please use our online booking form to submit your booking. Wishing everyone a ketiva vechatima tova. <https://tinyurl.com/capd43jt>

# Your Mental Health First Aiders are



*Rabbi Kenigsberg*



*Joy Kay*



*Anouk Abrahams*



*David Berke*



*Patti Adler*



There are plenty of different types of support out there, and a Mental Health First Aider can help you access them.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health First Aid at Magen Avot please contact one of our first aiders above.