



Shabbat 21 August 2021 | 13 Ellul 5781

Parashat Ki Teitzei 5781 / פרשת כִּי־תֵצֵא

Light From	Friday Mincha	שבת Starts	Sof Zman Kriat Shema	שבת Chabura	שבת Shacharit	שבת Mincha	שבת Ends	Sunday Shacharit
 6.44PM	 7.15PM	 7.59PM	 9.29AM	 ON BREAK	 9.30AM	 8.02PM	 9.02PM	 8.20AM

Shabbat 21 August

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

Sof Zman Kriat Shema is until **9.29am**.

The **Shabbat Chabura** is 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 one until the end of year three. If you or your teenager is interested in running this, please be in touch with Patti Adler on 07507 304 903.

Leining: **Shimon Levy**

To mark the birth of their baby girl, Liat and Barak Seener will be sponsoring a takeaway Kiddush with Kiddush bags after services for people to take home.

Rabbi Kenigsberg will give shiur after Mincha.

Motzei Shabbat 28 August



Magen Avot is proud to present "Midnight Selichot" again led by Chief Rabbi Ephraim Mirvis on **Motzei Shabbat 28 August** in the Od Yosef Hai Banqueting Hall.

Doors will open at **11.00pm**. Service commences at **11.30pm** with a welcome and Dvar Torah by **Rabbi Kenigsberg** followed by an address by **Chief Rabbi Ephraim Mirvis**.

Selichot will be at **11.45pm** will conclude no later than **12.45am**. Due to the popularity of this event, we ask that participants please bring their own copy of Selichot.

Supported by



MIZRACHI
UNITED KINGDOM

Mazal Tov!

Mazal Tov to Liat and Barak Seener on the birth of a baby girl.

HaMagen


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

Membership

Visit <https://magenavot.com/membership> where you will find a printable membership form which can be returned to us. For further details speak to Cecil Taitz.

The Tanach Project

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



The Tanach Project

A new communal learning project by Magen Avot

Covering both familiar and less familiar parts of Tanach

Learn at your own pace and share ideas with the community

- Covering the period between Shavuot and Simchat Torah
- Bitesize weekly TanachCasts from members of the community and international speakers
- Culminating in a dedicated Tanach Day of Learning in 5782

Sign up at: tinyurl.com/tanachprogramme
Please sign up ASAP

Yahrzeits

The following members are observing Yahrzeit during the forthcoming week

22 August 2021	14 Ellul 5781	Nina Herman	Husband
22 August 2021	14 Ellul 5781	Richard Herman	Father
27 August 2021	19 Ellul 5781	Joy Kay	Mother

We wish our members and their families a Chayim Aruchim

Your Mental Health First Aiders are



Rabbi Kenigsberg
07891 988 201



Anouk Abrahams
07459 862 215



David Berke
07854 933 325



Patti Adler
07507 304 903



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.