



Shabbat 11 December 2021 | 7 Tevet 5782

Parashat Vayigash 5782 / פרשת ויגש

Light From	Friday Mincha	שבת Starts	שבת Chabura	שבת Shacharit	Sof Zman Kriat Shema	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday Shacharit
3.02PM	3.35PM	3.37PM	9.15AM	9.30AM	9.54AM	3.45PM	4.45PM	5.40PM	8.20AM

### Covid-19 Update

Please note that with the changing guidance from the government we will be advising attendees to wear a face mask in Shul unless you have an exemption.

### Friday 10 December

This Shabbat we will again provide copies of the latest Chanukah edition of HaMagen (Issue 4) for each member to take home (one per membership/family). Please feel free to pick up a copy from Shul. If you are unable to attend Shul, then copies are available from Family Maurer (13 Tenterden Drive).

### Shabbat 11 December

**Shabbat Chabura:** Baruch Zekaria

**Magen Minis and Maxis at 10.45am.**

**Y@MA** after silent Mussaf Amidah with Sophie Harris.

**Leining:** Shimon Levy

The kiddush is kindly sponsored by **Nadine and Adam Kay** in honour of the new chocolate rugelach supplier!

Please be aware we are providing challah rolls for washing as time for the third meal is rather tight during the winter.

**Pre-Mussaf Drasha:** Rabbi Kenigsberg

**Post-Mincha Shiur:** Rabbi Kenigsberg

### Motzei Shabbat 4 December

Horim V'Yeladim (learning for parents and children) continues this Motzei Shabbat at **5.40pm**. This session is kindly sponsored by **Nadine and Adam Kay**. To sponsor a future session please email [info@magenavot.com](mailto:info@magenavot.com) or speak to the organisers (Patti or Elkan Adler) on Motzei Shabbat.

### Tuesday 14 December

The Fast of Tevet (Asara B'Tevet) takes place this Tuesday 14 December from **6.09am** and ends at **4.40pm**.

Tenth of Tevet (Hebrew: עשרה בטבת, Asarah BeTevet), the tenth day of the Hebrew month of Tevet, is a minor fast day in Judaism. The fast commemorates the siege of Jerusalem by Nebuchadnezzar II of Babylonia. Like other minor fasts, Asara B'Tevet begins at dawn and ends at nightfall.

## עשרה בטבת 10 Tevet

On the 10th of Tevet in the Hebrew year 3336 (425 BCE), the army of Babylonian emperor Nebuchadnezzar surrounded **Jerusalem's** stone walls and laid **siege** on the city. This was the beginning of the **end of the first Beit Hamikdash**.



### Upcoming Event: Holocaust Gallery Tour

On **Sunday 16 January** prior to Holocaust Memorial Day (HMD) we are planning a visit to The Holocaust Galleries at the IWM. We will be releasing booking details shortly. The plan is for us to all meet there at **11.30am**. In the meantime, please see the following link for further details: <https://tinyurl.com/MAiwm>.

### Sponsorship

Sponsorship is an important source of funds that allow various activities in Shul. Details of all booked sponsorships are on our website at [www.magenavot.com](http://www.magenavot.com) and please email [info@magenavot.com](mailto:info@magenavot.com) to reserve a Munchies, Y@MA, Horim V'Yeladim, breakfast club or Kiddush to mark an occasion or just to give thanks to the community.

### Chesed, Tzedek and Mishpat

Unfortunately, due to political reasons, Magen Avot is unable to further progress action on behalf of the Uyghurs. Please recall however that there is plenty of information and suggestions for further action within the presentations at the Conference we organised in the Summer here: <https://theus.tv/timeforaction>. As Chesed, Tzedek and Mishpat action is at the heart of Magen Avot, we would like to consider working towards a cause to highlight and assist cases of modern slavery and human trafficking in the UK. Should you like to be involved, please contact us at [info@magenavot.com](mailto:info@magenavot.com) or speak to one of the Gabbaim/the Exec.

### Gift Certificate



### Yahrzeits

The following people are observing Yahrzeit during the forthcoming week

14/12/2021	10 Tevet 5782	Aharon Balkin	Mother
14/12/2021	10 Tevet 5782	Paul Nisner	Father
15/12/2021	11 Tevet 5782	Shirley Gamsu	Mother
17/12/2021	13 Tevet 5782	Deborah Barnett	Father
17/12/2021	13 Tevet 5782	David Cooper	Son

We wish them and their families a Chayim Aruchim



Magen Avot



# melave malka

**Mental Health Awareness Shabbat | 8 January 2022, 8pm**



## **Jonny Benjamin MBE:**

**The Journey to Hope, Recovery, and Beyond**

Jonny will share his lifelong journey with mental illness - a moving story proving that we can all overcome life's adversity. Jonny's father Michael will then speak about the experience of mental illness upon family members.

There will be a chance to interact and ask questions to both Jonny and his Dad during the session.

**Jonny is an award-winning mental health campaigner, film producer, public speaker, writer and vlogger.** His 2014 viral social media campaign with Rethink Mental Illness led to him becoming a prominent spokesperson on the subject of suicide. In 2016 he launched the ThinkWell mental health programme for schools, and most recently, has set up mental health charity Beyond supporting young people around the country.

Dinner will be provided

This event is free to attend and all are welcome

Booking is essential, register at: [tinyurl.com/mamentalhealth2021](https://tinyurl.com/mamentalhealth2021)

**JAMI MENTAL HEALTH  
AWARENESS SHABBAT**

**Jami**

The Mental Health Service for our Community