



Shabbat 25 December 2021 | 21 Tevet 5782

Parashat Shemot 5782 / פרשת שמות

Light From	Friday Mincha	שבת Starts	שבת Chabura	שבת Shacharit	Sof Zman Kriat Shema	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday Shacharit
3.06PM	3.40PM	3.40PM	9.15AM	9.30AM	10.02AM	3.50PM	4.50PM	5.45PM	8.20AM

Mazal Tov!

Mazal Tov to Linda and Laurence Lovat together with Lindsay Simmonds and Jeremy Rosten who are delighted to announce the birth of a grandson, a son to Adina and Shaul Rosten.

Mazal Tov to Liora and Derek Diamond on the birth of a granddaughter, a daughter to Ilana and Yehuda Igbi.

Shabbat 25 December

Please note that the Rabbi is now away for two weeks. For emergencies the Rabbi can still be reached by phone or WhatsApp on 07891 988 201.

Shabbat Chabura: Norman Gutkin

Magen Minis, Maxis and Y@MA are on winter break and will return on 8 January.

Leining: Joel Van Messel

The kiddush this week is kindly sponsored by **Yael Ehreich** on the occasion of her birthday. The whiskies of the week are sponsored by Henry Ehreich.

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 and Post-Mincha Shiur with Rabbi Jack Cohen. Rabbi Cohen is the Associate Rabbi at Hampstead Synagogue. He studied in Yeshivat Har Etzion and received Smicha from both Rav Rimon (Mizrachi) and Rav Zalman Nechemia Goldberg zt'l. He has a degree in Philosophy from UCL and currently lives in Cricklewood with his wife and 2 sons.

Motzei Shabbat 25 December

Horim V'Yeladim (learning for parents and children) continues this Motzei Shabbat at **5.45pm**. This week's session is kindly sponsored by **Family David**.

Upcoming Event: Mental Health Awareness Shabbat

Book to come hear Jonny Benjamin MBE at the end of a Shabbat we have set aside to help bring awareness to the subject of Mental Health. Booking for this event (<https://tinyurl.com/mamentalhealth2021>) is required but tickets are free and refreshments will be included.

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**. Please see the following link for further details: <https://tinyurl.com/MAiwm>.

Upcoming Event: Eshet Chayil Shabbat



Ruth Ehreich is this year's honoured Eshet Chayil. We plan to run this event (Covid restrictions permitting) on Parashat Mishpatim/Shabbat Mevarchim on the **29th of January 2022**.

Upcoming Event: 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.

This event is free to attend and all are welcome
Booking is essential, register at: tinyurl.com/mamentalhealth2021

JAMI MENTAL HEALTH AWARENESS SHABBAT | Jami The Mental Health Service for our Community

Volunteers Required

Very rewarding work. No pay.

Paperweight is the citizens advice bureau for the Jewish community. We help people who are struggling with legal, financial or administrative issues.

At the heart of our service are our caseworkers, who are all volunteers, who bring their skills and professional expertise to help people. The difference they make can be absolutely transformative, helping people find a path out of situations where they have previously felt overwhelmed and alone.

We are particularly looking for volunteer caseworkers with a good working knowledge of welfare benefits, housing or family law. We also want to add to our developing Paperlite Team, who visit clients at home and help them manage their paperwork.

And it's not just the client's life that is changed. Our caseworkers tell us that this is some of the most rewarding work they have ever done.

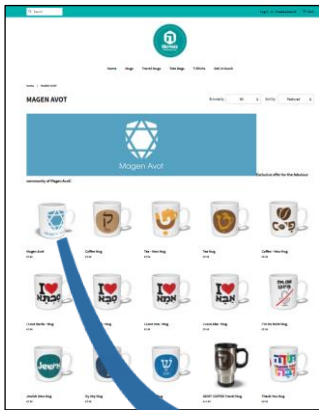
Find out more at paperweight.org.uk/caseworkers

paperweight
Don't get overwhelmed, get help.

paperweight.org.uk

If you would like to virtually attend the BoD 2021 Limmud Programme, then you can do so by clicking here: <https://events.limmud.org/limmud-festival-2021/apply/>

Don't forget to get your exclusive "Mugen Avot" mug as advertised on our fourth edition of our Shul magazine HaMagen. Go to <https://hermieshop.co.uk/collections/ma> and quote **MA25** at the checkout to claim an exclusive 25% discount on the mug. Offers ends at the end of the year so getting clicking!



EXCLUSIVE OFFERS FOR MAGEN AVOT

25% OFF
REG. PRICE £8.99
ONLY £6.74 EACH
+P&P
Quote MA25 at checkout to claim your 25% discount.




BUY NOW from
hermieshop.co.uk/collections/ma

Quote MA25 at checkout to claim your exclusive 25% discount.
25% discount applies to mugs only. Offer ends at 11.59pm on 31st December 2021.















Magen Avot

Two Week Winter Special 2 of 2

Location: Nancy Reuben School Hall



Shabbat 1 January 2022 28 Tevet 5782 (Shabbat Mevarchim)						Parashat Vaera / פָּרַשַׁת וַאֲרָא			
Light From	Friday Mincha	שבת Starts	שבת Chabura	שבת Shacharit	Sof Zman Kriat Shema	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday Shacharit
 3.11PM	 3.45PM	 3.46PM	 9.15AM	 9.30AM	 10.04AM	 3.56PM	 4.56PM	 5.50PM	 8.20AM

Shabbat 1 January

Please note that the Rabbi is now away for another week. For emergencies the Rabbi can still be reached by phone or WhatsApp on 07891 988 201.

Shabbat Chabura: Dan Artman

Magen Minis, Maxis and Y@MA are on winter break and will return on 8 January.

Leining: Dan Artman

Motzei Shabbat 1 January

Horim V'Yeladim (learning for parents and children) continues this Motzei Shabbat at **5.50pm**. This week's session is kindly sponsored by Family Abeles.

Shabbat Mevarchim

Rosh Chodesh Shevat yiheye beyom sheini haba aleinu v'al kol yisroel letovah.

**ראש חודש שבט יהיה ביום שני
הבא עלינו ועל כל ישראל לטובה:**

The Molad will take place on Monday 3 January at 2.23am and 15 chalakim.

**המולד יהיה יום שני, עשרים ושלוש דקות
וחמישה עשר חלקים אחרי שתים בבוקר.**