













Shabbat 1 January 2022 | 28 Tevet 5782 (Shabbat Mevarchim)

Parashat Vaera / פְּרַשְׁת וְאֵרָא

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

### IMPORTANT COVID UPDATE

Attendees must wear a face mask in Shul unless you have an exemption. We are also advising that if you are able to do a lateral flow test (LFT) before attending Shul please do so. If you are recovering from Covid then two negative LFTs (24 hours apart) are required after the isolation period before attending.

### 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

The Kiddush this week is kindly sponsored by **Netanel and Yael Lorenzi** on the occasion of Yael's birthday. Mazal Tov! The Whiskies of the week will be a Deanston Kentucky Cask and a Talisker Skye.

The shiur between Mincha and Maariv will be given by **Rabbi Martin Taubman**.

### 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**.

### 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>.

### Yahrzeits

The following members are observing Yahrzeit during the forthcoming week

03/01/2022	1 Shevat 5782	Simon Bentley	Father
05/01/2022	3 Shevat 5782	Joan Pollard	Mother
06/01/2022	4 Shevat 5782	Michael Roodyn	Mother
07/01/2022	5 Shevat 5782	David Ruben	Uncle

We wish them and their families a Chayim Aruchim

### Shabbat Mevarchim

Rosh Chodesh Shevat yiheyey 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 שתיים בבוקר.

### Shiva Notice

We regret to inform you that our dear member Neville Gamsu passed away last Wednesday. The Levaya took place on Thursday at Bushey New Jewish Cemetery. Here is the sign-up link for the shiva: <https://tinyurl.com/yckjet33>. All those attending must wear a mask and have a negative lateral flow test. There is a meal rota here: <https://www.TakeThemAMeal.com/HRGK8624>. We wish the whole family 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



The Mental Health Service for our Community