













Shabbat 8 January 2022 | 6 Shevat 5782 (Mental Health Awareness Shabbat)

Parashat Bo 5782 / פרשת בא

Light From	שבת Starts	Friday Mincha	שבת Chabura	שבת Shacharit	Sof Zman Kriat Shema	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday Shacharit
 3.19PM	 3.54PM	 3.55PM	 9.15AM	 9.30AM	 10.05AM	 4.04PM	 5.04PM	 6.00PM	 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.

Mazal Tov!

Mazal Tov to Angela and Mike Abrahams on the birth of a grandson, a son for Estie and Gaby Bergin. Mazal Tov also to Gwen and Simon Bergin and the whole family!

Shabbat 8 January

Shabbat Chabura: Daniel Ehreich

Magen Minis, Maxis at the usual times of **10.45am Y@MA** after silent Mussaf Amidah with **Sophie Harris**.

Leining: Shimon Levy

The Kiddush this week is sponsored by **Darren and Anouk Abrahams** on the occasion of Fay's half birthday. Mazal!

Rabbi Kenigsberg will be speaking before Mussaf on the topic of: **"Confronting Abuse in the Jewish Community"**.

Rabbi Kenigsberg will be speaking after Mincha on the topic of: **"Mental Health in Halacha"**.

Motzei Shabbat 8 January

Horim V'Yeladim continues this Motzei Shabbat at **6.00pm**.

Motzei Shabbat 8 January

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. The event starts at **8.00pm** on Motzei Shabbat. Jonny will share his lifelong journey with mental illness and his father will speak on the impact upon the family. There will be a chance to ask questions to both during the session.

Yahrzeits

08/01/2022	6 Shevat 5782	Charles Pascoe	Father
08/01/2023	6 Shevat 5782	Joan Pollard	Father
10/01/2022	8 Shevat 5782	Golda Gean	Father
11/01/2022	9 Shevat 5782	David Kass	Father

Jackie Roodyn's mother Rita Gleiser has passed away in Israel. Jackie went to Israel for the Levaya and will be back in Edgware for the Shiva. She will be sitting at home at 145 Farm Road, HA8 9LP. She has requested that no more than 6 people visit her at any given time. We have set up a google docs schedule which is shared here: <https://tinyurl.com/bdek8d97>. If you wish to contact Jackie, her number is 07940 322 111. We have set up a meal rota here: <https://tinyurl.com/47hya7vv>. There will be no davening at the Shiva as there are mourners in Israel who are saying Kaddish. We wish the family a Chayim Aruchim.

The stonetting for the late Saul Morris will take place on Sunday 16 January at 12.00pm at Bushey New Cemetery. We wish Emilie and the whole family a Chayim Aruchim.

PROUD TO SUPPORT

JAMI MENTAL HEALTH AWARENESS SHABBAT

7 - 8 JANUARY 2022

www.jamiuk.org/mhas

Jami
The Mental Health Service for our Community

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

Upcoming Event: Eshet Chayil Shabbat

Ruth Ehreich is this year's honoured Eshet Chayil. We still plan to run this event (Covid restrictions permitting) on Parashat Mishpatim/Shabbat Mevarchim on the **29th of January 2022**. The programme will be as follows:-

- There will be a separate women's Kabbalat Shabbat Friday night in the large classroom in the basement at Magen Avot jointly with Alei Tzion from 4.50pm.
- Shabbat Chabura will be given by Mazal Nisner at 9.15am.
- Lady Sacks will say a few words before the Kiddush and the award will then be presented by the Rabbi to Ruth. Ruth will speak for a few minutes and host the Kiddush.
- Shalvie Friedman will give the Shiur after Mincha.

SEE OUR POSTER ON PAGE TWO!

US Women's Shabbat 2022

AMPLIFYING WOMEN'S VOICES

28-29 JANUARY 2022



SHABBAT PROGRAMME

Friday Night @ 4.50pm *Women's Kabbalat Shabbat together with Alei Zion in Magen Avot.*

Shabbat AM @ 9.15am *The Shabbat Morning Chabura will be given by Mazal Nisner.*

Shabbat AM @ ~11.00am *Join us for a special Eshet Chayil ceremony after Mussaf. We are honoured to have Lady Elaine Sacks honouring our Eshet Chayil Ruth Ehreich.*

Shabbat AM @ ~11.15am *Rabbi Kenigsberg will present the "Eshet Chayil Award" to Ruth Ehreich who will speak afterwards. A Kiddush sponsored by Ruth Ehreich will conclude the service.*

Shabbat PM @ ~5.00pm *Shalvie Friedman will give the Shiur after Mincha.*



ADVOCACY | DEMOCRACY | COMMUNITY

The latest BOD report from Julian Pollard for December is on our website and available at the following link:-

<https://tinyurl.com/56w8tuvw>

PROUD TO SUPPORT

JAMI MENTAL HEALTH
AWARENESS SHABBAT

7 - 8 JANUARY 2022

jamiuk.org/mhas

@JamiPeople

@JAMIMentalHealth

@jami_uk

Jami

The Mental Health Service for our Community

Jami's Mental Health Awareness Shabbat is THIS WEEKEND

Join hundreds of shuls, schools and communities participating in the Jami Mental Health Awareness Shabbat this weekend.

Details of our online programme of free events are below, which you can book here: <https://tinyurl.com/2p97wytb>. You will also find our toolkit here: <https://tinyurl.com/yeha4wje> full of ideas to help you mark this special Shabbat.

Thursday 6 January 6.00-7.00pm

Jami Education – Climate Change and Mental Health “Get Together” for ages 18-32

Friday 7 January 2.55pm

United Synagogue’s Kabbalat Shabbat with Rabbi Daniel Epstein of Western Marble Arch Synagogue

Sunday 9 January 7.00-8.00pm

Head Room Community Conversation – Men & Mental Health

Monday 10 January 7.30-8.30pm

A panel conversation about youth mental health co-chaired by Jami and Beyond

Tuesday 11 January 7.30-9.00pm

Jami Education – Digital Wellbeing