



Shabbat 16 July 2022 / 17 Tamuz 5782					Parashat Balak 5782 / פרשת בלק				
Friday Mincha	Light From	שבת	SZ Kriat Shema	שבת Chabura	שבת Shacharit	שבת Mincha	Seuda Shlshit	שבת Ends	Sunday Shacharit
7.15PM	7.31PM	8.57PM	9.04AM	9.15AM	9.30AM	8.35PM	9.00PM	10.15PM	8.20AM

Shabbat 16 July
Chabura: Natan Maurer | **Leining:** Benjy Lovat
 Magen Minis/Maxis at **10.45am** | Last Y@MA at the usual time
 Y@MA will return in September (date to be confirmed)
Pre-Mussaf Drasha: Chief Rabbi Ephraim Mirvis

*Farewell Kiddush
Lunch for
Family Kenigsberg*

The Kiddush/Lunch is sponsored by the Council and Executive of the Shul in honour of our departing Rabbi and Rebbetzen.

SEUDAH SHLISHIT
 WITH SPECIAL GUEST SPEAKER

Free - no need to book!

SHABBAT PARASHAT BALAK
16TH JULY 2022
 Mincha 8.35pm Seudah Shlshit 9.00pm

Guest speaker Rabbi Akiva Tatz
Senior Lecturer at the JLE, Founder and Director of the Jerusalem Medical Ethics Forum, and renowned author of several books on subjects of Jewish thought and philosophy.

Sunday 17 July
 The fast of Tammuz (marking the beginning of the three-week mourning period leading up to Tisha B'Av) will be this Sunday from 2.07am until 10.05pm. Shacharit will be at 8.20am.

IMPERIAL WAR MUSEUM TRIP
18 SEPTEMBER 2022

10.00AM Coach from NRPS
 11.00AM Arrive IWM
 2.00PM Depart IWM
 3.00PM Arrive at NRPS

£15
 INCLUDES COACH AND LUNCH

Yad Vashem UK and Magen Avot Trip to the Imperial War Museum (IWM) is being arranged for 10.00am on Sunday 18 September. Transport will be by coach collection at 10.00am to arrive for 11.00am. Departure will be at 2.00pm to be back by 3.00pm. Book online: <https://tinyurl.com/4vzwmstdk>.

Appointment of Rabbi Yoni and Rebbetzen Dina Golker



On behalf of the Executive, I am delighted to announce that the members of Magen Avot have overwhelmingly voted in favour of the appointment of Rabbi and Rebbetzen Golker as the Rabbinic couple for Magen Avot. The vote was 94% in favour of the appointment. This is clearly a new milestone event for Magen Avot and is critical for the further expansion and development of our community.

We send our congratulations to Rabbi and Rebbetzen Golker and we very much look forward to welcoming them as the rabbinic leaders of Magen Avot and to work with them as we together develop our community and take it to new heights.

I would also like to extend my personal thanks to the Rabbinic Selection Committee, to the Magen Avot Executive and to the Magen Avot Council for all of the time and effort they have expended in the selection and appointment process - it has truly been a huge effort and we are grateful for all of the work they have done.

Simon Bentley, Chairman, Magen Avot

Women Officers of the US



The Women officers meeting last Thursday with Chief Rabbi Ephraim Mirvis and our very own Chaya Langerman!

Yahrzeits

The following members are observing Yahrzeit during the forthcoming week

Tuesday 19 July	20 Tammuz	Shoina Kass	Father
Thursday 21 July	22 Tammuz	Shoina Kass	Mother
Friday 22 July	23 Tammuz	Simon Bentley	Mother
Friday 22 July	23 Tammuz	Cecil Taitz	Father

We wish them and their families Chayim Aruchim

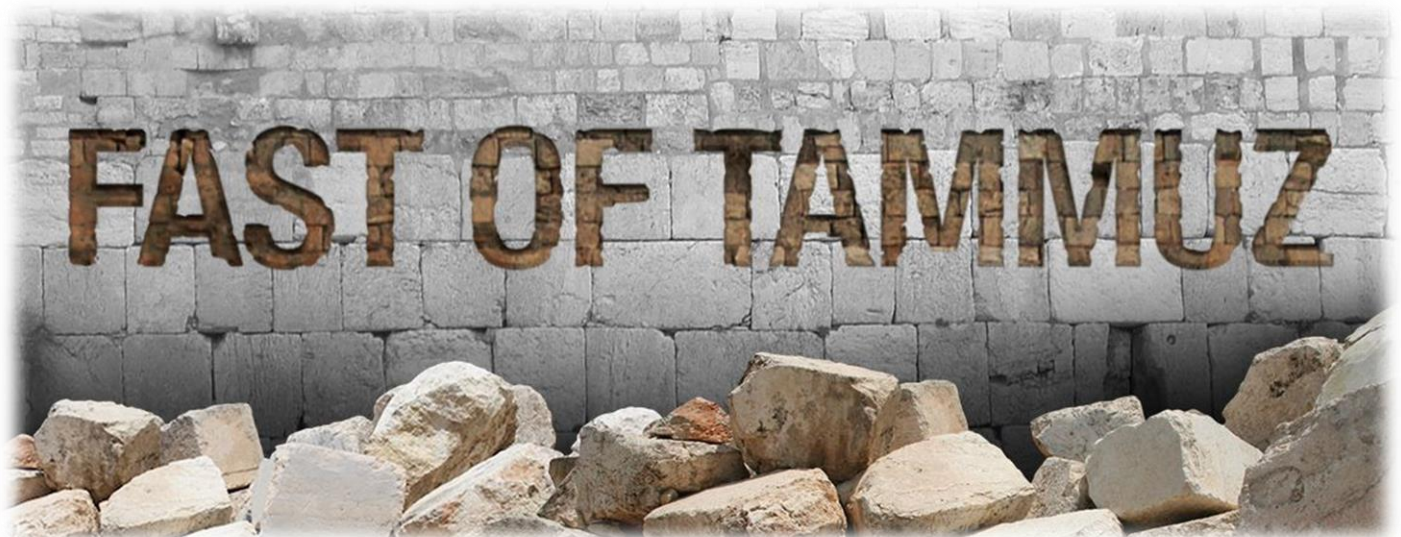


Please see the following statement from the Dayanim of the London Beth Din regarding the Fast of Tammuz:-

The Fast of Tammuz commemorates the breach of the walls of Jerusalem before the destruction of the Second Temple. It also marks the beginning of the three-week mourning period leading up to Tisha B'Av.

Advice for Fasting During a Heatwave:-

As higher than normal temperatures are forecast for the Fast of Tammuz this year (Sunday 17.07.22), particular care should be taken when fasting. Hydration prior to the fast and remaining in cooler areas throughout the day should be prioritised. **Furthermore, anyone feeling unwell or finding themselves dehydrated should not continue fasting.** If anyone has pre-existing health conditions, they should seek medical advice before fasting during a heatwave. This advice applies to Tisha B'Av this year as well. It should be noted that different laws apply regarding Yom Kippur.



FAST BEGINS: 2.07AM
FAST TERMINATES: 10.05PM

If anyone has doubts or further questions as to whether they should be fasting - please feel free to contact **Rabbi Kenigsberg** on **07891 988 201**.

Wishing everyone good health!