

Magen Avot

WELCOME TO OUR NEW RABBINIC COUPLE

We will be welcoming our new Rabbinic Couple Rabbi Yoni and Rebbetzen Dina Golker over Chag.

We look forward to celebrating Succot under our new Rabbinic leadership. Rabbi Yoni will be our Chatan Torah this year. This is an exciting time for Magen Avot's future.

We know that Rabbi & Rebbetzen Golker, supported by our Executive and Council, will help us build, develop, and go from strength to strength.

Chag Sameach Simon Bentley Chairman, Magen Avot



סוּכּוֹת Succot 2022 / 5783 סוּכּוֹת

Erev Succot (Sunday)		Succot – First Day (Monday)			Succot – Second Day (Tuesday)			Chol Hamoed (W-Fri)		
Lighting	Mincha	Shacharit	Min/Mrv	Lighting	Shacharit	Mincha	Shiur	YT Ends	Shacharit	Min/Mrv
5.12PM	6.05PM	9.30AM	6.05PM	7.05PM	9.30AM	6.03PM	<u>م</u> ~6.25PM	7.03PM	(J) TBC	

Other Information

- 1. Lighting first night from 5.12pm until 6.06pm
- 2. Kiddush from 7.01pm (nightfall)
- 3. No work for the second day should be done before nightfall
- 4. Candle lighting second night at nightfall from **7.05pm**
- 4. Tashlich may be done even until Hoshana Rabba
- 5. Y@MA will meet on second day Yom Tov

Leining and Kiddushim for First Days Succot

- Succot 1 Leining: Dan Artman
- Day 1 Kiddush: There will be no Kiddushim over Succot due
- to there being no available succah on site this year.
- Succot 2 Leining: Dan Artman
- Day 2 Kiddush: There will be no Kiddushim over Succot due

to there being no available succah on site this year.

Simchat Beit Hashoeva

On Thursday 13 October there will be a Simchat Beit Hashoeva for the whole community with Divrei Torah, singing, ruach, drinks and refreshments for body and soul in the home of and catered by Family Adler 33 Rowsley Avenue from **8.30pm**. If you play an instrument please bring it along. Also please bring your own bottle! No need to book. We look forward to welcoming everyone to this annual event.

Yahrzeits								
13/10/2022	18 Tishri 5783	Ari Goldberg	Father					
13/10/2022	18 Tishri 5783	David Marks	Mother					
14/10/2022	19 Tishri 5783	Ashley Katz	Father					
20/10/2022	25 Tishri 5783	David Kass	Son					
We wish them and their families Chayim Aruchim								

Chattanim Announcement

Mazal Tov to this year's Chattanim Rabbi Yoni Golker (Chatan Torah) and Richard Herman (Chatan Bereishit). We wish them and their families a hearty Mazal Tov and look forward to celebrating with them on Simchat Torah!

Arba Minim Sale @ MA

Contact Yaacov Wolf directly to place orders or for questions on: 07843 166 300 or email: shukarbaminim@gmail.com.

Yomim Noraim Thanks

Thanks to those who led and participated in services over the Yomim Noraim. Specifically, Rabbi Dr Rafi Zarum who inspired with his words throughout the days. Special mention and thanks also to Chief Rabbi Ephraim Mirvis who spent time with us and also addressed the community.

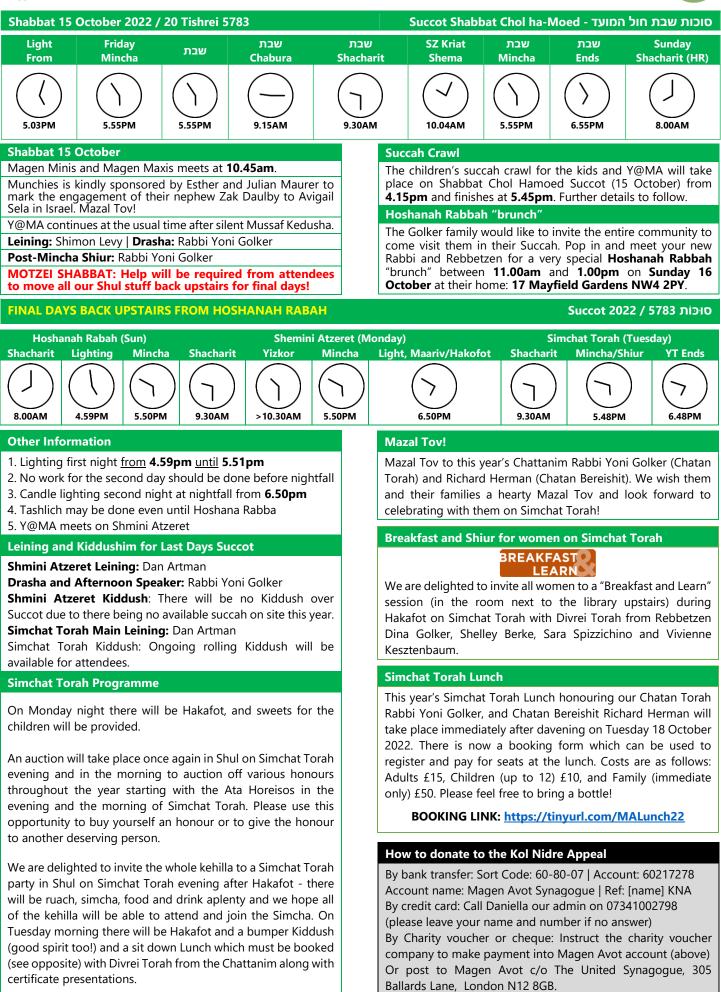
Simchat Torah Lunch



This year's Simchat Torah Lunch honouring our Chatan Torah Rabbi Yoni Golker and Chatan Bereishit Richard Herman will take place immediately after davening on Tuesday 18 October 2022. There is now a booking form which can be used to register and pay for seats at the lunch. Costs are as follows: Adults £15, Children (up to 12) £10, and Family (immediate only) £50. Please feel free to bring a bottle!

BOOKING LINK: <u>https://tinyurl.com/MALunch22</u>





Building Resilience Through Succot by Rebbetzen Dina Golker - Graduate of the Chief Rabbi's Ma'Ayan Programme 2022



Who would have thought that environmental low-grade stress can actually have positive effects on our lives and continue through to the next generation?

One epigenetic study suggests this might indeed be the case. In that study, mild non harmful stress to the retinas of mice rendered them more resilient to disease, but, intriguingly, that resilience was passed on to their next generation.

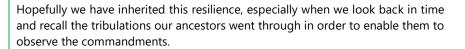
But what does all this have to do with the Festival of Succot? Well, on Succot we are commanded to live in a temporary dwelling, but it is also the halacha that someone who will feel physical discomfort sitting in the Succah is exempt. Surely these two aspects are contradictory for, clearly, if you move to a temporary abode it is highly unlikely to be as comfortable as your own home.

The Rema explains that a person is not exempt if they find it uncomfortable due to an inherent aspect of the Succah itself e.g., if it is cramped. Rav Shlomo Zalman Auerbach explains that one is only exempt if it would be stressful for him due to other extraneous factors. The Succah experience itself is not intended to be free of discomfort.

We are supposed to remember, when gazing upwards, Who is looking after us, that everything we possess is from God and, moreover, that not everything in our permanent home is essential. In reality, we only need our loved ones around as that creates a stronger and closer bond between us. We may, however, simultaneously feel somewhat more vulnerable and should thus feel closer to God as a resultand this feeling should have an enduring positive effect upon us and our children.

The concept of Zechut Avot - receiving Divine B'rachot in the merit of our forefathers- illustrates this idea wonderfully. We ask God in the Amidah, thrice daily, to grant us peace and deal kindly with us in the merit of our ancestors. But why indeed should we obtain merit on their account?

Rav Dessler citing R Chaim of Volozhin, explains that because the Avot (Patriarchs) and Imahot (Matriarchs) were so outstanding and exemplary in their middot of kindness, spiritual strength and balance, these traits became so deeply entrenched within them that they have been passed on to us and, to employ modern scientific terminology, become part of our DNA.





The Golker family would like to invite the entire community to come visit them in their Succah. Pop in and meet your new Rabbi and Rebbetzen for a very special **Hoshanah Rabbah** "brunch":-

BRUNCH

BETWEEN 11.00AM AND 1.00PM

ON SUNDAY 16 OCTOBER

AT 17 MAYFIELD GARDENS NW4 2PY