



## 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**



## Succot 2022 / 5783 סוכות

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	~6.25PM	7.03PM	TBC	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](mailto: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:** <https://tinyurl.com/MALunch22>

We would like to take this opportunity to thank Family Morris for sponsoring the children's Yom Kippur lunch.













## Shabbat 15 October 2022 / 20 Tishrei 5783 Succot Shabbat Chol ha-Moed - סוכות שבת חול המועד

Light From	Friday Mincha	שבת	שבת Chabura	שבת Shacharit	SZ Kriat Shema	שבת Mincha	שבת Ends	Sunday Shacharit (HR)
 5.03PM	 5.55PM	 5.55PM	 9.15AM	 9.30AM	 10.04AM	 5.55PM	 6.55PM	 8.00AM

**Shabbat 15 October**  
 Magen Minis and Magen Maxis meets at **10.45am**.  
 Munchies is kindly sponsored by Esther and Julian Maurer to mark the engagement of their nephew Zak Daulby to Avigail Sela in Israel. Mazal Tov!  
 Y@MA continues at the usual time after silent Mussaf Kedusha.  
**Leining:** Shimon Levy | **Drasha:** Rabbi Yoni Golker  
**Post-Mincha Shiur:** Rabbi Yoni Golker  
**MOTZEI SHABBAT: Help will be required from attendees to move all our Shul stuff back upstairs for final days!**

## FINAL DAYS BACK UPSTAIRS FROM HOSHANAH RABAH Succot 2022 / 5783 סוכות

Hoshanah Rabah (Sun)			Shemini Atzeret (Monday)			Simchat Torah (Tuesday)			
Shacharit	Lighting	Mincha	Shacharit	Yizkor	Mincha	Light, Maariv/Hakofot	Shacharit	Mincha/Shiur	YT Ends
 8.00AM	 4.59PM	 5.50PM	 9.30AM	 >10.30AM	 5.50PM	 6.50PM	 9.30AM	 5.48PM	 6.48PM

**Other Information**  
 1. Lighting first night **from 4.59pm until 5.51pm**  
 2. No work for the second day should be done before nightfall  
 3. Candle lighting second night at nightfall from **6.50pm**  
 4. Tashlich may be done even until Hoshana Rabba  
 5. Y@MA meets on Shmini Atzeret

**Leining and Kiddushim for Last Days Succot**  
**Shmini Atzeret Leining:** Dan Artman  
**Drasha and Afternoon Speaker:** Rabbi Yoni Golker  
**Shmini Atzeret Kiddush:** There will be no Kiddush over Succot due to there being no available succah on site this year.  
**Simchat Torah Main Leining:** Dan Artman  
 Simchat Torah Kiddush: Ongoing rolling Kiddush will be available for attendees.

**Simchat Torah Programme**  
 On Monday night there will be Hakafot, and sweets for the children will be provided.  
 An auction will take place once again in Shul on Simchat Torah evening and in the morning to auction off various honours throughout the year starting with the Ata Horeisos in the evening and the morning of Simchat Torah. Please use this opportunity to buy yourself an honour or to give the honour to another deserving person.  
 We are delighted to invite the whole kehilla to a Simchat Torah party in Shul on Simchat Torah evening after Hakafot - there will be ruach, simcha, food and drink aplenty and we hope all of the kehilla will be able to attend and join the Simcha. On Tuesday morning there will be Hakafot and a bumper Kiddush (good spirit too!) and a sit down Lunch which must be booked (see opposite) with Divrei Torah from the Chattanim along with certificate presentations.

Anyone wishing to have a copy of HaMagen mailed to them please contact [info@magenavot.com](mailto:info@magenavot.com) to arrange a copy to be sent out.

**Succah Crawl**  
 The children's succah crawl for the kids and Y@MA will take place on Shabbat Chol Hamoed Succot (15 October) from **4.15pm** and finishes at **5.45pm**. Further details to follow.  
**Hoshanah Rabbah "brunch"**  
 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"** between **11.00am** and **1.00pm** on **Sunday 16 October** at their home: **17 Mayfield Gardens NW4 2PY**.

**Mazal Tov!**  
 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!

**Breakfast and Shiur for women on Simchat Torah**  
  
 We are delighted to invite all women to a "Breakfast and Learn" session (in the room next to the library upstairs) during Hakafot on Simchat Torah with Divrei Torah from Rebbetzen Dina Golker, Shelley Berke, Sara Spizzichino and Vivienne Kesztenbaum.

**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:** <https://tinyurl.com/MALunch22>

**How to donate to the Kol Nidre Appeal**  
 By bank transfer: Sort Code: 60-80-07 | Account: 60217278  
 Account name: Magen Avot Synagogue | Ref: [name] KNA  
 By credit card: Call Daniella our admin on 07341002798 (please leave your name and number if no answer)  
 By Charity voucher or cheque: Instruct the charity voucher company to make payment into Magen Avot account (above)  
 Or post to Magen Avot c/o The United Synagogue, 305 Ballards Lane, London N12 8GB.



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 result- and 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.

Hopefully we have inherited this resilience, especially when we look back in time and recall the tribulations our ancestors went through in order to enable them to observe the commandments.



# BRUNCH

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":-

**BETWEEN 11.00AM AND 1.00PM**

**ON SUNDAY 16 OCTOBER**

**AT 17 MAYFIELD GARDENS NW4 2PY**