














Shabbat 24 December 2022 / 30 Kislev 5783 (Chanukah/Rosh Chodesh Tevet)						Parashat Miketz / פרשת מקץ				
Candle Lighting From	Friday Night Mincha	שבת Begins	שבת Chabura	שבת Shacharit	Sof Zman Kriat Shema	Magen Minis Maxis	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday
 3.06PM	 3.35PM	 3.39PM	 9.15AM	 9.30AM	 10.02AM	 10.45AM	 3.50PM	 4.50PM	 ON BREAK	 8.20AM

Shabbat 24 December
Chabura: Natan Maurer | **Leining:** Dan Artman
 Magen Minis and Maxis meet at **10.45am**
 Y@MA meets at the usual time after personal Mussaf Kedusha
Shabbat Morning Drasha: Rabbi Golker
 The Kiddish this week is kindly sponsored by Yael Ehreich to celebrate her birthday. Mazal Tov! The whiskies of the week are kindly donated by Henry Ehreich.
Shabbat Afternoon Shiur: Rabbi Golker
Motzei Shabbat HvY
 As Chanuka and the winter break are at the same time we will have a mid-season HvY break on Motzei Shabbat 24 December and Motzei Shabbat 31 December (for two weeks).
Last Sunday 18 December – Y@MA Ice Skating!

Mazal Tov!
 Mazal Tov to Polly & Tony Artman, Neal Landsberg, and Phil & Samantha Herszaft on the birth of a grand-daughter. A daughter to Racheli & Adam in Israel.
 Mazal Tov to Susan & Michael Storfer on the birth of great-grandson in Israel, a son to Racheli & Eli Kravitz. Mazal Tov also to grandparents Aliza & Simon Baum and Devorah & Nigel Kravitz.

Save the Dates
 06.01.23 – Women’s Kabbalat Shabbat (in MA)
 13.01.23 – Speaker: Nechama Price, Director of Stern
 20.01.23 – Friday Night Alive with Rabbi Benjy Morgan
 21.01.23 – Mental Health Awareness Shabbat
 22.01.23 – Support for Women (see below)

New Series to provide support for all women in the community and to help strengthen themselves and their families and relationships.

THE MENOPAUSE: A FRANK DISCUSSION ABOUT THIS SIGNIFICANT MOMENT IN A WOMAN’S LIFE



With Speakers: Tammy Bieder and Veronique Berman

Tammy Bieder, a GP (and member of MA), who specialises in the subject and Veronique Berman, Scientific Advisor for Chana

The speakers will talk about the Menopause and how it relates to health, intimacy, aging, and quality of life. A discussion will follow.

Sunday 22 January 2023
8.00PM
18 Manor Hall Avenue, NW4 1NX


RSVP EVE GRUBIN-BROOKES ON 07885 774 787
THIS EVENT IS ORGANISED BY EVE GRUBIN-BROOKES AND ANOUG ABRAHAMS

27.01.23 – Women’s Kabbalat Shabbat (in Alei Tzion)
 29.01.23 – Sunday Breakfast Club (speaker TBC)
 04.02.23 – Eshet Chayil Shabbat honouring Fiona Taylor
 05.02.23 – British Museum “Ten Lost Tribes Tour” (R Zarum)
 10.02.23 – Friday Night Alive with Rabbi Rafi Stemmer
 15.05.23 – Three day trip to Scotland (TBC)

Forthcoming Smachot
 14.01.23 – Mia Langerman (Bat Mitzvah)
 25.03.23 – Raffi Maurer (Aufruf Shabbat)
 13.05.23 – Talya Kay (Bat Mitzvah)
 20.05.23 – Vivi Adler (Bat Mitzvah)

If we are missing your Simcha booking please email info@magenavot.com to book your Shabbat!












 Tree App - you can plant 1 tree per day in different areas of the world that have gone through deforestation. This is paid for by sponsors advertising on the app.

Yahrzeits			
25/12/2022	1 Tevet 5783	David Cooper	Mother
26/12/2022	2 Tevet 5783	Roxanne Blumgart	Father



Thanks to our Youth Directors for a wonderful Chanukah ice-Skating outing attended by a crowd of Y@MA supporters!



Candle Lighting From	Friday Night Mincha	שבת Begins	שבת Chabura	שבת Shacharit	Sof Zman Kriat Shema	Magen Minis Maxis	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday
 3.11PM	 3.45PM	 3.45PM	 9.15AM	 9.30AM	 10.04AM	 10.45AM	 3.55PM	 4.55PM	 ON BREAK	 8.20AM

Shabbat 31 December

Chabura: Simon Bentley

Magen Minis and Maxis meet at **10.45am**
Y@MA meets at the usual time after personal Mussaf Kedusha

Shabbat Morning Drasha: Rabbi Golker

The Kiddish this week is kindly sponsored by Shirley Gamsu to commemorate the first yahrzeit for her husband, Neville.

Shabbat Afternoon Shiur: Rabbi Golker

Motzei Shabbat HvY

As Chanuka and the winter break are at the same time we will have a mid-season HvY break on Motzei Shabbat 24 December and Motzei Shabbat 31 December (for two weeks).

Tuesday 3 January

The "Fast of Tevet" is on Tuesday 3 January 2023. The fast begins at 6.17am and finishes at 4.52pm.



On Asarah B'Tevet, the 10th day of the Jewish month of Tevet, in the year 3336 from Creation (425 BCE), the armies of the Babylonian emperor Nebuchadnezzar laid siege to Jerusalem. Thirty months later on 9 Tammuz 3338 the city walls were breached, and on 9 Av of that year the Holy Temple was destroyed. The Jewish people were exiled to Babylonia for 70 years. Asarah B'Tevet (this year, January 3, 2023) is observed as a day of fasting, mourning and repentance. We refrain from food and drink from daybreak to nightfall and add Selichot and other special supplements to our prayers. The fast ends at nightfall or as soon as you see three medium sized stars in the sky (breaking the fast after Kiddush, when the fast is on Friday).

HaMagen

Interested in part sponsoring the production and printing of the next HaMagen please email: hamagen@magenavot.com.

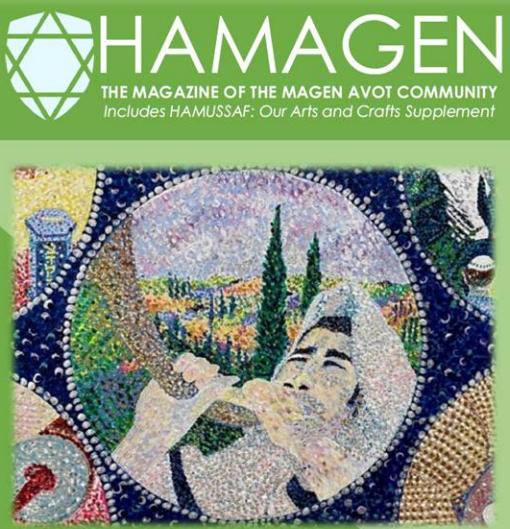


Mazal Tov!

All Mazal Tov's over the winter period will be saved and added to the newsletter in January.

HaMagen

The next version of HaMagen is due for publication before Pesach 5783 in early April 2023. Please contact our editor Julian Pollard with any ideas or contributions for our 6th edition by emailing: hamagen@magenavot.com.




HAMAGEN
THE MAGAZINE OF THE MAGEN AVOT COMMUNITY
Includes HAMUSSAF: Our Arts and Crafts Supplement

From Seven Circles by Karina Katz

And who by fire, who by water
Who in the sunshine, who in the night time
Who by high ordeal, who by common trial
Who in your merry merry month of May
Who by very slow decay
And who shall I say is calling?
[Leonard Cohen]

ROSH HASHANAH 5783 | ISSUE 5



Books about the environment for your little ones aged 3-6 years: "Clean up", "ABC earth-friendly me", "I Can Save the Earth! One Little Monster Learns to Reduce, Reuse, and Recycle (Little Green Books)".

Yahrzeits			
The following member is observing Yahrzeit during the forthcoming week			
31/12/2022	7 Tevet	Richard Herman	Grandfather
We wish Richard and his family Chayim Aruchim			