



Shabbat 21 January 2023 / 28 Tevet 5783 (Shabbat Mevarchim)

Parashat Vaera / פָּרַשַׁת וַאֲרָא

| Light From | Friday Mincha | שבת | שבת Chabura | שבת Shacharit | SZ Kriat Shema | Magen Mini/Maxi | שבת Mincha | שבת Ends | Horim V'Yeladim | Sunday Shacharit |
|------------|---------------|--------|-------------|---------------|----------------|-----------------|------------|----------|-----------------|------------------|
| | | | | | | | | | | |
| 3.35PM | 4.10PM | 4.13PM | 9.15AM | 9.30AM | 10.02AM | 10.45AM | 4.22PM | 5.22PM | 6.05PM | 8.20AM |

Thursday 19 January

JOIN JAMI IN CONVERSATION WITH RABBI YONI ROSENSWEIG

Talking about
"THE INTERSECTION
OF MENTAL HEALTH
AND JUDAISM"

**19 JAN 2023
8PM - 9PM**

While rabbis have written a lot over the centuries on the realm of physical health, questions of mental health and mental illness have unfortunately received little attention. Join Ben Winton from Jami in conversation with Rabbi Yoni Rosensweig to discuss the intersection of mental health and Judaism as part of Jami's Mental Health Awareness Shabbat's programme of free events. To book go to www.jamiuk.org/ryr. You can view the full programme of events at www.jamiuk.org/mhas.

Friday 20 January

- Friday Night Alive with Rabbi Benjy Morgan (see poster)
- Women's Kabbalat Shabbat at Alei Tzion with Kiddush

Shabbat 21 January

Chabura: Abigail Morris | **Leining:** Shimon Levy

Magen Minis and Magen Maxis meet at **10.45am**

Y@MA meets after personal Mussaf Kedusha and is sponsored this week in honour of Mia Langerman's recent Bat Mitzvah.

Rosh Chodesh Shevat yiheyey beyom sheini haba aleinu v'al kol yisroel letovah.

ראש חודש שבט יהיה ביום שני הבא עלינו ועל כל ישראל לטובה:

The Molad will take place on Shabbat 21 January at 11.56pm and 10 chalakim.

המולד יהיה בליל ראשון, חמישים ושיש דקות ועשרה חלקים אחרי צעירה.

Pre-Mussaf Drasha: Rabbi Yoni Golker

Kiddush this week is kindly sponsored by Family Morris/Sloane to celebrate Abi's birthday. Mazal Tov!

Post-Mincha: Yaakov Barr is a psychotherapist specialising in Cognitive Behavior Therapy and a clinical supervisor working in private practice in London. He lectures in mental health awareness and is the founder of JTeen- an emotional well-being organisation for teens in the UK and Belgium.

Motzei Shabbat 21 January

Horim V'Yeladim this week is at **6.05pm**. Muriel and Josh Abeles look forward to welcoming you! Last week's session was kindly sponsored by Family London in appreciation of the Horim V'Yeladim program, and family Abeles for running it!

Sunday 22 January – Special Women's Event

See page two for full updated details on our poster.

Sunday 29 January - Sunday Breakfast Club

Join us for a post Shacharit talk and slideshow on "Liberation to survival the journey of Holocaust survivors after the Shoah". We will hear from **Dina Jacobson** who is the deputy head of Jewish studies with responsibility for sixth form at Yavneh. Dina has a personal interest in life after the Holocaust and has completed a master's module at UCL in teaching about the Holocaust.

Mazal Tov!

Mazal Tov on our 400th edition of the Magen Avot Newsletter!

Sponsorship Opportunities

If you would like to book a sponsorship please click the "Book" link next to the row on the Sponsorship page of our website:

- www.magenavot.com. The cost of sponsorship is as follows:-
- Kiddush: £200 plus 2x single malts | Magen Munchies: £30
 - Y@MA: £35 | Horim V'Yeladim: £60 | Sun Breakfast: £80

WhatsApp Community Groups

MA Broadcast Group: <https://tinyurl.com/mabroadcast>

MA Social Group: <https://tinyurl.com/masocialgroup>

MA Chesed Group: <https://tinyurl.com/machedes2023>

Eco-Synagogue Tip of the Week

Plant a tree in the US's first communal grove in memory of the Queen. The Trees, bought online, will be selected, planted and maintained by the Woodland Trust to maximise the ecological benefits. <https://www.theus.org.uk/article/plant-tree>.

Friday 3 February – SAVE THE DATE

- Next women's only Kabbalat Shabbat at Magen Avot
- Dinner at the Golkers for the Y@MA crowd (see poster)
- Special evening after dinner at the Taylor's home (further details will be released next week).

Shabbat 4 February – SAVE THE DATE

- Eshet Chayil Shabbat honouring Fiona Taylor.

Sunday 5 February – BOOK TODAY!

Join us for a tour with Rafi Zarum of the Lost Tribes for what promises to be a fantastic trip to the British Museum on Sunday 5 February from 9.45am to 12.45pm. Tickets are £25 each and can be booked today at the following link: <https://tinyurl.com/mabm2023>.

Friday 10 February – SAVE THE DATE

- Friday Night Alive with Rabbi Rafi Stemmer.

10-15 May – Trip to Scotland

A three day trip to Scotland planned for May is awaiting members to return form details which have been emailed out. If you have not received these forms please email: info@magenavot.com and we will send them through.

Yahrzeits

| | | | |
|------------|----------|-------------------|--------|
| Mon 23 Jan | 1 Shevat | Simon Bentley | Father |
| Wed 25 Jan | 3 Shevat | Joan Pollard | Mother |
| Wed 25 Jan | 3 Shevat | Jacqueline Roodyn | Mother |
| Thu 26 Jan | 4 Shevat | Michael Roodyn | Mother |
| Fri 27 Jan | 5 Shevat | David Ruben | Uncle |

We are sorry to advise of the passing of David Berke's mother (Barbara Berke a'h) last Sunday. The Levaya took place at Bushey New Cemetery and Shiva is taking place at 24 Heriot Road, London NW4 2DG at the following times: Shacharit until Friday: 7.15am (Sunday 8.15am), Mincha until Thursday: 1.00pm and Maariv until Thursday: 7.30pm (Motzei Shabbat 5.22pm). Shiva ends after Shacharit on Sunday 22 January. No visitors please between 12.00pm and 1.00pm, 4.30pm and 7.00pm. There are meal rotas which have been published by email and on the MA Social WhatsApp Group. We wish David and the whole family Chayim Aruchim.

This Shabbat is JAMI MHAS which aims to raise the profile of mental health within the Jewish community. This year the MHAS falls on Parashat Va'eira. In Parashat Va'eira, Moshe tells the Jewish nation that their woes have ended, and that redemption is at hand. This should have been a time of elation, but the Israelites were too overwhelmed by their own stresses to absorb this message. They had lost hope and could not imagine a positive future for themselves. Stresses in life may be inevitable but it is comforting to have hope that the future can bring our own personal redemption and in turn can bring us from darkness into light. The theme of the MHAS 2023 will be "Community". How does our sense of community help or hinder our mental health? In what ways can we support one another in our community?

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: GP and MA member who specialises in the subject
Veronique Berman: Scientific Advisor for Chana
Rebbetzen Yael Hamer: highly regarded speaker who works at Hasmonian Girls School and Bridge Lane Beth Hamedrash

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 ANOUK ABRAHAMS



Join us this winter for

Friday Night Alive!!

at Magen Avot!

Inspirational sing-along "Kumsitz" style
Tefillah with a chicken soup Kiddush!



Friday Night
25th November
Avi Kraus



Friday Night
16th December
Malcolm Cohen



Friday Night
20th January
Rabbi Benji Morgan



Friday Night
10th February
Rabbi Rafi Stemmer



BECOME A SPONSOR



Magen Avot BREAKFAST & TALK

Sunday 29th January 2023
Shacharit: 8.20
Breakfast & Talk: 9.00am



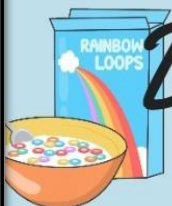
Dina Jacobson is Deputy
Head of Jewish Studies at
Yavneh College, with
responsibility for Sixth
Form.

Dina has a Masters from
UCL, focused on teaching
the Holocaust.

To commemorate
Holocaust Memorial
Day, join us for a talk
on "Liberation to
survival the journey
of Holocaust
survivors after the
Shoah"



Breakfast and Discussion



Y@MA

Mental Health Shabbat

21st January