














Light From	Friday Mincha	שבת	שבת Chabura	SZ Kriat Shema	שבת Shacharit	Minis Maxis	שבת Mincha	Seuda Shlishit	שבת Ends	Sunday Shacharit
 6.47PM	 7.15PM	 8.04PM	 9.15AM	 9.17AM	 9.30AM	 10.45AM	 7.30PM	 ~8.00PM	 9.14PM	 8.20AM

Shabbat 22 April

Chabura: Moshe Langerman | **Leining:** Shimon Levy

Magen Minis and Magen Maxis meet at **10.45am**. Magen Munchies is sponsored by **Family Biologuski** for Dinah's birthday on 12 Iyyar. Mazal Tov! Y@MA meets at the usual time.

Shabbat Morning Drasha: Rabbi Yoni Golker

Kiddush is kindly sponsored by Anouk and Darren Abrahams on the occasion of Darren's birthday. Mazal Tov!

Post-Mincha: This Shabbat there will be a special Seuda Shlishit marking Yom Ha'atzmaut with guest speaker **Dan Sacker** (see poster on page three). There will also be an Israel quiz prepared by the Rabbi and Rebbetzen. This event is kindly sponsored by **Toni and Baruch Zekaria** in memory of Baruch's parents, Yaffa and David Zekaria, who were members of the Hagana and took part in the War of Liberation.

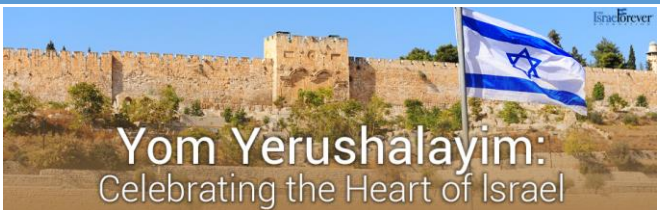
Friday 12 May / Shabbat 13 May

The Mizrahi Weekend of Inspiration takes place on Friday 12 and Shabbat 13 May this year. We have a great lineup of speakers over the weekend. Keep the dates in your diary!

Sunday 14 May

An email has been sent out allowing members to nominate Honorary Officers and Council members for the coming year. The election, should there be one, will take place on Sunday 14 May (date of the AGM). If you did not receive an email please contact Daniella Radomsky as soon as possible at the following email: admin@magenavot.com.

Sunday 21 May



On Sunday 21 May from 7.30pm there will be a community BBQ at the home of Karina and Ashley Katz (45 Brampton Grove) in honour of Yom Yerushalayim. This event is for adults and costs £15p/p. Book at: <https://tinyurl.com/mabbq2023> as spaces are limited to fifty people.

Investing in Rebbetzen's trip



Rebbetzen Dina Golker was proud to represent Magen Avot at the incredible and inspiring "Investing in Rebbetzens trip" with Lady Valerie Mirvis and the Office of the Chief Rabbi. This took place in the middle of April in Morocco.

Mazal Tov!

Mazal Tov to Emma Taylor who has been awarded two national UJS awards including the "Alan Senitt Outstanding Contribution to Jewish Campus Life" Award!

Charity Extra Campaign

To coincide with Yom ha'Atzmaut (Israel Independence Day), Magen Avot have been running a matched funding campaign this last week for Peace of Mind. This is a project we have taken on as a community and we are so proud to be associated with it. Peace of Mind offers a unique programme that provides a bridge and pathway back to civilian life for young men and women who have served for 3 or more years in high risk combat units in the Israel Defence Forces. Every year, thousands of released Israeli combat soldiers face the difficult transition back to civilian life. Many have suffered psychological trauma, have lost friends on the battlefields and may also question split-second decisions they had to make in combat which, if left unprocessed, can greatly affect their ability to function and their relationships. Peace of Mind's 9-month programme aims to support an entire unit of soldiers who have served together, without singling out individuals, and treats them through workshops and therapy. A central component of the programme includes a 7-day overseas trip with intensive six-hour daily workshops, allowing participants time to process the traumatic events away from their day-to-day lives. The distance from Israel and the outpouring of communal support during this phase of the therapeutic process, play a crucial role in creating a safe and supportive environment where participants can let down their guard to fully engage in this healing process. On completion of the programme, participants have recorded healthier functioning in everyday life, positive emotional regulation, a decrease in depressive symptoms and more fulfilling relationships. Thank you for helping us to raise funds to enable a high-risk combat unit of IDF veterans - who have sacrificed and risked so much - to participate in, and benefit from, the Peace of Mind programme that Magen Avot will be hosting later on in the year. Each and every donation counts and is gratefully appreciated. We have raised our goal but donations can still be made: <https://www.charityextra.com/pom/magenavot> Thank you again for your support. Simon Bentley, Chairman.

EcoSynagogue Tip of the Week

Buy a smart plug to use as a time switch for plugging in devices that can be programmed to be on when they are required. This is useful when you are home for one Shabbat meal, and you can program it to be on for that day and time instead of repeating the same time using a manual time switch. Smart plugs allow you to set a program each week before Shabbat directly from an app on your phone. Kasa is a commonly used brand of smart plugs but there are many on the market.

Yahrzeits

The following members are observing Yahrzeit during the forthcoming week.

Shabbat 29 April	8 Iyyar	Cecil Taitz	Brother
Wednesday 3 May	12 Iyyar	Michael Roodyn	Father

We wish them and their families Chayim Aruchim



TIKKUN LEIL SHAVUOT 5783

Magen Avot invites you to an inspirational learning programme on the first night of Shavuot, Thursday 25 May. Refreshments will be served. All are welcome.

11.30PM

- 12.15AM

BREAK



Debbie Lebrett

CEO of Work Avenue

12.30AM

- 1.15AM

BREAK



Rabbi David Meyer

CEO of Pajes

1.30AM

- 2.15AM

BREAK

SHACHARIT 3.07AM



Rabbi Yoni Golker

Followed at 2.30am by Chaburot

ADDITIONAL PROGRAMMES

WOMEN'S TEATIME TIKKUN ON SHABBAT 27 MAY

5.00PM

- 6.30PM



Rebbetzen Dina Golker

with 3 "Ted talk" style speakers for 15 minutes each
Full details will be on the Shavuot newsletter

CHILDREN'S (YEARS 5 & 6) TIKKUN LEIL

TBC

- TBC



TO BE CONFIRMED

Details will be released nearer the time

Y@MA TIKKUN LEIL

TBC

- TBC



Sophie Harris and Shira Neville

Magen Avot Youth Directors

Additional items will be added to our Shavuot Newsletter

FOR YOUR
CONSIDERATION

Yom Ha'atzmaut
Seudah Shlishit



Magen Avot

QUEST SPEAKER,
Dan Sacker
PREVIOUS, CO-DIRECTOR OF THE RABBI SACKS LEGACY TRUST
**Social Contract and Social Covenant:
Zionism's Next Challenge?**
Mincha 8pm, followed by Seudah

*Women's Tea Time Tikkun at
the home of Rebbetzen Dina*

**'INSPIRATION FROM AROUND
THE JEWISH WORLD'**

Sabbat 27th May, 2nd Day Shavuot
13 Shirehall Lane, NW4 2PE
Tea at 5.00pm
"Ted" Style Talks 5.30pm - 6.30pm

Magen Avot

United Synagogue Rebbetzens & The Clean Speech Project presents

AN EVENING OF WOMEN'S LEARNING

In memory of Rebbetzen Lucy Dee & her daughters Maia and Rina HY"D
With a special address from family members



WORDS THAT INSPIRE

The Power of our Words

Roundtable learning with Shul Rebbetzens

KEYNOTE: CAROLINE PAKTER

Former West End musical star

In conversation with Rebbetzen Joanne Dove



Wednesday 10th May
8pm (doors open 7.45pm)

HGSS Norrice Lea N2 ORE

PLEASE BOOK ONLINE [BIT.LY/WORDSTHATINSPIRE](https://bit.ly/wordsthatinspire)



הודו לה' כי טוב כי לעולם חסדו

בס"ד

We have the hugest pleasure inviting you to
celebrate the Bas Mitzvah of the most wonderful



Please join us to hear Vivi's Dvar Torah after davening (not before 11.15am)

Shabbos 20th May 2023 שבת קודש פרשת במדבר, כ"ח אייר תשפ"ג
at Magen Avot, 48 Finchley Lane NW4 1DJ
Shul starts at 9.30am followed by Kiddush

We look forward to sharing our Simcha with you
Patti and Elkan

COMING SOON

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