



Magen Avot



Shabbat 2 November 2024 / 1 Cheshvan 5785 (Shabbat Rosh Chodesh)

Parashat Noach / פְּרַשְׁת נֹחַ

Light From	Friday Mincha	שבת	שבת Chabura	שבת Shacharit	SZ Kriat Shema	Minis /Maxis	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday Shacharit
3.34PM	4.15PM	4.19PM	9.00AM	9.15AM	9.17AM	10.45AM	4.21PM	5.21PM	6.10PM	8.20AM

Shabbat 2 November

Now that the clocks have gone back we return from this week to our winter timings. This means that our Chabura will start at **9.00am** and Shacharit will start at **9.15am**.

Chabura: David Berke | **Leining:** Dr David Cohen

Magen Minis and Magen Maxis continues this week with more fabulous activities. Don't forget to get those Magen Medals to redeem at the Magen Market! Please join us from **10.45am**!

Y@MA takes place at the usual time after Kedusha of Mussaf. Y@MA is sponsored this week anonymously to thank Y@MA.

Shabbat Drasha: Rabbi Yoni Golker

This week's Kiddush is kindly sponsored by **Yudit and Daniel Finfer** to mark Avital's 15th birthday. Mazal Tov!

Post-Mincha Shiur: Rabbi Yoni Golker on: "Universal Foundations: Exploring the Sheva Mitzvot Bnei Noach".

Motzei Shabbat 2 November

HORIM V'YELADIM!

Horim V'Yeladim returns this Motzei Shabbat at **6.10pm**. This season will be run by **Rafi Kleiman**. There will be pizza and takeaway chocolate at the end along with Magen Medal prizes for the lucky raffle ticket holders which can be redeemed at the Magen Market which will be open for business next week and at announced times throughout the season for Magen Minis and Maxi children's medals and medals won on the night!

This week's Horim V'Yeladim is kindly sponsored by **Family Grubin-Brookes** to mark the yahrzeit for Eve's grandmother Hindle bas Dovid.

Tuesday 5 November

Weekly Tehillim sessions at Raleigh Close continue with details announced by Marc Ovits on the WhatsApp social group.

Friday 15 November

The next Women's Kabbalat Shabbat (with Alei Tzion) will take place in Magen Avot on Friday 15 November from **4.15pm**.

Shabbat 16 November

The Peace of Mind visit will conclude on Shabbat, 16 November, with a community lunch honouring our unit of male IDF veterans. Chief Rabbi Sir Ephraim Mirvis and Lady Valerie Mirvis will join us for the lunch, and the Chief Rabbi will also speak that morning in shul. We encourage everyone to book for this special event, just two weeks away! Book today at the following link: <https://tinyurl.com/mapoms2024> by Sunday, 10 November. Full programme details are on the back of this newsletter or in HaMagen on Page 24.

Yom Kippur Appeal

Settle your Yom Kippur pledges here: <http://bit.ly/3YH77IC>. This year our community has chosen to raise money for Keren Shabbos, Peace of Mind, Hostages and Missing Families Forum, and the United Synagogue's central projects. Please watch our page video highlighting these causes and give generously.

Mazal Tov!

Mazal Tov to Esther and Simon Bentley on the Bar Mitzvah this Shabbat of their grandson Eitan Nussbaum (son of Debbie and David Nussbaum) in Raanana, Israel.

Mazal Tov to David (DJ) Jacobs who laid tefillin in Shul last Sunday in advance of his Bar Mitzvah at the end of November.

Mazal Tov to Pearl and Alex Jaffe on the birth of a son. Mazal Tov also to grandparents Rosalie and Vic Jaffe and Rachel and David Gordon, and great-grandparents Mrs Angela Cooper, Mrs Helen Lustmann and Sir Gerald Gordon.

Pledges/Donations

Please remember to make good on all pledges made during the Yizkor services from Yom Kippur and Shimini Atzeret. Please also make good on pledges made during the Simchat Torah auctions.

ISRAEL EXPERIENCE
6.11.2024

Ticket includes Food & Alcohol!!*

LIVE GRAFFITI BY ARTIST BENZI

LIVE MUSIC BY YAGEL & URIA HAROUSH

Chance to win an El Al return flight ticket!*

JOIN US!

- Wednesday 6.11.2024
- 18:00-19:00 • Food, drinks, music & mingling
- 19:00-21:00 • Music by Yagel & Uria Haroush
- NW7 London (exact location will be sent after ticket purchase)

Entrance: £5 / Age restriction: 18+ / Limited tickets available!
www.shul.co.uk/fair

* The ticket includes: Israeli street food & bar, Tasting of Israeli beverages (whiskey, wine, gin & more)
**Automatic entry for a chance to win El Al return flight (London-TLV)

Visit Israel, Support Israel

SMITH HILL | EL AL | M&M'S | KEDEM EUROPE | Producer: Adina Haimis

Yahrzeits

06/11/2024	5 Cheshvan 5785	Jack Samad	Mother
08/11/2024	7 Cheshvan 5785	Daniel Gance	Father
08/11/2024	7 Cheshvan 5785	Toni Zekaria	Father

PEACE OF MIND VISIT

10-17 NOVEMBER 2024



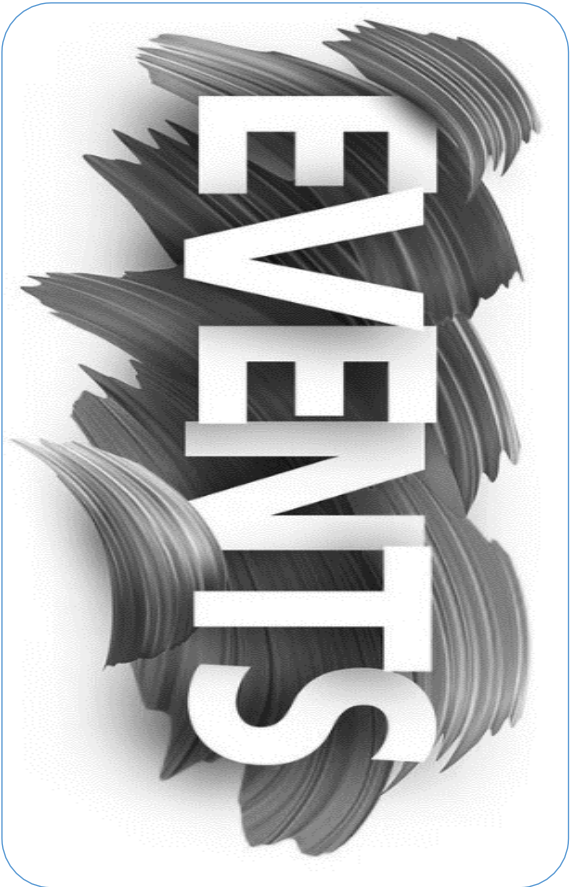
PeaCe of Mind is a unique programme that was developed by the Israel Centre for the Treatment of Psychotrauma. For many years, it has been providing a bridge and pathway back to civilian life for young men and women who have served for three or more years in high risk combat units in the Israel Defence Forces. Without singling out individuals, the programme treats an entire unit of soldiers - who are 'regular', healthy men and women - through workshops and therapy over a nine-month period. A central component of the programme includes a seven-day overseas trip, hosted by local communities. During this week abroad, participants have daily, intensive, six-hour group therapy sessions with their Peace of Mind therapists, allowing them the time and space to process traumatic events

in a supportive environment, far from distraction and the painful places where they happened. On 7 October 2023, after the most heinous attack on the Jewish people since the Holocaust, the death, destruction and sheer brutality witnessed by IDF soldiers will stay with them forever. Some have suffered psychological trauma, lost friends, or question split-second decisions they had to make in combat. If left unprocessed, these experiences can deeply affect them, their families and their ability to function. The need for the Peace of Mind programme is greater now than ever before: to provide IDF veterans with an opportunity to process their combat experiences and emerge healthier and stronger, both mentally and emotionally. Magen Avot is delighted to be welcoming a unit of male IDF veterans

from 10-17 November 2024, with participants being hosted by families in the community throughout their stay. The week-long programme will be full-on! After their daily group therapy sessions, afternoons and evenings will be filled with outings, activities, and dinners. This will be very much a community project with opportunities for everyone to get involved and show their support.

We are looking for volunteers to :

- help plan and co-ordinate the week's events;
- help out during lunch times;
- accompany the group on an afternoon activity;
- accompany the group on an evening activity;
- collect the group at the end of an evening activity and drop them back to their host family;
- buy a ticket for the communal Shabbat lunch which will be held in honour of our Peace of Mind participants, in the presence of Chief Rabbi and Rebbetzin Mirvis, taking place at Magen Avot on Shabbat 16 November.



Magen Avot WOMEN'S LEARNING PROGRAMME

TENACH SERIES

- 27TH NOVEMBER** Rachav - A Pious or Pragmatic Character?
- 18TH DECEMBER** Shimshon - Soldier or Renegade?
- 22ND JANUARY** Samuel, Saul & David - Part 1 Kings, Prophets, & People
- 26TH FEBRUARY** Samuel, Saul & David - Part 2 Kings, Prophets, & People
- 26TH MARCH** The Wisdom and Majesty of King Solomon

WITH **DINA GOLKER**

Dedicated to all those who were murdered, taken hostage or affected by the events of 7th October

Monthly classes - on Wednesday evenings, at 8.15pm at the home of Chaya and Moshe Langerman

