



Shabbat 23 November 2024 / 22 Cheshvan 5785

Parashat Chayei Sara / פרשת חיי שרה

| Light From | Friday Mincha | שבת | שבת Chabura | שבת Shacharit | SZ Kriat Shema | Minis /Maxis | שבת Mincha | שבת Ends | Horim V'Yeladim | Sunday Shacharit |
|------------|---------------|--------|-------------|---------------|----------------|--------------|------------|----------|-----------------|------------------|
| 3.10PM | 3.45PM | 3.48PM | 9.00AM | 9.15AM | 9.36AM | 10.45AM | 3.54PM | 4.54PM | 5.45PM | 8.20AM |

Friday 22 November

Special speaker after davening this Friday night (for 10 minutes): We are honoured to have **Dr Efraim Chalamish**, a Professor of Law and Economics (NYU), a leading media commentator, and an advisor to companies and international organisations. Dr Chalamish will be speaking on: "The US Elections and their Aftermath - Reflections on Leadership, Transatlantic Relations, Israel & World Jewry". A Q&A will follow the short address.

Shabbat 23 November

Chabura: Sara Spizzichino | **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.

Shabbat Drasha: Rabbi Yoni Golker

This week's Kiddush is kindly co-sponsored by **Sharon & Jonathan Faith and Yarona & Meir Malinsky** on the occasion of Sharon and Jonathan's 40th wedding anniversary, and to mark the Yahrzeit for Meir Malinsky's father, Rabbi Abraham Malinsky-Twersky.

Post-Mincha Shiur: Rabbi Michael Pollak will be speaking as part of the communal commemoration for Rabbi Sack's Yahrzeit.

Motzei Shabbat 24 November

Horim V'Yeladim (HvY) continues this Motzei Shabbat at **5.45pm**. This season is being run by **Rafi Kleiman**.

HvY this week is kindly sponsored by **Vivienne Kesztenbaum** in celebration of her granddaughter Annie Perahia's first birthday. Younger daughter of Judith and Ben Perahia. Mazal Tov!

Tuesday 26 November

Weekly Tehillim sessions at Raleigh Close continues every Tuesday night at Hendon United with Maariv at **7.45pm** followed by Tehillim.

Wednesday 27 November

Magen Avot WOMEN'S LEARNING PROGRAMME
TENACH SERIES
 27TH NOVEMBER Rachav - A Pious or Pragmatic Character?
 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

Dr Efraim Chalamish

Guest Speaker
Dr Efraim Chalamish
 "The US Elections and their Aftermath - Reflections on Leadership, Transatlantic Relations, Israel & World Jewry".
 Professor of Law and Economics (NYU), a leading media commentator, and an advisor to companies and international organisations.
Friday 22 November
 Mincha: 3.45pm followed by our Speaker and a Q&A
 Magen Avot, Finchley Lane
 No need to book. The wider community is also invited.
 Looking forward to seeing you all there!
 www.magenavot.com

Mazal Tov!

Mazal Tov to Chaya and Moshe Langerman on the birth of a granddaughter, daughter to Hadar and Chaim Kohn.

Sunday 1 December



The next Sunday Breakfast Club will take place on Sunday 1 December after Shacharit from **9.00am**. Our speaker will be Rebbetzen Ilana Epstein. Please email us at: info@magenavot.com if you are interested in sponsoring this event.

Wednesday 11 December

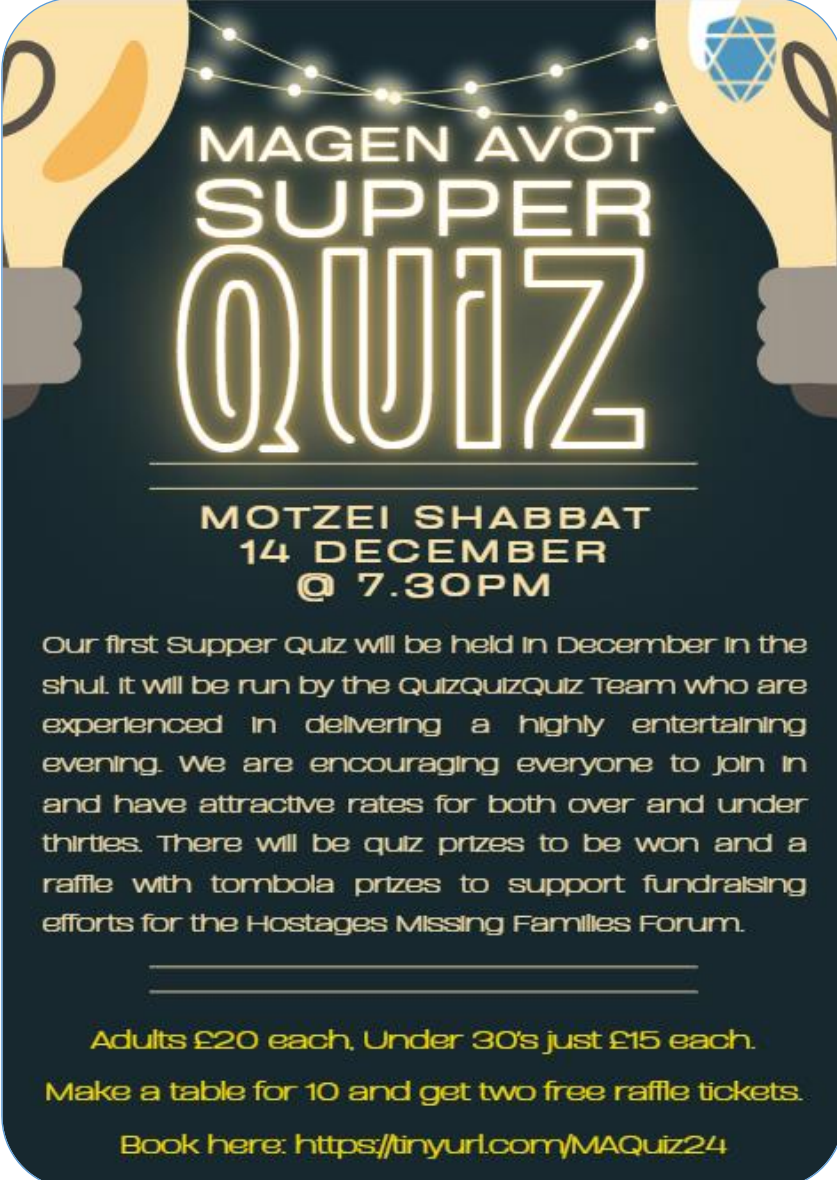
The next book club meeting will be on Wednesday 11 December at **8.00pm** at the home of Trudy Coleman. Please contact Julian Pollard for Trudy's home address by mobile: 07958 447 174 or by email: jandjpollard@hotmail.com.

Youth Director Position @ MA

Magen Avot are looking for a new Youth Director as Shira recently made Aliyah. If you are interested then please apply. If you know of someone who is interested please forward this message to them. <https://tinyurl.com/MAYouthDirector24>

Yahrzeits

| | | | |
|------------|-------------|------------------|--------|
| 23/11/2024 | 22 Cheshvan | Lester Abrahams | Father |
| 23/11/2024 | 22 Cheshvan | Emilie Morris | Father |
| 25/11/2024 | 24 Cheshvan | Laurence Lovat | Mother |
| 25/11/2024 | 24 Cheshvan | Laurence Lovat | Father |
| 26/11/2024 | 25 Cheshvan | Linda Lovat | Father |
| 27/11/2024 | 26 Cheshvan | Laraine Abrahams | Sister |
| 27/11/2024 | 26 Cheshvan | Moshe Langerman | Father |
| 27/11/2024 | 26 Cheshvan | Marian Taitz | Father |
| 28/11/2024 | 27 Cheshvan | Charles Pascoe | Mother |
| 29/11/2024 | 28 Cheshvan | Ilana Ormonde | Mother |
| 29/11/2024 | 28 Cheshvan | Paul Silver | Father |



**MAGEN AVOT
SUPPER
QUIZ**

**MOTZEI SHABBAT
14 DECEMBER
@ 7.30PM**

Our first Supper Quiz will be held in December in the shul. It will be run by the QuizQuizQuiz Team who are experienced in delivering a highly entertaining evening. We are encouraging everyone to join in and have attractive rates for both over and under thirties. There will be quiz prizes to be won and a raffle with tombola prizes to support fundraising efforts for the Hostages Missing Families Forum.

Adults £20 each, Under 30's just £15 each.
Make a table for 10 and get two free raffle tickets.
Book here: <https://tinyurl.com/MAQuiz24>



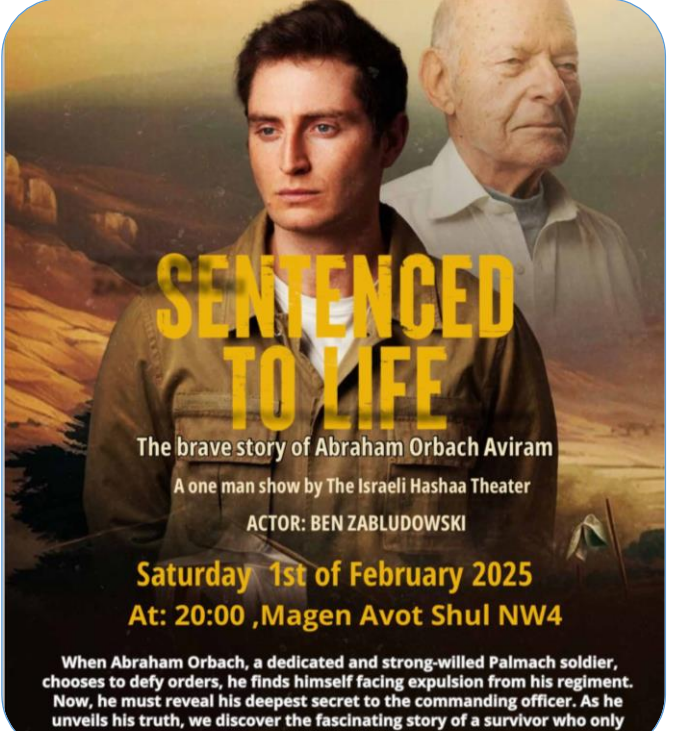
**Magen Avot Supper Quiz
Motzei Shabbat 14 December @ 7.30PM**

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Sentenced to Life Booking Form



SENTENCED TO LIFE

The brave story of Abraham Orbach Aviram
 A one man show by The Israeli Hashaa Theater
 ACTOR: BEN ZABLUDOWSKI

**Saturday 1st of February 2025
 At: 20:00 ,Magen Avot Shul NW4**

When Abraham Orbach, a dedicated and strong-willed Palmach soldier, chooses to defy orders, he finds himself facing expulsion from his regiment. Now, he must reveal his deepest secret to the commanding officer. As he unveils his truth, we discover the fascinating story of a survivor who only wishes to live.

If you would like to book for this event and for further details please go to our booking form here: <https://bit.ly/MASOL25>.

Letter from the Homeless Pathway Team

Dear Magen Avot,

RE: COMMUNITY FILLED MA HOMELESS BAGS DELIVERIES

On behalf of the Homeless Pathway Team at Northwick Park Hospital, we would like to express our deepest gratitude for the generous gifts you have provided.

Your support means the world to us, and it's truly heartwarming to know that there are people and organizations like you who care so deeply about making a difference.

The items you donated will undoubtedly bring joy and comfort to those homeless and in need.

Thank you again for your incredible support. You are truly making the world a better place!

Kind regards,
 Homeless Pathway Team
 LNWH NHS Trust
 (Northwick Park and Ealing Hospitals)



I just returned from London and spent a few days writing this. My eldest son Yonatan and I were invited to a Torah scroll dedication in London. It took some time for me to agree, and Chaya, who had been persuading me for a month, told me, "Come to London, it will do you good." I was exhausted, broken, and had no energy after a never-ending events in Israel in the past 12 months, after Shirat-Yam's murder. But there was no choice—we followed Yam's path as promised. Where have I arrived, and where will I still go? We boarded the plane, my son Yonatan and I, and when the doors opened at Luton Airport, I saw Chaya, who greeted me with "Hi Moshe." I immediately saw the vitality in her eyes. She told me, "London is waiting for you." I stayed silent, and we got into the car and drove to our first dinner in London, at the home of Baruch and Toni, who hosted us with an overwhelming amount of love, truly moving us with their hospitality. The day after we arrived, Wednesday, was the Erev Succot. Before dinner, Moshe - Chaya's Husband - took us to Rabbi Junik's Chabad synagogue. As soon as I entered, I saw on the prayer table the names of all the fallen, and right in front of me was your name, Shirat Yam. Something only God could arrange. I brought Rabbi Junik a stone from the shelter where the girls fell. Later, we went for a festive Succot dinner at Moshe and Chaya Langerman's house. Moshe is an exceptional man, with endless kindness, and Chaya, as I said, made us an incredible dinner, including Moshe's excellent soup. They have five daughters, each special in her own way—a real house of worship. Everyone welcomed us with open hearts. It was a privilege to meet Hadari, a lovely person, Chaim, Inbar, Adeni, and Aryeh "the Tiger". It was a very special Succot evening for Yonatan and me—we were deeply touched by their hospitality. Suddenly, Rabbi Junik entered, joyfully dancing, sat next to me, and told me: "The stone you brought from the shelter will become the cornerstone of a mikveh in the name of Shirat Yam." I was deeply moved—thank you, and thank God. On Thursday, Rabbi Cobi Ebrahimof took us to Torat Chaim Synagogue, where we prayed all morning. After the prayers, I spoke about Shirat Yam. Afterward, we went for lunch at Simon and Esther Bentley's house. Simon and Esther, thank you for the delightful and unforgettable meal. Simon, you're an incredibly interesting and funny person, and I enjoyed hearing about your family's history. Thank you for that. Later, we went to Magen Avot Synagogue for the Simchat Torah evening. I spoke there about Shirat Yam, telling her story. When I arrived in London, I promised myself that every community here would know who Shirat Yam was. I also brought Rabbi Yoni and Dina Golker a stone from the shelter. It was so enjoyable there—we danced with the entire community, and the fourth hakafah was in Shirat Yam's memory. This deeply moved me—thank you. Also, thanks to Marc Ovitz for buying me an Hakafa—this is not something I take for granted. Afterward, we continued to the festive dinner at Baruch and Toni Zekaria's home. Baruch is a good friend of Chaya and has supported Yonatan and me throughout our journey in London. Toni, a radiant and gentle woman, prepared a wonderful dinner, and we spent the evening discussing the London community. Baruch is a special person who does so much good for the community. Thank you for hosting us and being by our side throughout this journey. On Friday morning, we arrived again at Magen Avot Synagogue for another hakafah. We danced and enjoyed ourselves so much, especially because of how warmly the community welcomed us. Thanks to Rabbi Yoni for pulling me into the dances. I had the honor of holding the blessing of the young boy Arie the Tiger, son of Inbar and Adeni, grandson of Chaya and Moshe. I was deeply moved—thank you. On Friday evening, we had Shabbat dinner with Rabbi Yoni and Dina Golker, an amazing family. We enjoyed being hosted by them—thank you for your love and hospitality. On Saturday morning, we were taken to the Moroccan synagogue. Michel, the leader, and the community honoured us with great respect.

I spoke there about Shirat Yam, and it was very powerful and moving for me. Michel approached me afterward and told me that Shirat Yam's name would be added to the "Tree of Life" on the wall so that everyone would know who she was. Thank you, Michel, for this heartfelt gesture—it meant so much to me and to my son. Afterward, we went for lunch at Netanel and Yael Lorenzi's house. We spoke to Netanel, an interesting and wise man, and enjoyed getting to know them and their children. Thank you for hosting us and being so kind to us. On Sunday morning, we went with Chaya to the weekly demonstration in Borehamwood for the return of the hostages. I also spoke about Shirat Yam and Agam Berger, her friend, and Noa Marziano, whose memorial was on that day. It was difficult for me to not be in Israel to support my friends—the observation point parents. Afterward, Moshe, Chaya's husband, gave us tickets for a Chelsea football game. Yonatan and I had a great time together after all the emotionally heavy days. Thank you for that, Moshe. In the evening, I visited the Israeli Chabad house in Golders Green, where Rabbi Shneur Galistenstein hosted us. It was incredibly emotional—the parents of Jake Aaron, Michael and Lisa Marlow, and Ayelet, sister of Roy and Nadav Poplow (may their memory be a blessed). We spoke, one by one. Mike, a gentle and quiet person, was powerful and intense, and we embraced several times. Today, we are brothers in fate. We laughed together—it was a very special and moving moment for me, mixed with both sadness and a touch of joy. On Monday, we had one of the most beautiful days in London. Netanel Lorenzi took us on a city tour, showed us the sights, and we had an excellent falafel. Then, we visited the British Museum and the Van Gogh Museum. Thank you, Netanel, for this day—you opened our hearts, and we will remember it. Later, we had dinner with Chaya, her daughter Hadari, and her husband Chaim. We enjoyed every moment with them. On Tuesday, we went to Avi's café, and thank you, Avi, for treating us so well. You hosted us like family, which we truly appreciate it. In the afternoon, we went to meet the Chief Rabbi of England and Ireland, Rabbi Ephraim Mirvis. I showed him how far I had come, as I promised you, to follow your path. We sat down with this special man, spoke, and cried together. I also gave him a prayer book, Psalms, and some of your stickers: "You are never alone, you have yourself." "Be the person you want to meet." And I also gave him the story of Yemi translated into English. Additionally, I gave him a stone from the shelter, and I told him the story about Rabbi Junik making it the cornerstone for a mikveh. I asked, "What will you do with it?" He answered, "The next president of the United States will receive it." We embraced and cried together—thank you, Rabbi, this was incredibly powerful and emotional. Afterward, Chaya took me to lecture at UCL to Jewish students, where I told them the story of the observant girls, our daughters, about what happened in the shelter and the operations center. I spoke about Noya Martziano, who was murdered in Shifa by the doctor who was supposed to save her, about Shir Ilat, Eden Nimri, the heroines, and all our daughters. I also spoke about the kidnapped girls, Agam Berger, and Liri, who were Shirat Yam's friends. I showed them photos and videos of all the girls. It was deeply moving for me, and everyone cried together. To conclude, I want to thank the community in London. Yonatan and I learned life lessons about humility, love for others, and unconditional love. I made friends and found family in the days we spent here. The community deeply touched my heart, and I believe we are connected forever. This was an incredible journey filled with the sanctity of the holidays and Shabbat. It was emotional and strengthening. I was happy to talk about Shirat Yam, and I'm sure we'll soon hear a phone call saying, "Hey Moshe, we've had a daughter, and we decided to name her Shirat Yam."

Thank you to the community for everything.
We will never forget you. ❤️

Letter from Coren Lass at the UK Peace of Mind Team

Dear friends at Magen Avot,

I want to express my heartfelt gratitude for your incredible support in relaunching the Peace of Mind programme by hosting the first group of veterans in the UK since 7 October. Magen Avot's warm hospitality created a sanctuary for these brave individuals, allowing them to begin their healing journey.

On Shabbat, we heard from Ravid, who shared how his unit was called up during the Second Lebanon War while still in training. Over coffee, they befriended a D9 bulldozer operator, only to face tragedy when a rocket-propelled grenade struck the cabin, taking their friend's life instantly. For nearly 20 years, this memory—and countless others—has profoundly shaped Ravid and his teammates' lives.

The need for programmes like Peace of Mind has never been greater. Since 7 October, demand for this life-changing support has skyrocketed, with hundreds of units now on the waiting list, eager to begin their healing journey. We need your help to expand our reach and provide this vital support to more veterans.

We'd love to stay connected and keep you updated on future events and developments in the Peace of Mind programme. If you're happy to receive these updates, no action is needed—however, you can opt out of communications at any time by replying to this email.

Here's how you can help:

- Share your experience with friends in other communities who might consider hosting a unit.
- You can make small donations to support our programmes and help us meet the growing need: <https://tinyurl.com/MAPoMDonate>
- For larger donations please be in contact direct: emailcoren@gmail.com

If you have any feedback on your experience hosting this group or thoughts on how we can improve, we'd love to hear from you. Please reply to emailcoren@gmail.com to share your insights.

Your support is more critical now than ever. Together, we can ensure that veterans like Ravid and his unit receive the care and healing they deserve.

Thank you once again for your compassion and generosity.

Warm regards,

Coren Lass

UK Peace of Mind Team

<https://peaceofmind.org.il/>

emailcoren@gmail.com

Sunday 8 December



TribeSixthForm

In partnership with Brondesbury Park Youth, Bushey Youth, HGSS Youth, Kinloss Youth, SJW Youth, South Hampstead Youth

PRE CHANUKAH SCAVENGER HUNT

FOLLOWED BY SUPPER

Central London location £10

Sunday 8th December 17:30

Register at WWW.TRIBEUK.COM/CHANUKAHHUNT2025

Sunday 15 December



Y@MA INVITE ALL YEARS 7-13

CHANUKAH ICE SKATING EVENT

AT ALEXANDRA PALACE ICE RINK

SUNDAY 15TH DECEMBER

Book: <https://tinyurl.com/MAIce2024>

SKATE SESSION 3.00-4.30PM

£8 ENTRY PRICE

DOUGHNUTS INCLUDED

PLEASE ARRIVE AT 2.45PM LATEST AT THE VENUE AND ARRANGE FOR LIFTS/ROTAS THERE AND BACK