














Shabbat 8 February 2025 / 10 Shevat 5785

Parashat Beshalach / פרשת בשלח

Light From	Friday Mincha	שבת	שבת Chabura	שבת Shacharit	SZ Kriat Shema	Minis /Maxis	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday Shacharit
 4.01PM	 4.45PM	 4.45PM	 9.00AM	 9.15AM	 9.48AM	 10.45AM	 4.51PM	 5.51PM	 6.30PM	 8.20AM

Women's Shabbat



WOMEN'S SHABBAT 2025

Mazal Tov to this year's Eshet Chayil
ANOUK ABRAHAMS

The community presentation to our honoree will take place in Shul after 11.15am and will be followed by a celebratory Kiddush

FRIDAY 7 FEBRUARY
Oneg Shabbat from 8.30pm at the home of Family Abrahams
Location address will be shared on the WhatsApp group

SHABBAT 8 FEBRUARY
Rebbetzen Dina Golker will present the award at the end of the service
We will then hear from our Eshet Chayil: Anouk Abrahams
Additionally we will have a post-Mussaf speaker: Shira Jackson

JOIN US

Mazal Tov!

Mazal Tov to this year's Eshet Chayil Anouk Abrahams who will receive the honour this Shabbat morning after Mussaf.

Mazal Tov to Deborah and Dan Artman on the birth of a baby girl! Mazal Tov to grandparents Tony & Polly Artman, Arnold & Carole Moscisker and Debbie & David Schreiber.

Mazal Tov to Eira and David Ruben on the Bar Mitzvah of their grandson Asher (son of Simon and Natasha Ruben) which takes place this Shabbat in Mill Hill Shul.

Mazal Tov to the Chief Rabbi and Lady Mirvis on the birth of a grandson, and also the engagement of their granddaughter, both in Israel.

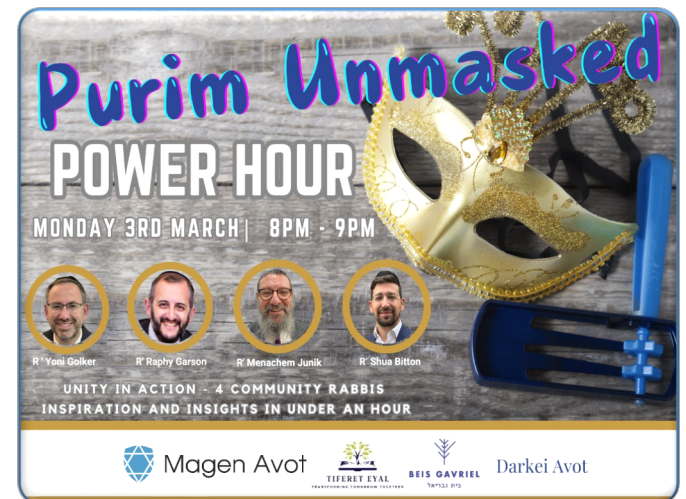
10 Year Anniversary Request

As we gear up to celebrate our 10th anniversary, we're putting together a special "Audio/Visual" (AV) project to highlight the journey and memories we've shared. Your contributions will help make this anniversary truly unforgettable. Submit content to Julian on 07957 777 543 or: julianmaurer@hotmail.com.

We are Hiring!

Magen Avot are looking for an additional Youth Director. If you are interested then please apply at the following link: <https://tinyurl.com/MAYouthDirector24>. If you know of someone who is interested please forward these details.

Purim Unmasked



Purim Unmasked
POWER HOUR
MONDAY 3RD MARCH | 8PM - 9PM

R' Yoni Golker **R' Raphy Garson** **R' Menachem Junik** **R' Shua Bitton**

UNITY IN ACTION - 4 COMMUNITY RABBIS
INSPIRATION AND INSIGHTS IN UNDER AN HOUR

Magen Avot **BEIS GAVRIEL** Darkei Avot
TIPERET EYAL

Bookings can be made here: <https://tinyurl.com/MAPurim25>
On booking an email will be sent with the address of the event.

Yahrzeits

11/02/2025	13 Shevat	David Ruben	Father
12/02/2025	14 Shevat	Julian Gilbey	Father
13/02/2025	15 Shevat	Sarah Josephs	Brother-in-law
13/02/2025	15 Shevat	Deborah Myer	Father
14/02/2025	16 Shevat	Jacqueline Franco	Husband
14/02/2025	16 Shevat	Daniel Gance	Mother

Shabbat 8 February

Chabura: Darren Abrahams | **Leining:** Dan Artman

Magen Minis and Magen Maxis meet from **10.45am**.
Y@MA takes place at the usual time after Kedusha of Mussaf.

Post Mussaf Speakers and Presentations: Rebbetzen Dina Golker will make a presentation to Anouk Abrahams (our Eshet Chayil). Additionally, Shira Jackson will be speaking.

This week's Kiddush is co-sponsored by **Anouk & Darren Abrahams** to mark the occasion of Anouk being honoured as our Eshet Chayil. Kiddush is also co-sponsored by **Emilie Morris** who is marking a very special occasion. Emilie was not given a Hebrew name at birth. After discussion with Rabbi Golker it was agreed that Emilie will be named Avigail Chaya from this Shabbat and will mark this special occasion with a shared Kiddush with the Abrahams. We would like to welcome her sons who will be joining from Israel and the USA for this special moment. Mazal Tov to all!

Post-Mincha Speaker: Rabbi Michael Pollak

Motzei Shabbat 8 February

HvY is at **6.30pm** and is kindly sponsored by Yudit and Daniel Finfer. This week marks the penultimate session of the season with 15 February (next week) being the last in the season.

Wednesday 26 February

The final Shiur in the series of Tenach Shiurim given by Rebbetzen Dina Golker will take place on: "Samuel, Saul & David (Part 2) – Kings, Prophets, & People". Details will be circulated via WhatsApp nearer the time.

28-29 March

The Y@MA Shabbaton (at the Brighton & Hove Jewish Community) will depart on Friday 28 March at **1.00pm** and return on Motzei Shabbat 29 March at **~11.00pm**. Travel, meals, accommodation, and an inspiring Shabbat are all included. Members can book for just £99 (£125 for non-members). Don't miss out as there are limited spaces! Book today at the following link: <https://tinyurl.com/MABrighton25>.



Magen Avot

Rav Yonatan Rosensweig

Wednesday 12 February @ 8.00pm

Venue details will be shared via WhatsApp



**MENTAL
HEALTH
AND
HALACHA**

Rabbi Yonatan Rosensweig serves as the Rabbi of the Netzach Menashe synagogue in Beit Shemesh. Additionally, he teaches in various post high school institutions and is the author of multiple books. In 2021 he founded the organisation Maagalei Nefesh, that deals with issues pertaining to mental health and halacha and recently co-authored "Nafshi BiShe'elati - The Halakhot of Mental Health" Rabbi Rosensweig lives in Beit Shemesh with his wife and five children.