



Shabbat 07 February 2026 /20 Sh'vat 5786

Parashat Yitro / תורת פרשנות

Light From	Friday Mincha	שבת Friday	Womens Kabbalat Shabbat	שבת Chabura	שבת Shacharit	SZ Kriat Shema	Minis /Maxis	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday Shacharit

### Next Women's Kabbalat Shabbat and Eshet Chayil

On the 6<sup>th</sup> February we will be having our women's Kabbalat Shabbat at Alei Tzion starting at 4.55pm. All women and girls are warmly invited to join these uplifting and welcoming tefillot as we bring in Shabbat together. The guest speaker will be Rabbanit Surale Rosen (See panel on right).

We are also using this occasion to honour our Eshet Chayil this year, Dr Chaya Langerman. Please join us to celebrate and honour her this weekend.

On Friday night (6th February), an oneg will be held at the Langermans' house from 8.30pm. (**Please note new time**).

On Shabbat (7th February), Chaya will speak after Mussaf and will be presented with her award by Rebbetzin Dina.

**Magen Avot's celebration of US Women's Shabbat will be taking place this Shabbat on the 6th and 7th February.**

**Women's Kabbalat Shabbat will be at Alei Tzion at 4.55pm, with guest speaker Rabbanit Surale Rosen (See panel on right).**

**Our Eshet Chayil this year is Dr Chaya Langerman. Please join us to celebrate and honour her.**

**Friday night (6<sup>th</sup> February), an oneg at the Langermans' house from 8.30pm.**

**Shabbat (7<sup>th</sup> February), Chaya will speak after Mussaf and will be presented with her award by Rebbetzin Dina.**

**The Langerman family invites everyone for a special Kiddush after the service.**

### US WOMEN'S SHABBAT CONNECTING WOMEN

Magen Avot's Celebration 6<sup>th</sup> & 7<sup>th</sup> February



### Shabbat

**Chabura:** Melanie Mirvis

**Magen Minis and Maxis:** Meets at 10.45am.

**Munchies Sponsor:** To be announced

**Y@MA:** Meets at 11.15am.

**Y@MA Sponsor:** Fiona and Richard Taylor in support of our amazing Youth!

**Kriat Hatorah:** Dr David Cohen.

**Post Mussaf Speaker:** Dr Chaya Langerman.

**Today's Kiddush is sponsored by:** Chaya & Moshe Langerman in honour of Chaya being our Eshet Chayil.

**Post Mincha Speaker:** Rabbi Dr Glenn Bezalel.

### Motzei Shabbat

**Horim V'Yeladim:** Continues this Motzei Shabbat at 6.40pm. Next week will be the last Horim V'Yeladim until resuming again in November.

**Horim V'Yeladim Sponsor:** To be announced.

### Mazal Tov!

Mazal Tov to Dr Chaya Langerman on being our Eshet Chayil this year.

Mazel tov to Shoina and David Kass on the Bar Mitzvah of Shoina's grandson Ilan Debson.

### Community Seudah Shlishit

After Minchah on 21<sup>st</sup> February (Parshat Terumah) we will be having a community Seudah Shlishit. All are invited.

### Women's Kabbalat Shabbat Speaker: Rabbanit Surale Rosen

Rabbanit Surale Rosen is a graduate of Matan, holds degrees in Talmud and English Literature and is a Rabbinic arbitrator. She founded Shayla (Matan's Halachic online responsa) and headed Metivta (Matan's advanced Talmud Programme). She teaches Gemara, Midrash and Halacha widely and heads LSJS's Iyun Halacha programme.

### Magen Avot NEEDS You (see over)

Help shape the next ten years of Magen Avot by helping us with whatever skills you possess. Email [info@magenavot.com](mailto:info@magenavot.com) with your details and we will be in touch (see poster below).

### Newsletter News

Additional announcements will be sent via WhatsApp Groups:-

Join the Broadcast Group: <https://tinyurl.com/mabroadcast>

Join the Social Group: <https://tinyurl.com/masocialgroup>

### Kiddush Sponsorship

We have spare slots for Kiddush sponsors over the next few weeks. Book yours at <http://magenavot.com/sponsorships> or contact Marc Ovits on 07866 503 898.

### Yahrzeits

07/02/2026	20 Shevat 5786	Glenn Bezalel	Father
08/02/2026	21 Shevat 5786	Caroline Davis	Uncle
09/02/2026	22 Shevat 5786	Stephanie Klass	Mother
09/02/2026	22 Shevat 5786	Elizabeth Kliman	Father

Get hyped for...

**Y@MA**  
**FRIDAY**  
**NIGHT DINNER**  
**@ THE GOLKERS**

13TH FEBRUARY



### Tefillah at Magen Avot

or meet at the Golkers at 6:30pm

Address Provided  
on Booking

Sign up using the form below by Sunday 8th February:  
[shorturl.at/oHxvO](http://shorturl.at/oHxvO)

## Basement Access Reminder

Parents are kindly asked to remind their children that the basement area is strictly out of bounds throughout Shabbat. Please help us keep all areas of the Shul safe and tidy by ensuring children remain upstairs.



A poster for Y@MA (Young Adults at Magen Avot) encouraging sponsorship of their Shabbat sushi. It features a large image of a sushi roll being held by chopsticks. Text on the left includes a red starburst with the text 'Sponsor part or all (£50 total)', the main title 'SPONSOR OUR SUSHI!', and a subtext 'SPONSORSHIPS SHOULD BE IN BY (LATEST) THE TUESDAY BEFORE EACH SHABBAT TO ENSURE ORDERS FOR THAT WEEK'. A small orange circle with 'Y@MA' is on the right.



A poster for Magen Avot's 10th anniversary. It features a large, metallic, textured hand in a fist. The text 'MAGEN AVOT NEEDS YOU' is in large, bold, blue and black letters. Below it is the subtitle 'HELP SHAPE THE NEXT 10 YEARS OF MAGEN AVOT'. Text at the bottom left describes the invitation to help build the next decade. The Magen Avot logo and website 'www.magenavot.com' are at the bottom right. A small vertical text 'United Synagogue Charity No. 42522' is on the far right edge.

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