

LEDOR & VADOR

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Edgware & Hendon
Reform Synagogue
ק"ק לדור ודור

MESSAGE FROM OUR CHAIRMAN



Dear Friends,

This week marks the completion of my first year as chairman of Edgware & Hendon Reform Synagogue. It's not been the year I thought it would be. I'll be honest with you – I thought this would be a relatively easy year. The merger was complete, we had just hired a new Senior Rabbi, and I thought that it would be a year of taking stock with time to decide on the next steps and future projects. Little did we all know what was around the corner.....

In the latter part of 2019 we did see some projects off the ground. After moving the office upstairs, a new lounge was

put in its space, an open room to be used for meeting people, catching up over a coffee, and all manner of other informal events. Rabbi Mark began work with different groups within the shul, particularly focussing on building up our young family and children provisions, the future of our community. We started to think about where to install the next set of Hendon windows – all day-to-day things in the life of a large community looking to its' future. I was so confident that everything was 'ticking over nicely', that when I went away on my big birthday trip of a lifetime, I didn't give the shul much of a thought.

Having come back in mid-January, by early February life in the synagogue was slowly beginning to change. And by Purim, it was clear that coronavirus was going to have a huge impact on the way we met, prayed, taught and learned together. Synagogue life as we knew it changed with the lockdown at the end of March.

Our building is empty. Office staff, teachers and Rabbi's are working from home. But what work everyone is doing! Our volunteers have stepped up so that well over 1000 households have been contacted to see how everybody is doing.

Orot and Bnei Mitzvah lessons are on-line. Our youth workers are doing on-line sessions for our young people; there are discussions, lectures, classes and talks, all manner of activities to keep everyone engaged. As I write this Nagila and Bookies Babes are back in the community centre (observing all social distancing and cleaning requirements, of course) and our services on Shabbat and the festivals have continued by streaming, Facebook and other platforms.

This might not have been the year I planned, but what a year it has turned out to be. I am so proud of the community I lead, the community we have become under truly awful circumstances. As we move towards the lifting of some restrictions and look to the future, I hope we all remember how things have changed, and what we have all learned from each other during this time. As I go into my second year, I really value what lockdown has taught me about what community stands for and how we have and are managing this together.

I hope I can speak with you all in person soon.

Best wishes

Janet Brand

ROSH HASHANAH AND YOM KIPPUR 5781/2020 AT EHRS

The High Holy Days for EHRS is an extraordinary celebration of community as well as being a spiritually transformative time for every individual in our congregation. Most years close to two thousand members come onto our Stonegrove site at the same time. This year, as we continue to cope responsibly and caringly with the Covid-19 pandemic, we will have to prioritise the highest Jewish value, pikuach nefesh, the preservation of life and adapt our High Holy Days experience accordingly. In the Talmud Yoma 83a our Rabbis tell us directly that this is what we must do as they consider a case where a building has collapsed near a Synagogue on Yom Kippur. They rule that the services must end immediately and all go out to help save anyone still living as long as there is still breath in their body.

The EHRS Council has made the decision that there is no responsible way to run our High Holidays with all of us present on the Stonegrove site this year without the danger of the virus spreading. Also they know that it would be invidious to select some members to attend whilst all others are asked to stay



away, in order to achieve social distancing. We could not come in to the site to pray by rota, as an alternative, due to the deep cleaning time between groups that would be necessary.

Therefore, we have made the decision to create the very best on-line experience that we can of Rosh Hashanah and Yom Kippur, the days leading up and the days in between. We will invest in our livestream and production to run choices of prayer and learning for all generations and inclinations including services in the best musical and prayer traditions of EHRS. We will work out ways to help those who do not possess or find it difficult to use technology to be fully involved. We will put together a brochure to explain everything that will be on offer and how to access it, which will be sent to you at the beginning of September. We will find multiple ways to connect with each other as a community even though on Rosh Hashanah and Yom Kippur we are in our homes or local areas.

Please feel most welcome to contact any of our Rabbis our High Holy Days Co-ordinator, Michael Weber or our Chairman, Janet Brand, if you would like to know more or to share your ideas as we develop what will be the most extraordinary and, we aim, spiritually fulfilling High Holy Days of 5781.

**Rabbi Mark Goldsmith, Michael Weber,
Janet Brand (EHRS Chairman)**

Weekly Service updates and information can be found on the front page of the website www.ehrs.uk



Shabbat Ba'Bayit

4 & 18 July and 1 & 22 August, 11:00

Join our Rabbis LIVE on the EHRS Facebook page for Shabbat Ba'Bayit, a fun Shabbat morning service with songs, stories, and reflections to give you Shabbat flavour without the formality.

Zooming into Shabbat Family Service - Monthly Shabbat mornings

11 July & 8 August, 11:00-12:00

Rabbi Mark and Rabbi Debbie are leading these innovative and participative Shabbat services for young people aged 6-12 and their families using Zoom so we can pray, sing, learn and question together. Zoom details in Our Week Ahead or email admin@ehrs.uk

Kol B'Seder Service

Saturday 25 July, 10:30-12:15

Join Rabbi Mark and Student Cantor Rachel Weston for a special service which will include new music from the Reform and Conservative Jewish world, an interpretative Torah reading and plenty of participation. Kol B'Seder means 'voices are fine' or 'everything is OK!' The service will use our regular Reform Judaism Siddur. You can join us on the EHRS Facebook page or on Zoom, details in Our Week Ahead or email admin@ehrs.uk

Cheshbon HaNefesh Service

Saturday 29 August, 10:30-12:15

Cheshbon HaNefesh means "accounting for the soul". It is a tradition to get to work on this during the Hebrew month of Elul. Three weeks before Rosh Hashanah, this is a reflective, personal and meditative service, led by Rabbi Mark, based on the meaning of our regular prayers and reading of Torah to enable us to begin to take account of our soul. You can join us on the EHRS Facebook page or on Zoom with details in Our Week Ahead or email admin@ehrs.uk

Erev Tisha B'Av Service and Reading of Eichah

Wednesday 29 July, 20:00-21:00

Tisha B'Av commemorates the destruction of the Temple and other tragedies in Jewish history. Join our Rabbis and community for Ma'ariv, the reading of the Book of Lamentations/Eichah and a fascinating session on Jewish responses to chaos and tragedy with Rabbi Lou Feldstein. This year we are joining with Sha'arei Tzedek (North London) Reform

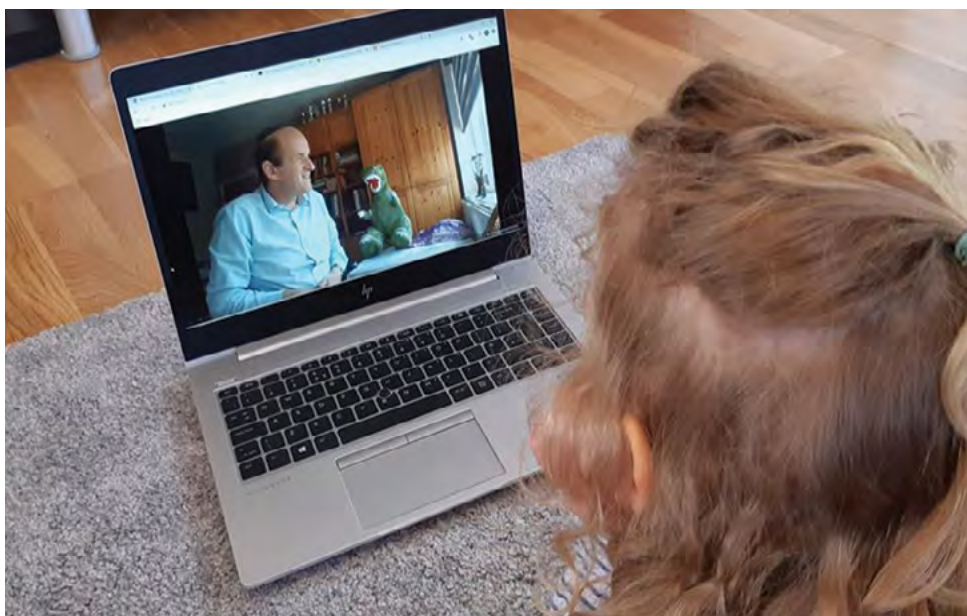


Synagogue for the evening. On the EHRS Livestream.

Every Friday Afternoon from 16:15-16:45

Kuddle Up Shabbat by Livestream

Go to the front page of the EHRS website at 16:15 and join our Rabbis and their Shabbat Dinosaurs for Shabbat stories and songs through our livestream. Best for younger children. Please check the EHRS Our Week Ahead e-mail for the opportunity to join on Zoom so we can hear your suggestions for what to put in the Chicken soup pot and where you have your Shabbat feelings!



AGM – The EHRS AGM originally scheduled for June, has been re-scheduled for Sunday 4 October, 10:30.

More details will be sent to the community in due course.

CONTACT US

The synagogue premises are now closed to visitors. There is no access without prior appointment. The EHRS offices and departments are trying to operate as much as normal as is possible within the government regulations at this time.

The telephone is operated during the normal office hours. Although the staff are operating from home they are reachable via the usual telephone numbers and email addresses. Please listen to the menu when you call, to be connected as appropriate.

Please do not send anything by post. All payments should be made via the

website and also bank transfers.

We will soon be able to take payments over the phone once a new system is set up.

BEREAVEMENT

During office hours: in all cases of bereavement please contact June Lewis, the Rabbis' Personal Assistant.

Out of office hours: in all cases of a bereavement outside office hours requiring a burial at any cemetery or cremation please call the Jewish Joint Burial Society on 020 8989 5252 and listen to their full message.

JJBS email info@jewishfunerals.org.uk

THE RABBIS

Our EHRS Rabbinic Team are always happy to hear from you, please contact their Personal Assistant, June Lewis on 020 8238 1002 or june.lewis@ehrs.uk

You can contact them directly:

Rabbi Mark Goldsmith (Senior Rabbi)

020-8238 1020, rabbi.mark@ehrs.uk

Rabbi Emily Reitsma-Jurman

020-8238 1017, rabbi.emily@ehrs.uk

Rabbi Debbie Young-Somers

020-8238 1019, rabbi.debbie@ehrs.uk

Outside office hours our 24/7 EHRS Emergency Line is 07708 731862, it will be answered by one of the EHRS Rabbinic Team.

SOCIAL AND PERSONAL

Have you Got News for Us? Whether it be a birth, anniversary or special birthday, please let us know so it can be announced. Please email communications@ehrs.uk

BIRTHS

Emily Sienna, a daughter for Robert and Rebecca Woolfe, a granddaughter for Clive and Laura Woolfe.

BAR/BAT MITZVAH

as currently scheduled

4 July - Mia Wax, daughter of Steve and Keri.

18 July - Sam Abbey, son of Nick and Laura.

25 July - Charlie Swindon, son of Ashley and Jenny.

1 August - Charlie and Ben Danell, sons of James and Wendy.

22 August - Shiloh Jones, son of Paul and Sophie.

29 August - Amber Robins, daughter of Jemma and Neil.

BIRTHDAYS

Mazel Tov to Ari Coen and Nicole Carvin on their 50th birthday.

Mazel Tov to David Solley on his 60th birthday.

Mazel Tov to Paul Lobatto on his 70th birthday.

Mazel Tov to Sylvia Markham on her 80th birthday.

Mazel Tov to Donald Anders, and Harry Frankel on their 90th birthday.

Mazel Tov to Rachelle Israel on her 95th birthday.

A very special Mazel Tov to Jean Plato on her 100th birthday!

ANNIVERSARIES

Mazel Tov to Mitchell & Carolyn Klein on the occasion of their Silver Wedding Anniversary.

Mazel Tov to Louise & Gary Clifford on the occasion of their 30th Wedding Anniversary.

Mazel Tov to Howard & Deborah Barnett, Michael & Gillian Revan, and Anthony & Sherryl Marks on the occasion of their Ruby Wedding Anniversary.

CONDOLENCES

To Rabbi Daniel Smith and Gordon Smith on the loss of their brother, and to Hannah Smith on the loss of her husband, Rabbi Uri Smith.

To Robert Goldsobel on the loss of his wife, to Hilda Dean on the loss of her daughter, to Alexander Kaye on the loss of his mother, and to Brenda Cole on the loss of her sister, Ruth Goldsobel.

To Josephine Levene on the loss of her husband, and to Laura James on the loss of her father, David Levene.

To Annette Morant on the loss of her husband, and to Mark and Michael Morant on the loss of their father, Adrian Morant.

To Paul Krieger and Janice Crombie on the loss of their mother Betty Krieger.

To Brenda and Teresa Lipson on the loss of their mother Eileen Lipson.

To Melanie Litman on the loss of her mother Lilian Adler.

To Wally Leaf on the loss of his brother Tony Leaf.

To Doreen Tiney on the loss of her brother Harold Bookey.

To the family of Michael Kay.

To the friends of Michael David Bennet.

WELCOME

A warm welcome is extended to the following new members of our community:

Robert Goldsobel.

Elliot and Jazzie Wise.

Sasha Class.

Jamie Cooper.

Adam Spear.

RABBI DEBBIE YOUNG-SOMERS

I was at Limmud, the UK's brilliant Jewish learning experience, with around 2,500 other people when I received the exciting call offering me the post of Rabbi at EHRS. We could never have imagined then, in late December 2019, what my start would look like! The idea of so many people gathering together is now almost a distant dream, and we have no idea when it will be safe enough for us to resume normal services.

As a community we have, it feels, suffered disproportionately in losing so many members, and so many leaders to Covid-19. Amongst them, of course, Rabbi Kraft who was so cruelly taken just as he was to begin focusing on his retirement. I miss being able to ask his advice, as well as his warmth and welcome. I find myself imagining that perhaps he has gathered EHRS folk together for a whisky or an etrovka in the World to Come. Yet while I joined the community at a time that we could never have imagined, it has been incredibly humbling to jump into the warmth and creativity that EHRS responded to the Covid-19 crisis with.

We have all had to make adjustments, whether it is in how we observe Shabbat, how we plan and prepare for B'nei Mitzvah, how we learn, or how we mourn our loved ones, but when I joined the team at EHRS so much had already been put in place



that it now feels almost normal to be meeting online. The volunteering ethos and warmth have been such a delight to discover, and while remembering what everyone does when you haven't yet met face to face has its own challenges, it's amazing just how much can be done to ensure we are socially distancing but not socially disconnected.

Having said that, I am so looking forward to when it is safe for us to all be together once again, and to meeting you at Kiddush, a class, or for a chat.

YOUNG ADULTS

We had great fun kicking off our new Young Adults series the night before Shavuot with an ice-cream and cheesecake **Cook-a-Long**. Cooking over Zoom was a fantastic way to bring us all together even while apart, and we had the added pleasure of producing delicious treats ready for Shavuot. We will be hosting a regular Young Adults Zoom cook-a-long on the fourth Wednesday evening of every month. If you'd like to be our head

chef or request a dish to make, please get in touch with Rabbi Debbie!

Meanwhile on the second Wednesday of the month our Young Adults can join one of our Rabbis for our **Beer and Shiur** (hopefully at some point we will be able to buy everyone a drink at the pub before our learning, but for now, it's BYOB!) We started in June looking at Jewish texts on Racism. In July we will be exploring choseness, and in August we will explore How Green is Judaism? In September we will be preparing for the High Holy Days with a look at Teshuva in the movies. Do get in touch with rabbi.debbie@ehrs.uk for login details, more info, or to request topics for future shiurim!



Val and Marissa continue to work from home and are available by phone or email to respond to your queries and concerns and provide support to our members to the best of our ability and resources. We know how difficult it continues to be for many of you and especially for those of you who have suffered the loss of a loved one or have been affected by Coronavirus. We are here to support you.

Just prior to lockdown we were working on our 'Let's Talk' initiative following our successful event in February. Whilst some of our plans are still on hold we continue to look at what is available to support our community through this difficult time and provide regular updates in the weekly email to all members on a range of topics potentially impacting our community at present.

In May EHRS member Jonny Benjamin guest edited the mental health issue of the Jewish News during Mental Health Awareness week and also took part in a podcast hosted by another EHRS member Phil Dave. Laurie Rackind CEO of Jami was also interviewed and highlighted how mental health is now being discussed so much it is almost a parallel conversation with the virus itself and he added that the impact of this will see an increasing demand for mental health services with a linked increase in demands from the community. The current situation has certainly raised the profile of mental health to the extent that the Chief Rabbi and his office are now taking the issue very seriously.

With this in mind we are now thinking about how we can provide suitable support and advice to our members and hope to be able to update you further in the next issue.

A recent Communities that Care meeting on zoom attended by Val looked at facing challenges and building resilience in our communities with one of the themes focusing on involving volunteers in creating a community where strong bonds and a sense of belonging are built over time. The community circles are a good example of how we are consolidating our community at EHRS and once again we would like to thank all our circle coordinators and our many other volunteers for their amazing support and commitment to our community.

Val also joined the Loneliness and Wellbeing webinar organised by Faith United which highlighted how faith for many is an important part of our wellbeing and how faith communities are being very resourceful by streaming services online. Some of you will be aware that we are looking into the feasibility of providing technology to those who are not currently online which would enable them to follow services, talks, join in other sessions and receive updates on activities. If you have an old tablet that works and for which you now have no need please contact us at communitycare@ehrs.uk



Bereavement Support at EHRS

Have you suffered the loss of a partner, relative or friend?

Would you welcome the opportunity to talk to someone who will listen to how you are feeling?

EHRS offers reassurance, comfort and the chance to explore your emotions.

If you are recently bereaved and would like more information please contact the Community Care Department on 020 8238 1013 or email communitycare@ehrs.uk

118 Stonegrove, Edgware, Middlesex, HA8 8AB
Telephone: 020 8238 1000 Email: admin@ehrs.uk Web: www.ehrs.uk
Charity 1172458 Company 0622971



Lunch club and Memory Way Café sadly remain closed in accordance with Government guidelines although we are researching how we can operate zoom Memory Way Cafes until we can all be together again. Volunteers continue calling regular guests to keep in touch and Telenet volunteers, befrienders and Community Circle Co-ordinators are keeping in touch with many EHRS members.

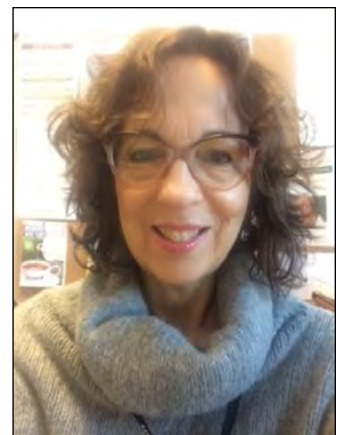
We are delighted to feature a poem, found on the opposite page, composed by EHRS member Pattie Greenberg who is a member of the Jewish Poetry Society which meets on the first Thursday of each month, further details available at www.jewishpoetry.com. Pattie is in an EHRS community circle and through this kindly agreed to write a poem about lockdown. We hope you enjoy reading it.

Please see the community update each week in the EHRS weekly email for more information and check out the Community Care section on our website for more information regarding resources and organisations.

Keep well and safe.

Val and Marissa
communitycare@ehrs.uk

Val: 020 8238 1013
Marissa: 020 8238 1015



Val Joseph

LOCKDOWN - THIS TOO SHALL PASS by Pattie Greenberg

As we protect ourselves
From the Covid 19 virus
We who are isolating
In lockdown
Are the fortunate ones
Free from its grip

It is for those
Who lost the day
That we must pray
And their loved ones
Unable to say goodbye
No hugs or gentle touch
That would have meant so much

We cannot ease their pain and sorrow
But we can reach out with open hearts
To make the most of every day
As each new dawn starts

To be aware, care, share
Speak to people who live alone
The frail and needy, people in pain
Will love to hear your voice again

Keep in touch with those you hold dear
Many suffering from worry and fear
Solitary souls longing to see
Friends and their family

Staying at home has its compensations
No matter how humble or grand
There are always jobs that need a hand
Maybe time to start that book?
The one you have been meaning to write
Well now is the time don't you think?
All you need is a pen and ink

Or get out you paints, brushes galore
Splash on the colours then stand back in awe
Everyone has gifts and skills
Hidden treasures
Simple pleasures

Turn off the news, please
Look at that rainbow
Such vibrant colours
Above the trees

Watch the Robin
Hear him sing
My goodness, don't you think
Nature is a wonderful thing

And before you turn out the light
Look at the moon, and dazzling starlight
Give thanks for your day, to have done your best in every way

Rabbi Kraft Tie Competition

We all know how much Rabbi Kraft z”l loved his ties, that is one of the things that people mention that they remember about him. He always tried to pick ties that reflected the weekly Torah portion or festival in some way, and we always had great fun trying to work out the connections.

We would like you to design a tie that you think he would have loved to wear. You can use a free downloadable tie template which you can find online, or make your own. The best designs will be added to our Facebook pages and there will be a prize for the most original tie. Please add a short paragraph on the story behind your tie’s design, why you chose it.

**Anyone in your family under the age of 14 years old can enter.
Return your tie design to youth@ehrs.uk by Friday 17 July.**

For inspiration, see some of the entrant’s ties so far:

"One of the ties that I made tells the story of Pesach / Passover so I made it look like matzah and I put a Maggid David at the bottom to say: I'm proud to be Jewish. The other one I made is meant to look like a rubik cube."

Gabriella Simons, 10 yrs old



"I chose this design because I love the story of the 10 plagues and the Jews leaving Egypt. I find it fascinating that Hashem sent down 10 plagues to not only help the Jews leave Egypt but also show that he's there to help and protect them. The first 7 plagues are in one Passuk and the other 3 and the story of the exodus from Egypt is in another which is why I split it into two sides of a tie. My favourite tie of Rabbi Kraft's was his matzah tie he always wore to the Seder night, and so I wanted to choose a story from Passover. I will always remember him at this time of year so it felt right."

Ruby Scott, 11 yrs old



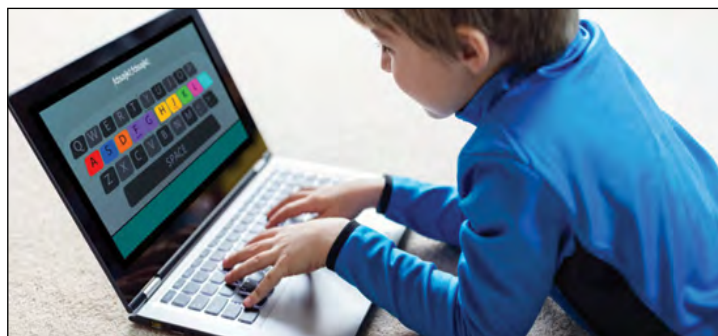
Youth Media Moments

For all those aged 5-11. Please do join us every Tuesday, Wednesday and Thursday at 16:30 on Zoom for more amazing activities for EHRS children.

During these testing times EHRS Youth Media Moments have provided structure to the week of our children and have helped them to enjoy a Covid 19 free zone.

We have run quizzes, Scattergories- an alphabet game, Dancing and movement, Yoga with RSY Netzer, got creative with origami and we also drew flags for VE Day and Yom Haatzmaut. As well as this we did a session on debate and another on drama!

If you are not on our email list but would like a link to Youth Media Moment please contact youth@ehrs.uk.



Summer Media Moments

The Youth Centre will be sending out emails about our plans for August very soon. We plan to provide more amazing activities for children and it is going to be amazing!

EDUCATION UPDATE

Continuing virtually!

Since my last report on what the Education Department has been doing since lock down, not a lot has changed in terms of moving from virtual to face to face sessions and there is no real sense yet of when things will ever get back to 'normal' whatever that will mean in future. Certainly we will not be back to lessons and other activities in the shul this side of the summer holidays and then who knows what the scenario will be in September. But we are not standing still. We continue bar/bat mitzvah classes and tutoring, Orot classes and All Things Jewish on line with good take up.

We are excited about the future, especially when we can meet

our young people and adult members face to face again, but in the meantime we are preparing for that, while continuing a rich, virtual programme for all ages.

As we plan for the next academic year we would really welcome feedback from you about any aspect of our education programme; what has worked for you, what hasn't and what you think we could do better. And of course if you have any questions or concerns about any educational aspect at EHRS please do contact me.

Marian Cohen, Director of Education

FILM SHOWING

'100 Faces' in the Jewish Community

Tuesday 25 August, 20:00

100 Faces was made in 2018 by film maker and composer, Benjamin Till, who - upon discovering that he was Jewish (a fact which had been kept from him and his mother by his maternal Grandmother) - set about trying to find one British Jewish person born every year from 1918 to 2017.

His odyssey took him from London to Northampton, Leeds and Manchester and then to Tel Aviv to record the Israel Camerata orchestra. Each person in the film is asked to say (or sing) what being Jewish means to them, and the end product is an eccentric, moving, funny, life-affirming and very British short film. Rabbis and chazans rub shoulders with holocaust survivors, kinder transportees and people who fought at Cable Street. And watch out for a few very famous faces!

Benjamin's journey from conception to completion was packed with jeopardy. One of his 100 faces sadly died a week before filming and another had a stroke whilst filming was taking place. Benjamin describes the film, which won gold at the Robinson's International Film Competition, as one of his greatest achievements.



BAFTA-nominated composer and director, Benjamin Till will answer questions after the film.

For Zoom details please email education@ehrs.uk

SAVE THE DATE

Sunday 1st November



Join us for our annual Supper Quiz as we again raise funds to support our Youth Centre. Sunday 1st November – the time, format* and ticket prices to be confirmed.

***we may need to hold the event online depending on Government guidelines.**



Neurobics Brain & Body Fitness – is a preventative treatment programme which supports people to **“Challenge the Body, Stimulate the Brain & Lift the Heart.”**

Brain & Body Fitness has become a vital element for lifelong well-

being, and Neurobics can help you to manage, postpone or eliminate cognitive decline. Our workshops focus on improving memory, speed of reaction, concentration & attention, improving sleeping patterns, stress management and enabling an overall sharper brain. One of the best anti-ageing ‘action steps’ is physical exercise, however, the term – “USE IT OR LOSE IT” does not only apply to muscle fitness, it also applies to the brain. The cutting-edge strategies we use, can help you to GROW YOUNGER!

Due to the current situation, we are offering workshops via **Zoom**

and it has proved to be very successful. The workshops are a lot of fun and a first-class brain workout.

Zoom Neurobics takes place on **Monday mornings, 11:00** and **Thursday afternoons, 14:00.**

The cost is £5 per session (1 hour, fifteen minutes). Please contact Steve Wax if you would like more information, or would like to attend. New members are always welcome.

Email: steve@neurobics.org.uk
Tel: 07966 000 660

HELPING YOUR CHILD GAIN ADMISSION TO A JEWISH DAY SCHOOL

Many parents at EHRS choose to educate their children at a Jewish day school, whilst many others choose to educate their children at a mainstream school and the Synagogue wholeheartedly supports both choices.

Our Jewish day schools all require the completion of a CRP (Certificate of Religious Practice) form for admission which is dependent on collecting points for service attendance, Jewish education or volunteering in the Jewish community. Each school has its own unique requirements which you can find on the admissions section of the school's website.

EHRS is delighted to help everyone looking to obtain CRP (Certificate of Religious Practice) points for admissions in September 2021. Our seven local Progressive or cross-communal Jewish day schools (which include Clore

Shalom, JCOSS, Akiva, Alma and Eden) have published their guidance on their websites for collecting points while services are still unable to happen in synagogue buildings. The schools under Orthodox auspices (which include Sinai, JFS, Etz Chaim and Rosh Pinah) have yet to do so.

We are very happy to help you collect CRP points to confirm you have attended services at EHRS. We will ask you to collect a record of the ‘Jewish image of the week’ which will be a different picture held up (with an announcement) in each service. You can tell us what the image was or take a screenshot as you prefer. We ask you to register with Guy Ronen in the EHRS Education team (education@ehrs.uk or 020 8238 1012) that you are collecting points through EHRS and then he will help you keep a record of these attendances. The final

stage is to meet with one of our Rabbis who will use this record to confirm your attendances required by the schools.

Services you can attend include Kuddle Up Shabbat for under 5s at 16:15 on Fridays, our www.ehrs.uk livestream Shabbat services (18:30 on a Friday and 10:30 on a Shabbat morning), Shabbat Ba'bayit on Facebook live (the EHRS Facebook page) or our monthly Family Service, as well as Sunday morning Shacharit if you do not wish to be online over Shabbat. When you have attended the required number of services, or wish to have your child's attendance of Orot or your volunteering confirmed please contact Guy to organize your meeting with one of our Rabbis who are looking forward to supporting you when we sign your form.



Recently, I had the opportunity to meet with my rabbinic colleagues at the virtual version of the Assembly of Rabbis and Cantors. I have to admit that at the height of the pandemic, the Assembly was very low on my list of priorities as the needs of EHRS always come first. We spent the first twenty minutes of the meeting doing a check in to see how everyone was doing. I found it a little overwhelming... being in a 'room' with nearly thirty colleagues, all of whom share an understanding of the pressures and work of a rabbi speaking honestly about how they're coping. Some are finding it easier than others and until the last week, I would have put myself firmly in the 'doing just fine' camp. Psychologically, I feel this statement

is still true: I've been blessed to be able to find ways to continue my work in ways that feel meaningful, my family has been endlessly supportive, and my 17-year-old cat is so happy to have us home she's as playful as a kitten again.

Then, as the pressures on our health service began to lessen, I decided it was time to stop ignoring the blood test requisition form I had received from my GP the week lockdown began. I had had some niggling health issues that were promptly put on the back burner as the world rapidly changed around us. This week I received the results and I realised for the first time since the crisis began that I am not, in fact, doing just fine – physiologically, I have some work to do to make sure my body is getting the love and attention I give to my mental health.

Judaism has always had a bit of a tense relationship to bodies. The book of Leviticus spends an impressive amount of time talking about the messy and often unpleasant aspects of being human; often with a focus on how to reclaim purity which is apparently interrupted by these normal occurrences. The Talmud, seeking to ensure rigorous adherence to Torah law continues the tradition of establishing parameters for Jewish bodies. This includes discussions

of what is appropriate to eat, how we can approach attempts to heal ourselves, and even what hair styles we can wear. Some scholars, taking note of the abundance of texts on how to be *physically* Jewish have concluded that the Jewish religion has a preoccupation with bodies. The challenge for the modern Jew is how to acknowledge this attentiveness and transform it from a preoccupation to genuine care and compassion.

During times of great stress, many of us will kick into a type of survival mode: focusing on just getting through the day without being able to think any further ahead. Now, as things slowly begin to return to a state of normalcy, we will have some space and time to consider how the events of the past few months have impacted us. It will be a long process, and it will require a great deal of patience and self-compassion. In my case, this will mean adhering to arguably the most significant teaching in Torah: taking time to rest is non-negotiable. Without that time, we inevitably lose touch with ourselves. Over these summer months, may we all find time to reconnect and remember the words of Hillel the Elder: If I am not for myself, who will be for me?

Rabbi Emily Reitsma-Jurman

NESHAMAH YOGA



Saturday 25 July, 09:15-10:00

Join Rabbi Mark and EHRS member and yoga teacher, Lisa Morris for a fusion of body, mind and spirituality with Yoga practices and Jewish wisdom to help you be ready for Shabbat. Neshamah (Hebrew for soul and breath) Yoga is accessible for anyone, whatever their yoga experience. No special clothing is required and because it is conducted by Zoom you don't need to travel! The Zoom details will be featured in the EHRS Our Week Ahead E-mail or can be obtained from admin@ehrs.uk

Rosh Hodesh: More Matriarchs with Eleanor Davis

Torah Study via Zoom (For Zoom details please email atj@ehrs.uk)

Monday 20 July 20:00-21:00

In honour of the New Moon, a traditional women's holiday, this is a monthly study group for women and men. We think we know our ancestral mothers, but two almost-matriarchs are largely unfamiliar. By delving into Torah and Rabbinic literature we'll explore the stories of the two handmaids and what they can teach us.

First Shabbat Shiur, 9:15 - 10:00

Saturday 4 July

Pride Shabbat Shiur with Keshet

Join Rabbi Emily as we celebrate LGBTQ+ Pride Shabbat with this shiur on how our community includes our diversity. Queeroes: We will examine the figures that have been held up as Queer Heroes for today's Queer Jews. Zoom details in Our Week Ahead or email admin@ehrs.uk

Saturday 1 August

Halachah – how does it work in Reform Judaism?

How true is it to say that Reform Judaism is not halachic? Whose halachah (Jewish law)? How do we balance personal autonomy with Jewish law? Join Rabbi Mark to explore. Zoom details in Our Week Ahead or email admin@ehrs.uk

Bite of Torah for everyone interested in Torah

Our popular Saturday morning Torah study. This time though you will have to provide your own bagel at home as it is returning online! The Zoom link details will be provided in Our Week Ahead email so that you can participate and ask questions or you can watch on the EHRS livestream. The texts what we are studying will also be provided as a link on the front page of the EHRS Website, www.ehrs.uk.

Saturday 18 July, 09:15-10:00

Parashat Mattot-Masei - Join Rabbi Mark and the 12 tribes of Israel in the last months before they enter the Promised Land. How are they going to sort out who lives where?

Saturday 15 August, 09:15-10:00

Parashat Re'eh - Join Rabbi Emily for the Torah portion where Moses summarises the ritual traditions of Judaism gathered from the previous books of the Torah.

Tu B'Av Shiur: All You Need is Love

Wednesday 5 August, 20:00

While we may be sorrowful on Tisha B'Av, the following week gives us the opportunity to celebrate love. Join Rabbi Emily as we explore art, poetry, & music dedicated to this most powerful emotion. Zoom details in Our Week Ahead or watch via EHRS Facebook Live.



Cordoba



Toledo

Andalusian Adventure: Join us on a Virtual Trip to Cordoba and Toledo

Thursday 20 August, 17:00-19:00

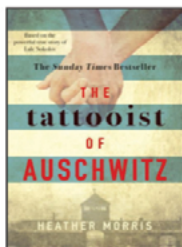
Join Spain's first native Rabbi since 1492, Rabbi Haim Casas, for a virtual tour of Cordoba and Toledo, two of the main centres of Judaism in Andalusia and the cradle of our Jewish learning and traditions from the 10th Century until the expulsion of Spain's Jews in 1492. Hosted by Rabbi Mark (to wet our appetite for a real tour in the future!). Please book your place at a cost of £5 by clicking visiting www.ehrs.uk/atj and we will send you the Zoom details to join us.

Talmud Class Sundays 5 & 19 July and 2 & 30 August 10:00-11:00

EHRS's stimulating and friendly Talmud class is open to all levels of Jewish knowledge. Join Rabbi Mark to grapple with the ideas of our classical Rabbis. Join the discussion of 2000 years ago and its remarkable relevance to issues today. No previous Talmud study experience necessary, just a thirst to get deep into the foundational texts of Judaism.

This class is conducted online through Zoom as discussion and argument is what it is all about!

Please email rabbi.mark@ehrs.uk to get the Zoom details and the Talmud texts we are studying.



An evening with Heather Morris, author of 'The Tattooist of Auschwitz'

Wednesday 22 July, 20:00

We are delighted that Heather Morris, author of 'The Tattooist of Auschwitz' and 'Cilka's Journey' will be talking to us from Australia on Zoom and other channels. Based on the powerful and moving true story of Lale Sokolov, 'The Tattooist of Auschwitz' has deservedly received wide acclaim all over the world. This is unquestionably one of the most life-affirming, unforgettable, and human stories of the Holocaust. Please contact atj@ehrs.uk for Zoom details and further information.

Comedian Ashley Blaker Comes to EHRS

Thursday 6 August, time to be confirmed, livestreamed via Zoom or Facebook

Join Comedian Ashley Blaker as he gives a special ONE OFF performance for EHRS.

This is not to be missed, Ashley has made an international name for himself by appearing on countless TV and radio shows and now he's coming to Edgware & Hendon Reform - well, online. He's widely thought of as the finest orthodox Jewish comedian in the country - arguably there's slim competition! Tickets £10 per household (concession £5). Please note this event is strictly for EHRS Members only.

For more information or to book your ticket please email atj@ehrs.uk - **BOOK NOW!**

