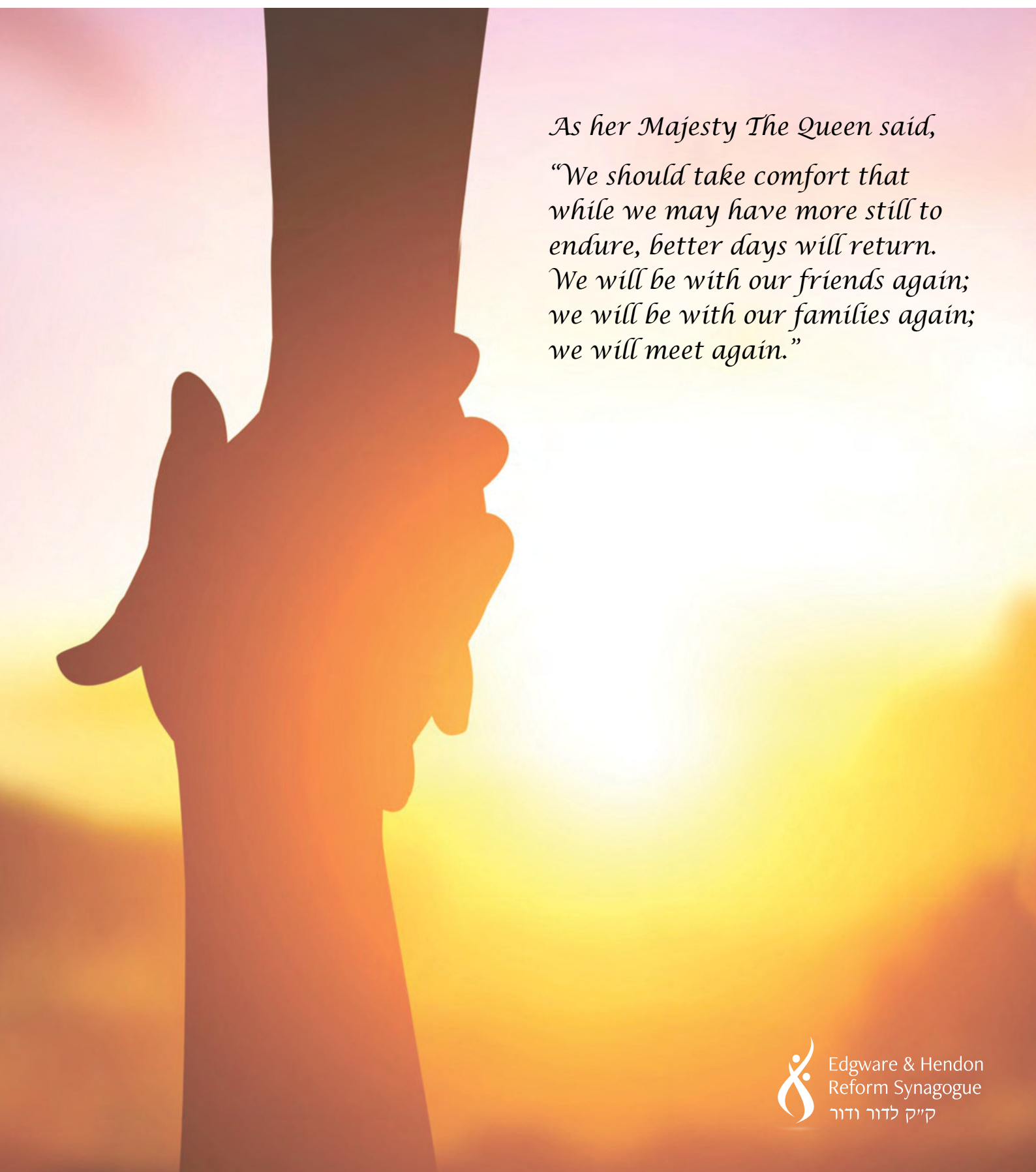


LEDOR & VADOR

FROM GENERATION TO GENERATION



*As her Majesty The Queen said,
“We should take comfort that
while we may have more still to
endure, better days will return.
We will be with our friends again;
we will be with our families again;
we will meet again.”*



MESSAGE FROM OUR CHAIRMAN



years. On the one hand I'm sad not to be able to share this wonderful festival with you all personally, but on the other hand, I continue to be amazed at how much we are able to do 'together'.

For those who have access to technology, we have had some wonderful talks of the week, classes and services, and our young people have enjoyed brilliant activities organised by our youth workers, Murray and Amy.

Now I want to look to the next few weeks and months. I am delighted to welcome Rabbi Debbie Young-Somers who has joined our rabbinic team. I hope many of you will 'meet' with her and get to know her soon. I'm certain she will be a great asset to our community. It is a challenging time for anyone to start a new job, but we will be throwing her straight in at the deep end, and I know she will rise to the challenge.

Going forward we have lots on offer

which you will see on the website and in this edition of LeDor VaDor. Our Honorary Officers and Council are now actively thinking about what our synagogue will look like after lockdown (whenever that comes). I think we have learnt a lot about how a community works and of the good things we want to take forward with us – particularly how to engage more people with shul life, whether that is services, classes, or just being connected with our friends and neighbours. I particularly want to thank all the many volunteers who have come forward to help with our Community Circles – it has been such a valuable and worthwhile project, one which I'm sure we need to continue into the future.

For now, I just want to wish you all well. Keep safe and hopefully we'll be able to meet soon and share our cheesecake together once more.

Janet Brand

Dear Friends,

Well, we have got through a most unusual Pesach and now look forward to the next festival, Shavuot. No doubt we will be working out recipes for cheesecake for smaller amounts as we are not going to be feeding the community for kiddush as in previous

AGM POSTPONED – The EHRS AGM originally scheduled for June, has been postponed, most likely until October. The community will be informed of a new date in due course.

WE WELCOME RABBI DEBBIE YOUNG-SOMERS

We were delighted to welcome Rabbi Debbie Young-Somers to the EHRS Rabbinic Team in April.

Rabbi Debbie grew up down the road in Radlett, and attending RSY's Shemesh every summer. She went to university as far away from a Jewish community as she could find, in Lancaster, where she majored in Religious Studies, focussing on Hinduism and Judaism. She ended up running the JSoc, setting up a 5 way dialogue society and half way through her studies realised what many others had suggested years before, that she wanted to be a Rabbi. After working as Student Fieldworker for RSGB, studying at The European Centre for Jewish Studies in Stockholm and working for the Council of Christian Jews, she began her studies at Leo Baeck College, where today she is a lecturer on Religion and Dialogue.

She wrote her final thesis on What women have done with Niddah, and is known for her creative Mikveh liturgies. She is also co-chair of the Mikveh Project UK's education and liturgy group. She received semichah in 2009 and was part of the Rabbinic team at WLS until 2013, when she joined Reform Judaism as their Community Educator, where among other things she produced a new National curriculum for conversion courses. She has been published in several books ranging from interfaith topics to liturgy. She is a regular broadcaster on Radio 2's Pause for Thought, news reviews on BBC London and BBC 3 Counties Radio (where she recently hosted the Sunday Breakfast for a year).

She is married to Gary (who is a rabbi in his own right, qualified to answer questions on kashrut) and they are tired parents to



Eliana, 7, and Michah, 4. They are all looking forward to meeting the community!

Rabbi Debbie will be appearing on BBC Radio London on the morning of Sunday 17 May at 08:45 with a news review for the In Spirit show with Jumoke Fashola. Do tune in!

We have been working from home for the past 5 weeks and are available to respond to your queries and concerns and provide support to our members to the best of our ability and resources. We know that it has been very difficult for many of you during the past weeks and especially for those who have suffered the loss of a loved one or have been affected by Coronavirus. We are here to support you and will be in touch although it may take us a bit longer at present.

Before the lockdown we were working on our 'Let's Talk' initiative following our successful event in February. Some of our plans have had to be put on hold for now but in the meantime we will be looking at what is available to support our community through this difficult time. Mental Health Awareness Week takes place this year from 18-24 May 2020, and EHRS member Jonny Benjamin MBE has kindly provided the following message:

I know that the last few months have been incredibly difficult for many members of EHRS. It is now more important than ever before that we acknowledge and address mental health within our community.

This mental health awareness week, please do reach out to fellow members and ask them how they are doing. Just a short, simple conversation can really make all the difference to someone who may be struggling.

And if you are struggling yourself, please don't feel that you have to suffer alone. There is so much support out there. From Jami to the Jewish Helpline, to other charities such as the Samaritans and brand new text service Shout, there are people out there 24/7 365 days a year should you need them.

We may be taking extra care of our physical health at the moment to ensure we keep the coronavirus at bay, but it is just as vital that we look after our mental wellbeing as well during this lengthy period of isolation.

Finally, we must all keep reminding ourselves of the famous quote, "All Things Must Pass." The time that we are living in will eventually become a distant memory. We can all endure



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 9AB
Telephone: 020 8238 1000 Email: admin@ehrs.uk Web: www.ehrs.uk
Charity 1172458 Company 0622971



and overcome this period, as long as we stand together, looking out for not only ourselves but everyone around us as well.

Jonny

Lunch Club and **Memory Way Café** are currently closed in accordance with Government guidelines. Our volunteers have been calling regular guests to keep in touch and Telenet volunteers, befrienders and Community Circle Co-ordinators are keeping in touch with many EHRS members.

Please see the Community Update each week in the EHRS weekly email for more information and check out the Community Care page on our website for more information regarding resources and organisations www.ehrs.uk

Keep well and safe. Val and Marissa, communitycare@ehrs.uk

Val: 020 8238 1013
Marissa: 020 8238 1015



Val Joseph

NESHAMAH YOGA



Saturday 30 May, 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 email or can be obtained from admin@ehrs.uk

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

Raffi, a son for Nicola and Samuel Diamond, a grandson for Susan Diamond and Gary Diamond.

Jude Michael, a son for Carly and Michael Silverberg, a grandson for Lawrence Samuel, a great grandson for Gloria and Monty Samuel.

Nora Josephine, a daughter for Chantelle and Lukas Bain, a great granddaughter for June Gilbert.

BAR/BAT MITZVAH as scheduled

2 May - Alfie Wise, son of Gavin & Lisa.

23 May - Maddison Grant-Gold, daughter of Neil & Bridget.

13 June - Aaron Breslaw, son of Jonathan & Gina.

20 June - Milly Bryk, daughter of Jonathan & Donna.

27 June - Jack Seifert, son of James and Nikki.

ENGAGEMENTS

Mazel Tov to Janice and David Golden on the engagement of their son Ben, to Robyn Freeman.

BIRTHDAYS

Mazel Tov to Linda Baginsky on her 70th birthday.

Mazel Tov to Anthony Muscat, Frances Muscat and Valerie Bard on their 80th birthday.

Mazel Tov to John Burns on his 90th birthday.

Mazel Tov to Betty Wess on her 90th birthday.

Mazel Tov to Judy Benton on her 90th birthday.

Mazel Tov to Pamela Shaw on her 70th birthday.

Mazel Tov to Josephine Levene, Marion Pearl and Sylvia Engelberg on their 83rd birthday.

ANNIVERSARIES

Mazel Tov to Alan and Marlene Woolf on the occasion of their Diamond Wedding Anniversary.

CONDOLENCES

An amendment from the last edition:

To Marilyn Pysen on the loss of her daughter, and Craig Pysen on the loss of his sister, Sasha Pysen.

To Susannah Kraft on the loss of her husband, and Elie and Oscar Kraft on the loss of their father, Rabbi Neil Kraft.

To Rita Hart on the loss of her husband, and Sheryl Green and Jerome Hart on the loss of their father, Dennis Hart.

To Sue Casale on the loss of her husband, and Laura and Anna on the loss of their father, Mike Casale.

To Anita Chalfen on the loss of her husband, Mark Chalfen and Joanne Thomas on the loss of their father, and Valerie Chalfen on the loss of her brother, Gerald Chalfen.

To Pamela Wingard on the loss of her husband, and Daniel Wingard and Sara

Handman on the loss of their father, Graham Wingard.

To Judy Serember on the loss of her husband, Steven and Raymond Serember and Susan Hurst on the loss of their father, and Ronald Serember on the loss of his brother, Charles Serember.

To Rita Moss on the loss of her husband, and Dena Kent and Patricia Berlin on the loss of their father, Harry Moss.

To Dani Moss on the loss of her husband, Ashley Moss and Sabrina Sherman on the loss of their father, Elaine Moss on the loss of her son, and Lesley Graham on the loss of her brother, Howard Moss.

To Leonora Vaughan on the loss of her husband Edgar Vaughan.

To Ellen-Ruth Susskind on the loss of her husband Gunter Susskind.

To Elizabeth Webber on the loss of her husband, and Robert Webber on the loss of his brother, Stephen Webber.

To Elaine Canter on the loss of her husband Maurice Canter.

To Phillip Karp on the loss of his wife, and Howard and Darren Karp on the loss of their mother, Marie Karp.

To Barry Myers on the loss of his wife, Richard and Jessica Newton on the loss of their mother, and Daniel Habib on the loss of his daughter, Flory Myers.

To Philip Hyams on the loss of his wife, and Karen Order on the loss of her mother, Elaine Hyams.

To Milissa Seiler and Elizabeth Howard on

the loss of their father Jeffrey Howard.

To Tracey Light on the loss of her father Melvyn Black.

To Gail Botchin on the loss of her father Phillip Cass.

To Stuart and Simon Michael on the loss of their father Anthony Michael.

To David Phillips, Deborah Barnett and Suzanne Sugarman on the loss of their father Ivor Phillips.

To Annabel Boltsa and Carolyn Mulhall on the loss of their father Michael Boltsa.

To Lisa Marlowe and Mandy Gulliver on the loss of their father Michael Soester.

To Paul z"l and Alan Kinchuck on the loss of their parents Stuart and Geraldine Kinchuck.

To Jeff Cooper on the loss of his mother, Sue Cooper on the loss of her mother-in-law, and Jamie Cooper on the loss of his grandmother, Betty Cooper.

To Robert and Philip Brand on the loss of their mother, Janet Brand on the loss of her mother-in-law, and Hayley and Emma Brand on the loss of their grandmother, Betty Brand.

To Melanie Loeb on the loss of her mother Ruth Landaw.

To Spencer Davis and Roberta Verona on the loss of their mother Rita Davis.

To Simon and Howard Collins on the loss of their mother Sylvia Collins.

To Clive and Harry Hyman on the loss of their mother Paula Hyman.

To Denise Bernard on the loss of her mother Helen Lee.

To Naomi Williams and Amanda Gold on the loss of their mother, and Leila Farleigh on the loss of her sister, Jean Gold.

To Monica Jankel, Jennifer Harvey, and Richard Jankel on the loss of their mother, and Michelle Williamson on the loss of her grandmother Hermy Jankel.

To Yvonne Cohen on the loss of her mother Dorothy Spitz.

To Susan Drecksler and Amanda Fess on the loss of their mother Norma Slatkin.

To Russele Solomons and Helen Berman on the loss of their mother Marie Gordon.

To Patricia and Warren Rosen on the loss of their daughter, Caitlin, Harry and Josh on the loss of their mother, Laura Berry on the loss of her sister, and Ronald and Shirley Rosen on the loss of their granddaughter, Rochelle Ravenscroft.

To June Pyzer on the loss of her son, and Julia Reece and Suzanne Jacobs on the loss of their brother Martin Pyzer.

To Michael Fellerman on the loss of his brother Norman Fellerman.

To Rosalyn Curtis on the loss of her brother Raymond Curtis.

To Irene Kreeger on the loss of her sister Geraldine Kinchuck.

To Rosamond Kane on the loss of her sister Thelma Matthews.

To Georgina Newman on the loss of her grandfather, and Tracey Freeman on the

loss of her father, Norman Winer.

To David Hyatt on the loss of his uncle Stanley Lerner.

To Julia Levene on the loss of her aunt Janice Gilbury.

To Jenny Mablín on the loss of her brother, Gill Bush on the loss of her husband, and Nicki and Jeremy on the loss of their father, Jeff Bush.

To Linda Goldstein on the loss of her sister, Ivan Pulis on the loss of his wife, and Gregory Pulis on the loss of his mother, Joan Pulis.

To the family of Patricia Isaacs.

To the family of Rudolph Berelson.

To the family of Gertrude Leigh.

To the family of Susan Godfrey.

To the family of Warwick Goodman.

To the family of Irene Jay.

To the family of Greta Green.

To the family of Anthony Seidler.

To the family of Elise Reitman.

WELCOME

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

Joel, Danielle, Ethan & Jonah Woolf.

Suzanne Bloom.

Deborah Henry.

Marcus Grossman and Abigail Lewis.

Lady Frances Petchey.

Sheldon Paule.

Aime Peters and Gabrielle Markham.

Michael and Karen Fierstone.

Lorraine Miller.

Dear Friends

Thank you all so very much for your heartfelt and loving tributes, kind wishes, letters, notes, emails, memories and calls about Rabbi Kraft, Neil or even 'your husband'.

I know that he meant so much to everyone here at EHRS and leaves an irreplaceable space in all our lives.

Elie, Oscar and I thank you all for your kindness and warmth at what is an unbelievably traumatic time in all our lives. Self isolation for us all has resulted in the absence of our traditional support systems that we have come to expect in our close community.

In some small way, and to remember him in a way in which he would undoubtedly have approved, let's continue to raise a glass of whisky to Neil at kiddush!

With heartfelt love and thanks,

Susannah, Elie and Oscar Kraft

We were fortunate enough to enjoy 2 fabulous events in the weeks before the country was put into a lockdown. We look forward to seeing you all again soon for joyous times like this.

Everyday Heroes Recognised as Stars

On Thursday 27 February, we paid tribute to members of the community who have made an extraordinary contribution to mainstream society at the 2020 **EHR Awards: Everyday Heroes Recognised as Stars**.

Amongst the winners was Chani Smith who, thanks to her incredible research into 'cording' - a condition that Breast Cancer patients are prone to post treatment, has now helped to change the way that thousands get treated following diagnosis. Also remembered was the life and work of Travers Reid, who passed away in 2019. He helped in the founding of the Michael Palin Centre for Stammering and has subsequently helped numerous individuals who would have otherwise struggled to communicate. The ceremony was hosted by broadcaster Phil Dave who said: *"It is extraordinary how one community can be lucky enough to have so many truly inspirational people. I feel immensely privileged to have had the opportunity to not only honour them, but meet them as well."*

The awards and their winners were:

'Young Selfless Individual of the Year' – **Harry Bilgora-Kelly**, for raising money for a children's centre.



'Outstanding Contribution for Community Learning' – **Emma Brand**, was instrumental in organising Limmud 2019 / 5780.

'Changing Numerous Lives for the Better' – **Peter Bradley**, heavily involved in the 'Foodcycle' project, which sees those who are starving eat more than just leftovers.

'Turning Lives Around' – **Travers Reid (Z"l)** collected by his widow Sandra Reid, was behind the founding of the Michael Palin Centre for Stammering, helping endless individuals to communicate once more.

'Young Fundraiser of the Year' – **Jaye Okin**, raised thousands of pounds for the Noah's Ark Children's Hospice.

'Extraordinary Time Giving to Worthy Causes' – **Lisa Bard**, has given countless hours to various charities over the years with a particular focus on the homeless.

'Enhancing Quality of Life' – **Chani Smith**, has helped with the research into a condition known as 'Cording' affecting many Breast Cancer patients and ultimately changed their treatment plan.

'Inspirational Person of the Year' – **Emily Green**, managed to walk away from the orthodox community despite being forced into an arranged marriage and took her children with her.

PURIM CELEBRATIONS

Fun, laughter and lots of noise spilled out of Edgware during our EHR Purim celebrations back in early March. Children and adults joined our Shushan Circus with fun activities, delicious food and great company. This was followed by the always animated Megillah reading with a lovely community spirit, followed by a special Cocktails & Canapes for all. There were also some fantastic costumes worn by members and as always, the rabbis! We welcomed clowns, ring masters, and even a bearded lady! We look forward to again filling our building with faces and laughter when it is safe to do so.



THE JEWISH LIFE CYCLE AT EHR'S DURING THE CORONA VIRUS CRISIS



date and chosen to learn a new portion in the Autumn in the hope that their families and friends will be able to attend in person.

Marriage

Since the coronavirus lockdown it has been impossible for EHR'S to conduct the civil section of a Jewish marriage, as it has for all churches and registry offices. This means that a number of couples have had to postpone their wedding dates, in some cases more than once in order to settle on a date that seems safe to assume that families and friends will be able to safely gather. We are happy to help to set future dates.

Life, wellness and illness

Throughout the EHR'S community our nearly 100 Community Circles, led by much appreciated Coordinators, have each brought 10-15 households together to be in contact with each other and support each other. The EHR'S Community Care and Welfare department is always available to help where they can, or put you in contact with someone who is closer to you. We encourage everyone to look at the front page of the EHR'S website, where we aim to have links for something for everyone to keep community life thriving.

Sadly, our Rabbis and Community Carers have been unable to visit members who are not well in person, in order to ensure that they can continue to serve the whole community without needing to self-isolate, but they are more than willing to phone members who would appreciate support. Do let us know if this would be helpful to you.

We can also help find practical support through our Community Circles for needs such as shopping or collecting prescriptions.

Bereavement and after

EHR'S has suffered a large number of bereavements since mid-March, many from Covid-19. Each brings grief to families within and outside our community and so many of us have lost people who had great significance in our lives, including of course our beloved Rabbi Neil Kraft z"l. We have had to

learn quickly how to enable mourners, their families and friends to gather using Zoom so that we can create funerals of meaning which do honour to the deceased, without putting the lives of those left behind at risk.

EHR'S has strictly followed the policy of Reform Judaism and our Jewish Joint Burial Society which states that mourners cannot attend funerals in person, in order to uphold the highest Jewish value of saving life (piku'ach nefesh). We have done this so that mourners do not infect each other, to protect the lives of our cemetery staff and keep our Rabbis able to serve the community without self-isolation. Families have been very understanding of this need and many hundreds of people have now attended on-line funerals where touching hesped (eulogies) can be given and family and friends can pay their respects to the mourners as the Zoom 'meeting' is left running after the funeral has taken place. We expect this to be the mode of our funerals until the lockdown restrictions are lifted, once the height of the danger to each other's lives has reduced.

Your Rabbis are working out how we can offer the opportunity of a future memorial service in-situ where a loved one has been buried or cremated during this period. We intend to make this possible for families who wish it. We know that stone masons are not currently able to work due to the numbers of people in close proximity who are needed to install matzevot (memorial stones), so it will be some time before stone-settings can take place. Currently therefore our burial society is not able to take bookings for stone-settings. We will be ready to help arrange dates as soon as the burial society is able but currently cannot rearrange dates or take any new bookings.

We know that we will come out of this period where social gathering is not safe for many people in a gradual way, with different groups of the population safe to gather with others at different stages. We are always here to help with the emotional and spiritual distress of having to wait. Please do be in contact.

Rabbi Mark Goldsmith

Despite all of the restrictions placed upon us in order to save life during the weeks since mid-March, when Covid-19 became part of all our reality, Jewish life has continued. Babies have been born, young people have come of age, couples have become engaged, people have lived, been well and ill and some, so sadly, have passed away. This article tells you about these stages of the Jewish life cycle and how EHR'S has been supporting our members during these transitions. Please contact any of our Rabbis or our Rabbis' PA June.lewis@ehrs.uk or **020 8238 1000** if you would like to find out more about any of these issues or discuss your own situation. We are here to support you.

Celebrating Birth

Babies have been born in our community as always. So far we have not enjoyed an online Baby Naming during one of our Livestreamed services, but we certainly could if anyone wished it. The Association of Reform and Liberal Mohalim has had to suspend performing Brit Milah (circumcision) since lock down began, but one Mohel is now able to do so in his surgery under sterile conditions.

Coming of Age - Bar and Bat Mitzvah

We have been able to celebrate the Bat and Bar Mitzvahs of a number of young people on-line using a combination of Zoom and the EHR'S livestream. They have been beautiful ceremonies taking place in the contact of our on-line Shabbat morning service witnessed by hundreds of EHR'S members from their homes. Many other young people have chosen to delay their B'nei Mitzvah until their Torah portion occurs again next year, whilst others have organised a new

Mussar London 2020 ONLINE - Jewish Wisdom That Works: Thriving in Life's Trials

Wednesday 13, Thursday 14 and Sunday 17 May 2020

We were looking forward to having the world's top teachers in Mussar coming from Canada and Israel to provide the first nationwide opportunity to learn and explore Mussar together this May. Unfortunately, COVID-19 made it impossible for us to gather in one place safely. In order to keep the learning going, we're delighted to bring you the very same teachers you originally would have learned from in London: Dr. Alan Morinis, founder of the Mussar Institute, and Rabbi Avi Fertig, Director of Mussar at The Mussar Institute.

Our programme gives you three opportunities, whether you are a beginner, a rabbi, cantor or other educator; or someone else interested in this rich, Jewish wisdom tradition. Each session is scheduled for the same day as our original, face-to-face programme.

These sessions will take place on Zoom, using all the tools needed to interact with our teachers.

Please go to www.ehrs.uk/mussar-london to book your place. Zoom details will be given to participants upon booking.

Wednesday 13 May, 20:00-22:00 - For Beginners: An introduction to a Jewish Wisdom tradition that works

Technology, travel, communications and medicine have changed dramatically over time, yet the lessons passed down to us by the Sages are as relevant in today's challenging times as they were many centuries ago. By applying ancient Jewish wisdom, we engage in a 1000-year old tradition that really works to enable us to lead wise, meaningful lives, even in the current global crisis. For an introduction to the ethical practice of Mussar, our guest teachers are Dr. Morinis and Rabbi Fertig. Registration: £5

Thursday 14 May 16:00-18:00 - For Rabbis, Cantors, & Other Educators: Study for the Soul: Developing the qualities of Bitachon (trust) and Zerizut (alacrity) through our ancient texts

If we want to teach the ethical practice of Mussar, we must become students of Mussar ourselves. Mussar text study is very different from a rabbinic, head-oriented approach and enables the student to engage on a more soulful, ethical level. Bitachon and Zerizut are particularly relevant to the times we are living in and the pressures that accompany them. Please join our teachers, Dr. Morinis and Rabbi Fertig, for a thought-provoking, interactive session.

There will be an introduction, a Mussar-based text exploration, and a Q&A with opportunities for further learning. Registration: £10

Sunday 17 May 16:00-18:00 - For Mussar Students with Some Experience: The Dynamics of Personal Change: Using Mussar Practice for Transformation

If you've already dipped your toe into Mussar text study, this is your opportunity to move from the intellectual to the practical. The true test of whether our practice is successful is whether we are more generous, or more humble, or more patient. In order to change, we must sustain our practice over time. In this interactive session with Dr. Morinis and Rabbi Fertig, you will learn and practice core Mussar techniques that will enable you to walk on the path of Mussar every day. Opportunities for taking your practice further will also be noted. Registration: £10



To book your place please go to www.ehrs.uk/mussar-london



Thursday 28 May - Erev Shavuot Service, 19:30-20:20

Introducing us to the festival for this year, led by our Rabbis

Tikkun Ley'I Shavuot, 20:30-00:15

Our Tikkun Ley'I Shavuot this year takes the Ten Commandments to pieces and then puts them back together again. You can join us for all three sessions or just one or two, depending on your choice of bed time! Our Rabbis will be teaching with experts in each of the issues covered by the commandments. A theologian for the first commandment (I am God), an artist for the second (Make no graven images), a therapist for the fifth (Honour your father and mother), a police officer for the eighth (Do not Steal) – you get the idea? Sessions will run:

20:30-21:15, 21:15-22:00 and 22:15-23:00 and 23:15-00:15 with breaks to get a coffee and piece of cheesecake to keep you going! Full details in the EHRs Our Week Ahead e-mails including Zoom details closer to the time

Friday 29 May - Main Service, 10:30

We hope to provide a Machzor (prayerbook) to use on-line on the EHRs website as we did for Pesach, courtesy of Reform Judaism.

Shacharit and Torah Service will be led by Rabbi Mark Goldsmith and Rabbi Debbie Young Somers. They include the reading of the Ten Commandments and all the ingredients of a regular Shavuot

Shavuot B'Bayit, 10:30-11:15

Join Rabbi Emily LIVE on the EHRs Facebook page for Shavuot B'Bayit, a Shavuot morning service with songs, stories, and reflections to give you a chance to stand at Mount Sinai without the formality.

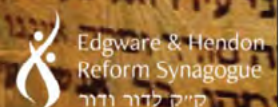
Shavuot for Kids, 11:30-12:15

Join Rabbi Emily LIVE on the EHRs Facebook page or by Zoom (details in EHRs Our Week Ahead e-mail) for Shavuot for Kids, a Shavuot morning family service to make our festival come alive with a cheesecake of song, prayer, Torah tales and interaction.

Shavuot

Go to www.ehrs.uk/live
to live stream our services

A link to our Torah and Haftarah Portions for the festival will appear at the top of our EHRs Community Channel on the front page of the EHRs website.



Locked down but not locked out!

Although we of course miss the face to face contact we have with our children and adults, from an education perspective we have been able to carry on delivering bar/bat mitzvah lessons, Orot lessons and adult programmes thanks to Zoom, streaming and YouTube. Thank you has to go to Perry and the synagogue for setting up our remote desktops so that we can work from home as though we are sitting at our computers in the synagogue, which has helped us to continue as normally as is possible.

Thank you also to our teachers who have really stepped up and taken on a new way of delivering our programmes and lessons virtually. All our bar and bat mitzvah students continue to have their weekly 1:1's lessons either by Zoom, Skype or FaceTime. Understandably, some of our bar and bat mitzvah students have deferred their celebration to a later date when hopefully we once again will be able to join together with family, friends and community in the synagogue. The students who have gone ahead with the bar or bat mitzvah on Zoom have done a fantastic job and made their families and community very proud of the way they have risen above the challenges of the severe restrictions that are in place.

Our Orot teachers deliver their Hebrew lessons by Zoom and do their Jewish Studies projects by Zoom or YouTube. We even managed the popular chocolate Seder on Zoom. We would really love to see all our students respond to the invites to join these weekly lessons

because the students who do are having fun interacting in new ways with their classmates and teachers. The parent's feedback is that they really appreciate the efforts we have made to keep their children engaged in the community and with each other. Please look out for the weekly invites to your child/ren's classes. As many of you will know we have had fantastic responses to our All Things Jewish programme for adults and we have a great programme planned for this next term while we have to continue to meet virtually. For many of our members our virtual programmes are proving a very accessible way to attend without having to leave home. I think when this lock down is over we will have discovered new and different ways for us to continue to engage many more of our members in our programmes and events.

I have been determined to ensure that we keep in contact with our families to let them know we care about them and are there for them during this unprecedented time. I have personally spoken to every family in Orot and BBM classes and as I write this, with the help of Lawrence Stein, the Chair of the Education Committee, we are about to start phoning all families in the community with children who don't attend Orot or the BBM classes. Again just to check in that they are okay and if

there is anything we can do too support them.

I have to say that a month ago I had never used Zoom but I have to say I love it. It will never replace the face to face interaction we have in the shul but it has really helped us to stay connected with our families and children. Apart from BBM and Orot lessons I am having fun joining in the Youth Media Moments organised by our Youth Workers Murray and Amy that happen on Tuesdays to Thursday at 4.30pm. Again do look out for the invite to join these fun sessions.

Much has happened over the last few weeks that have made us laugh and cry, especially with the sad passing of Rabbi Kraft who we will miss forever. Our community will have many empty chairs in shul when we return and I imagine we will collectively grief and shed more tears for all those dear members we have lost. But in some ways social distancing has also brought many of our members closer and given us opportunities to show how much we care about our EHRS community. I hope that when we are able to return to our 'normal' everyday lives that we won't lose the lessons we have learnt at this time. I truly hope we will allow ourselves to pause occasionally and remember what are the really important people and things in our lives.

Marian Cohen, Director of Education

YOUTH CENTRE UPDATE

Youth Media Moments

We hope you are all keeping well and staying safe as this difficult time. Over the past 5 weeks, the Youth Centre have run Youth Media Moments, an online Zoom platform for children between the ages of 5-14.

Please do join us on Tuesdays, Wednesdays and Thursdays at 16:30 on Zoom for amazing activities for EHRS children. So far we have run quizzes, enjoyed amazing Passover sing alongs, got creative with origami, built matzah houses, had home adventures, learnt first aid, enjoyed a tie competition in memory of Rabbi Kraft, and taken part in The Apprentice Start Up.

Introducing - Teen Media Moments

For all those aged 12-17. Every Tuesday, Wednesday & Thursday at 17:30. Our first session will take place on **Tuesday 5 May**. Join us for team friendly fun and games over Zoom.



We would love for you to join us so please contact us at youth@ehrs.uk for more information and if you would like a Zoom link for your children. You can also email us your photos and videos of what you have been doing to keep yourself busy to and we will share them and enjoy them all together!

We hope to see you soon.

Murray Brown & Amy Levin

& learning & worship & community care & commemoration & young people

In common with so many other organisations, offices, schools, shuls, churches and shops, EHRS had to turn itself into an on-line Synagogue in just a few days in late March. We had to start up our services on Friday nights and Saturday mornings and all of our Festivals (with Pesach just around the corner) as meaningful experiences of worship and the gathering of our community to be enjoyed from home, including Bar and Bat Mitzvahs.

We did it and often our services are being attended by over 200 people watching well over 100 screens across North West London and often abroad too. Ann Sadan and our cantors have added music to the services so that they are melodic and, from home, EHRS members can join into familiar melodies. Rabbi Emily has innovated a whole new style of interactive service on Facebook Live which regularly creates a community of hundreds. Members of our choir volunteered to record some favourites from the EHRS repertoire and put them on our website. Meanwhile, on Friday afternoons, our youngest members sing along with our Rabbis and the Shabbat Dinosaur at Kuddle- Up Shabbat and had a great time at the EHRS Young



Families' Pesach Tea and Tots singing with Rabbis Emily and Mark and hearing Pesach stories. On Saturday evenings a group of our more senior members join together for a friendly Zoom Havdallah to mark the end of Shabbat. Our online Communal Seder brought some 200 members of the EHRS community together.

Murray and Amy, EHRS's Youth Workers have made sure that our young people have plenty to enjoy when they have finished the home-school day and during the Pesach holidays. They created popular club programmes that you can do at home, including scavenger hunts, Pesach play sessions and a much needed session for young people to share their memories of Rabbi Neil Kraft z"l. Marian Cohen has worked with all



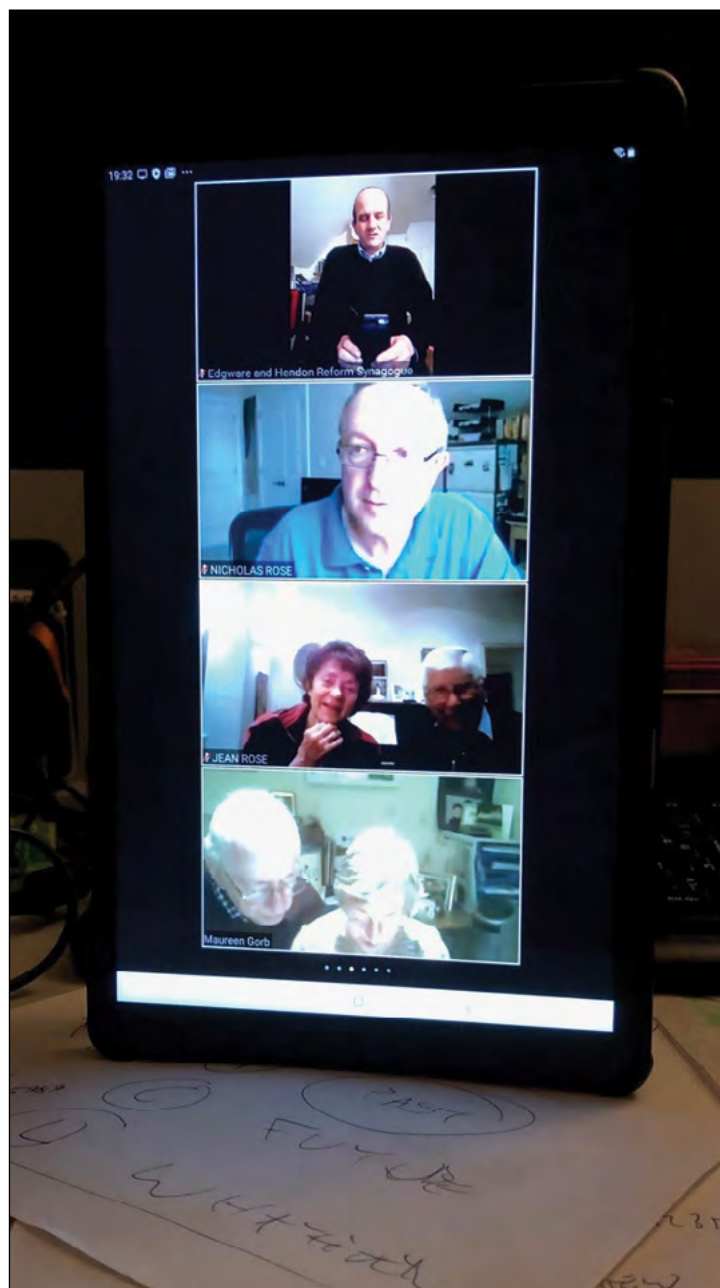
her teachers to instantly change Orot into an on-line Sunday school with great creativity all round, and all of our Bar and Bat Mitzvah classes and individual tuition are now conducted by Zoom, with excellent rates of attendance so no one misses out on learning.

Adult learning has thrived through this period with old favourites and new ideas enjoyed by greater numbers of participants than we normally expect at the Stonegrove building. It means that we may continue on-line learning beyond lockdown as it is clearly welcomed by many. We have featured an online talk of the week, so far given by Rabbi Professor Jonathan Magonet, Rabbi Laura Janner- Klausner, Jeremy Leigh and our own Rabbis Debbie Young-Somers and Mark Goldsmith. Our 'Voices Across the Continents' series has included heart-warming encounters with the communities of Shirat HaYam in Odessa and Temple Israel in Cape Town. Jewish text study has continued with Rabbi Mark's Talmud Class and Student Rabbi Eleanor Davis's Rosh Chodesh study.

Elsewhere in L'Dor VaDor you can read about the EHRS Community Circles initiative which has enabled over 1000 Synagogue households to be connected to each other with a volunteer co-ordinator calling regularly to keep in contact and help to deal with or refer urgent needs. This is combined with an awareness that not all of our households are able to use the internet to connect with their community so phone calls are being made to every one of the 300 or so households for whom we do not hold an e-mail address. Darren Simons, a member of EHRS, has been helping those who find computer technology difficult to use to be able to connect to services and classes and is happy to help anyone who needs this assistance. You can contact him through Rabbi Mark or June Lewis.

We are also aware that there are many Reform Judaism communities who do not have the resources to bring their congregants the variety of worship and learning that EHRS is able to. We joined with all of the Reform Judaism communities around the country to share Yom HaShoah (Holocaust Remembrance Day) and Yom HaZicaron - Yom HaAtzmaut (Israel's 72nd Memorial and then Independence Day) with our Rabbis, Cantors and Leyners participating and helping to build the ceremonies.

We hope that you have felt connected to your EHRS community during this extraordinary time. We will keep innovating and keep trying to make our on-line events as including and



participatory as possible so that the friendly spirit of our Synagogue thrives on. As we, hopefully, come out of lockdown we will be well aware that not all feel safe to gather physically and will continue to bring the Synagogue to your home alongside what we do in our building. If there is anything you need to help you to connect to your shul please let us know.

Rabbi Mark Goldsmith

ONLINE TALK OF THE WEEK



Generally on alternate weeks, our Rabbis are organising great teachers to teach our community on their areas of expertise. These last for approximately 45 minutes and are broadcast on the EHRS livestream. So far have learned about 'Israel in Covid-19 Lockdown', 'Resilience – and how to build it', 'How did Moses know he was a Hebrew?', 'Benjamin Disraeli – a Life between the pages of the Old and New Testament' and 'Public Health in the Torah'. They take place on Thursdays or Fridays, normally in the morning and are advertised in Our Week Ahead and on the EHRS Website. Where possible, the EHRS Community Channel posts a recording of the talk to listen to at your convenience.

Rosh Hodesh: More Matriarchs with Eleanor Davis Introducing the Book of Ruth: Torah Study via Zoom

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

Mondays 4, 11, 18 & 25 May, 20:00-21:00

Traditionally we read the Book of Ruth on Shavuot: join Student Rabbi Eleanor Davis to delve into the book ahead of Shavuot and meet some of its key characters.

4 May - Meet Naomi: an older woman utterly changed by the tragedies that befall her – will her longing for return be granted?

11 May - Meet Ruth: a younger woman who clings to her new family – how far will her lovingkindness take her?

18 May - Rosh Hodesh special: meet the woman who turned back – can there be a happy ending for her too?

25 May - Meet Boaz: a rich and powerful redeemer whose actions will change their lives – could he be the ultimate hero?

Rabbi Michael Leigh z”l Memorial Lecture 2020/5780 with Rabbi Professor Tony Bayfield CBE

Tuesday 12 May, 19:30-21:00

Every year EHRS jointly hosts a lecture together with the Yitzchak Rabin B’nai Brith Lodge on the Yartzheit of our former Rabbi from 1963-1993, Michael Leigh z”l. This year our lecturer is Rabbi Professor Tony Bayfield CBE. Rabbi Bayfield was Head of the Movement for Reform Judaism from 1994-2011 and then its President. He is Professor of Jewish Theology and Thought at Leo Baeck College. He is the author of several pioneering books on the theology of dialogue between Jews, Christians and Muslims.



In 2019 Bloomsbury (publishers of Howard Jacobson and Harry Potter) published Tony’s latest book *Being Jewish Today: Confronting the Real Issues*. Written for ‘the intelligent general reader, predominantly but by no means exclusively Jewish’, the book explores the unavoidable challenges to identity, tradition and belief today. **The lecture will take place on Zoom and also on the EHRS Livestream. If you join us on Zoom you will also be able to ask questions at the end of the lecture. For the Zoom details please email admin@ehrs.uk.** *Being Jewish Today* is available in print or audiobook from Amazon.

Bite of Torah for everyone interested in Torah

Our popular Saturday morning Torah study returns this month. This time though you will have to provide your own bagel at home as it is returning on-line! The Zoom link details will be provided in Our Week Ahead 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.

Saturday 16 May, 09:15-10:00

Behar-Bechukkotai - Rabbi Mark teaches about buying and selling property in the Bible, and its deep symbolism of confidence and despair.

Saturday 20 June, 09:15-10:00

Korach - Rabbi Debbie asks the question, would I have done what Korach did in rebelling against Moses? If good and bad always obvious?



Every fortnight our Rabbis are connecting us with Jewish communities abroad for a conversation and a heart-warming experience of solidarity during the Coronavirus crisis. So far we have connected with Cape Town and Odessa and we plan to connect with Reform Jewish communities in Brazil, the USA, Spain, Canada and many other parts of the world. You can join by Zoom or on the EHRS Livestream. See Our Week Ahead and the EHRS Website for details.

Talmud Class *Sundays 10 & 24 May and 21 June, 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.

Tweet-sized Torah **Mondays 8 & 15 June, 20:00-21:00** (For Zoom details please email atj@ehrs.uk)

Pirkei Avot's short maxims would fit easily on social media, yet offer surprisingly deep insights and Jewish ethical teachings. This tractate of the Mishnah (the first part of the Oral Torah), also known as the Sayings of the Fathers, is one of the best-loved and most-quoted parts of Rabbinic literature. It is studied frequently, especially on summer Shabbat afternoons, and contains plenty to uplift, inspire and motivate us. As we approach our secular Father's Day, these sessions will dip into the Sayings of the Fathers selections at the back of the Reform Judaism siddur: no prior knowledge needed, just curiosity about what our ancient 'fathers' have to teach us today. With Student Rabbi Eleanor Davis.



Rabbi Debbie Young Somers's 'Desert Island Texts' **Tuesday 16th June 20:00-21:30**

Rabbi Debbie shares with Phil Dave the Jewish ideas and texts which inspire her as a Jew and a Rabbi. What would our new Rabbi want to ponder if marooned on a desert island? You can join by Zoom to be able to ask your questions or by EHRS Livestream. Zoom details in the EHRS Our Week Ahead email closer to the date.