

LEDOR & VADOR

FROM GENERATION TO GENERATION

EHRS AGM – Thursday 12 November, 20:00 on Zoom. Full details via Our Week Ahead and the EHRS website.

ALL THINGS JEWISH

Dive into Shabbat Shiurs, GodWrestling and a series on the body Page 8

ARE YOU A KEEN READER?

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CHANUKAH

Get ready for our Chanukah Lighting Extravaganza and more Back Page

FAREWELL & THANK YOU

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YOUNG ADULTS & YOUNG FAMILIES

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Where you can join the service on Zoom, details will be in 'Our Week Ahead' or please email admin@ehrs.uk.



EHRS Services in Person

While the UK Government regulations and guideline allow us EHRS is delighted to welcome those who would like to pray in person at the Synagogue to do so. There are two opportunities each week - on Shabbat morning and on Sunday morning. We will continue to keep this availability under review and hope in time to include Friday nights although it is of course possible that we will have to scale this back if the UK Government requires it.

The EHRS Our Week Ahead email and the Synagogue Website will give you the up to date situation or you can of course call the Synagogue Office team. At present it is not possible to come unless you have pre-registered so that we can trace all who are with us if we need to and so that we can ensure that the numbers of people do no breach safe limits.

Both services are also always available on the EHRS Livestream Classic Channel.

Shabbat Morning Service in Person Every Saturday in the EHRS Beit Tefillah at 10:30am

We are able to bring a maximum of 45 people into the EHRS Beit Tefillah (main Sanctuary) to be in person at our Shabbat morning service. There are strict rules governing how the service can be safe for you, but if you would like to be part of a minyan back in the premises, please go to the EHRS Website to register by the Wednesday before the Shabbat or, if you are not able to use the website please call the Synagogue office.

Each Shabbat we are able to accommodate 15 people connected to the family of our Bar or Bat Mitzvah, 15 who were commemorating a bereavement or yartzheit or celebrating a life cycle milestone and 15 who would simply like to come to be with the congregation in person.

Sunday Shacharit in Person

Every Sunday in the EHRS Community Centre, 09:30-10:00am

We can accommodate up to 15 participants socially distanced. Please again register by Wednesday of the week you wish to attend through the Synagogue website or by calling the Synagogue office team

Kuddle Up Shabbat by Livestream

Every Friday afternoon from 16:15-16:45

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!

Kuddle Up Shabbat in Person 13 November & 11 December

Once a month we invite you to the EHRS Community Centre to join our Rabbis for a safe and socially distanced Kuddle Up Shabbat where you can meet the Shabbat dinosaur (also safely) up close! Our Kuddle Up Shabbat in Person in December is a special for Chanukah and will include the lighting of our Chanukiah. These are also Livestreamed.

Shabbat Ba'Bayit

Saturdays 14 November and 12 December, 11:00

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

Healing Service

Saturday 7 November, 10:30

Join us for a soul-soothing healing service led by Rabbi Emily. We'll combine music, meditation, and reflection to nourish our spiritual selves. Join us on Zoom or Livestream on our Learning & Soul channel.

Shabbat for the Soul

Saturday 28 November, 10:30

Rabbi Debbie is leading this Shabbat morning service using a selection from

our regular prayers, poetry ancient and contemporary, silence, a contemplative reading of the Torah and the space to experience a special sense of rest (menuchah) on Shabbat. Join us on Zoom or the Learning and Soul Livestream.

Mikraot G'dolot Service

Saturday 5 December, 10:30-11:15

Join Rabbi Mark on Zoom before we join the Torah service for a mixture of our morning prayers and an extended study opportunity from the Mikra'ot G'dolot, the compilation of commentary on our Torah Portion, Vayishlach by the Rabbis of medieval times. What did Rashi, Ibn Ezra and Maimonides make of this critical episode in the Joseph story. Join us on Zoom or the Learning and Soul Livestream

The EHRS Shabbat Family Service

Saturdays 21 November & 12 December, 11:00-12:00

Our innovative and participative Shabbat service for young people aged 6-12 and their families uses Zoom so we can pray, sing, learn and question together. It is led by our Rabbis and the young people of our community. Join us on Zoom or the LeDor VaDor Livestream.

Friday Night Lights honours Trans Day of Remembrance

Friday 20 November, 20:00

This special Friday Night Lights will be led by a group of trans Jews from across the community, remembering the many trans murder victims from this year, and reflecting on trans people's resilience in the face of trauma. Bring a candle to light in remembrance of the dead. All are welcome on Zoom.

Shabbat Morning Service including a celebration of Rabbi Emily

Saturday 5 December, 10:30

Rabbi Emily leaves EHRS to join the Rabbinic team at West London Synagogue in early January 2021. She was student rabbi at EHRS from 2011 and then, having loved being part of our community, immediately after gaining Semichah (ordination) in 2015 from Leo Baeck College became our Rabbi.

This service will include a celebration of her many achievements and the relationships that she nurtured over those years.

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

Oliver Monty Zeiderman, a son for Ricky and Danielle Zeiderman, a grandson for Louise and Robert Zeiderman.

Danny, a son for Keren and Itay Latzer, a grandson for David and Kay Bagon.

BAR/BAT MITZVAH

as currently scheduled

7 November -

Josh Morris, son of Grant & Tracy.

14 November -

Sydnie Farrer, daughter of Anthony & Eloise.

21 November -

Sam Rickman, son of Gary & Jacqueline.

28 November -

Jack Clapper, son of Michael & Caroline.

19 December -

Dylan Joseph, son of Adam & Lara.

ENGAGEMENTS

Mazel Tov to Jacqui and Bradley Trainis on the engagement of their daughter Danielle, to Daniel Calton.

BIRTHDAYS

Mazel Tov to David Kershman on his 70th birthday.

Mazel Tov to Michael Herman on his 80th birthday.

Mazel Tov to Marilyn Lazarus on her 80th birthday.

Mazel Tov to Valerie Levy on her 90th birthday.

ANNIVERSARIES

Mazel Tov to Vic & Mamie Geduld on the occasion of their 65th Wedding Anniversary.

Mazel Tov to Gilbert & Sandra Brownstone on their Diamond Wedding Anniversary.

CONDOLENCES

To Judith Anders on the loss of her husband, and Ian Anders on the loss of his father, Donald Anders.

To Marilyn Rakison on the loss of her husband, Michael Rakison.

To Shirley Kosky on the loss of her husband, and Howard Kosky on the loss of his father, Michael Kosky.

To Ralph Temple on the loss of his wife, and Graham and Howard Temple on the loss of their mother, Patricia Temple.

To Ben and Mark Kesel on the loss of their father, Henry Kesel.

To Mark Scodie on the loss of his father, Michael Scodie.

To Melanie Gilbert on the loss of her mother, Mildred Lynne.

To Russell and Joel Lawrence on the loss of their mother, Lee Grayson.

To Shirley Gibbons on the loss of her brother, Geoffrey Gilbey.

To Connie Speer on the loss of her brother, Isadore Berkowitch.

To Julian Langer on the loss of his sister, Esther Challis.

To Norma Teff and Eddie Schlaen on the loss of their sister, Susan Schlaen.

To the family of Doris Fox.

To the family of Toni Finlay.

To the family of Joy Marks.

We are delighted to welcome Student Rabbi Lev Taylor to EHRS for this academic year. We look forward to, him building his rabbinic skills with our Synagogue, and also to the teaching, care and worship leadership which he will bring to our community. Lev Taylor is a 4th year student at Leo Baeck College. He grew up in Reading Liberal Jewish Community and has been active in the progressive Jewish world throughout his life. Prior to starting rabbinic training, Lev worked in the charity sector as a campaigner. He has lived in Prague, Istanbul and Catalonia. His big passions are social justice, building community, and bringing people from the margins into the centre of Jewish life. Lev lives in East London and is a co-parent to baby Noah.



FAREWELL AND THANK YOU

In 2011, I arrived in London, the city that would become my home for the next decade and counting with only one friend, no family, and very little idea what my future really looked like. The next four years would be spent at Leo Baeck College – that I knew – but I worried about making a living while a student, making new friends and finding a community that nourished my own spiritual needs. Fortunately, I had a lead on how to solve the first problem: while I was still in Jerusalem, I received an email from a Rabbi Smith of Edgware and District Reform. He needed someone who could play guitar, sing, and lead children's services, and thought I might fit the bill. The next day while at Hebrew Union College's Jerusalem campus, I decided to ask my only British teacher, Jeremy Leigh, if he'd ever heard of the place.

Old EDRSniks are probably chuckling. Though he wouldn't tell me at the time, I was speaking to the son of Rabbi Michael Leigh, Rabbi Danny Smith's immediate predecessor. 'Yes, I've heard of it. Big place. Danny Smith is the rabbi there. He and his wife Chani are absolutely lovely.' I wrote back to Danny, confirming that I would be delighted to give the job a shot. While a student, EDRS provided the perfect place for me to learn, develop, and try out new things. It was, however, much more than just a place to practice my profession. The community became a home away home; its members and staff a surrogate family, one I would routinely rely on during my difficult first years in this country.

It is astonishing to me that we are now nine years from when I first started at 118 Stonegrove. There have been so many changes; a youth Rabbi post was created, EDRS merged with HRS and became EHRS, Danny and Steven Katz retired and we welcomed Mark Goldsmith and Debbie Young-Somers as our new rabbis. Through all of these transitions I have tried to

support this community to the best of my ability, paying back (I hope) the kindness, patience, and care that was shown to me as a student.

Truthfully, I'm really excited for what is coming next for us at EHRS. We will soon be welcoming Student Rabbi Lev Taylor, an immensely talented, warm, funny, clever and kind colleague-to-be. I know that we EHRSniks will give him a wonderful friendly welcome as we provide him the space to learn and hone his craft. Meanwhile, our other two rabbis will continue guiding the community with wisdom, passion, and vision. I cannot express with words how grateful I am to Rabbi Mark and Rabbi Debbie. It has been a joy to work with them, and as one of the newest members of EHRS, I am so excited I get to call them MY rabbis. It was the two of them and the work they do that I decided to become a full-fledged member of EHRS – supporting this community I love so much not just with my words but with a teruma – an offering made because my heart is moved to do so – in the form of ongoing financial contribution.

I will still be an EHRS rabbi for a little while yet, and I will cherish every moment of the next few weeks. Then, on the 5 December, we will have an opportunity to mark this transition period with a Shabbat morning service: a celebration of our time together. Please keep an eye out for updates as we prepare this special event.

Rabbi Emily Reitsma-Jurman



EHRS COMMUNITY NEEDS FUND

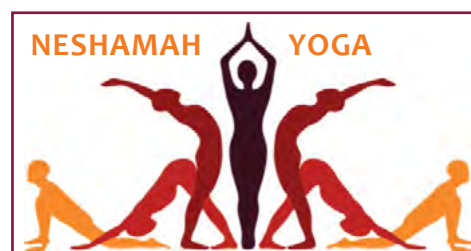
Are you struggling to cope financially? The EHRS Community Needs Fund enables us to help each other.

For many years our Synagogue has been able to help when our members are struggling financially. The EHRS Community Needs Fund is built up every year as one of the beneficiaries of our High Holy Days appeal and numerous member donations throughout the year. Its aim to enable synagogue members

to help their fellow members in distress. The fund makes grants of up to a few hundred pounds to help members access health services, prevent eviction from home, put food on the table, renew or repair basic equipment when it is broken (such as a bed or a fridge), afford school uniforms and many other needs. To access the fund there is a simple, non-intrusive, form which is available from any of the EHRS Rabbis or Val Joseph or Marissa Rosenthal in the EHRS Community Care team. Just phone or email any of them at the Synagogue.

All grants are absolutely confidential and should not be seen as charity, but rather as enabling our members to do the *mitzvah* of *Gemilut Chasadim*, spreading loving kindness in the world. Decisions on grants are made by three long term trustees of the fund only in order to ensure its probity and confidentiality. There have been remarkably few calls on the EHRS Community Needs Fund in the past months and the trustees

are committed to making sure EHRS members know of its existence and feel welcome to apply to it when they are in need.



Saturday 28 November, 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. Join us on Zoom - details from admin@ehrs.uk or in Our Week Ahead.

Nagila Pre-School has been fully back in residence at the synagogue since September. Making the environment at Nagila as friendly, fun, and enjoyable as possible ensures that our boys and girls look forward to coming to nursery. We take immense pride in watching our young charges become confident, independent, self-assured individuals with a strong sense of their community, knowing how influential we have been in their accomplishments.

In these current challenging times, we believe that helping our children learn about the importance of community is more vital than ever. Knowing in advance that our usual practices would not be possible, we discussed with the children how we could help decorate the EHRS succah, as the more traditional 'community' effort was not on the agenda.



As the theme this year for the succah was 'Mishpacha.' (family), we decided to use life size silhouettes of the children to represent the members of the Nagila 'family', which we decorated with their names and photographs. The parents also sent in photographs of their own families along with much needed contributions of fruit, and on a very rainy Friday morning, we hung our offerings in the succah.

On the Monday we were back in the succah with Rabbi Emily. Fortunately, the rain had finally stopped which allowed the children the chance to explore the succah in greater depth. They delighted in finding all their family photos which were now proudly on display with those from the rest of the EHRS community. They were all very excited to shake the lulavim and smell the etrogs.

We also made some fabulous flags for Simchat Torah, to be used to decorate the Bimah in the Beit Tefillah for EHRS's online services. We presented them to Rabbi Debbie when we visited the synagogue to see the Torah scrolls with her. The children delighted in counting all 10 of the EHRS scrolls.

Traditionally we celebrate our Kabbalat Shabbat during Succot in the EHRS succah and invite all parents to join us.



Even though they could not be there in person, we wanted to keep this tradition alive. We live streamed all the action from the succah, so that the parents could be with us virtually instead. Rabbi Mark gave us all a demonstration of how to shake the lulav and set us a challenge to find where last year's palm branches had been used as decoration.

This finished off a great week of the children of Nagila Pre-School celebrating Succot at EHRS.

Milissa Seiler



Rabbi Kraft Memorial Book Club

At EHRS we are delighted to announce our new book club, 'Rabbi Kraft Memorial Book Club', set up in memory of our dearly missed Rabbi Neil Kraft. Rabbi Kraft was a keen reader and we're sure that he would have been pleased to be part of our new venture. As a tribute to Rabbi Kraft we will include books which touch on the values he was most passionate about, such as understanding and caring.

Author and EHRS member, Debra Barnes, will be running the book club. Debra also runs the Book Club for The Association of Jewish Refugees and has interviewed many leading authors including Bart van Es, Ariana Neumann and Gaby Koppel. Debra said, "Rabbi Kraft was there at the most important times of my life. In 2003 he officiated at my wedding; in 2010 he said prayers at my mother's shiva, and in 2016 he led my daughter Aimee's bat mitzvah - complete with obligatory bunny ears photo opportunity during the shul rehearsal! It's an honour to be able to help set up this book club in his memory."

Rabbi Kraft's Reading Corner will launch online (via Zoom or Facebook) to begin with, although of course we look forward to meeting in person when we are able to do so. More details will be in the Our Week Ahead email.

Our first meeting of the Rabbi Kraft Memorial Book Club' will be on **Tuesday 24 November, 19:30** when we look forward to discussing Debra's novel, *The Young Survivors*. Debra will be in conversation with EHRS member and journalist Brigit Grant.

The Young Survivors was published in July 2020 and inspired by Debra's mother Paulette, a hidden child in wartime France who lost most of her family during the Holocaust, including her twin sister Annette aged six. *The Young Survivors* has been endorsed by The Wiener Holocaust Library and is #1 Best Seller on Amazon in various categories including Jewish Fiction for Young Adults. *The Young Survivors* is available from Amazon and all good bookshops.

For more information about the book club; questions for Debra about *The Young Survivors*, and your suggestions for future books to discuss, please email debrabarnes@outlook.com or education@ehrs.uk

Edgware & Hendon Reform Synagogue
קייק דודור ודורו

In her recent article Aisha Ahmad, Associate Professor at the University of Toronto explained how in any sustained crisis, the six-month mark is difficult. In relation to where we are today, she added that whilst we seem to have adjusted to the situation we currently find ourselves in, we may have suddenly hit a brick wall. As the days get shorter and colder, we may fear what the next phase will bring and from her experience she states this is a normal but temporary phase and that this is a good time to refocus on what she calls 'critical self-care practices' such as exercise, meditation, online support, groups and a daily walk in the park.

So how does this relate to Community Care you may be asking? Marissa and I, along with the Rabbis, Council and our colleagues here at EHRS have spent the past six months doing exactly this, adjusting, along with you. Adjusting to our new lives, new ways of working, new ways of communicating and understanding the world around us. The High Holy Days made us stop, sit back, reflect on the past six months, on our lives. The wonderful online services and discussions brought so many of us together and although we may not have been together in person we were certainly able to be together as a community online. For many of the members we are in touch with and who do not have online access we hope the arrival of a honey cake reassured them that their fellow EHRS members are thinking of them and are there to help. The success of the EHRS honey cake bake and distribution by volunteers this year was a true act of kindness for all those who took part and now we want to build on this. What can we do next?

Well, it is now time for us to refocus, re-evaluate what we are doing and this applies especially to Community Care as we move forward and plan where we go from here, how we continue to support our members and each other in this new world. In the meantime, if you find yourself struggling, please contact us, both Marissa and I are here to support you.

Lunch club remains closed in accordance with Government guidelines, however our lunch club volunteer team continue calling regular guests to keep in touch. We have been running the Memory Way Café on zoom since July and this remains extremely popular. Meanwhile, Telenet volunteers, befrienders and Community Circle



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 2062971



Co-ordinators are keeping in touch with many EHRS members and if this is something you would like to be involved in or know someone who needs a call, please contact us.

We know our community is resilient, committed, with the ability to work together to support each other as evidenced by the community circles, the numerous calls our volunteers make to members and the success of the honey cakes distribution. There may be a pandemic but it will not stop us here at EHRS!

Please see the community update each week in the EHRS weekly email and also check out the Community Care section on the EHRS 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

LET'S TALK EMPLOYMENT

Tuesday 1 December, 20:00-21:30

The economic situation in 2020 has been extremely challenging. On this evening Val Joseph, Head of Community Care at EHRS and Rabbi Mark bring together an expert panel to lead a discussion about how we can deal positively with the employment situation today. It will include support services which are available to the Jewish community.

This discussion will take place on Zoom. Details will be in the Our Week Ahead email or please email communitycare@ehrs.uk

During the summer myself and the Orot and Bnei Mitzvah teaching staff spent time training and risk assessing and lesson planning in preparation for what we hoped would be getting back to face to face teaching in September. But as September came, it became apparent that COVID is still very much with us and on the rise in our areas and schools and so we took the decision that it wasn't yet time to bring children back to EHRS and possibly compromise their school and family bubbles. We have continued to deliver lessons on Zoom and it is working successfully though we do keep reviewing when we feel it is the right time to bring children back to EHRS for lessons.

Being on Zoom hasn't stopped us celebrating the festivals and collaborating with our colleagues at EHRS to enrich our children's learning experiences. For Sukkot we had contributions from Gideon Futerman, Murray and Jasmine our youth workers, Laurence Stein and Rabbi Mark who was live from inside the EHRS sukkah. And we started our new Bnei Mitzvah programme on Fridays with the amazing support and teaching from all our rabbis, Steve Wax, Nigel and Gideon.

We are excited that we have been able to appoint Rachael Shomer as SENCO to support our students and teaching staff and she is also our professional drama teacher. One of our aims this year is to work on our understanding of what is

diversity and to build a greater sense of community and friendship, which is of course difficult on Zoom, but we will start this project and carry it on hopefully in the not too distant future back at EHRS. We have an exciting year of learning, teaching and whole family events planned such as for Mitzvah Day and Chanukah (anyone know a professional fire eater?) and we are determined that we will be back at EHRS for some of those events.



Time Capsule: The first activity we asked our children in Orot to do was complete a COVID Time Capsule as we want to capture this time as an historical event we are not going to forget. We have bought a time capsule and will soon have a ceremony to bury it in the EHRS garden for a future generation to dig it up and learn what it was like for our children and their families living through COVID 2020. You can see some of the children's contributions in this edition of LDVD.

It is apparent from some of the Time Capsule articles and photos just how much our EHRS community contributed their time and efforts into helping others such as the NHS through lockdown. The Morris family was one of those families, who made hundreds of visors for the NHS staff, cooked hundreds of meals. Debbie suggested that all EHRS members write in and tell us about any professional and voluntary work they did for the CV-19 effort and have this catalogued. We think

it would be great to have an idea of what the EHRS family have done to contribute to the wider community. We are one of the largest Jewish communities in the UK and it would be a really positive for our shul and members to know. So please don't be modest, tell us what you did to help.

Marian Cohen Director of Education



We got a Lockdown puppy called Zorro, he is a Cavapoo and the best surprise I ever had. Our family made hundreds of visors for the NHS, I cut the elastic and Leon shaped the acetate for the front, mum used her carving knife to cut the foam and Riess and dad stapled and glued them together. Mum cooked lots of food which was delivered to key workers and the NHS.

Sadly our lovely Rabbi Kraft and my auntie Gabi died during the first lockdown (March to June 2020). I wasn't able to visit Gabi at all in her home on her last birthday in May 2020, instead we had a yummy takeaway dinner on Zoom. No one was able to visit Gabi in Northwick Park hospital and she could have a maximum of 10 people at her funeral which was luckily able to go ahead. She died on the 3rd June 2020 & was buried in Bushey Cemetery.

The positives were lots of family time, gardening and also I became really good at Minecraft. Mum tried to home school me, which I found hard. We missed not seeing friends and Family as well as my EHRS family.

Debbie and Saul Morris

ALL ABOUT ME

I AM 4 YEARS OLD

I STAND 42 INCHES TALL

I WEIGH 40 POUNDS

SHOE SIZE 9

MY FAVOURITES

TOY: bunny

COLOUR: purple

ANIMAL: bunny

FOOD: pasta

SHOW: purple

MOVIE: Lion King

BOOK: Be kind

ACTIVITY: Art

PLACE: France

SONG: under the sea

MY BEST FRIEND/S: Aniya

WHEN I GROW UP I WANT TO BE: A fairy

DATE: Sept 2020

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

SOME PHOTOS FROM THIS TIME

ANY ART WORK YOU CREATED

A JOURNAL OF YOUR DAYS

FAMILY / PET PICTURES

LOCAL NEWSPAPER PAGES OR CLIPPING

SPECIAL MEMORIES

APRIL 2020:

MAY 2020:

LOCAL DISTANCING WITH HERE

Rosh Hodesh: All About Eve with Eleanor Davis

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

Mondays, 16 November & 14 December 20:00-21:00, running monthly until July 2021

All About Eve: The New Moon is a traditional women's holiday, but this monthly study group is open to all.

This year we're exploring Eve's story in Torah and Rabbinic literature, to investigate the first woman as an individual and as an archetype. Join us to discover how Eve is far more than just a spare rib. Please see website for future dates.

individual and as an archetype. Join us to discover how Eve is far more than just a spare rib. Please see website for future dates.

First Shabbat Shiur, 9:15 - 10:00

Saturday 7 November

The Many Mitzvot of Milk Banking with Dr Natalie Shenker

As this week's portion announces the birth and weaning of Isaac, Dr Natalie Shenker, co-founder and director of the Human Milk Foundation will explain how milk banking works, and how important it is for premature babies and mothers who may not be able to establish breast feeding. We will explore the different ways Isaac and Ishmael's descendants have grappled with the topic, and learn about the Hearts Milk Bank - a local endeavour changing lives. With Rabbi Debbie.

Saturday 5 December

Join Rabbi Emily for her final first Shabbat Shiur looking at her favourite Jewish texts.

Zoom details will be provided in Our Week Ahead or please email admin@ehrs.uk

Bite of Torah for everyone interested in Torah

Our popular Saturday morning Torah study in it's wonderful richness. Zoom link details will be provided in Our Week Ahead email so that you can participate and ask questions.

Saturday 21 November, 09:15-10:00

Parashat Toldot - How to complain about the government safely. Esau, Jacob's brother, becomes the symbol of everything wrong with the authorities. Why? When and How? Explore Jewish political protest, two thousand years ago, with Rabbi Mark.

Saturday 19 December, 09:15-10:00

Parashat Mikketz - Join Rabbi Emily as we explore Parashat Miketz through the language of art.

EHRS Learning Series On The Body

During the Covid-19 crisis we have rarely been able to be in person as a community. Learning remotely can make it easier though to work with challenging topics. This four part series taught by our Rabbis, is all about the body in Judaism.



Sunday 1 November, 11:30

Does my body belong in a mikveh? Rabbi Debbie kicks off our series exploring our bodies and Judaism, taking us on a journey into the world of Mikveh. Are our bodies impure? Are some more impure than others? What can the mikveh do for us spiritually?

Sunday 15 November, 10:00-11:00

Erotic Religious Poetry from Medieval Spain: You've never seen Jewish poetry like this before. During Spain's golden age of Hebrew poetry, rabbis composed liturgy, philosophy & sermons celebrating God. They also published a great deal of erotic poetry, looking at love, sensuality, and longing through a religious lens. Join us to explore some of the great works from this period, and challenge your own limits about what loving God can really mean. With Student Rabbi Lev Taylor.

Thursday 3 December, 20:00-21:30

Circumcision in Art: This fascinating illustrated talk is being given by Tim Hargreave, Urologist and adviser on circumcision for the prevention of AIDS to the World Health Organisation. He could be called the world's most prolific mohel having been responsible for more than one million circumcisions in East Africa through the WHO programme. Hosted on Zoom by Rabbi Mark with donation invited to World Aids Day, which is on 1 December.

Wednesday 16 December, 20:00

The Tattooed Jews: Join Rabbi Emily to explore the symbolism, meaning, and motivation behind choosing to become a Tattooed Jew. Featuring many special guests, this evening session will dispel the myths associated with tattooing and promises to give you a new perspective on this ancient form of body modification.

Rabbi Debbie at the British Library

Would you like to go back to basics exploring the Tanakh and Rabbinic Literature with a glimpse at the incredible manuscripts held in the British Library? On 5 & 12 November, Rabbi Debbie will be teaching a short course for the British Library - you can register your place (there is a small fee) at: <https://www.bl.uk/events>

Gates of Everyday Holiness - A course in Mussar

Starting Thursday 19 November, 20:00-21:30

This is a course running until April 2021 on alternate Thursdays taught by Rabbis Monique Mayer and Mark Goldsmith on the principles of Mussar, the Jewish practice which helps us to find the best in ourselves. Please email or call Rabbi Mark rabbi.mark@ehrs.uk for details.

GodWrestling - a guided discussion about belief and uncertainty

Wednesdays, 25 November, 9 December & 13 January, 20:00-21:30

Explore your views about God and your relationship to him/her/it. Using contemporary Jewish texts, Rabbi Mark will help you consider your thoughts and questions. Before each session you will receive a brief article to read in English that will form the basis of the discussions. Godwrestling is for you if you want to explore your ideas about God and Jewish spirituality among members of our community. **Please email junelewis@ehrs.uk by 18 November to register** or call to receive the articles and the details of the Zoom meeting by which this is held. Group size limited to help the discussion!



Talmud Class Sundays, 8 November 9:30-10:20, 29 November 11:00-12:00, and 12 December 10:00-12:00

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. We apologise that the timings are varied these two months.

This is in order to accommodate stone settings and the Edgware Remembrance Day service.

YOUNG ADULTS

Our Young Adults Programme includes our monthly learning opportunity – Beer and Shiur, and a monthly Cook-a-Long. Currently both are held on zoom and we will continue to consult about when it is sensible to begin to meet in person.

Beer and Shiur, 20:00,

Zoom details are: Meeting ID: 839 2128 5866 Password: 978112



11 November: Is Mikveh really for Everyone? Conversion, Niddah, maybe before a wedding, but can mikveh hold any meaning beyond this? Come and learn why Rabbi Debbie believes it is one of the most powerful rituals in our spiritual toolbox.

9 December: Will the real Chanukah Story please stand up? There is no tooth fairy, Santa doesn't exist, and the miracle of the oil is probably a late addition to the Chanukah story! Come and learn about the ways the story of Chanukah has been preserved and transmitted, and what new layers our generation can add.

To join our **Cook-a-Longs**, please email rabbi.debbie@ehrs.uk for Zoom details and ingredients lists

25 November: With 2 weeks to go until Chanukah, we will explore some alternative options to latkes and doughnuts! Olive oil cake and beer battered onion rings!

23 December: Chinese Take Out at Home. American Jews are famed for spending Christmas eve in their local Chinese restaurants. Join us and learn the cheats way to a delicious at home Chinese starters including Seaweed, Chicken sesame toast, vegan steamed buns, satay sauce and the secret to home-made hoisin pancakes.

YOUNG FAMILIES

Shana Tova from EHRS Young Families! We have so enjoyed bringing in the new year together, in person and virtually with lots of opportunities to 'meet'.

Kuddle up Shabbat services continue on Zoom every Friday 16:15-16:45. It's been great seeing regular faces and welcoming new ones to join in kiddush and singing with our Rabbis and Shabbat dinosaur. We held our first in person "Kuddle Up Outdoors" over the summer and although a windy event! It was so special to be off screen and enjoying the service outside.



Leading up to the High Holy Days and in preparation for Sukkot, we went "Into the Woods!" and enjoyed shelter building in our bubbles, snacks, stories and songs. The adults definitely enjoyed the building



as much as, if not more than the kids and the shelters were all very impressive! We were blessed with a beautiful sunny day and it was a lovely way to end the



summer. The online family services for Rosh Hashanah and Yom Kippur were really engaging, interactive and inclusive and we want to thank the amazing Rabbinic team for their creativity in these new times.

Continue to check out the website and like and visit our EHRS Young Families page for all information on upcoming events. We are constantly adapting our delivery to regulations and our main priority is keeping everyone safe. I welcome any ideas for future events, talks, speakers for the kids and also us parents and carers. Please do get in touch youngadults@ehrs.uk

Sarah Koster, Young Families Coordinator

VOLUNTEER DRIVERS NEEDED TO SUPPORT THE HOMELESS

Homeless Action in Barnet (HAB) and Together in Barnet (TiB) are supporting 86 formerly homeless people in temporary accommodation across the London boroughs of Barnet, Enfield and Brent. HAB is operating as a food distribution point and Amanda, TiB's Operations Manager, is co-ordinating volunteer drivers who collect food parcels from HAB on a Thursday afternoon at 14:30 and distribute on to their clients.

If you would like to volunteer as a driver, please email amanda@togetherinbarnet.org for more information.

HAB need the following donations to support their clients: -

- men's jeans
- second hand mobile phones and chargers
- good quality pots and pans

HAB also need regular donations of the following items to go in their weekly food parcels: Small washing up liquid, Toilet Rolls, UHT Milk, tinned meat, small jars of coffee, sugar, butter, pot/packet flavoured noodles, stir in sauces, tinned soup, tinned fish, tinned sweetcorn, carrots, potatoes or peas – (not chickpeas or butter beans thank you), stock cubes, cooking oils, sachets of salt and pepper, ketchup, fruit pots (long life), rice pudding, chocolate, sweets & biscuits.

Donations can be dropped off at HAB, 36b Woodhouse Road, N12 0RG on Thursdays between 9:00-14:00 and on the other weekdays between 9:00-15:00. If you prefer to drop off your donation in Mill Hill please email nightshelter@ehrs.uk to arrange drop off at Lisa or Audrey's house.

Many Thanks, **Lisa Bard & Audrey Zarach**

ROTARY AT ONE STONEGROVE COMMUNITY CENTRE

Something exciting is happening at One Stonegrove Community Centre from Tuesday 3 November! We are going to put together some food parcels to supply the elderly in our local communities

in Edgware, Stanmore and Bushey. We want to make this project a little special. We plan at first to make about 20 parcels to bring a little cheer to those feeling lonely and vulnerable. Rachel of the charity My Yard has some amazing ideas...

Think of things your Grandma would like - healthy fruit and veg, a couple of cooked vegetarian meals, some treats like a little bag of truffles or a bunch of flowers. But to make it extra special Rachel has suggested that the packages are hand-delivered by volunteers who can have a friendly chat with the person receiving the parcel. The volunteer might be the only person they have spoken to all week, so your delivery will help them feel cherished and less isolated.

Ways you can help: donate treats, cook something to go in the vegetarian food parcel, and get your children or grandchildren involved baking with you, offer to deliver, suggest EHRS members, friends or neighbours in the Edgware, Stanmore or Bushey areas who would benefit from receiving a parcel.

With thanks to:

- One Stonegrove who have made their kitchen available, www.sct.london/about-onestonegrove
- the lovely Rachel from the charity My Yard, www.myyard.org.uk
- City Harvest for supplying the food, www.cityharvest.org.uk

Visit www.edgwareandstanmorerotaryclub.org.uk to see projects supported by Edgware and Stanmore Rotary Club.

Peter Bradley, EHRS Hero 2020 and Edgware and Stanmore Rotary Club Community Chair, peterbradley4450@gmail.com

WINTER WARMERS NEEDED BY THE SEPARATED CHILD FOUNDATION

Please donate new or used (in very good condition) gloves, hats and reusable face masks to The Separated Child Foundation www.separatedchild.org that will be suitable for teenaged boys. We will use them as part of a 'hug in a bag' that we give to the teenaged refugee boys (mostly) and girls who arrive in this country on their own.

Every fortnight on a Sunday morning volunteers compile the Arrival Packs at the Big Yellow Storage at Staples Corner.

If are able to donate, please contact Karen to arrange delivery to The Big Yellow, Staples Corner by emailing her at karen.ashcroft@separatedchild.org. If you prefer to drop off in Mill Hill, email Lisa Bard on lisa.bard@ehrs.uk.

INTERNSHIPS NEEDED FOR LOCAL A LEVEL STUDENTS

Career Ready is a charity operating nationwide that prepares young people for the world of work, www.careerready.org. As Chair of the Local Advisory Board of Career Ready at The London Academy and member of EHRS, one of my responsibilities is to seek out internships for the A level students on the programme. Several EHRS members also volunteer on this programme to mentor students at The London Academy, which is just up the road from EHRS.

We are seeking internships for our A-level students in 2021 and urge any local businesses that can make use of this valuable resource to check out our website at www.careerready.org.uk/employers or email, Lisa Bard at lisa.bard@ehrs.uk for more information on how you can get involved.

NEW OPTIONS

For the active retired and semi-retired (60 plus)

Schmoozing with the Rabbis – A light hearted topical discussion, in an informal setting. Join Rabbi Emily on Zoom on **Monday 7 December, 10:30-11:30**.

Zoom Meeting ID: 964 8529 7168
Password: 05501

Bridge – Our popular and friendly Wednesday afternoon sessions are currently suspended, but we hope to re-start sometime in 2021.

For any other enquiries about 'NEW OPTIONS', contact Jeffrey Fisher on 020 8958-0424 or email newoptions@ehrs.uk

Youth Media Moments

Please do join us every Tuesday, Wednesday and Thursday at 16:30 on Zoom for more amazing activities for EHRS children aged 5-11. We have run quizzes, scattergories, dancing, yoga with RSY Netzer, got creative with origami and we also drew flags for VE Day. As well as this, we did a session on debate, drama and took part in other activities with our amazing Madrachim. Please send us photos of what you been getting up to during the week to youth@ehrs.uk for every Show and Share Thursday. If you are not on our email list but would like links to Youth Media Moment please contact youth@ehrs.uk.

December Play Scheme

The Youth Centre will be sending out information about plans for a 3 day Play Scheme around Chanukah, on Monday 21 - Wednesday 23 December. We plan to do more amazing activities for children between the ages of 5-11 and it is going to be amazing! Look out for details in the Our Week Ahead email, website and the Education and Youth Facebook Page.

Murray Brown

Welcome to Jasmine Levy-Landau

My name is Jasmine and I am joining EHRS as the new Youth Worker, working with Murray. I was born and raised in the heart of Tel Aviv. I graduated high school in July but I am now spending a year in London before I return to do my army service in the IDF. My parents made Aliyah from London over 20 years ago. I grew up in a British-Israeli household which has given me a foot in both worlds and the interest to explore Jewish communities around the world. I studied at the Tel Aviv School of the Arts, majoring in Music and Jewish Philosophy. From a young age I have been very involved in the Conservative youth movement Noam in Israel, and have been a counsellor there for the past four years. As a counsellor, I have worked in summer camps all over Israel, and also was a member of the Noam movement band. This year I was chosen to represent Noam at

a USY event in Chicago, but unfortunately due to COVID-19 it was cancelled. My family and I are very involved in an egalitarian synagogue and I often lead the services over Shabbat and the Chagim, which I believe are quite similar to EHRS.

My passions are music and cooking. I have been lucky enough to travel to many countries, and have spent time teaching English in a school in India last summer.

No matter where I am in the world I always make it a priority to embrace the culture especially through its food and learn about the local Jewish communities. I am very excited to be joining the community, and can't wait to meet and get to know everyone, hopefully also in person!



Cornerstone, our introduction to Judaism course is open to everyone in the community, and those exploring conversion.



Join us on Tuesday evenings to explore a wide breadth of Jewish knowledge including making Shabbat meaningful, Jewish History, how does Talmud work, what does keeping kosher mean to us as Progressive Jews, and understanding the festivals and lifecycle celebrations. As a part of Cornerstone we are also offering introductory and next steps Hebrew classes.

Please contact rabbi.debbie@ehrs.uk for more details.

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Email: communications@ehrs.uk

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Chanukah 2020/5781

First night Chanukah, Thursday 10 December
Last night Chanukah, Thursday 17 December

More than ever this year we need Chanukah to bring light into our homes and community life.

EHRIS is planning a week's worth of great Chanukah experiences for you to join from home and in person.

Around the World in 8 Nights

Thursday 10 - Thursday 17 December

This Chanukah, EHRIS will be taking you around the world in 8 nights! Join us every evening to experience Chanukah from another Jewish community in a different part of the globe, hosted by our Rabbis. We will join our fellow Jews in Israel, Odessa, Cape Town and many other places to share our light and celebration. This will take place on Zoom and also will be broadcast so that we can create a community wherever we are. The timings and Zoom details on each night of Chanukah will be given in the Our Week Ahead email and on the EHRIS website or please call the Synagogue office.



Kuddle up Chanukah in Person

Friday 11 December, 16:15-16:45

We invite you to the EHRIS Community Centre to join our Rabbis for a safe and socially distanced Kuddle Up Shabbat where you can meet the Shabbat dinosaur (also safely) up close! Best for children aged 0-6. We will light our Chanukah candles together, please feel welcome to bring your Chanukah from home. There will be doughnuts! This lighting will also be livestreamed on our Learning and Soul or LeDor VaDor Channel.

Havdallah & Chanukah Lighting Extravaganza in the EHRIS Car Park

Saturday 12 December from 17:00

All being well, we will gather safely outdoors (with Covid precautions in place) at EHRIS to bring light into the darkness. With doughnuts, dreidels and fire juggling! Dress up warm! You will need to book into this event to enable us to run it safely and all the family is welcome. Bookings will open on the EHRIS website and via Our Week Ahead at the end of November.

Chanukah Comedy Night

Sunday 13 December, 20:00

Join us on Zoom or the EHRIS Livestream for an evening of stand-up comedy! With Chanukah Lewinsky, Rabbi Debbie and other stand-up comedy stars of our community. Put a smile on your face for Chanukah!

