

LEDOR & VADOR

FROM GENERATION TO GENERATION

PURIM

Come along to our Eurovision based Purim celebrations, the reading of the Megillah, and the EHRS Purim Spiel *Page 6*

TOGETHER GROUPS

Join us for book club, singing, dancing, cooking, music, movies and much more. There is something for everyone! *Page 8*

PESACH 2023

Services, Seders, Play Schemes, and so much more on what we have on offer this year can be found in our 8 page supplement *Pages 11-18*

STONEGROVE SERENADE

Our popular concerts continue this Spring featuring up and coming classical musicians *Page 21*

YOUTH AT EHRS

Read what's been going on in the Youth Centre so far this year and some upcoming plans *Page 26*



CONTACT US

The normal office operating hours are Monday to Thursday 9:30-17:00, Friday 9:30-15:30, and Sundays 10:00-12:30. You are welcome to call or visit during these times. The office is not staffed on Shabbat and festivals. If you wish to see a specific member of staff, please call in advance to ensure that they are available. The telephone is operated during the normal office hours. You can email to admin@ehrs.uk. Emails and messages will be checked during the normal operating hours.

If you need to advise of a death or arrange a funeral, outside of the normal hours, please call the JJBS directly on 020 8989 5252

Please try to make any payments via the synagogue website at www.ehrs.uk/ **payment**, via bank transfers or otherwise please phone to pay with a credit or debit cards. Please can we ask you not to send cheques and certainly please do not bring in (or send) cash.

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
(on Sabbatical until 1 April 2023)

Rabbi Debbie Young-Somers
020 8238 1019, rabbi.debbie@ehrs.uk

Rabbi Tanya Sakhnovich
020 8238 1018, rabbi.tanya@ehrs.uk

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

Dylan Nathaniel, a son for Danielle and Daniel Calton, a grandson for Bradley & Jacqueline Trainis.

Rebecca Maya, a daughter for Belinda and James Edelman, a sister for William and Jessica, a granddaughter for Clare & David Magnus and Jacqui & Colin Edelman, a great granddaughter for Ruth Seidel.

BABY BLESSINGS

1 April - Dylan Nathaniel, son of Danielle and Daniel Calton.

BAR/BAT MITZVAH

18 March - Charlie Krikler, son of Nicole and the late Colin Krikler z'l.

1 April - Saul Morris, son of Debbie and David.

22 April - Louie Avci, son of Claudine and Daniel.

AUFRUFS

4 March - Sam Rosenberg and Rachel Clifford.

11 March - Daniel Hodes and Catherine Puddephat.

ANNIVERSARIES

Mazel Tov to Melanie and Anthony Stimmler on their Ruby Wedding Anniversary.

CONDOLENCES

To Myrna Brest on the loss of her husband, Michael Brest.

To Evelyn Ellis on the loss of her husband, David Ellis.

To Elaine Grays on the loss of her husband, Gerald Grays.

To Rita Sacks on the loss of her husband, and Belinda Gottlieb on the loss of her father, Benjamin Sacks.

To Gary Waldman on the loss of his wife, Betty Waldman.

To Elinor Zeitouni on the loss of her mother, Sara Zeitouni.

To Adam Joelson on the loss of his mother, Rosalyn Joelson.

To Susannah Shackleton on the loss of her father, Alan Conway.

To Mark Pollack on the loss of his father, Stephen Pollack.

To Josh Kettle on the loss of his father, John Kettle.

To Martin Lazarus on the loss of his stepfather, Anthony Brandon Bravo.

To Yvonne Cohen on the loss of her brother, Saul Spitz.

To Sue Simon on the loss of her brother, Tony Franklin.

To the family of Sophie Sharland.

To the family of Marcel Biron.

To the family of Daniel Habib.

To the family of Jeanette Levett.

To the family of Alfred Koslover.

To the family of Sir Sydney Samuelson.

TOMBSTONE CONSECRATIONS

5 March

13:45 at Edgwarebury Cemetery – in memory of Jill Kandler.

12 March

10:30 at Cheshunt Cemetery – in memory of Pamela Diamond.

11.15 at Cheshunt Cemetery – in memory of Shirley and Max Botchin.

12.00 at Cheshunt Cemetery – in memory of Norman Cohen.

13.00 at Cheshunt Woodlands – in memory of Melvyn Gerold.

26 March

14:00 at Cheshunt Woodlands – in memory of David Blair.

2 April

10:30 at Southgate Cemetery – in memory of Barry Faber.

6 April

11:00 at Cheshunt Cemetery – in memory of Paul Greene.

23 April

12:30 at Edgwarebury Cemetery – in memory of Joachim Maier.

30 April

10:00 at Edgwarebury Cemetery – in memory of Rita Austin.

13:30 at Edgwarebury Cemetery – in memory of Joan Bard.

NEW MEMBERS:

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

Neil, Joanna, Benjamin and Samuel Morris. Stephen and Melanie Marlow.

James, Jemma, Audrey, Alice and Elijah Kattan.

Michael and Abigail Walton.

Natalie, Tobias, Finlay and Pippa Waterman .

Brian and Janet Ashton.

Kevin Darvill. Gerald Youna.

Toby Boyne. Joel Feller.

Hollie Walton. Jack Walton.

Monifa Angus. Ed Zlitni.

SERVICES



When a Service requires Zoom participation, please see forthcoming Our Week Ahead emails or email admin@ehrs.uk for details

Erev Shabbat Service

Every Friday Evening, 18:30-19:20

Our Erev Shabbat Service takes place every Friday Evening. Led by our Rabbis in person at our Synagogue and through the EHRS Livestream Classic Channel. They give a beautiful sense of rest and togetherness to help you to cope with the stresses of the world.

Kuddle Up Shabbat

Friday 17 March, 16:15-16:45

Our special interactive Shabbat service for Primary aged children and their siblings. Songs, stories and activities. You can collect CRP points from attending. Early arrival is optional from 15.45. Come straight from school pick up, or just arrive early to play before the service. Selection of toys for the children and hot drinks available for the adults.

Kuddle Up Omer

Friday 14 April, 15:00-16:30

Join us to celebrate the end of Pesach with some bread filled Challah making and get creative with some Omer crafting. This is a special family activity prior to the Kuddle Up service. 15:00-16:00: Challah making and crafts, 16:00-16:30: Kuddle Up Service.

Shabbat Morning Service

10:30-12:30

Our Shabbat Morning Service is held in the EHRS Beit Tefillah (sanctuary). The service is also available on the EHRS Livestream Classic Channel.

Early Risers Service –

Saturdays 11 March & 8 April, 9:30-11:00

This especially friendly service will be mostly in Hebrew, use nusach (traditional modes of chant for the prayers), include

the Torah reading and Musaf (which is the repetition of the Amidah special to Shabbat) and other features to create a participative experience, ending with a hospitable Kiddush. Led by members of congregation and Shaliach Tzibbur, Jeremy Harrod.

Shabbat Shirah

Saturday 11 March, 11:15-12:15

This is EHRS's Shabbat morning experience for 0-100's with rhythm in their souls, featuring a live band, an energetic Shabbat service suitable for children of all ages, a Torah reading and the chance for everyone to participate in making the music. Led by our Rabbis. If you play an instrument and would like to be part of the band let Rabbi Tanya know at rabbi.tanya@ehrs.uk so she can invite you in.

Shabbat B'ya'ar

Saturday 18 March, 10:30

Shabbat B'ya'ar is an opportunity to combine the joy of Shabbat with fresh air and appreciation of Nature. All you need to refresh and replenish your soul: walk, Shabbat songs and stories from a few Jewish authors. Meet Rabbi Tanya at the Synagogue at 10.30 or outside Canons Park Good Friends Café at 10.45. Optional lunch/coffee at Good Friends Café in Canons Park after the service and the walk.

Shabbat Club and Birthday Blessings

Saturdays 25 March & 29 April, 11:15-12:15

Our Shabbat experience for up to 11 year olds to enjoy parasha and Shabbat themed activities, stories and songs. If it is your birthday this month then at the end of the service in the Beit Tefillah (main Synagogue) we would love to celebrate with you with a birthday blessing just before Kiddush at 12:30.

Cornerstone Service

Saturday 25 March, 10:30-12:15

An explanatory service in which our Cornerstone students will help lead. You are warmly invited to enjoy learning as well as praying.

Shabbat for the Pesach Soul

Saturday 1 April, 10:30-12:00

In Shabbat for the Soul, dedicated to Pesach, we will explore the theme of freedom: what makes you feel free? Is it possible to live life as a free person in a highly organised society? Join Kantor Dmitry Karpenko from the Moscow Reform Centre of Modern Judaism and Rabbi Tanya for an uplifting service of Shabbat and Pesach melodies as well as a stimulating discussion, and maybe a few Eastern European jokes as it is 1 April!

Shabbat for the Rested Soul

Saturday 15 April, 10:30-12:00

Join Rabbi Mark in person in the EHRS lounge or on Zoom for a service at which he will share what he learned in his Synagogue visits during his Sabbatical in a specially blended Shabbat morning service.

Shabbat B'Ya'ar for Earth Day

Saturday 22 April, 10:30-12:00

Join Rabbi Debbie in Elstree/Borehamwood for a special outdoor service exploring our prayers and their connection to the natural world as we mark Earth Day. Dogs are very welcome and we encourage you to dress for the weather! We will meet at 10.30 in Red Road park playground before exploring the woods and meadow together.

Sunday Shacharit

09:30-10:00

Join our weekly Sunday Shacharit in the EHRS Beit Midrash. If you would like to learn to lay tefillin or celebrate a birthday breakfast please contact the Rabbis.

Yom Hashoah Service

Monday 17 April, 19:30



Join members of our community, our choir and Rabbi Tanya to mark one of the most tragic days in our history and to honour the memory of the victims and the survivors.

After the service Rabbi Steven Katz will share the very personal story and history of the EHRS Czech scroll, which came from Sobieslav, 40 miles from Prague where his father was rabbi in an orthodox shul. He was very surprised 40 years later when he was reunited with the scroll from that shul. It became the Hendon Reform Czech scroll and made its journey to EHRS when the two communities merged. All Czech scrolls remain the property of the Czech Scrolls Memorial Trust based at Westminster Synagogue.

Home is where...

Shabbat is shared.

At Jewish Care, we know what's important to you and your loved ones. It's not just the very best level of care in a warm and loving environment. It's the Jewish care. The values, sense of community and traditions that are so important to you and are no less important to us too.

Home is where you live. Home is where we care.

To find out more, please call 020 8922 2222, email LWJC@jcare.org or visit jewishcare.org



care homes • retirement living • **JEWISH CARE**



DOES IT FEEL LIKE THE WORLD IS MOVING TO A DIGITAL AGE WITHOUT YOU?

Jewish Care Explore exists to offer support with technology to all adults within the Jewish community. We have two dedicated centres based in Golders Green and Stanmore with equipment available for you to use independently or with support from our friendly, understanding team.

JC Explore can assist you with advice on technology for mild and moderate disabilities or medical conditions. You can also learn how smart home products like Alexa, video doorbells or smart plugs work, by trying them out in our demonstration area.

For more information about all the services available, courses on offer, or to book an appointment please call 020 8922 2400, email explore@jcare.org or visit jewishcare.org/jewishcareexplore

JEWISH CARE EXPLORE IS HERE TO HELP

JEWISH CARE
eXplore
Digital skills for everyday life
A Karten Centre, supported by the Ian Karten Charitable Trust

Do you or someone you know need a helping hand when it comes to technology?

Jewish Care Explore is here to offer support with technology to all adults within the Jewish community. There are two centres, one based at Jewish Care's Maurice and Vivienne Wohl Campus In Golders Green and our new centre is at The Ronson Family Community Centre at Sandringham on the Stanmore/Hertfordshire borders. Help and advice is available for any questions from how to increase the volume on your mobile phone to support on dedicated technology for a disability or medical condition (subject to assessment).

The team are here to support Jewish Care tenants, residents, and service members with joining remote and online activities. They also help our teams make those services accessible to a wider audience through technology, with equipment available for people to use independently or with support from the team.



Jennifer Ohrenstein, Digital Skills Tutor says, "Jewish Care Explore is a safe space to learn without fear of judgement. Everyone who feels like they need tech assistance will receive friendly, empathetic and patient support from the Jewish Care Explore team, including from our valued volunteers.

In addition to the general help and advice available, we also offer dedicated courses providing a wider range of knowledge on subjects including how to use iPads or laptops or Zoom. The courses are written by us and are specifically designed for our audience. We endeavour to 'mind the gap' by aiming to bridge the digital divide that has developed between the generations!".

Jewish Care Explore also offers a remote service supporting people over the phone and will happily partner with synagogues and charities to support their communities within their own environment.

For more information, please call 020 8922 2400 or email explore@jcare.org

For information on any other services, or advice and support, please call Jewish Care Direct helpline on 020 8922 2222 or email helpline@jcare.org

JEWISH CARE

Sunday 5 March, 11:00-12:30

For all young families

Purim & Party! with

captain calamity

Yummy
Hamantaschen
for all

Dress up
for our
costume
parade

Mischloah
Manot goodie
bags for all
children

£5 per EHRS member family ~ £10 per non EHRS member family

Book now at www.ehrs.uk/event/purimparty23

118 Stonegrove, Edgware, Middlesex, HA8 8AB
Telephone: 020 8238 1000 Email: admin@ehrs.uk Web: www.ehrs.uk
Charity:1172458 Company:1062297

Edgware & Hendon
Reform Synagogue
קהל לדרור

EHRS does **EURO**vision for Purim!

Monday 6 March 2023

Come and join us for a Eurovision based Purim, the reading of the Megillah of Esther for Purim, followed by an EHRS Purim Spiel and a chance to enjoy a lechayyim together!

Our Megillah reading will be in person at EHRS & viewable on the EHRS Classic Channel. Whether you are with us at EHRS or at home, do come in costume (extra points for dressing as something connected to Eurovision!)

From 17:30 - Pizza & Party!

For all families with children prior to the Megillah reading. Come and make some Eurovision props to enhance your fancy dress, enjoy glitter tattoos, face painting and have a bite to eat together. Then join us for the Megillah reading for as long as your little ones can manage! Hamantaschen is a given!!

18:30 - Megillah reading and Ma'ariv

19:30 - World Premier of our EHRS Purim Spiel and an afterparty with Eurovision karaoke, canapes and Eurovision cocktails and mocktails!

The Eurovision Pizza Party and Cocktails & Mocktails requires pre-booking so we know how many to cater for.

Please book at www.ehrs.uk/event/europurim



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Edgware & Hendon
Reform Synagogue
קהל לדור ודור

For Pesach, the **Communal Seder** is back and will be held on **Thursday 6 April**. Please join us for a lovely and friendly evening of good food and a Seder service, and is suitable for all ages. The 3 course catered Pesach meal will include either a chicken, fish or vegetarian meal. You can book online via our website www.ehrs.uk/pesach. Closing date for bookings will be Thursday 23 March, and full details can be found on page 12 of this magazine. We are very excited about it, and if you wish to join us but do not have access to book online, please call the main EHRS number on 020 8238 1000, where a member of the admin team will be able to assist with your booking.

Thanks to funding from the Barnet Community Fund, **2second Chance** has created a bank of free refurbished laptops which community organisations can apply for. They are particularly looking to support people who are at risk of being digitally excluded, with the aim of improving skills, increasing confidence and supporting people to access the internet. To be eligible applicants must be a resident of the London Borough of Barnet, have a clear digital inclusion benefit and agree to report on the impact in their life. For more information, call Val on 020 8238 1013 or send an email to val.joseph@ehrs.uk

Do you or someone you know need a helping hand with technology? Jewish Care Explore have computers, tablets and iPads in their centre at Sandringham in Stanmore and their friendly understanding staff are on hand to answer any questions and provide guidance, courses are also available. JC Explore can also assist with advice on technology for mild and moderate disabilities or medical conditions and their demo area is available to see how smart home products like Alexa, video doorbells or smart plugs work and if they would be suitable for you. For more information call them on **0208 922 2400** or email explore@jcare.org

The Ronson Family Community Centre at Sandringham runs regular activities and if you would like to join the centre or refer someone to join please send an email to oliver.danes@jcare.org



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 registered in England: 1042902



or call on **020 8418 2107** with your contact details. They will then make arrangements for a guest day.

Our popular **Monthly Lunch Club** continues to run on the second Tuesday monthly with our next date on **14 March**. As always booking is essential by the end of the previous week and if you have not been before and would like to know more please call us. There will be no Lunch Club in April, we will return in May.

The EHRS **Memory Way Café** provides support for people living with dementia and their family carers and is open to members and non members. We meet on the third Wednesday afternoon monthly and our next cafe will be held on **15 March**. Memory Way Café will be closed during April and resume again in May. Wishing you all a very Happy Pesach..



Val Joseph

Val Joseph 020 8238 1013,
Marissa Rosenthal 020 8238 1015
community@ehrs.uk

Cornerstone

Tuesdays, 19:00-19:45 for Hebrew & 20:00-21:30 for Jewish Studies

Our introduction to Judaism course.

Our Cornerstone programme is open to any member of the community wanting to deepen their Jewish knowledge, as well as those exploring conversion and non-Jewish partners wanting to learn more about creating a Jewish home.

Join us for prayer-book Hebrew (in streams from beginners to intermediate) 19:00-19:45, and/or for Jewish Studies 20:00-21:30, Tuesday evenings during term time.

Contact rabbi.debbie@ehrs.uk for more details.

Cornerstone Service - Saturday 25 March, 10:30-12:15

An explanatory service in which our Cornerstone students will help lead. You are all warmly invited to a service where we will focus on learning about the service as well as praying it.



TOGETHER GROUPS

Whether it's reading, singing, dancing, foraging, cooking, schmoozing, learning or even whisky tasting, we have many groups where you can join other members with common interests.

EHRS Together Groups are all about making our congregation of over 3000 people a place where we know each other and are can find people who share their interests. It's a great way of making sure that more and more of our members find the people within the Synagogue that we would especially enjoy getting to know. Some groups are in person, whilst others are online. If you would like to discuss setting up a new group, please contact the Admin Office, admin@ehrs.uk

Go to www.ehrs.uk/togethergroups for more information on what groups we have and how to book your place.

SPANISH CONVERSATION GROUP

Tuesdays, 14:00 - 15:30

Hola, hablas español? Want to brush up your Spanish conversation in person? This group is for those who wish to improve their Spanish and runs fortnightly. We now have 2 leaders who facilitate the group and are there to help.

RUMMIKUB GROUP

Starting Tuesday 25 April, 14:00-16:00

If you love playing Rummikub then this group is for you. This group will take place fortnightly on Tuesday afternoons. Donation £2 per person. Booking essential.

FORAGING

Sunday 5 March, 14:00

Join Rabbi Debbie and our EHRS expert Peter Bradley on a pre-Pesach foraging trip on Stanmore Common.

MONTHLY COOKALONGS

Our Cookalong's led by Rabbi Debbie are open to all adults. So far this year we have enjoyed making apple cake and an apple & rosewater jam for Tu B'Shevat, and had fun in the EHRS Kitchen making Welsh Cakes with Anna Flash. When on Zoom, details will be provided via OWA.

Wednesday 22 March, 20:00 - No Waste Pesach Cookalong:

From Chraine to Hamon Eggs, Mina d'Pesach to using up egg whites and egg yolks (which do you always have left over?) Our Eco Team help us make the most of what we have at Pesach! On Zoom.

Wednesday 26 April, 20:00 - Magical Cookalong:

Bring out your inner child with glow in the dark Jelly, and colour changing pasta! On Zoom.

RABBI KRAFT MEMORIAL BOOK CLUB

This book club was set up in memory of our dearly missed Rabbi Neil Kraft z'l. This is a small, friendly group of EHRS members of all ages who meet monthly. A full synopsis of each book can be found on the website.

Wednesday 8 March, 19:30 on Zoom

We will discuss 'Still Life' by Sarah Winman

Monday 3 April, 19:30 on Zoom

We will discuss 'Lessons in Chemistry' by Bonnie Garmus

THE SHAKING SIXTIES

Thursdays 16 March & 20 April, 20:00-21:30

If you lived through the 1960s or just love 60s music, then this group is for you! From Cliff Richard, Elvis Presley, Roy Orbison, Neil Sedaka, Marty Wilde, Billy Fury, The Beatles, The Rolling Stones, and The Supremes, to great singers such as Matt

Monroe, Dusty Springfield, Tom Jones, Scott Walker, together with many other memorable groups and singers from that era. We look forward to welcoming you each month with videos and songs on very informal basis, where we will play many of your favourites!

TV ADDICTS CLUB

Do you enjoy documentaries, TV shows, and films?

Do you like films but not the cinema?

Our EHRS Together Group The TV Addicts Club, meets fortnightly on a Thursday evening, to enjoy brand new and old classics of TV and film. Come along and meet people with the same enthusiasm, safe and comfortable, and relax in front of the box with delicious treats to enjoy whilst we watch.

Please go to www.ehrs.uk/togethergroups to register your interest to join this group.

9 March, 19:30-22:00: 'The Impossible'

2012. Starring Ewen McGregor, Naomi Watts, Tom Holland

In December 2004, close-knit family Maria, Henry and their three sons begin their winter vacation in Thailand. But the day after Christmas, the idyllic holiday turns into an incomprehensible nightmare when a terrifying roar rises from the depths of the sea, followed by a wall of black water that devours everything in its path. Though Maria and her family face their darkest hour, unexpected displays of kindness and courage ameliorate their terror.


23 March, 18:30-21:30: 'Woman in Gold'

As this will be the last in this current series of the TV Addicts Club, we will be offering at light buffet supper from 18:30, the film will start at 19:30. There are 20 places available, £5 donation towards food.

Please book at www.ehrs.uk/event/gold

2015. Starring Helen Mirren, Ryan Reynolds

Sixty years after fleeing Vienna, Maria Altmann, an elderly Jewish refugee takes on the Austrian government in an attempt to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer I." With the help of young lawyer Randy Schoenberg, Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures.



The EHRS
TV Addicts Club
Presents...
**Woman
In
Gold**

Thursday 23 March, 18:30-21:30
As this will be the last in this series of the TV Addicts Club, we will be offering at light buffet supper from 18:30, the film will start at 19:30.
For catering purposes you will need to pre-book, 20 places available, donation of £5 towards food & drinks upon booking.

2015. Starring Helen Mirren, Ryan Reynolds
Sixty years after fleeing Vienna, Maria Altmann, an elderly Jewish refugee takes on the Austrian government in an attempt to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer I." With the help of young lawyer Randy Schoenberg, Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures.

**Please book your place online at
www.ehrs.uk/event/gold**

18 Stanmore, Edgware, Middlesex, HA8 1AB
Telephone: 020 8248 1000 Email: admin@ehrs.uk Web: www.ehrs.uk
Charity 1022428 Company 06612321

COMMUNITY WEEKEND AWAY NORTHAMPTON, 19 - 22 MAY 2023

Following our previous successful weekends, we invite you to another informal and social 'Weekend Away' to **NORTHAMPTON** in May 2023. We will be travelling by coach from Edgware to Northampton.

Accommodation

3 nights at the 4 star 'Park Inn by Radisson Hotel': twin, double & single rooms will be available.

Cost

The price is £360 per person (plus £120 for single room supplement). This includes 3 nights' bed, breakfast and evening meal, Saturday lunch, outings & coach travel.

Included in the weekend

a guided walking tour of Northampton, a visit to the Shoe Museum, a day coach trip to a Stately Home/ Gardens (including a cream tea), a visit to Northampton Synagogue, and evening entertainment.

For more details and to reserve your place, please phone Jeffrey Fisher on 020 8958 0424 or email newoptions@ehrs.uk

Calling all do-ers and give-it-a-go-ers.

Yes, we go camping, hiking, swimming, abseiling, cycling and canoeing. But we also get to hang out with our friends every week – having fun, playing games, working in a team and taking on new challenges.

Who

All young people aged 6 to 14 years old

When

Thursdays 5:45pm-6:45pm (ages 6-8)

Thursdays 6:45pm-8pm (ages 8-10½)

Tuesdays 7pm-8:30pm (ages 10½-14)

What

Outdoor adventures and skills for life

Where

Edgware & Hendon Reform Synagogue and the great outdoors

Contact

info@third.org.uk

#SkillsForLife



OTHER ACTIVITIES AT EHRS

JACS (JEWISH ASSOCIATION OF CULTURAL SOCIETIES)

JACS takes place at EHRS on Thursdays, 13:30.

- 2 March:** Sidney Austin - From Elvis to Sinatra and Everything in between
- 9 March:** Judy Karbritz - Danny Kaye, the King Jester
- 16 March:** Paul Cavendish - The Proper Magic Show
- 20 April:** Ron Shelley - Subject to be decided
- 27 April:** Brian Nathan - Leslie Bricusse - The Man and His Music

For more information please contact **Stuart Winton** on **020 8954 8350** or **Brian Ashton** **020 8958 4904**.

ZUMBA GOLD

Thursdays 10:00-11:00

This class is perfect for the active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.
£6 per session.

For more information please contact Laurel Ingram at dancinline@hotmail.com



EHRS GROUPS

NEW OPTIONS

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

Please email newoptions@ehrs.uk if you have any queries.

Schmoozing with the Rabbis –

A light hearted topical discussion, in an informal setting. In person at the Synagogue. Please join us on **Wednesday 15 March 10:30-11:30** with Rabbi Jackie Tabick, in person at EHRS.

Bridge - Our popular and friendly sessions take place every **Wednesday, 12:30-15:30**. Join us for an enjoyable and sociable afternoon. Only £4 including tea.

Community Weekend Away - We invite you to another informal and social Weekend Away to **Northampton, Friday 19 – Monday 22 May**. Please see the advert at the top of this page.

NOT THE WOMENS GUILD

Meetings begin at 14:00 in the Synagogue unless otherwise stated, and a warm welcome is extended to all. For further details and to book your place, please contact **Evie** **020 8954 5393** ewoolstone@yahoo.com or **Sandra** **020 8958 7140** sandra@harrisresidence.co.uk. We look forward to seeing you.

Thursday 2 March

We are going on a theatre outing to the Watford Palace theatre to see a matinee performance at 14:30 of the Merchant of Venice, starring Tracy-Ann Oberman. The tickets already purchased have been sold, but the theatre still has availability if you want to join us. We will arrange to travel together to this and to the lunch.

April and beyond

We will not be meeting in April due to Pesach. We plan to have a social event in May and an outing this Summer. Watch this space for further details.



I'm told one of the biggest. But around the country the picture isn't as bright. 21 years ago I was working as a Student Fieldworker for Reform Judaism - part of a team of three sabbatical workers and a chaplain ensuring we were able to offer occasional on campus visits, and residential events just for Reform Students.

In fact it was on a Reform Students trip I realised I wanted to be a rabbi! And at least 50% of the participants on that trip have gone on to work in the Jewish community in some capacity.

Right now, sadly, there is no formal Reform Student provision. But that doesn't mean there's nothing out there for students - Many of the university towns our students head to for their degrees have Reform and Liberal communities who would love to welcome them. On our larger campuses, however, there might be 3 or 4 different Orthodox chaplains offering support, free pizza, Friday night dinners, and services and models of Judaism that are non-Egalitarian and can be publicly critical of

the way our students have grown up in Reform Judaism.

The good news is that the UJS team itself is so much more diverse than when I was a student or a fieldworker. But for those on campus day to day, we would love to be able to connect them to their local Progressive community so that they can enjoy the benefits of being part of a national movement of synagogues as well as their EHRS home. While we try to keep in touch with our students (please do let us have your or your children's details while they are at University) we want to make sure that their Judaism is also a part of their growth and support system while discovering who they are. If there are ways we can help connect you to your local community, or support you when you are home, we'd love to. And when we are a full team we also hope to be able to visit occasional campuses so being able to get in touch and invite you for a meal or a drink would be great!

Rabbi Debbie Young-Somers

In February my husband Gary and I were invited to join the annual UJS convention as educators. We joined services led by students, enjoyed one of the loudest rounds of benching - grace after meals - and enjoyed learning with students from universities all over the UK.

The progressive service, led by RSY graduates and members of Reform Synagogues was one of 6 services, and

More people are struggling with mental health than ever before.

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Pesach 2023/5783



**Your 8 page guide to all
Pesach Services, Seders,
Activities, Study Sessions
& Play Schemes.**

**Also includes Seder
enhancements and a pull
out children's activity
place mat.**

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EHRS Pesach Services



Wednesday 5 April: First Night Seder

The EHRS team is delighted to enable anyone who wants to attend a family Seder on the first night to do so.

Please contact June Lewis, our Rabbis' PA at the Synagogue as soon as possible if you would like to find a host family to join for first night Seder. If you are prepared to do the mitzvah of hosting a guest, please let June know. Your Seder does not need to be perfect, people looking for a host family are simply hoping to be together with others.

Thursday 6 April: First Day Pesach

Main Service, 10:30

Family Service, 11:00

Our service includes the special liturgy and choral music for this central festival of the Jewish year and our coming together to celebrate our freedom.

The Family Pesach Service will take place in the Youth centre and will provide families with an opportunity to celebrate the Exodus from slavery in a joyful and relaxing atmosphere. At the end of the child-friendly Torah service, families will be able to enjoy a special Pesach quiz and a Pesach poem.

Led by Rabbi Tanya

Communal Seder, 18:00 (see bottom of this page for full details)

Saturday 8 April

Chocolate Seder, 11:00 (see opposite page for full details)

Tuesday 11 April: Erev Seventh Day Pesach

Study Service, 20:00

The King and the Lovers - Rabbi Mark's study service will take us into the world of the Megillah for Pesach, the Song of Songs, called by Rabbi Akiva the 'holy of holies' of the Bible. Is this song of two lovers really a political dig at King Solomon? Who was the writer of the song, if not King Solomon? Interwoven with our Erev Seventh Day Pesach service you will come out with a new appreciation of the this extraordinary poem.

Wednesday 12 April: Seventh Day Pesach

Main Service & Yizkor, 10:30

Family Service, 11:00

Our service includes the special liturgy & choral music that ends Pesach, together with a Yizkor to remember those who are no longer with us.

Join us as we trek across the Red Sea together in our interactive Seventh Day Pesach Family Service - what will you pack for our big adventure?

Friday 14 April

Kuddle Up Omer, 16:15 (see opposite page for full details)



EHRS Communal Seder



Thursday 6 April 2023, 18:00

The EHRS Communal Seder will be held on Thursday 6 April at EHRS at 18:00 for a 18:15 start in the main synagogue hall, ending at approximately 22:00.

Please join us for a lovely and friendly evening of good food and a Seder service. This Seder is suitable for all ages.

The 3 course catered Pesach meal will include either a chicken, fish or vegetarian meal.

All main courses are served with roast potatoes and a selection of vegetables.

Please note on your booking form your choice of main course and dessert for adults, and main course for children.

Adult Menu:

Starter: Clear Vegetable Soup with Kneidlach

Main Course: Garlic & Herb Roast Chicken OR Lemon & Herb Salmon OR Moroccan Vegetable Tagine

Dessert: Parve Chocolate Mousse OR Fruit Salad OR Mini Fruit Pavlova

Children's Menu:

Starter: Clear Vegetable soup with Kneidlach ~ **Main Course:** Chicken OR Vegetarian Schnitzel

Dessert: Parve Ice-cream

Should you have a specific dietary requirement, this must be noted on the booking form at the time of booking as we cannot cater for special requests on the day.

EHRS Members: Adult: £35 Children 10-18yrs: £20 (under 10yrs free)

Guests: Adult: £40 Children 10-18yrs: £20 (under 10yrs free)

CLOSING DATE FOR BOOKINGS WILL BE THURSDAY 23 MARCH

Please book online at www.ehrs.uk/event/communalseder23

If you would like to discuss payment in strict confidence please do not hesitate to contact Martine Allen, on 020 8238 1011 or email martine.allen@ehrs.uk

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Kaytana presents...

Pesach Play Scheme 2023

Early Bird Prices available until Thursday 9 March

EHRS Members £102 Full 4 days

£26 per day (3 & 4 April)

£30 for 5 April, £20 for 6 April

Non EHRS Members £122 Full 4 days

£31 per day (3 & 4 April)

£35 for 5 April, £25 for 6 April

Food is provided on 5 & 6 April due to Pesach.

On 6 April, 1st day Pesach, there will be a creative Youth Service in the morning and Pesach themed activities in the afternoon.

Monday 3 - Thursday 6 April

For school years reception to year 6

Please go to www.ehrs.uk/youthcentre to book

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CHOCOLATE SEDER Saturday 8 April, 11:00 at EHRS

**Please join us this Pesach for a delicious Chocolate Seder
that will tantalise your taste buds and satisfy your soul!**

For all those aged 5 and above, younger siblings are welcome accompanied by an adult,
and will take place in the Community Centre.

For catering purposes we must know numbers in advance, so booking is essential.

Please book at www.ehrs.uk/pesach

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**Kuddle Up
Omer**

Friday 14 April

15:00 - 16:30

Join us to celebrate the end of Pesach with some bread filled Challah making
and get creative with some Omer crafting.

This is a special family activity prior to the Kuddle Up service.

15:00 - 16:00 Challah making and crafts

16:00 - 16:30 Kuddle Up Service

Please go to www.ehrs.uk/pesach to book

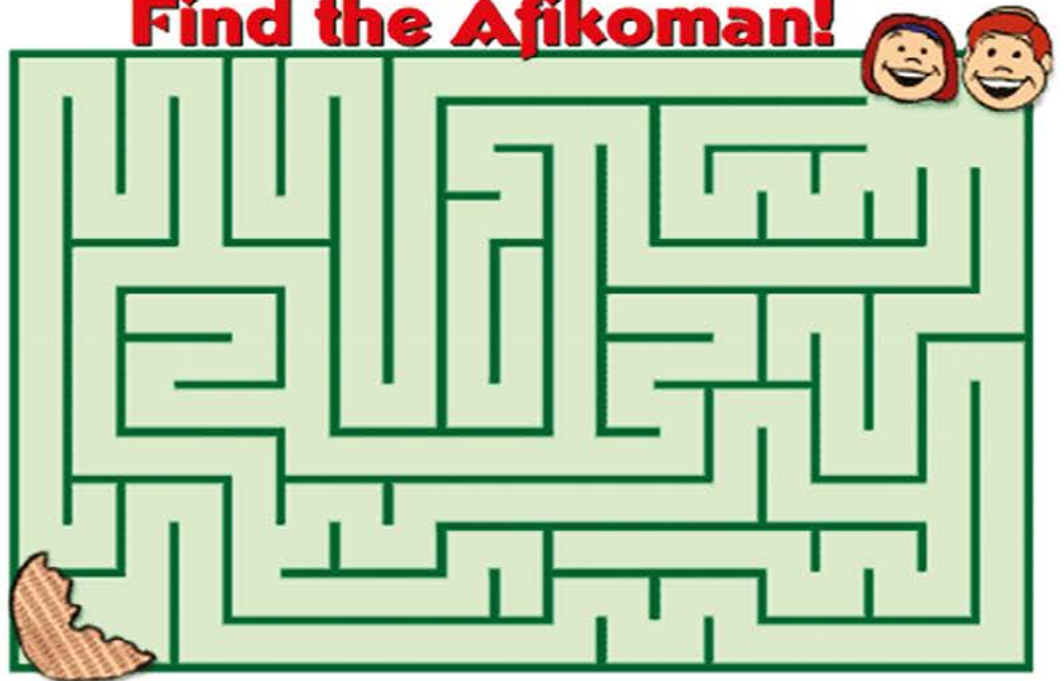
Passover WORDSearch

Pesach	K	e	c	h	a	z	f	i	e	h	f	h
Matzah	m	z	f	y	r	s	e	s	o	m	a	w
Chametz	d	f	o	t	u	i	p	a	w	g	f	m
Seder	z	e	u	o	a	h	r	i	a	r	i	f
Wine	i	w	r	p	h	a	u	d	f	c	k	z
Egypt	s	p	q	t	h	s	d	t	a	u	o	u
Vegetable	h	e	u	p	f	a	r	i	b	n	m	b
Hagaddah	a	s	e	y	h	e	a	c	z	l	a	i
Afikoman	n	i	s	g	d	b	w	i	n	e	n	t
Egg	k	z	f	e	m	a	h	c	w	a	s	t
Shankbone	b	a	i	f	r	p	a	h	p	v	d	e
Charoset	o	e	o	s	h	f	z	a	g	e	b	r
Bitter Herbs	n	t	n	c	g	c	t	r	g	n	k	h
Unleavened	e	k	s	n	m	f	a	o	g	e	w	e
Plagues	d	b	e	p	y	k	m	s	e	d	e	r
Moses	s	e	u	g	a	l	p	e	e	p	i	b
Four Questions	h	k	t	d	z	g	w	t	c	p	e	s
Pharaoh	e	l	b	a	t	e	g	e	v	y	z	t

List the 10 Plagues:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Find the Afikoman!



Cookalong with EHRS

Our monthly Cookalongs organised by Rabbi Debbie, are open to all who would like to join us. Occurs monthly, on Zoom or in person at EHRS.

Wednesday 22 March, 20:00 on Zoom

No Waste Pesach

From Chraine to Hamin Eggs, Mina d'Pesach to using up egg whites and egg yolks (which do you always have left over?) Our Eco Team help us make the most of what we have at Pesach!

To join our Cookalongs throughout the year you can register via our Together Groups website page, www.ehrs.uk/togethergroups



Cornerstone Mock Seder & Seder Ideas

Tuesday 28 March, 20:00 at EHRS

You are warmly invited to join our regular cornerstone class for a reminder of the seder basics, a chance to refresh with some new ideas, and an opportunity to learn together.

Please go to www.ehrs.uk/pesach to book so that we can lay enough places! Dinner not included.



Pesach Matzah recipe from Marian Cohen

Chocolate Toffee Matzah Crunch

This is one of Marian's all-time favourite Pesach recipes. It's a crispy, flaky cracker layer topped with buttery toffee, melted chocolate, nuts, and salt. The best part is that it's easy to make - no special equipment needed or tempering of chocolate required.

Ingredients

4-5 lightly salted matzos
230g unsalted butter
200g dark brown sugar
200g semi-sweet chocolate chips
200g chopped pecans (optional)
½ teaspoon kosher salt

Method

Preheat oven 180 degrees or gas mark 4
Begin by arranging the matzos in a single layer on a baking sheet.
Make the toffee: Combine the butter and brown sugar in a saucepan, and bring to a boil. Continue cooking, stirring frequently, until foamy and thickened, about 3 minutes.
Pour the toffee over the matzos and spread into an even layer with a spatula or large spoon. Be very careful - it's very hot!
Bake in the oven until bubbling all over, 8 to 10 minutes.
While it's still hot, scatter the chocolate chips over top and let sit for a few minutes to soften. Use a spatula to spread the chocolate into an even layer.
Sprinkle with chopped pecans or nuts of your choice if using, and salt.
Refrigerate until firm, about 45 minutes, then transfer to a cutting board and cut into squares.
Eat and enjoy, or give as gifts.



15 Steps Through The Seder

We offer here supplemental thoughts, readings, activities, discussion points, and rituals to enhance your seder wherever you are.



1. KADESH - a blessing over wine.

Wine is a symbol of joy in Judaism. What joyful blessings would you like to ensure are part of your seder this evening?

2. URCHATZ - ritual washing of hands without the usual blessing.

In ancient Judaism hand washing was an important part of public health care - something that makes even more sense since 2020! Some have claimed that we were less impacted by the Black Death because of regular ritual hand washing (and thus were blamed for it!) If we are able to gather with others for seder we give thanks that we can do so again, and celebrate those who cared for our public health over the last few difficult years.

3. KARPAS - eating some leafy greens or green vegetables

There are lots of additional seder symbols we might add to our seder plate, from a Chili to encourage us to talk about Climate change to a piece of cotton or a date to reflect on the plight of the Uigher community in China. Perhaps look around the room you are in and see what objects might speak to a theme of freedom for your seder tonight.

4. YACHATZ - raising up and breaking the middle Matzah

Our three matzot represent past, present and future. Our ancestors, us, and those who will inherit our tradition. There is both brokenness and wholeness in every generation. How might we fix something broken in our generation to ensure greater freedoms for the next?

5. MAGGID - the telling of the Exodus story

What stories of freedom and wandering do you and your family have to bring to the Seder table? Sometimes the maggid can be confusing and hard to follow - memories also shift and change through time, but passing these stories on to the next generation is a beautiful part of our tradition, ensuring our national story and our family stories continue into the future.

6. RACHTZAH - ritual washing of hands before the meal, with the blessing

'We wash our hands in remembrance of the sacrifices we have made this year, in honour of all the ways we have protected one another, and in hope that next year we shall be free.'

Each hand will be splashed with water three times. As you pour the water over each hand, give yourself a chance to pause and bring to mind.

On the first hand: Something that you are happy to wash away and leave behind; Something or someone that has brought you sustenance this year; Something that helped you feel a sense of freedom despite the restrictions

On the second hand: Think of those in need of healing. *Extract from The Wellspring Project - Rachtzah Ritual;* Think of individuals you want to remember at the seder who have been lost since the last; Think of one way you have actively been a source of healing/protecting others this year.

7. MOTZI - the blessing over the Matzah and the meal

Rakusen's matzot are a staple of the Anglo-Jewish community, but are also now available across the country all year round. Rakusens were the first producers of kosher matzot in the UK in 1900. Today Rakusens has a range of products, some of which contain palm oil, which they assure their consumers is ethically sourced. How can we ensure our own purchasing and consuming over the coming year is mindfully conscious of the ethics involved and where freedoms might be lost in their production?

8. MATZAH - another blessing over the Matzah, this time emphasizing the special nature of eating Matzah as a Passover ritual act

“Matzah is known as *lechem oni*, which can be translated as ‘the bread of affliction’ because it is a symbol of the Jews’ life of oppression in Egypt. [...] Yet, at the same time, matzah is also a symbol of our liberation. [...] The question is obvious: how can the same object symbolise two utterly opposing states of being? The object itself does not inherently contain either freedom or slavery; rather, it is the attitude of the person engaged with that object that determines what the object represents” *Leah Haber On Matzah, Question, and Becoming a Nation in ‘The Women’s Passover Companion’ (2003).*

After sacrificing many of our freedoms over the last three years in order to look after one another, as we munch our Matzah let us reflect on how we can each choose to find positives or negatives in each situation, and commit to be a force for good, freedom and responsibility.

9. MAROR - eating bitter herbs

Is there bitterness you are clinging onto from the past year/s? As we chew and digest our bitter maror are there ways you might be able to digest and let go of some of the bitterness you feel?

10. KORECH - eating a sandwich of Matzah and bitter herbs (and then adding a sweet, chutney-like Jewish dish called charoset)

“Rav Avira taught: In the merit of the righteous women that were in that generation, the Jewish people were redeemed from Egypt.” (Talmud Sotah 11b) What was the righteousness the Talmud is talking about? “[...] when these women would become pregnant, they would come back to their homes, and when the time for them to give birth would arrive they would go and give birth in the field under the apple tree” (Sotah 11b). Some say it is to honour the bravery of these women, in labouring alone in the apple orchards, that Ashkenazi communities include apple in their charoset.

11. SHULCHAN ORECH - the festive meal

Who doesn’t love a good disagreement? We can’t even agree on what is kosher for Passover! We’ve always differed with some communities enjoying rice and chickpeas, and others avoiding all legumes. The latest controversy has been Quinoa! As a grain cultivated in South America for 5000 years, Jewish communities have only recently discovered it—and so began the debate! As it isn’t one of the 5 grains mentioned in Torah it isn’t chametz, but some authorities think it might be considered Kitniot like rice as it swells in cooking. If you do decide to enjoy it at Passover, why not celebrate the Sephardi embrace of kitniot with a vegan quinoa Paella! <https://mayihavethatrecipe.com/vegan-gluten-free-quinoa-paella/>

12. TZAFUN - Eating the Afikomen

Searching for the Afikomen is one of the most enjoyable aspects of Seder night. One of the origins of hiding the Afikomen was the knowledge that poor and oppressed people have to store food in case of disaster. When the Afikomen is found share stories of the experience of wartime rationing, of helping out with foodbanks, of refugees who could not find food, perhaps even in your own family story.

13. BARECH - Grace after meals

We have eaten and been satisfied and so, the Torah says, we should give thanks! We thank God and let’s also take time to thank those whose hard work has created a beautiful meal for us to enjoy – and that might be you!

14. HALLEL - Singing Psalms of Praise

These songs have been part of our Pesach for nearly 3000 years. Raising our voices together in song is a symbol of our ability to worship freely. If you were to create a modern song-list of freedom songs for seder what would you include?

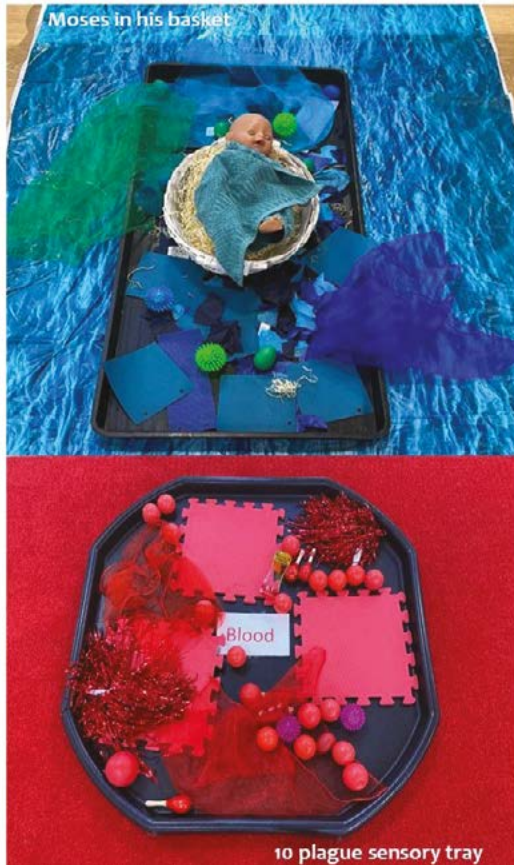
15. NIRTZAH - conclusion

“It is dangerous to take human freedom for granted, to regard it as a prerogative rather than as an obligation, as an ultimate fact rather than as an ultimate goal. It is the beginning of wisdom to be amazed at the fact of our being free.” Rabbi Abraham Joshua Heschel

YOUNG FAMILIES

What an amazing start to 2023 we have had. Our new Sing & Sensory baby class is just gorgeous! The little ones have enjoyed themes of transport, weather, Tu B'Shevat, and we have even visited the Zoo!

Shabbat Stay & Play remains as popular as ever. We have had a lot of fun getting creative with the last few weeks Parasha and creating sensory and role-play activities to explore them.



We are really looking forward to the upcoming festivals of Purim and Pesach, where there is lots to get involved in as an EHRS young family. Please see Page 5 for our **Purim & Party with Captain Calamity** on **Sunday 5 March at 11:00**, and join us prior to the Megillah reading for a **Purim Pizza Party** on **Monday 6 March**, see Page 6 for details. Dressing up is a must and hamantaschen is a given! We can't wait to see you.

After the success of last summer's **Family Camping Weekend**, I am excited to announce that we are going to Wellington Country Park for this year's Shabbat camping trip. The dates are **Friday 14 - Sunday 16 July**. We will come together to bring in Shabbat with a Friday night BBQ, enjoy a creative family friendly immersive Shabbat morning service, and see out Shabbat together with a Havdalah fire pit (marshmallows mandatory)! Places will be limited and booking needs to be confirmed ASAP. Please go to www.ehrs.uk/event/camping23 for more information and how to reserve your place.

Shabbat Stay & Play

Friday mornings 10:30 - 11:45 (Term time)

Our baby and toddler group with toys, crafts and song session and Kiddush with our Rabbis. The perfect way to meet other parents, enjoy a hot drink and a catch up. Please book on our website in advance. You can collect CRP points for attending.

Sing & Sensory

Tuesday mornings, 11:00-11:45 (Term time)



A music & sensory class for babies (non-walkers) followed by chill out time in our brand new state of the art sensory room! Booking required.

Kuddle Up Shabbat

Friday 17 March, 16:15-16:45

Our special interactive Shabbat service for Primary aged children and their siblings. Songs, stories and activities. You can collect CRP points from attending. Early arrival is optional from 15.45. Come straight from school pick up, or just arrive early to play before the service. Selection of toys for the children and hot drinks available for the adults.

Kuddle Up Omer

Friday 14 April, 15:00-16:30

Join us to celebrate the end of Pesach with some bread filled Challah making and get creative with some Omer crafting. This is a special family activity prior to the Kuddle Up service. 15:00-16:00: Challah making and crafts, 16:00-16:30: Kuddle Up Service. You are welcome to attend just the service as usual. Please go to www.ehrs.uk/pesach to book.

Shabbat Club & Birthday Blessings

On the last Shabbat of the month,

Saturdays 25 March & 29 April, 11:15-12:15

For Primary School aged children and their younger siblings are welcome. Parasha and Shabbat themed activities, stories and songs in a relaxed atmosphere. Finishing in time to join the community for Kiddush around 12.15. We are delighted to invite all children who have a birthday in that month to join us for birthday blessing from the Rabbis in the main service. Families will be sent personal invites; but do let us know if your child has a birthday coming up to make sure we have you on our list. Kiddush will include a birthday cake treat!

Shabbat Shirah

On the second Shabbat of the month

Saturday 11 March, 11:15-12:15

This is EHRS's Shabbat morning experience for 0-100's with rhythm in their souls, featuring a live band, an energetic Shabbat service suitable for children of all ages. A Torah reading and chance for everyone to participate in making music.

Sarah Koster,

Young Families Lead

youngfamilies@ehrs.uk 020 8238 1025

EDUCATION

We get various visitors in Orot but probably none more unusual than 'Bananas' who came to visit us with one of our children who attends. Charlotte Angel (pictured) was looking after her school 'pet' for the weekend and so brought him to experience Orot and what a morning he had, especially as Orot joined the Tu 'Shehvat celebrations that celebrated the birthday of the trees and honoured all the wonderful EHRS volunteers that help in so many different ways. Not least were our wonderful BBM mentors who support upcoming B'nei Mitzvah children to build their confidence and skills for their big day on the bimah.

Also among the many volunteers honoured were over 30 who volunteered at our first in person **Holocaust Memorial Day** event for three years, which welcomed 200 Year 9 students and their teachers from Canons High School in January. Our speaker was a Hungarian holocaust survivor called Peter Lantos who has been on the news recently as he has published a book about his experiences as a young child survivor. The book is entitled 'The Boy Who Didn't Want To Die'.



Our **B'nei Mitzvah** students this term are learning about the prayers in our Shabbat Service. They will put their learning into practice by helping to lead the Friday night service at the end of term on **Friday 31 March**. Our new intake of trainee mentors are being coached in how to support the upcoming BBM students and will be paired up with their own mentee in the new term in April. We are very excited that our first post B'nei Mitzvah trip again in three years is off to Cordoba in Spain where they are in for a fabulous experience of Jewish Spain.

All Things Jewish celebrated the new EHRS chair Jeremy Harrod with his very own 'Who Jew You Think You Are'. Rabbi Tanya shared her favourite Desert Island Texts and her immensely inspiring life story. Both events were recorded so if you are interested in seeing them please do contact me.

As ever we have so much planned in the upcoming months as we celebrate Purim, Pesach and beyond. Look out for more information on our All Things Jewish page, and the Youth and Young Families pages for many joint activities that we have planned. One of the highlights is our popular **Chocolate Seder** on **Saturday 8 April, 11:00** - please go to www.ehrs.uk/pesach to book.

Shabbat Club for primary aged children occurs every month, and it would be lovely to see more of our Orot children at our growing club. Upcoming dates are **Saturdays 25 March and 29 April**. We have Parasha and Shabbat themed activities, stories and songs in a relaxed, fun atmosphere. Finishing in time to join the community for Kiddush around 12.15.



Join us for a **Purim & Party with Captain Calamity on Sunday 5 March, 11:00-12:30** - if your child is in Orot they will be joining this event but if you have other children you wish to come, book your family ticket at www.ehrs.uk/event/purimparty23

We will have more Purim fun at our Pizza & Party on **Monday 6 March, 17:30**, for all families with children prior or the Megillah reading. Please see page 6 of this magazine for full details and how to book

Marian Cohen, Director of Education
education@ehrs.uk/020 8238 1014



Stonegrove Serenade



EHRIS is delighted to present Stonegrove Serenade, a series of concerts at EHRIS.
On every third Tuesday of the month, please join us for music featuring up and coming classical musicians.

Upcoming Concert dates:

Tuesday 21 March, 13:00: We welcome Polish violinist Kamila Bydlowska & Ukrainian pianist Olga Paliy
April date and performers to be confirmed.

Full details of performers and programmes can be found on the EHRIS website, www.ehrs.uk/serenade

We invite you to enjoy a light lunch in our pop up cafe before the concert. 'Cafe 118' opens at 12:00. The café re-opens after the concert for drinks, cakes and a chat. Please note when booking if you will be using the café.



Audiences and musicians alike have praised Stonegrove Serenade's fantastic acoustics, intimate concert setting and warm welcome and attendees have been bowled over with the standard of talent the series has attracted. Café 118 has delighted customers with its fresh and tasty homemade food. Some of the comments we have received is that its 'an oasis of calm' and 'it doesn't matter if you're on your own, there is always someone friendly to sit with'. Stonegrove Serenade and Café 118 are run by volunteers with support from EHRIS and Simply Scrumptious Catering. We pay our talented musicians - high calibre students and graduates of The Royal College of Music - providing work for them, as well as an opportunity for audiences to enjoy a very reasonably priced meal, concert and company. We are grateful for everyone's donations on the door and some generous extra donations which enable us to continue to book musicians. All funds raised go into the provision of Stonegrove Serenade and Café 118 and not to other synagogue purposes.

To be added to our mailing list, please email stonegrove.serenade@ehrs.uk

All are welcome, please go to www.ehrs.uk/serenade to book. Admission free, suggested donation £5



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Neil, Jewish Blind & Disabled resident

If you or anyone you know could benefit from living in a JBD apartment or to support us, visit www.jbd.org or call **020 8371 6611**

ENABLED

ALL THINGS JEWISH

For Zoom details please see Our Week Ahead, or email atj@ehrs.uk



Rosh Chodesh, 20:00 Rabbi Debbie welcomes everyone who would like to learn at this monthly group.

To register to stay updated on our monthly meetings please do so at www.ehrs.uk/togethergroups.

A New Series - Sun and Moon - Both Give Light. For this year of months, we will be inviting guests who might typically be seen to have opposing view points, and exploring how they hold space together despite their differences.

Thursday 23 March - Rosh Chodesh Nisan: We are delighted to be able to reschedule this much requested discussion! Rabbi Debbie will be joined by her husband, Rabbi Gary Somers, who received Orthodox semichah in 2019 in the area of kashrut. How does a Reform Rabbi build a life with an Orthodox Rabbi?

Thursday 20 April - Rosh Chodesh Iyar: Should Jews be vegan? Can we be ethical meat eaters? Join the Chair of the Jewish Vegan Society Dan Jacobs, & founder of Biblical Foods Leon Pein, working to promote organic kosher meat, and explore the challenges to it! Join us on Zoom and register via our Together Groups to receive updates, www.ehrs.uk/togethergroups

First Shabbat Shiur, 9:15-10:15

Our First Shabbat Shiurim are on all kinds of areas of Jewish life. You can join us in person at EHRs or at home using Zoom.

Saturday 4 March - Shabbat Zachor - We must remember to forget! Rabbi Debbie will consider how we understand the challenge of forgetting Amalek while reading about him? And why do we do this just before Purim?

Saturday 1 April - Sabbatical Tales: Rabbi Mark has been on Sabbatical leave from EHRs for the past three months. In this hour he will share what he has been learning and doing, the books that he has been able to study, articles written, the shuls that he has visited, Jewish experiences enjoyed in the UK and abroad, and especially the work that he has been able to do on the new Movement for Reform Judaism High Holy Days Machzor. And as you will see he is well rested and ready for action back at EHRs!

Bite of Torah for everyone interested in Torah, 9:15-10:15

Learn Torah with our Rabbis at home using Zoom or in person. These sessions are full of new insights which bring Torah and Tanakh (The Hebrew Bible) to life.

Saturday 18 March - Shabbat HaKodesh. What makes this Shabbat holy? We will also talk about the Exodus and "Exodus" (published in 1958); we will compare the two. Please join Rabbi Tanya for a conversation.

Saturday 15 April - Shemini - Jews and Booze. As the Priests are instructed to be careful not to conduct their duties intoxicated, we will explore what approaches Judaism has taken to intoxication of many kinds through the ages, and perhaps wonder why the bar is dominated by soft drinks at Simchas! With Rabbi Debbie.

Good Mourning

Sunday 16 April, 10:00-12:30
followed by lunch

Join our morning of learning and sharing experiences. We will start our morning with an Inter-faith panel discussion about different faith views on the end of life. After a coffee break we will continue with a choice of sessions:
- how to support mourners so that they appreciate it
- a session with the members of Chevra Kadisha
- sessions with the representatives of "Compassionate Friends" and "Grief Encounter"

We will finish our morning together with lunch and an opportunity to reflect on our learning with friends and fellow members. **In person at EHRs.**

We will need to know how many to cater for so please book online at www.ehrs.uk/event/goodmourning



Coming Up in May & June

- EHRs Charity Supper Quiz
- Cookalong with cookbook author, writer & teacher Denise Phillips
- Mizrahi Day of Learning

Please look out for more details and dates coming soon on the ATJ website page www.ehrs.uk/atj

Yom HaShoah

Join us to mark Yom HaShoah with a special performance of *Kindness: A Legacy of the Holocaust*, a verbatim play based on the testimony of Hungarian survivor Susan Pollack OBE

Sunday 16 April 2023, 4 pm

One-hour play without interval followed by a post show discussion with the writer / Artistic Director and actors

Venue: JCoSS, EN4 9GE (Sat Nav postcode EN4 9DQ)



KINDNESS

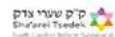
A Legacy of the Holocaust

by Cate Hollis and Mark Wheeler commissioned by Voices of the Holocaust

Tickets: £15 adult / £12 child (School Yr9+)
To book: www.tickettailor.com/events/stnlrs/848021



In partnership with



Talmud Class Sundays 19 March, 9 April, 14 May & 4 June, 10:00-11:00

EHRs's stimulating and friendly Talmud class is open to all levels of Jewish knowledge. Rabbi Tanya will be teaching the class in March, and from April Rabbi Mark is back from Sabbatical 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! For March please email rabbi.tanya@ehrs.uk and from April please email rabbi.mark@ehrs.uk, to get the Zoom details and the Talmud texts we are studying.

“For a small child there is no division between playing and learning; between the things he or she does ‘just for fun’ and things that are ‘educational.’ The child learns while living and any part of living that is enjoyable is also play.”

Penelope Leach
(psychologist and author)

This quote from the renowned child psychologist Penelope Leach embodies all that we do at Nagila to make our children’s first taste of education special.

In January we began the term by learning about Tu B’Shevat. Not by sitting in a classroom, but by getting our hands muddy outside in the playground and planting bulbs and seeds that the children will tend and watch grow, all the while learning about lifecycles and the importance of taking care of their environment. Is playing in the mud learning or education? For a small child it is both.

As we prepare to finish this term with our Nagila Seder and introduce the children to the story and customs of Pesach, this quote is also particularly apt. It is part of Nagila’s mission to help our children learn about life, including their Jewish heritage, by making it both fun and real, so that they absorb and retain what we show them and nowhere is this better demonstrated than how we teach them about Pesach. This could be dressing

up and pretending to be slaves fleeing Egypt, singing songs about frogs and flies, or spending the whole morning making bread, and the next day making matzah in no longer than 15 minutes (!) and then selling it in our shop which we have cleaned to get rid of all the Chametz.

This is also the time of year when we offer places to new children who want to ‘learn the Nagila way’ and join our special

family in the next academic year starting in September 2023. If you have a child (or grandchild) who will be 2 years old by then and would like to find out more about the experiences and fun that we offer, we would be delighted to show you round.

Milissa Seiler, Nagila Manager,
nagila@ehrs.uk/020 8238 1022

MAZEL TOV!

FOR EVERYONE GETTING MARRIED

Sessions will run from 19:30-21:00

Thursday 16 March
Ahavah, Achavah, Shalom v'Reut
Love and Judaism: what does Judaism know about making relationships work?

Thursday 13 April
Bayit b'Yisrael
Creating a Jewish home whether both of you are Jewish or one of you is.

With so many couples getting married in the coming year, we are delighted to invite all EHRS couples currently planning a wedding. Whether or not it will be under our auspices, a chuppah, or a mixed faith celebration, please join us on a course of learning, laughing and meeting others on the same journey.

If you can't come to both sessions, please join us for 1.

To register please email junelewis@ehrs.uk

2023
118 Stonegrove, Edgware, Middlesex, HA8 8AB
Telephone: 020 8238 1000 Email: admin@ehrs.uk Web: www.ehrs.uk
Charity:1172458 Company:10622971

SOCIAL ACTION

Details of all our volunteering opportunities are on the EHRS website at www.ehrs.uk/socialaction

NIGHT SHELTER AT EHRS NEEDS YOUR SUPPORT

EHRS will be hosting the night shelter for the homeless for 7 Monday nights and Tuesday mornings starting **Monday 6 March 2023** until **Tuesday 18 April** (excluding Monday 10 April).

Thank you to all the kind volunteers from the EHRS community who have already offered to set up the space, bring along a meal, to serve dinner and socialise and stay overnight with our guests. However, we still need your help.

- On the breakfast shift (06:15-08:00). Full training will be given ahead of volunteering.
- To take our guests' bedding from EHRS to a church in Golders Green on Tuesday mornings.
- To bring a bag or two of breakfast (milk, bread, butter, jam, cheese, yoghurt, snack biscuits) to EHRS on Mondays around 18:00 from Monday 6 March.



If you would like to help then please get in touch by email at nightshelter@ehrs.uk

• • • SAVE THE DATE • • • Supper Quiz, Sunday 14 May

Together in Barnet will be 20 years old this year and will be marking the event by holding a fundraising supper quiz in May. Watch this space or the Together in Barnet website at togetherinbarnet.org/events for more information as it becomes available.

Many Thanks for your support, Lisa Bard

HELP REFUGEE CHILDREN ON SUNDAYS OR MONDAYS

www.separatedchild.org

Do you have a couple of hours to spare on Sundays between the hours of 10:00 and 14:00? Or on occasional Mondays. Why not use that time to help children who had to flee their homes and struggled to get to the UK on their own. The Separated Child Foundation needs you to compile Arrival Packs and Sleep Packs which we send out to unaccompanied child refugees up and down the country via charities and social services.

We need you to join us in a self-storage unit at Staples Corner for a couple of hours on a Sunday or Monday to put new clothing and toiletries into a 'hug in a bag' for the children who arrive here on their own with so, so little.

Visit www.separatedchild.org/our-work/arrival-packs/

Contact Lisa by email at lisa.bard@ehrs.uk for more information.

Stanmore & District U3A come to EHRS

The Stanmore & District u3a which incorporates Edgware, Stanmore, (but not limited to these areas) was established over 20 years ago by a small group of very enthusiastic and hard-working members.

The u3a is a global organisation and in the UK there are groups all over the country. Members collectively organise their own activities, sharing their knowledge in a co-operative joint experience.

Because all organisers and group leaders are volunteers costs are kept to a minimum and membership fees are very low. Activities can be educational, cultural and recreational designed for the over 50s or the retired. Anyone can join. No qualifications are needed to join and it's a wonderful environment to make new friends and find new interests. New members will add to the strength of the group and by default will enable us to add more activities to our programme.

We meet in Glebe Hall, Stanmore, Tuesdays and Wednesdays and other days groups can be held in member's homes in the surrounding area of Edgware, Stanmore, Mill Hill and district. Members are friendly and welcoming and create a comfortable atmosphere. We also arrange monthly visits to iconic landmarks, museums and galleries in and around London, and organise social events from time to time such as our Summer Tea. Our monthly Talks are held at EHRS.

If you are retired or semi-retired then come and join us, make friends, learn something new or join us to offer your own experiences and wealth of knowledge in your own field. All because we are retired we don't have to stagnate. We offer groups for Art, Bridge, Current Affairs, Classical Music, Spanish and French Conversation, Scrabble, Play Reading, Poetry, Literary Book Club, English Literature, British History, History of Popular Music 1955-69 and other subjects.

For further information contact: Martin Carr on 07726 155460 or email: stanmoreu3a@gmail.com

u3a learn,
laugh,
live



Environmental Action Team (EAT)

Following the success of the Orot workshop in December when members of the EHRS Eco Team encouraged the children to make reusable chanukiyot for Chanukah, we thought we would update our calendar of events for 2023 with more activities involving our children.

On Sunday 5 February they joined in a special EHRS Tu B'Shevat Seder acknowledging and honouring our EHRS volunteers. The seder service celebrated the beauty of trees and the way they help our environment. The EcoTeam sponsored the planting of 7 trees (one for every day of the week) on behalf of our volunteers.

For Purim we are planning a litter picking or other cleaning event, again involving Orot children and their families.

Wasting food is bad for the environment. Over 10 million tonnes of food are binned each year in the UK alone. Food which has taken loads of fresh water, land and labour to produce. Pesach gives us the perfect opportunity to address this problem.

Between 17 March and 4 April we are asking everyone to bring their chametz to EHRS which we will make up into food parcels to give to the homeless.

Leading up to Pesach, the EcoTeam are hoping to run an Orot workshop on how to waste as little food as possible at one's family seder.

On 22 March at Rabbi Debbie's Cookalong she will be demonstrating how to make Hren from the Seder's leftover maror. We also hope to find some recipes for other ingredients we use at our own family Seder's which don't always get eaten up on the night.

www.ehrs.uk/environmental-action-team

ECO SYNAGOGUE



Photos: Our Tu B'Shevat Seder, honouring our volunteers for all their hard work on behalf of the community.

Please find below a summary of the recent events from the Board of Deputies:

Community & Education Division

Communities - The Board welcomed Lord John Mann to a joint meeting with the Defence Division to hear and discuss the issues relating to schools addressing antisemitism in his recent report 'Anti-Jewish hatred, tackling antisemitism in the UK 2023 – renewing the commitment'.

The Board held a meeting with Mayor Sadiq Khan led by London Jewish Forum with CST and UJS, bringing together a focus on policing and cohesion and covering many incidents, interfaith and students and mental health concerns.

Commission on Racial Inclusivity in the Jewish Community - The Board is working on the implementation of the Commission on Racial Inclusivity in the Jewish Community report. Also work with PaJes regarding educating Jewish children about diversity within our community is continuing.

Holocaust education - The Yom HaShoah Legacy Boards continue to be distributed and most London synagogues, and all High Schools, now have boards. The Legacy Boards are being delivered to regional communities.

Israel Education - The Board attended a meeting with Will Fremont-Brown, Archbishops Commissions Manager to discuss the findings of the Reimagining Care Commission report: social and faith communities report and to hear how our community can enable people to live flourishing lives.

Defence & Group Relations Division

Antisemitism - The Board met the Chair of the Essex Jewish Community Council, the Interim Chair of Essex County Cricket Club, and the club's Chief Executive, to discuss the ongoing investigation into the previous chair's antisemitic social media posts.

The Board met the CPS Special Crime and Counter Terrorism Division to discuss the decision of the CPS not prosecute any of those involved with the "hate convoy" of cars in North London last year.

Parliamentary Engagement - The Board met the Chair of the Conservative Party to discuss issues of party culture and standards. There was discussion of historic incidents of antisemitism within the party, focusing on how structures and policies could be implemented to safeguard against this and to ensure the confidence of the community.

The Board met the Shadow Secretary of State for Health and Social Care to discuss reforms to NHS data collection processes & best practice on health service delivery.

The Board led a communal delegation to meet Keir Starmer MP, Leader of the Labour Party, at a community roundtable event. Issues raised included fighting antisemitism within Labour, the proscription of the IRGC, and the cost-of-living crisis.

Local Government - The Board met the Mayor of London, at a community roundtable event. Issues raised included hate crime policing, antisemitism at demonstrations, and promoting faith-sensitive best practice for London councils.

Interfaith - The Board took part in the first of a series of events organised jointly by Lambeth Palace and the Board of Deputies at Church House. This was to explore how they can enrich their work locally and create new relationships between communities working together.

International Division

Israel Engagement - The Board met Israeli President Herzog to discuss the ties between Israel and the British Jewish community. The Board also attended a conference in Israel, speaking on a panel about closing the gap between Israel and the diaspora Jewish communities. The Board has responded to reports that the UK Government is planning to fully proscribe the Iranian Revolutionary Guard Corps (IRGC), something the Board has been campaigning for at all levels of Government.

Diplomatic Engagement - The Board met staff at the Foreign, Commonwealth and Development Office to introduce and outline the Board's work and to discuss, among others, areas of mutual interest, the Abraham Accords.

A delegation led by the Board travelled with the German Federal Foreign Office to learn about Jewish Life in Germany. This aim was to help foster links between our communities, including synagogue twinning and cultural heritage exchange.

Sister communities - The Board attended the World Jewish Congress Executive Committee meeting in Rome, which included a historic reception with His Holiness Pope Francis. The Board's president has been appointed the WJC's Commissioner on Gender Equality and Inclusion.

If you would like any further information or have any questions, please contact Tony Seymour, tony.seymour@ehrs.uk

YOUTH CENTRE

Wow, we have been busy! We kicked off the year with our 2 day January Winter Scheme, where we went on an outing to see Jack and the Beanstalk at Radlett Theatre which was a lot of fun, oh yes it was! We also had the ultimate gaming experience where we enjoyed the joys of VR, as well as some competitive head-to-head racing. It was such an immersive experience.

At our February Half Term Scheme we enjoyed so many brilliant activities, including helping King Charles II find his crown jewels, played life sized board games, and took part in Stem - coding, bridge building, and robotics. We also played lots of football and created our own 'Match of the Day', our very own production with video, analysis and photography.

February also saw our post Bar/Bat Mitzvah group enjoy a trip to Cordoba. This was such an interesting few days where we learnt about Jews in Spain. We travelled to Seville to see an olive farm and learnt all about olives and their significance in Judaism. Of course the real highlight was the food, it was incredible. Calling those aged 13+.... Join us for a



bowling outing for Sunday 26 March, travel, lunch and 2 games of bowling included. Please go to www.ehrs.uk/event/letsbowl for more information and to book.

We are looking to set up informal and social football matches for all ages, and we have already got football coaches ready to work with us. Please email us if you are interested in joining.

Coming up on **3-6 April** we will hold our ever popular **Pesach Play Scheme**, 4 days of interactive and engaging activities. On the final day we will be holding a creative Pesach Morning Service, and enjoy an afternoon of Pesach activities, including escape rooms, matzah and more!

The Summer will be with us before we know it, and as always we will hold

our 3 week **Kaytana Summer Scheme** throughout August. Bookings open soon, so please keep an eye on our website page www.ehrs.uk/kaytana for updates

Jack Murphy, Head of Youth Development,
youth@ehrs.uk/020 8238 1024

We welcome Ben Weber to the Youth Department as a part-time Youth Worker until September 2023.

"I have been involved in this synagogue since I was a baby and have loved it ever since. I started off my journey here with my baby blessing, then had my Bar Mitzvah all through this incredible shul. Being part of a synagogue with such an amazing community meant I have met so many amazing people over the past 17 years, people that I will know forever. So I am so happy that I have this opportunity to carry on my relationship with this wonderful place. Synagogue life has always been a big part of my life and I hope with this job I can continue to be a part of this growing community. I am 17 years old, I attend Jcoss 6th Form where I study Double Media and Sport at A-level. I would describe myself as a fun, outgoing and dedicated person. I am hard working and motivated young person who is always wanting to do more. I am very excited to see what the future holds for me and my new team."

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YOUNG ADULTS

Beer and Shiur, 20:00.

On the 2nd Wednesday of every month our Young Adults are warmly invited to join us for learning, a drink, and a catch up! Sometimes in person, sometimes on Zoom, register for regular updates about what is coming up by emailing Rabbi Debbie, rabbi.debbie@ehrs.uk

When on Zoom, details are: Meeting ID: 839 2128 5866
Password: 978112

Wednesday 8 March, 20:00 – Meet Esther through the eyes of the Talmud... Was she really a beauty queen? And was Mordechai her uncle or something more? On Zoom.

Friday 10 March, 19:30

You are warmly invited to Rabbi Debbie's home for our Young Adults dinner. Places are limited please book at www.ehrs.uk/event/dinnerwithdebbie

Wednesday 12 April, 19:00

Join Rabbi Tanya to celebrate the end of Pesach with pizzas and beer (no matza!), and a conversation about the days of Omer and how we can make this period between Pesach and Shavuot transformative for our lives "Life Post Exodus: what does it mean to me"? In person at EHRS. £5 per person. Please book at www.ehrs.uk/event/postpesachpizza

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Email: communications@ehrs.uk

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Yom HaZikaron Commemoration & Yom Ha'atzmaut Celebrations

Tuesday 25 April 2023, 19:00 at EHRS

Please join us at EHRS to honour
Yom HaZikaron - Israeli Day of Remembrance
and Yom Ha'atzmaut - Israel's Independence Day

The evening begins with a Tekes (Ceremony) for Yom HaZikaron, the day when we remember Israel's fallen soldiers and terror victims.

We then transition into a celebration of Israel's **75th** birthday.

We will enjoy a special seder composed by our very own Nurit Heath.
Celebratory falafel dinner included.

Come for an evening to experience a taste of Israel!

Please book at www.ehrs.uk/event/israel2023

Suggested donation of £5 upon booking

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We have two halls available for hire at EHRS, the perfect place to have your celebration.



The modern, light and airy Function Hall gives plenty of space to seat 160 guests and leave room for dancing the night away! A room extension is available if required to accommodate up to 250 guests.



We also have a lovely spacious hall on the first floor of our Community Centre building, perfect for parties and events, this hall offers 180 capacity.



Discount given to EHRS members.



For further information and to book one of our spaces, please call 020 8238 1011 or email banqueting@ehrs.uk

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