

LeDor VaDor

From generation to generation

Pesach Edition

Wishing the EHRS
community a Chag
Pesach Sameach!



Festivals

To see what we have on offer for
Pesach this year, including services
and events, see pages 14-19



Together Groups

From returning favourites to newer
additions, there is something for
everyone, see pages 20-21

Brand Identity Evolution

For information on how EHRS is
updating its visual identity, see
page 23

Want to know what's on and when?

.....

Please see our monthly
'What's On' magazine for a
full run-down of what's
coming up at EHRS.



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, 020 8238 1000. 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 Clergy's 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 CLERGY

Our EHRS Clergy 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 Debbie Young-Somers
020 8238 1019, rabbi.debbie@ehrs.uk

Rabbi Sandra Kviat
020 8238 1018, sandra.kviat@ehrs.uk

Cantor Tamara Wolfson
020 8238 1010, cantor.tamara@ehrs.uk

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

SOCIAL ACTION

EHRS NIGHT SHELTER

Way, way back in 2018 after the merger between EDRS and HRS, together with Audrey Zarach an ex-HRS Council member, we got approval to establish the night shelter at EHRS. Rabbi Katz formerly of HRS, threw his weight behind our recruitment campaign and over 90 people attended an information evening in November 2018. At that meeting one amazing person offered to take an overnight shift every week and deliver bags to the next venue. We first hosted the night shelter in the 3rd cycle, as we continue to do, in the spring of 2019. At that time, many guests were regulars and had been joining the night shelter for years.

The first iteration of the night shelter at EHRS was a success for both our guests and our community. It brought people together who had never met and offered us the opportunity to carry out a Mitzvah.

We continued supporting the night shelter during the years of Covid-19 and isolation, when government funding was made available to offer our guests accommodation in a hotel in Golders Green. During those years, EHRS volunteers prepared home-made meals,

delivered them to the hotel and served them to our guests.

Fast forward to 2025, Homeless Action Barnet has a great working relationship with Barnet council, Marcin is the best Operations Manager with HAB and guests are regularly being housed within weeks of joining the night shelter. We continue to attract new EHRS volunteers and offer new experiences to our guests. This year we purchased a new table tennis table and offer chess tutoring to our guests via a volunteer from the charity Chess in Schools & Communities <https://www.chessinschools.co.uk/>. Our guests really enjoy taking part in these activities.

This year we have been hosting up to 13 guests a week, with a night shelter capacity of 17. We host on Monday nights from 7pm offering a space to socialise, a home-cooked hot evening meal, a warm and safe place to sleep along with snacks for breakfast and to take away. We are supported by Wenzel's in Stanmore who donate bread, sandwiches and cakes at the end of the day. Our guests leave the premises at 7:30am before Nagila and Bookie's Babes open in the morning.

When they leave the premises, our



guests head back to Homeless Action Barnet for a more substantial breakfast where they can shower, wash their clothes and meet their key worker. And our volunteers deliver their kitbags with self-inflating mattress and sleeping bag on to Tuesday night's venue.

After 7 years in the role, it is time for me to step aside as night shelter coordinator and give one or more of you lovely people the opportunity to take the night shelter forward at EHRS as coordinator(s). Don't worry, I will continue to take shifts and be there to support the new coordinator(s) in the background.

Please do reach out to me or Marian Cohen (marian.@ehrs.uk) if you'd like to know more about volunteering as the new night shelter coordinator.

Lisa Bard
nightshelter@ehrs.uk



ARE YOU STRUGGLING AT HOME WITH EVERYDAY TASKS?

Our Independent Living Advisory Service is an occupational therapist led service which helps people to maintain independence in their own home.

It's free for any adult within the Jewish community who has a physical disability or vision impairment and lives within the M25.

Our occupational therapists will visit and provide a report with advice and recommendations for aids or home adaptations designed to help with everyday tasks, such as:

- Cooking, dressing and personal care
- Moving around your home safely
- Technology to help you open doors and windows automatically

For more information visit www.jbd.org or contact Toni Lewis by emailing ila@jbd.org or calling 020 8371 6611 ext 620



This service is funded by our principal supporter, Wohl Legacy, alongside generous individuals from across the community.



This year, 1 in 4 people at the Seder table will be living with mental illness or distress.



As we gather together at Pesach, over a quarter of our community – thousands of Jewish people of all ages – will be struggling with their mental health.*

By supporting Jami you will enable us to provide vital mental health services to those in the community who need it most. Thank you.

Please donate at
jamiuk.org/donate
or call **020 8922 2600**

*26% of respondents to the 2023 JPR Research Panel reported personally experiencing some degree of mental distress, including mental illness or trauma, currently or within the last three months.

Jami
part of **JEWISH CARE**



One session at the Progressive Jewish Educators Conference (MRJ and LJ) at EHRS January 2025

Progressive Judaism both in its Reform and Liberal varieties literally runs through the blood of my family. The first Reform Jews in my wife Nicola's family were among those who started the West London Synagogue of British Jews in 1840. Nicola's maiden name was Angel and indeed the Angel family are still very much involved in the Synagogue nearly two hundred years later, as well as part of the family being members of EHRS. An early ancestor of Nicola's, Jane Angel was brought before the Orthodox Chief Rabbi Nathan Adler in 1845 to be asked to promise never to attend the first UK Reform Synagogue again if she wished to marry her Orthodox fiancé!

The first Progressive Jew we know of in my own family is my great grandfather Adolph Salter. From his name I am sure that you can guess that this was a long time ago! Adolph was one of the earliest members of South London Liberal Synagogue, founded in 1929, and indeed he was, according to the Synagogue records, responsible in 1938 for finding and negotiating for the purchase of the building from which the shul still operates in Prentis Road in Streatham.

Over the years many members of my family have been deeply involved in Liberal and Reform Judaism, running youth clubs and summer camps, teaching at Chedarim, chairing Synagogues, singing in Synagogue choirs, running and



South London Liberal Synagogue in Streatham since 1938

helping at social events, volunteering in care teams, leading prayer and even becoming Rabbis! Some have chosen to join Orthodox Synagogues and some have chosen to cease being involved in the formal Jewish community but most have remained thoroughly part of Reform or Liberal Judaism in the UK, Israel and overseas.

We have all seen and indeed been part of change as the Progressive Jewish world has evolved. Indeed my parents were young leaders of one of the first joint Reform and Liberal Jewish projects, the World Union for Progressive Judaism Youth Section, of which my father Walter z"l was President and my mother Rosemary secretary in the early 1960's. It meant that they created strong connections in both movements and, through that, with progressive minded Jews around the world.

Now after 185 years for UK Reform Judaism and just over 120 years for UK Liberal Judaism the two movements are now at a point where merging together to create one UK Progressive Jewish movement just makes sense. It will strengthen our voice in the UK Jewish community and nationally in a new era of crowded media. It will give us the resources to build our Jewish values among students at universities and day schools. It will enable us to build non-competing communities in new places where Jews choose to live. It will cut down on waste and duplication where today both movements have to put resources into doing exactly the same back office and outward facing work. It will enable our synagogue to retain its unique character and minhag in a single movement with a broader spectrum of choices. At the same time it will link us in partnership with many more Synagogues that join EHRS in our mission to ensure that Judaism is inclusive, egalitarian, open to society, caring about interfaith relations, accessible and non-judgemental, each with their own unique way to make this happen.

To my mind, this is what we need to do to thrive as a Synagogue in the second quarter of the 21st century and onwards. I think that we should be a 'pathfinder' synagogue in this New Progressive Movement, involved enthusiastically in building it well and then helping lead the



World Union for Progressive Judaism Youth Section weekend camp c.1960 – Rabbis on left of photo Lawrence Rigal z"l and Harry Jacobi z"l. Rabbi Mark's parents are the cuddling couple on the left at top

way in it being effective in the UK Jewish community. For the past three years, for example, EHRS has been the venue for the national Cheder teachers training conference for the UK, run by Reform and Liberal Judaism together. We will be among the key venues for the international weekend to celebrate the World Union for Progressive Judaism centenary in late 2026. As Hillel says, we are not only for ourselves.

How will this New Progressive Movement be created? There will be a voting session where all of the communities which are currently part of Reform and Liberal Judaism cast their community vote to make it happen or not. There is a high bar to pass with 75% approval needed by the Councils of the Synagogue. Our EHRS Council has a number of votes in the EGM which will consider this proportionate to our size of membership so we certainly make a big difference to the future.

To help guide the EHRS Council and for you to ask any questions that you may have, or make any comments that you would like to share, we will be holding the third of our open community forums on the possibility of the creation of the New Progressive Movement. For the first the CEOs of both movements, Rabbis Charley Baginsky and Josh Levy were with us. For the second only Rabbi Josh Levy, CEO of the Movement for Reform Judaism. For this third forum, which is likely to be the last before we have to put our community vote into the mix, it is just us – EHRS members. It takes place on Sunday 27th April from 10:00-11:30. All EHRS members are welcome and invited. Hope to see you there so that together we can make Jewish history.

Rabbi Mark Goldsmith



Following a government directive, EHRS will be separating out our food waste from our dry waste.

The Eco Team have recommended that we dispose of that food waste on our own premises using a combination of composting methods.

We already have a wormery outside the back door of the main kitchen. The worms love uncooked waste and

happily munched through the leftover scraps and peelings from the food we prepared for our Multi Faith Iftar event. In return, they produce compost which is rich in nitrogen and potassium and can be used as a general soil conditioner. The liquid drained from the wormery can be used as a liquid fertiliser.

The Green Cone is a solar powered food waste digester that efficiently disposes of all food waste, including cooked food, meat, fish and dairy. It doesn't produce compost but reduces 90% of its contents to a nutrient rich water which drains into and feeds the surrounding soil.

The Hotbin will produce rich, peat free compost within 90 days from food and garden waste. It is also a great way to recycle paper and cardboard packaging. We are asking everyone to help to make this a success by putting the shul's food waste into the caddies provided and not into the general waste or mixed recycling bins.



Blue Paper Towels

It takes approximately 17 trees to produce just 1 ton of virgin paper. This leads to deforestation, contributing to the loss of valuable ecosystems and habitats for countless species.

Blue hand towel is made from paper pulp and treated with chemicals, bleach and dye.

It cannot be recycled and, in the oxygen starved conditions of landfill, it breaks down and generates methane, a greenhouse gas that is 23 times more potent than carbon dioxide.

We pay to use it once. We pay to have it taken away and we pay again to unblock the drains clogged up with blue paper towel that has been flushed down the toilet.

Lavender

Bags of dried lavender have been used for hundreds of years to get rid of annoying pests such as moths and silverfish. Put them in your clothes drawers and wardrobes - they'll last for years.

Lavender can also reduce anxiety, boost your mood, and help you relax by lowering your heart rate.

Place a lavender bag under your pillow to help you sleep!

Smelling lavender before and while you sleep can even make you feel more rested and alert you when you wake up!

As always Young Families programming has been as busy and wonderful as ever. We would love some new little recruits to our gorgeous Sing & Sensory baby class, held in our Senitt Sensory room with music and props and time for parents to chat! Do share with anyone you know, grandparents welcome!



We invite all those with little ones 3 and under to join us at our special Chumash Babies Sensory Shabbat Service on the 7th June, followed by a catered brunch and a special communal baby blessing. Bring all the family and siblings.

A Wicked Purim, was amazing! We loved all your costumes and celebrating in the land of OZ!



We look forward to hosting our ever-popular Chocolate Seder! See page 16.

We really encourage families who do not have plans for a 2nd night to join us at the EHRS communal Seder. The service will be intergenerational and family friendly with activities for children of all ages to keep them entertained and involved. You can find out more on the EHRS website.

Save the date for our Israel themed Families Friday Night Dinner on the 2nd May, more information to come on the website soon.

Finally, as we approach Jewish Schools CRP point collection season, do contact the youth and education team if you have any questions. As always, please get in touch for any more information or if you need support with anything.

Young Families regular activities and services:

See website calendar for all dates and booking links

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



Sarah Koster, Head of Development & Engagement for Families
youngfamilies@ehrs.uk/020 8238 1025

our Rabbis. The perfect way to meet other parents, enjoy a hot drink and a catch up.

Please book on our website in advance.

Sing & Sensory Thursday mornings, 11:00-11:45 (Term time)

A music & sensory class for babies - 1-year olds, with a different theme each week, followed by chill out time in our brand-new state of the art sensory room! Please book on our website in advance.

Kuddle Up Shabbat 16:15-16:45

Our special interactive Shabbat service for Primary aged children and their siblings. Songs, stories and activities. Early arrival is optional from 15.45. Come straight from school pick up or just arrive early to play before the service.

On sunny days we will use the playground!

Please book your family on the website. (CRP points can be collected for attendance).

Shabbat Club & Birthday Blessings 11:15

Parasha and Shabbat themed activities, stories and songs in a relaxed atmosphere.

Finishing in time to join the community for Kiddush and a birthday blessing (for those who have had a birthday that month) around 12.15.

Shabbat Shirah

11:15 (2nd Shabbat of the month) 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.

SEND Parents Support Group 19:30 April 29th & May 20th





The Election of Delegates to the World Zionist Congress 2025

Progressive Judaism and our vision of Israel as a democratic, pluralistic state face historic challenges. Ultra-Orthodox rabbis and extreme politicians control key levers of power and aim to relegate non-Orthodox Jews, women, LGBTQ+ Israelis, and ethnic minorities to secondary status.

All EHRS members will be entitled to have a vote that directly impacts resources and funding for Israeli Reform



Rabbi Mark with Anna Kislanski, CEO of the Israel Movement for Progressive Judaism at a demonstration against the restriction of the powers of Israel's Supreme Court, in Jerusalem 2023.

synagogues, rabbis, values, and advocacy and for a Zionism that builds on the values of Reform Judaism.

What is it? The World Zionist Congress election happens every 5 years. This year in the UK it is coming down to a real vote, where every EHRS congregant (and friends, and second cousins twice removed) will be able to cast an electronic ballot. Yes you can vote in the Israeli election in this way.

How urgent is it? 9 April – 12 May, is the registration period. Anyone who is going to vote has to register at this time. The vote itself is 9-16 of June but it will be won or lost in the 9 April – 12 May registration period. We will send out the instructions regarding how to register to vote in the Synagogue 'Our Week Ahead E-mail' during the relevant periods.

Why is it important? Progressive Judaism in Israel, Pluralism, Democracy, Equity, Security, Justice, a path to Peace, with billions of dollars in the balance. If we don't take our rightful share of the votes and resources, they will go to those who actively work to oppose our members'

rights, our movement's presence, and the values that animate many of our Zionism. Our people on the ground in Israel need our support and our votes. Please ask Rabbi Mark or any of our EHRS Clergy team if you want to know more.



Havdallah in the Hostages Square, Tel Aviv (December 2024), led weekly by Israel's Reform Jews since October 7th 2023

THE BEAUTY OF NATURE AND THE FESTIVALS OF RENEWAL

"The garden donned coats of many colours, and its grass garments were like robes of brocade, every tree dressed in a checkered tunic, and showed its wonders to every eye. Each new blossom came forth in honour of time renewed, came gaily to welcome". (Ibn Ezra)

There is something deeply poignant about this image of the trees in their coats of many colours, with the lush grass flowing like robes around it, and flowers blooming everywhere, bidding us welcome. Moshe ibn Ezra, one of the poets and thinkers of the Golden Age of Spain, uses the beauty of nature as a way to awaken us to the world around us. And then further down in the poem he links spring explicitly with Pesach, freedom and the importance of participating in the seder.

Flowers are common at Shavuot, with the bimah or sanctuaries decorated with flowers, sometimes roses, or fragrant plants, but apart from yellow daffodils and sprigs of parsley, Pesach is not the festival we normally connect with flowers and nature. And yet, during Passover we chant Song of Songs; "For now the winter is past, the rains are over and gone. The blossoms have appeared in the land... the green figs form on the fig tree, the vines in blossom give off fragrance". The link between the exuberant hope of spring and new life chimes well with the Pesach themes of renewal, hope and freedom. It is hard not to feel a sense of hope when the sun warms your face after all the cold months, the green leaves unfurling on the trees, and early

flowers popping up along paths and in gardens in colours of yellow, pink, purple and blue.

And then we come to Shavuot - a festival celebrating 'freedom to' rather than 'freedom from', with its more mature sense of hope, and a focus on what and who we want to be. And Shavuot is celebrated with flowers. There is less of the early giddiness of spring and more the majestic beauty of nature in full blossom. And we bring that beauty inside during the festival as well, we decorate the bimah and sanctuary, not only because of the midrash that describes Mt Sinai in full bloom in anticipation of the giving of the Ten commandments, but perhaps also because of the hope and joy that comes with being surrounded by beautiful colourful (and maybe even fragrant) flowers.

And so this year for Shavuot, it would be wonderful if we could make the sanctuary bloom with flowers from everyone's gardens, whether big or small, wild or cultured, every flower and plant will help lift our spirits and remind us of the beauty of the world and our tradition. And perhaps on our seder tables this year, we could also add in flowers to help our journey towards freedom bloom.



Rabbi Sandra Kviat

GHLD

CHARTERED ACCOUNTANTS

Clear, honest advice. Count on us, every step of the way.

**We wish all our clients and friends
a happy and peaceful Pesach.**

Grant Harrod Lerman Davis LLP

1st Floor, Healthaid House
Marlborough Hill
Harrow, HA1 1UD
t +44 (0) 189 563 3033

www.ghld.uk.com



Wow, September was our last full LDVD newsletter and so much has happened since then to celebrate and to reflect on. The High Holidays for families were fantastic. The Education, Young Families and Clergy teams pulled out all the stops to create wonderful festival experiences for all our children, youth and families. I think the sheer numbers of families that came to our events speak for themselves, that they like what we do.

Of course we haven't stopped there, we continue to work hard to make memorable Jewish experiences for our families. Our Chanukah parties were a huge success. Last night Chanukah coinciding with New Years Day saw nearly 200 people attend our Chanukah party with fireworks.

Sadly for us, Jack our Head of Youth moved on to a new job in January; we wish him every success, while we look forward to working with Hannah Weber who embarks on the next chapter of youth development at EHRS. It is exciting times.

We have just celebrated Purim and here I must give a special shout out to my colleagues Sarah and Trishna, who organised two huge Purim parties while being two team members down, me because I have been ill and of course Jack. But they did a fantastic job which was appreciated by the families, as evidenced in the comments from the parents in Orot:

"Thank you so much for the wonderful party. Really appreciate all the thought, time and energy that goes into these events"

I can't wait to get back to full health so that I can play my part to plan Pesach and other events coming up. Look out for details of all our events in the monthly Whats On and our social media platforms.

Bnei Mitzvah programme: The clergy and teaching staff have been looking at how we can make the Friday programme even more accessible and individualised for all our young people embarking on this life cycle journey with us. These changes will start from September.

Learning Lessons from the Holocaust: In October a group of teens from our first programme travelled to Berlin as culmination of their year long study. We welcome any post b'nei mitzvah teens who would like to deepen your Jewish learning at EHRS by joining our next programme that looks at what we can learn about human behaviour and ourselves through the history of the Holocaust. The trip this year will be to the Czech Republic. Please contact education@ehrs.uk for further details.

Orot has welcomed several new children this term who have settled in well with our fantastic teaching team. I love that the children get the opportunity to join in the festival events with the community, so they get to feel part of this wonderful, vibrant synagogue. Mitzvah Day was very special when Cantor

Tamara joined the children and their parents at Apple Tree Care Home and sang to the residents there, it was a moving experience, especially when the children visited the rooms of residents who are bed bound and sang to them.

We said l'hitraot, because we don't want it to be a final shalom, to Artur who is Rabbi Tanya's son and has taken leave with her. Before he left, Artur received the Alan Senitt Memorial Award for Outstanding Teacher 2024. A truly well-deserved recognition of a teacher that has touched the hearts of all our children and staff.

I want to say thank you to the staff in Orot and Trishna and the clergy team who have held it all together whilst I have been off sick and to the parents who stepped up to help at the Purim party, it was so appreciated.

Stonegrove Life has been no less busy with a wonderful array of events for the adults in our community. Some of the highlights were: in September we held our first Wellness event to prepare people for the High Holy Days which saw many therapists and practitioners sharing their skills helping to make people feeling relaxed and less stressed. We learnt about Jews in Entertainment in December, did you know that there would be no Hollywood but for Yiddish Theatre?

In January Debbie Drapkin organised a fantastic Burns Night event with our very own Tim Beasant piping in the haggis! Look out for another Debbie special - the Sixties Night with The Beats on April 6. A highlight in February was the Supper Quiz in aid of Grief Encounter, for whom we raised £4,500. Huge thanks to everyone who organised this event, with a special shout out to Laurence Stein, quiz master supremo and to Anna Flash.

Of course, what has been happening in Israel since 7 October 2023 has not gone unmarked at EHRS and as well as Rabbi Mark's solidarity trip to Israel with members of EHRS and The Ark Synagogue, we have held many events to talk about and share our thoughts and solidarity with the people of Israel. One of those events was a special evening with Lucy Kon who commissioned the film, 'We Will Dance Again' about the Hamas attack on the people at the Nova Dance Festival. The film was a hard, emotional watch but it felt that the people who came to see it were strengthened in being together as a community. I think this has been an underlying theme, that people want to come together to find comfort and strength as a community, and the Stonegrove Life team will continue to organise events that do just that. Look out for upcoming events in the monthly Whats On, the weekly OWA and EHRS' social media platforms.

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

SECURITY HELP NEEDED

If you can help with Shabbat morning security this week or any future weekends, please contact security@ehrs.uk.

No experience is needed as you will be guided by our CST-trained team leaders.

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 and Cantor –

A light hearted topical discussion, in an informal setting, in person in the Synagogue. Join us 10.30 - 11.30 on **Wednesday 7th May** with **Rabbi Debbie** and **Wednesday 18th June** with **Rabbi Mark**.

This event was formerly known as 'Schmoozing with the Clergy', but after a discussion with Rabbi Mark, will now be referred to as 'Schmoozing with the Rabbis and Cantor.'

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, and is open to members and non-members.

For further details, contact Jeffrey Fisher at new.options@ehrs.uk or phone 020 8958 0424.

NOT THE WOMEN'S 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.

OTHER ACTIVITIES AT EHRS

JACS (JEWISH ASSOCIATION OF CULTURAL SOCIETIES)

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

For more information please contact **Anne Wayne** on 020 8958 1511 / a.wayne@yahoo.co.uk

THE LEAGUE OF JEWISH WOMEN

The League of Jewish Women is a national voluntary organisation and the Stanmore & Edgware Group is the largest in the country. We are a local cross-communal group, and half are members of EHRS. We meet monthly on **Tuesdays, 14:00-16:00**, with speakers each month. For more information, please contact **Andrea Fisher** on 020 8958 0424 or email andrealjw@hotmail.com


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. £8 per session.

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





EHRS YOUNG ADULTS (20'S-40'S)

BEER & SHIUR

On the second Wednesday of every month our young adults come together to learn and socialise. Sometimes on Zoom, but often in person, where the first drink is on us!

Have a topic you'd love us to explore? Let Rabbi Debbie know!

FRIDAY NIGHT DINNERS

If you'd like regular updates of when our dinners will be, Rabbi Debbie can add you to our young adults mailing list.

Booking will be essential!

SOCIALS

This year we are planning more opportunities to just get together!

PUB QUIZ TEAM!

Fancy joining us for the occasional Weds night pub quiz at The Duck in the Pond?

Our first attempt had us in 3rd place - maybe you can get us to 1st?

Email Rabbi Debbie for details or to join our WhatsApp group to find out what's happening!

LED BY YOU

EHRS run a huge range of together groups driven by members interests.

You are welcome to join any of them from music to TV to foraging and cooking ... and you can also create your own!

What would you like to be doing? Get in touch!

FOR MORE INFORMATION
EMAIL RABBI.DEBBIE@EHRS.UK



“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)

The above 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 Be’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 for 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 treading grapes to make our own wine for the seder, 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 2025. We are delighted to now be able to offer all-year round care and we also now accept children from 18 months old. If you have a child (or grandchild) 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, Head of Nagila
nagila@ehrs.uk/020 8238 1022



Offering Early Years education in a welcoming, Jewish environment

We are an inclusive setting and embrace all faiths and beliefs

Ages 18-months to 4-years old



MONDAY-THURSDAY FRIDAY
7:45AM-5:30PM 7:45AM-1:00PM

020 8238 1022 nagila@ehrs.uk





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 Jewish Centre, supported by the UK Jewish Community Trust

Charity Reg No. 805513



Your Jewish grandparent might just save your life.

The NHS Jewish BRCA testing programme is now in its third and final year, offering free BRCA gene testing for anyone over 18 with at least one Jewish grandparent.

By identifying an elevated cancer risk early on, we can prevent more cases of cancer and ultimately save more lives.

To sign up or find out more about the NHS England Jewish BRCA testing programme visit jewishbrca.org today or scan the QR code. **Don't delay. Get your test today.**



info@jewishbrca.org
jewishbrca.org

Jnetics

chai cancer care
together we can cope

NHS
England

THIS PESACH, MAKE OUR HELPLINE A LIFELINE FOR MANY MORE



Charity Reg No. 802559

Jewish Care's support to 12,000 people in our community each year often starts with a simple call to our helpline.

From the moment you contact the Jewish Care Direct Helpline, your journey with Jewish Care starts. Whether you need advice about care homes or community centres, dementia support or mental health services, we'll answer your questions and help you access support. And if we can't help directly, we'll try to find someone who can.

Our helpline is funded entirely by the community. To ensure we can be there for all those that need us, please donate this Pesach.



Call 020 8922 2600
Visit jewishcare.org/donate,
or scan the QR code

And if you, or someone you know, needs advice, please call 020 8922 2222, email helpline@jcare.org, or visit jewishcare.org

JEWISH CARE

PAIN-FREE YOU!

Experts in Sports Injuries & Rehabilitation

- Rehab after surgery
- Training for sporting events / increased fitness
- Tailored advice for children, teens and adults on exercising safely and effectively
- Neck and back pain in adults

Experts in Hypermobility

- 'Growing pains'
- Neck and back pain in children & teenagers
- Wrist pain after writing / typing
- Poor posture

We wish the members of **EHRS**
a kosher & pain-free Pesach!

**0208 728 0625 or
07942 761242**

www.greenclinic.co.uk

30 Gibbs Green, Edgware, Middlesex HA8 9RJ



WE ARE COVERED BY MOST UK HEALTH
INSURANCE PROVIDERS. HOME VISITS AVAILABLE.





EHRS Pesach Services & Events

Wednesday 9 April

Every Person Needs an Egypt – Study Session, 20:00-21:30

“Every person should have some kind of Egypt in their lives, to find Moses within themselves, to struggle out and strive, everyone once bowed should walk tall and free and proud”. (Rabbi Amnon Ribak). Join Rabbi Sandra for an evening of reflection, learning and conversation as we spiritually prepare ourselves for the spring festival of Pesach.

Sunday 13 April

Pesach 1st Morning Hava Nashira Service, 10:30-12:30

Our service includes the special liturgy and music for this central festival of the Jewish year and our coming together to celebrate our freedom. This will be a Hava Nashira service where the community and Clergy lead the singing and every voice is welcome.

Pesach 1st Morning Family Service, 11:00

Join Rabbi Debbie and our EHRS Education and Youth Team for an interactive Pesach experience and service, as if you were an Israelite ready to leave Egypt.

Communal Seder, 18:00

Please join us for our Intergenerational Communal Seder at EHRS. Details below.

1st 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 Val Joseph, Head of Community Care at EHRS, 020 8238 1013 / val.joseph@ehrs.uk as soon as possible if you would like to find a host family to join for first night Seder. If you are willing to do the mitzvah of hosting a guest, please let Val know. Your Seder does not need to be perfect – people looking for a host family are simply hoping to be together with others.

Friday 18 April

Pesach 7th Night & Shabbat Service, 18:30-19:20

This year the last night of Pesach is also Erev Shabbat. Join Cantor Tamara for a service enhanced by songs of Pesach.

Saturday 19 April

Pesach 7th Morning & Shabbat Hava Nashira Service, 10:30-12:30

Our service includes the special liturgy and music that ends the festival of Pesach, together with a Yizkor to remember those who are no longer with us. This will be a Hava Nashira service where the community and Clergy lead the singing and every voice is welcome.

Chocolate Seder, 11:15

An EHRS favourite, in the middle of Pesach the traditional foods of the Seder turn to chocolate as we retell the story of the Exodus from Egypt. Led by Rabbi Mark. Please book your place on the EHRS website (The Year Together – Pesach) so that we don't run out of chocolate!

PESACH PLAYLIST

If you've ever been searching for a soundtrack to your Seder prep, look no further!

Cantor Tamara has compiled a few Jewish and secular favourites on this Spotify playlist to help you get in the spirit of Passover. You'll hear songs you'll definitely know, and some you'll hopefully get to know — all on the themes of redemption and freedom.

For those without Spotify, you can access this playlist on YouTube as well.

Scan the QR codes to listen.

Spotify:



YouTube:



Some sweet treats for Pesach that aren't coconut pyramids, cinnamon balls, or macaroons!

by Rabbi Debbie



Amaretti (makes 12-18 depending on size - I always double!)



I grew up enjoying macaroons at Pesach, and these aren't a million miles away from those, but are more almondy (because of the essence) and with a thicker texture:

- 100g (1 cup) ground almonds
- 100g (1/2 cup) caster sugar
- 1 large egg white
- 4-5 drops almond extract
- Split blanched almonds to decorate (1 per biscuit)

1. Preheat oven to 180 degrees C
2. Whisk egg white to stiff peaks
3. Mix almonds and sugar together then fold into egg white with almond extract
4. Shape into small balls, flatten with a fork and decorate with an almond
5. Bake 12-18 minutes until a pale gold, cool and enjoy!

Pesach Shortbread



A dear friend shared this recipe with me 2 years ago and it's now a firm family favourite! They are very crumbly so don't work brilliantly for Pesach picnics, but will make it from the kitchen to the dining table/couch!

- 8oz Margarine
- 4oz Sugar
- 4oz ground Almonds
- 12 oz Potato Flour

1. Preheat oven to 160 degrees C
2. Cream Marge and sugar, then add the ground almonds and potato flour and mix to a dough.
3. Form golf size balls and press down with a fork
4. Bake for 20 mins, cool and enjoy! These are very crumbly so you may want a plate!

Pesach Cookie Bars



These were inspired by Rabbi Miriam Lorie who made a delicious batch of cookie bars for me for Pesach when she thought I hadn't had enough time to bake because of work! They are a favourite to bake at home now as there's no shaping of each biscuit!

- 2 cups or 200g ground almonds
- 1 cup, well-packed, or 200g dark brown sugar (this is very sweet so you may want to try lighter sugars!)
- 2 eggs
- 1 cup or about 190g semi sweet chocolate chips, plus about 1/8 cup or 30g extra for topping

1. Preheat oven to 180 degrees C
2. Mix all the ingredients to a dough, add extra chocolate chips for decoration
3. Bake for 23-28 minutes
4. When they come out of the oven score into bars while warm, then allow to cool before enjoying!

Edgware & Hendon
Reform Synagogue
ק"ק לדרור

Pesach Craftalong

On the first Sunday of the month (following Shacharit & breakfast) join other EHRS crafters on a different project each month, or bring what you're working on to craft with others!

Sunday 6 April, 10:30-12:30

Join Rabbi Debbie as we learn how to make reusable Duct Tape **matza trays**! If you want to bring along any glassware to transform into Pesach kiddush cups, Cup of Miriam, dishes or seder plates etc. our glass paints will be available! We will also share crafting ideas for enhancing your table from depicting crossing the red sea to matza name cards.

Visit
ehrs.uk/event/pesach-craftalong
to book

To sign up for regular reminders
email rabbi.debbie@ehrs.uk



PESACH COOKALONG

Wednesday 16 April, 20:00 on Zoom

Join Rabbi Debbie from the comfort of your own kitchen to make a Sephardi feast!

We will make a traditional Pesach pie/lasagna type dish known as 'Mina d'Pesach', and a delicious Pastel de Nuez – a cake made with walnuts and wine that you would never believe is pesadich!

To register to receive the ingredients before hand, as well as the Zoom details, please email rabbi.debbie@ehrs.uk

ehrs.uk/event/pesach-cookalong



EHRS
ק"ק לדרור

YOU'RE INVITED TO OUR

EHRS COMMUNAL SEDER

SUNDAY 13 APRIL | 6:00 PM

Be part of our special intergenerational communal Seder!

Please join us for a lovely and friendly evening of good food and a Seder Service. Suitable for all ages.

We welcome and encourage families with children to join us. There will be activities for children, including an interactive service for all to be a part of, a break out area with books/toys, and snacks to keep the little ones going before dinner!

EHRS Members:

ADULT: £45

CHILDREN 10-16: £10

CHILDREN UNDER 10: £5

EHRS Non-Members:

ADULT: £55

CHILDREN 10-16: £20

Book and view our menu at: ehrs.uk/communalseder2025



CHOCOLATE SEDER

**Saturday 19 April
11:15**

A musical and interactive experience
perfect for all those age 5 and above.
Younger siblings are welcome accompanied
by an adult.

Book at:

ehrs.uk/event/chocolate-seder-2025



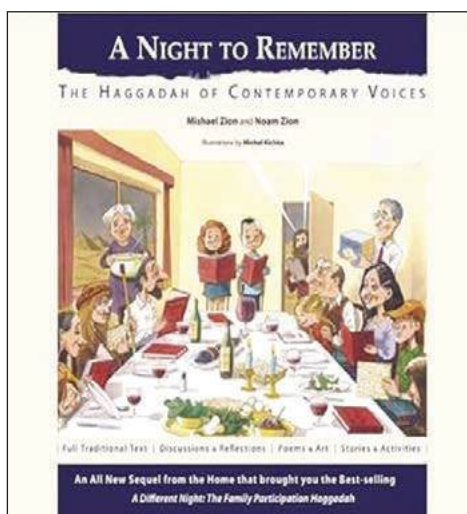
For the past few weeks at EHRS there has been a box in the Woolstone Gallery full of books from Rabbi Neil Kraft's z"l personal library. They are there, donated by his family, for EHRS members to pick up and take home as a gift. Many of the books were Haggadot, the book that guides us through the Passover Seder service. There were o many of them as Neil was an avid Hagaddah collector– and most have found homes now. Rabbi Kraft used them for ideas and to add variety to his home and shul sedarim. We can do that too! Here are a few of my favourite Haggadot of the thousands that have been published over the years. You could buy one or more of them from Jewish booksellers or online and enhance your seder this year.

Haggadatenu – Our Haggadah

This is the Haggadah published by the Movement for Reform Judaism in 2013. It has a very clear Hebrew text with transliteration (Hebrew in English characters) throughout for those who find it helpful. It includes playlets to make parts of the Haggadah story come alive with maximum participation. It also includes beautiful paper-cut illustrations throughout.

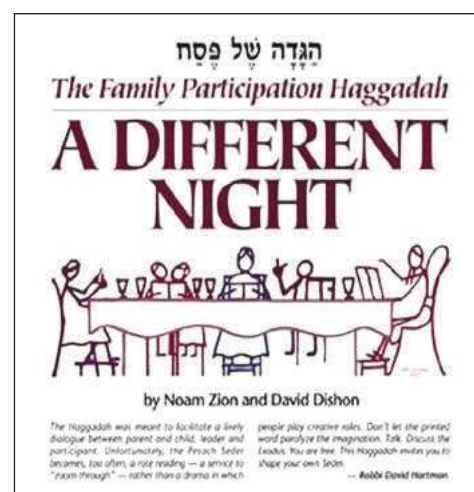
A Night to Remember – The Haggadah of Contemporary Voices

Illustrated throughout in colour, this 2007 Israeli Haggadah is all about bringing the Passover story into the present day with a text familiar to Reform and Orthodox Jews, discussions and reflections that make sure that all around the Seder table are able to participate, poems and art which often form part of the discussions, contemporary stories of liberation and activities. The one will certainly give you plenty to do at your Seder and loads of ideas.



A Different Night – The Family Participation Hagaddah

First published in 1997 this Hagaddah has a warning at the front – ‘don’t try to use it all in one Seder night’. That would of course be impossible as this Hagaddah, also with a text familiar to Reform and Orthodox Jews, is packed full of activities, dialogues, questions, games and stories intended to renew every year’s Seder. There are cartoons, extra songs and just tons of resources to pop into a Seder conducted from any Hagaddah. I often take ideas from this one for my Sedarim.

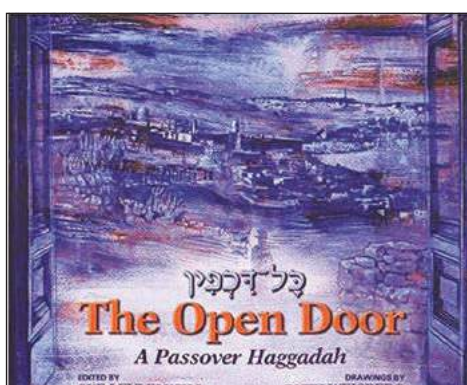


Haggadah B'Chol Dor vaDor – The Hagaddah for all Generations

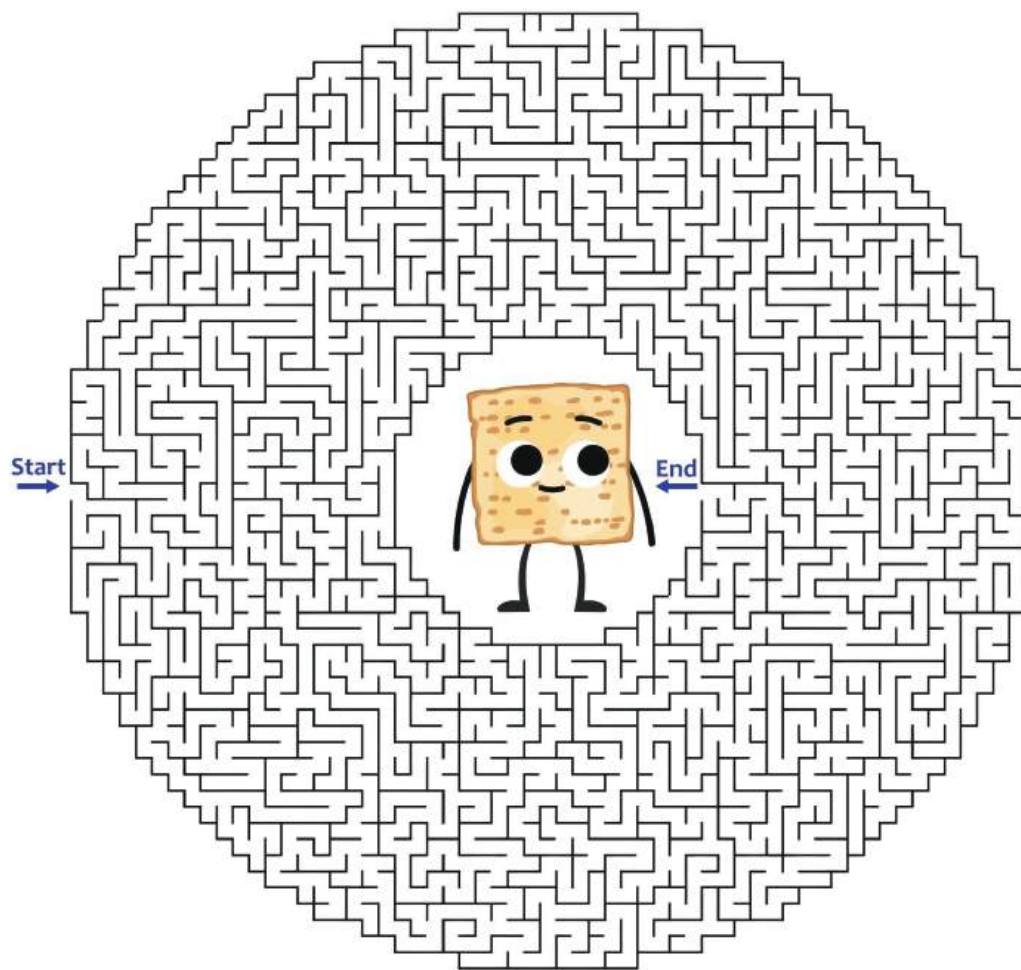
This is the Haggadah published in 2010 by Liberal Judaism and actually contains two ways to conduct your Seder. One is especially for children and is an abridged Seder service with plenty of explanation woven in, the other is a full Seder for adults and children together. It includes poems and readings that bring the message of Pesach into the present day. There is transliteration to help with reading and plenty of songs to sing alongside the traditional Hebrew songs.

Col Dichfin - The Open Door Haggadah

This is the current Hagaddah of the American Reform movement published in 2002. It is full of stories and poems from Jewish and non-Jewish sources which amplify the themes of the traditional text and give them more meaning. It is also beautifully illustrated. To help with the songs it includes an extensive sheet music section so that you can pick out the tunes of the Seder or remind yourself of half forgotten melodies!



FIND THE AFIKOMEN



TEN PLAGUES WORD SCRAMBLE

AHIL

THDEA

GORFS

RSDAKNES

SILOB

DLOBO

LEIPTECNES

LDWI MAANISL

ICEL

STOUSLC

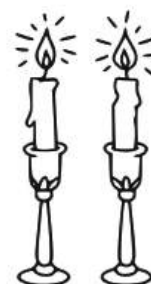
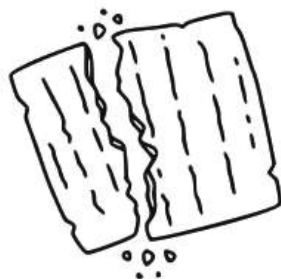
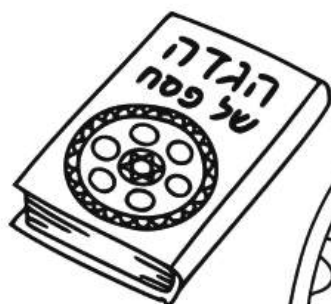
NEED HELP?
The ten plagues are:
blood, frogs, lice, wild
animals, pestilence, boils,
hail, locusts, darkness, and
death [of the firstborn].

PESACH WORDSEARCH

AFIKOMEN
CHAG SAMEAH
CHAMETZ
CHAROSET
EGG
EGYPT
EXODUS
DAYENU
HAGGADAH
KARPAS
MAROR
MATZAH
PASSOVER
PLAGUES
SEDER

C	U	N	E	Y	A	D	A	S	O	U	L	Z	T
H	E	A	C	H	A	G	S	A	M	E	A	C	H
A	H	R	E	V	O	S	S	A	P	E	S	S	F
M	A	F	I	K	O	M	E	N	T	E	G	A	C
E	Y	M	G	H	A	D	A	G	G	A	H	G	H
T	U	A	E	M	D	G	E	G	Y	P	T	N	A
Z	M	R	C	E	E	Y	H	E	E	T	K	H	R
D	A	O	A	P	A	T	C	F	X	O	C	O	O
R	A	R	H	O	A	A	G	E	O	G	H	O	S
K	S	E	U	G	A	L	P	E	D	R	N	O	E
E	S	O	I	C	G	E	R	E	U	E	S	D	T
M	A	T	Z	A	H	A	T	N	S	D	S	A	N
K	A	R	P	A	S	A	M	A	O	E	V	E	S
A	E	K	G	U	H	L	S	G	E	S	Y	S	A

COLOUR IN



Together Groups



EHRS Together Groups are run by our members, for our members, with support from our staff team. They are a natural way of bringing our community together through shared interests, building great relationships with the people we do know and with people we don't.

You can find full details on all of our groups by visiting www.ehrs.uk/togethergroups and/or contact the group leader, or call the Synagogue office.

If you have an idea for a new group that you might like to get going, please contact any of our Clergy or Admin team at the Synagogue and they will be delighted to help you.

Our current Together Groups are:

Art Appreciation Fortnightly on Tuesdays, 14:00-15:30

Led by Angela Wilson, you will discover the world of paintings. No previous knowledge or artistic experience is necessary.

Badminton Group Weekly on Thursdays, 21:00-22:00 – in Stanmore

Come and join us each week for a friendly game in a non-competitive environment.

Bridge for Beginners Fortnightly on Wednesdays, 20:00-21:30

Led by Annita Tischler, Beginners Bridge will enable you to learn the basics of the game in a friendly and welcoming setting.

Coffee & Chat Fortnightly on Wednesdays, 10:30-12:00

Led by Shirley Lever, our tea and coffee mornings are for those on their own who would like to meet others in the same situation, as well as couples looking to make new friends.

Coffee Tasting Club

Whether you're a curious coffee drinker or a seasoned coffee nerd, join us, as we delve into the fascinating world of coffee. Hosted by Sebastian Lautz, this group meets 3 to 4 times a year on a Sunday morning.

Cook-a-longs Monthly on Wednesdays, 20:00

Create delicious treats together with Rabbi Debbie. Sessions are either on Zoom or in person, depending on the recipe.

Craft-a-longs Monthly on the first Sunday of the month (following Shacharit & breakfast)

Join other EHRS crafters on a different project each month, or bring what you're working on to craft with others.

Cycling Together

Aimed at everyone who is confident at riding on a road in a group for 20 miles at a leisurely pace. The group meets on an ad-hoc basis.

Folk Dancing Weekly on Mondays, 11:00-12:30

Run by Annita Tischler this energetic and fun dance class is for all adults.

Football Club Weekly on Sundays, 20:00 in Stanmore

Aimed at male members aged between 21-45. Games are organised on a 'first come, first serve' basis each week allowing everyone the opportunity to join.

Foraging Group

Led by Peter Bradley, our ad-hoc events identify foods that the local area offers to us for free, and shows us how to use them to create delicious treats.

Genesis

An informal, friendly and caring social group for those aged 60 plus who have lost their partners in recent years.

Interfaith Group

The group works closely with the Clergy team and are tasked with planning interfaith activities throughout the year.

Juke Box Gold Thursdays, 20:00-21:30

Hosted by Richard Hartman, this group transports you back to the 50's, 60's and 70's with a selection of music and videos.

Knit & Natter / Crochet & Kvetch Monthly on Thursdays, 11:00-12:30

Led by Natasha Lipman and suitable for all ages and all levels.

Let's Talk about ED

If you are the parent of a teen who is battling an eating disorder, you might like to chat with other mums and dads in a similar situation to share your struggles, exchange tips on how to cope or just know that you are not alone.

Opera Appreciation Monthly on Thursdays, 19:00-21:30

Led by Geoffrey Bard, this friendly group enjoys classical opera and ballet on DVD which is introduced, and then discussed by the group.

Phoenix

An informal, friendly and caring social group for those aged 70 plus who have lost their partners in recent years.

Rabbi Kraft Memorial Book Club Monthly on Tuesdays, 19:30 – in member's homes

Set up in memory of our dearly missed Rabbi Neil Kraft z'l, a full synopsis of the books being discussed can be found on the calendar section of the website.

Rambling Monthly on Sundays, 10:30-12:00

Led by our member Phil Muller, the walks are approximately 1-2 hours, moderately challenging, and super friendly. Open to all ages.

Rosh Chodesh Monthly on Wednesdays, 19:30-21:00 on Zoom

On the first day of a Hebrew month, a sliver of the new moon is visible in the sky. Rosh Chodesh ("head of the month") is the traditional Jewish holiday on this day. Join us for music, contemplation, chat and creativity to mark each new month.

Rummikub Thursdays, 14:00-16:00

Do you love playing Rummikub? This friendly group, run by Maureen Parkus is open to all ages and abilities.

Schmoozing with the Rabbis and Cantor Monthly on Wednesdays, 10:30-11:30

Join our Rabbis and Cantor for a light hearted topical discussion, in an informal setting, in person at EHRS For the active retired and semi-retired (60 plus).

Singing Circle Weekly on Mondays, 14:00-15:30

Join Lawrence Cohen our facilitator, and Angela, Estelle and Linda, our song leaders, for joyful harmonies with a break for coffee and chit chat. Singing Circle is for anyone who enjoys bursting out into song. You don't need perfect pitch or be able to read music.

Spanish Conversation Group Fortnightly on Tuesdays, 14:00-15:30

Run by Maureen Gorb, this group is for those who wish to improve their Spanish.

Talmud Class Monthly on Sundays, 10:00-11:00

EHRS's stimulating and friendly Talmud class is open to all levels of Jewish knowledge.

Join Rabbi Mark to grapple with the ideas of our classical Rabbis and their 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.

The "Gentle" Men's Club Monthly on a Wednesday, 12:30-14:00

Aimed at male members, this recently launched group creates a social space for our male members to get together in a friendly and supportive atmosphere. Facilitated by Rossi Be, a dedicated life and business coach group.

Whisky Tasting Group

You might think that the way to taste whisky is to merely pour yourself a glass and drink it, but there is more to learning to appreciate the flavours of whisky. Hosted by Laurence Stein, this group meets 3 to 4 times a year.



The EHRS members only Gentle Men's Club launched on 26 February and was attended by 10 of our members. The Club provides a supportive space and is a judgement free zone where male members have the opportunity to share what's going on in their life, connect with others and feel less alone. If you find yourself feeling overwhelmed, stuck or simply want to connect with other male members of EHRS, the club is a great way to meet and tackle life's challenges together in a relaxed, safe environment. Further clubs will be held on 26th March, 28th May, 25th June and 23rd July.

Our popular monthly lunch club is a great opportunity to meet up with others in the warmth and comfort of the Shul for a hot meal. It is open to all and is held on the second Tuesday monthly, our next lunches will be on 13th May and 10th June. Booking is essential before the end of the week before and if you have not been previously and would like to know more please call us.

Something very special takes place at the EHRS Memory Way Café which is open to all those in the local community who may be living with cognitive impairment. With monthly entertainment and activities, the years can fall away for our guests who enjoy the opportunity to retrace the steps of their youth and reminisce together. We have our very own Fred and Ginger, aka EHRS members Sandra and Gilbert Brownstone – who have been together for over 64 years and are still creating their own magic on the dance floor as this picture shows! We meet on the third Wednesday afternoon monthly and



our next cafes will be held on 21st May and 18th June. If you are interested for your partner or a relative and would like more information or wish to discuss any concerns, please contact either Val or Marissa. We have a useful guide on tips for supporting carers from a member of another community; please let us know if you would like to receive a copy.

We have three bereavement social support groups at EHRS run by members and if you would like to know more about them please either sign up under the Get Together tab on the EHRS website or email/call Community Care for more details.

They are:

Genesis - social group run by EHRS member Sue Casale for those in their 60s to early 70s, also provides bereavement support.

Phoenix – social group for those in their mid 70s plus, provides social activity and bereavement support.

Coffee and Chat - run by EHRS member Shirley Lever, open to all ages and meets every fortnight on a Wednesday morning at EHRS for tea, coffee and cakes in the Beit Hamidrash.

Do you like chatting? If so, we need you, especially coming up towards Pesach. Telenet is our vital telephone support system for members aged 85 years and above and without your help we cannot reach out to them all. You can make your calls from the comfort of your own home at a time that is convenient to you and not only will it enrich the lives of the members you call but your own life too. If you have not volunteered before and want to do something for our community, please contact Val or Marissa on 020 8238 1013 or 1015 to discuss this further - we really want to hear from you!

Please contact us if you need a confidential discussion about yourself or a family member, Val and Marissa are here to support you.

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



YOUTH CENTRE

My name is Hannah Weber and I am delighted to begin my professional career here at EHRS as the new Youth Engagement Manager. I am super excited to learn about this new role and become part of this amazing community. From a young age I have been involved in attending camps and have always loved getting involved with various activities the synagogue has to offer and now begin to run my own camps and introduce some fun new activities. I am very excited to use my new-found University degree knowledge to help grow the youth community. My degree in Psychology and Criminology from Loughborough University has equipped me with great knowledge about youth engagement, and how to create a fun, enjoyable, educational environment to thrive in. I have also completed a placement year with City Year UK, where



I gained valuable experiences working with vulnerable children, including mentoring and training programmes to better the lives of those around me. Additionally, I gained excellent personal development skills, building solid foundations for my future professional career here at EHRS.

In my spare time, I enjoy staying active and spending time with family and friends which is very important to me.

Please find here the dates for Kaytana Summer Camp for your diaries:
Week of:

July 28th

August 4th

August 11th

Hannah Weber,
Youth Engagement Manager
youth@ehrs.uk/020 8238 1024

As part of our ongoing growth, EHR'S has updated its visual identity to better reflect the diverse areas of activity within our community.

This refreshed brand is designed to create a stronger, more cohesive identity while differentiating the various initiatives that make up EHR'S.

The new visual identity brings a bolder, more impactful design, with subtle updates to the logo and typography that enhance clarity and presence. We've also introduced a unique flame-based "signifier" logo for each area, making it easier to distinguish between the different activities within the EHR'S family.

A complementary colour palette has been created for these activities, giving each one its own visual identity while still maintaining flexibility across communication materials. For areas like Youth & Education and Young Families, a more playful theme has been developed to better resonate with younger audiences.

This evolution of our brand reflects our commitment to making our communications more cohesive and relatable, helping our community engage with the full range of EHR'S activities more easily.

Sammy Muller – Marketing and Communications Manager
communications@ehrs.uk / 020 8238 1001

Enhancing Accessibility at EHR'S

As a caring community we are currently exploring how we can be a more inclusive community for our members who live with any form of disability to access our services, social/educational activities or events at EHR'S.

We understand that each and every person will have different abilities and accessibility issues. To start the process we would love your help to learn about you and your individual circumstances/requirements so we can work together to enable you and your family to feel more a part of your community.

If you live with a disability please do contact us with your name, brief details of your disability and your preferred form of contact etc. email/text message/WhatsApp/phone.

If you are able to, please send your details by email to communitycare@ehrs.uk.
 We really look forward to hearing from you.

ADVERTISE WITH US

Email:
communications@ehrs.uk

BOOK GROUP

We are an established book group who meet monthly in the afternoon.
 We are looking for 2 or 3 new members to add to lively discussions on a broad range of titles.

If you would like to join this friendly and welcoming group, please contact:
judith5147@hotmail.com
 Tel: 07710 411786



PC LAPTOP / DESKTOP REPAIRS

Upgrades / Viruses / Troubleshooting



**NO OBLIGATION FREE ESTIMATE
 NO FIX NO FEE**

Tel: 020 8207 2387

Mobile: 07973 501 001

Email: Ermetad@Help4pcs.com

Simply Scrumptious
 Fun, Funky, Event Catering

Exquisite event catering at competitive prices.
 We offer a very personalised service tailored to your needs and cater for all events including Bar and Bat Mitzvah's, Weddings, Friday night dinners, Shabbat lunches and all your simchas.

We are renowned for going that extra mile to make your event unforgettable.

Please get in touch to discuss your requirements on 07798945725
www.simplyscrumptious.catering

[simply_scrumptious_catering](https://www.facebook.com/simply_scrumptious_catering) [simply_scrumptious_catering](https://www.facebook.com/simply_scrumptious_catering)

B'nai B'rith

Founded 1854 Represented in 50 countries
 Permanent representation at UN in New York
 Working for Jews everywhere

Yitzchak Rabin Lodge

Supports an emergency medical centre in Qiryat Gat (Israel) and Kiev (Ukraine)

Join NOW just £10 for the first year. Recitals - Bridge - Lunches - Outings - Summer BBQ - Chanukah Party - Film Club - Play readings...

Website www.bbrabin.co.uk
 07831 367924 email yitzchakrabin@bnaibrithuk.org

CORNERSTONE

Our introduction to Judaism course

Tuesday evenings
during term time

Join us for
prayer-book Hebrew
(from beginners to intermediate)
19:00-19:45,
and/or for
Jewish Studies
20:00-21:30

OUR CORNERSTONE PROGRAMME IS
OPEN TO ANY MEMBER OF THE
COMMUNITY WANTING TO DEEPEN
THEIR JEWISH KNOWLEDGE,
OR IMPROVE THEIR HEBREW, AS WELL
AS THOSE EXPLORING CONVERSION
AND NON-JEWISH PARTNERS
WANTING TO LEARN MORE ABOUT
CREATING A JEWISH HOME.

Contact rabbi.debbie@ehrs.uk for details

Edgware & Hendon
Reform Synagogue
קייק קדוה ודור

HAVE YOUR SIMCHA AT EHRS

WE HAVE IDEAL ROOMS AND SPACES AVAILABLE FOR HIRE AT EHRS, THE PERFECT PLACE TO HAVE YOUR CELEBRATION

The modern, light & airy Function Hall measures 16mx13m giving space to seat 160 guests and leave room for plenty of dancing. A room extension is also available if required to accommodate up to 220 guests.

Situated on the ground floor, this Function Hall includes a full stage, large well equipped kitchen, tables and chairs disabled access, and sound & video systems.



30%
DISCOUNT
FOR EHRS
MEMBERS



We also have a lovely spacious hall on our site, on the first floor of our Community Centre Building, with plenty of space and light for your special celebration.

Accessed by the lift or stairs, this hall offers 180 capacity, table and chairs, toilet facilities, sound system, and access to a separate kitchenette.

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