

# Magen Avot Shavuot Guidelines

Rabbi Kenigsberg

## Thursday 28<sup>th</sup> May

- **Eiruv Tavshilin** should be prepared before Chag.
- Candle lighting at **8.49pm**. (Remember to light a Yahrzeit candle.) In addition to the bracha *lehadlik ner shel Yom Tov*, the bracha of Shehecheyanu is said.
- There is a widespread practice not to begin Ma'ariv or make Kiddush until after nightfall (**10.00pm**) and this should be followed under optimal circumstances. However, if this is difficult, and particularly where doing so would prevent one from having a proper Yom Tov meal, then Yom Tov may be brought in earlier, ideally after shekiah at **9.04pm**.
- Kiddush for **Yom Tov** is recited, including Shehecheyanu.
- **Tikkun Leil Shavuot** – A booklet of guided learning for Shavuot night "והאר עינינו בתורתך" featuring shiurim from Rabbi Kenigsberg, Rabbi Ginsbury, Rabbi Portnoy and Rabbi Roselaar (including parent and child learning) has been distributed by e-mail and is available on our website. **If you are unable to print it and need it printed and dropped off please be in contact!**

## Friday 29<sup>th</sup> May

- The earliest time to begin davening Shacharit is at **3.01am**.  
If possible, the greatest Halachic preference is to begin slightly later in order to reach the Amidah at sunrise (*Hanetz Hachama*), which is at **4.51am**. In any event, care should be taken to say Shema and daven Shacharit within the appropriate times. **Sof Zman Kriat Shema** is at **8.54am** and Sof Zman Tefilla is at **10.15am**.
- **Birkot Hashachar** for one who stayed up the entire night.
  - The majority of Birkot Hashachar may be recited even by one who did not sleep the entire night. The brachot which may pose a problem are 1) *al netilat yadayim*, 2) *Elokai neshama*, 3) *hama'avir sheina* and 4) *birkot haTorah*
  - If one slept for a half hour at night, even if it was in the course of learning, one may recite all of the berachot.
  - The beracha of ***al netilat yadayim*** may be recited when washing one's hands (with a cup) after using the bathroom, provided that it is after *alot hashachar* (1.45am).
  - **Elokai Neshama** and **Hama'avir Sheina** are usually recited by someone who slept that night on behalf of those who didn't. If nobody is available to recite those brachot, they are omitted. In such a situation, one should have in mind to fulfill the bracha of Elokai Neshama when reciting the beracha of Mechaye Meitim in the Amidah. If a member of the household who didn't stay up wakes up before the learner who stayed up the whole night goes to sleep, that person can recite these two brachot for the learner.
  - If one slept on Thursday afternoon (and certainly if one slept Thursday night), one may recite **Birkot HaTorah**. If not, one can listen to the brachot from someone who did sleep. If nobody is available to recite the brachot, one should have in mind to fulfill these brachot when reciting **Ahavah Rabbah**. One should then learn a portion of Torah immediately after davening without interruption (reading the Torah portion would count).
- After the Yom Tov amidah for Shacharit, Hallel is recited.
- There is no requirement to recite Akdamot (the piyut traditionally said on Shavuot morning before Torah reading) when davening at home but one is permitted to do so.
- The Yom Tov amidah is said for Mussaf and Mincha.
- Any necessary preparations for Shabbat (cooking on an existing flame, heating up food and setting tables etc.) may be performed on Yom Tov. One should try to ensure that all of the food that is cooked is potentially edible by *shekiah* (**9.05pm**).
- **Shabbat candles** should be lit no earlier than **7.26pm** but before **8.50pm** (from an existing flame). Once the candles are lit, all of the stringencies of Shabbat are in effect.
- The bracha *lehadlik ner shel Shabbat veYom Tov* is recited together with *Shehecheyanu*.
- An abridged Kabbalat Shabbat is recited, beginning with Mizmor Shir, as indicated in the Machzor.
- The Yom Tov amidah is said, together with insertions for Shabbat.
- Kiddush is for Yom Tov with insertions for Shabbat, including Shehecheyanu.
- Remember to repeat **Shema** after nightfall

## Shabbat 30<sup>th</sup> May

- The Yom Tov amidah is said, together with insertions for Shabbat, followed by Hallel.
- **Sof Zman Kriat Shema** is at **8.54am**
- Megillat Rut is traditionally recited with the tzibbur at this point. Although the custom was instituted for a tzibbur, one may read Rut if one wishes to do so.
- **Yizkor** is recited (there is no requirement for a minyan for Yizkor).
- Av HaRachamim is said (even if one does not recite Yizkor).
- Mussaf amidah for Yom Tov is said, including insertions for Shabbat.
- *Shekiah* is at **9.06pm**. **Mincha** should be completed (omit Tzidkatcha) and **Seudah Shlishit** should begin before *shekiah*.

## Maariv of Motzaei Shabbat

- Shabbat goes out at **10.09pm**
- **Havdalah** is the standard Havdalah for Motzaei Shabbat and **Kiddush Levanah** should be said (weather permitting).

As always, I am available via phone, WhatsApp and email for any queries you may have.

Wishing everyone a Chag Sameach and Shabbat Shalom!

Rabbi Kenigsberg

	Torah Reading	Maftir	Haftarah
Shavuot Day 1 (Friday)	Shemot 19:1-20:23	Bamidbar 28:26-31	Yechezkel 1:1-28, 3:12
Shavuot Day 2 (Shabbat)	Devarim 14:22-16:17	Bamidbar 28:26-31	Chabakuk 2:20-3:19



Shabbat 30 May 2020 | 29 Iyar 5780

Shavuot / שבועות

Thursday Cheesecake Party	Thursday Yom Tov	Friday Shavuot I Shacharit	שבת and Shavuot II Starts	Sof Zman Kriat Shema	שבת and Shavuot II Shacharit	שבת and Shavuot II Mincha	שבת and Yom Tov Ends
9.30AM	8.49PM	3.01AM	8.51PM	8.54AM	9.15AM	8.45PM	10.09PM

## Events



Join the Community Whatsapp Group to get event details and Divrei Torah here: <https://tinyurl.com/yx4xac4v>.

## Thursday 28 May: Community Meetup

### B.Y.O.C.

Bring your own cheesecake

Join us for an Erev Shavuot meet-up for Magen Minis, Maxis and the whole kehilla.

**Thursday 28th May 2020**

**9.30am** Storytime with Ruth Ehreich for kids  
**9.45am** Reading of the Asseret HaDibrot by Dan Artman for the whole Kehilla.

Looking forward to seeing you all there!

[tinyurl.com/MABYOC](https://tinyurl.com/MABYOC) | ID: 863 8680 8206  
Password: TenDibrot

**NB:** Rabbi Kenigsberg will address the Kehilla before Asseret HaDibrot and at **10.00am** there will be a Kahoot quiz for kids run by Elliot Berke of Y@MA!

## Monday 1 June

Don't miss Part 3 in the series featuring Rabbi Kenigsberg among others.

Hendon United Synagogue - Raleigh Close, Aisle Tzvi & Magen Avot invite you to a fascinating three-part series

### THE RACE TO BEAT COVID-19 IN THE UK

Part 3: "Halachic and religious Perspectives on Covid-19 & the lockdown"

**Monday 1st June, 8:30pm**

RABBI MORDECHAI GINSBURY, (Senior Rabbi, Hendon United Synagogue),  
RABBI JOEL KENIGSBERG, (Rabbi, Magen Avot, Hendon),  
RABBI DANIEL ROSELAAR, (Rabbi, Aile Tzvi, Hendon),  
Moderated by RABBI ZVI PORTNOY, (Associate Rabbi, Hendon United Synagogue)

JOIN VIA ZOOM  
[WWW.ZOOM.US/J/193873637](https://www.zoom.us/j/193873637)

We would like to thank Dr Alan Steuer and Judi Bauernfreund who gave last Monday's fascinating talk. The first talk was recorded and is available here: <https://tinyurl.com/ybeny2dw>.

## Wednesday 3 June



Rabbi Kenigsberg's Tzurba m'Rabanan shiur continues this **Wednesday** night. The topic is **"Tevilat Keilim – Part 2 and what to do when the Mikvaot are closed"**. The shiur begins at **8.30pm** and zoom login details will be sent out prior to the event via email and WhatsApp.

## Announcements

Mazal Tov to Hadassah and Menachem Goldsobel on their recent first wedding anniversary.

Mazal Tov to Dina and Richard Herman on their 26<sup>th</sup> wedding anniversary and on Ariella's 21<sup>st</sup> birthday.

Please refer to the full set of Shavuot Guidelines by Rabbi Kenigsberg on the first page of this newsletter.

**Kiddush:** Shavuot I Kiddush going to Clore Manor has been kindly donated anonymously.

**Kiddush:** Shavuot II Kiddush is kindly sponsored by Dina and Richard Herman to mark their 26<sup>th</sup> wedding anniversary (English date) and Ariella's 21<sup>st</sup> birthday (Hebrew date)!

**Sponsorship:** Continue to sponsor Kiddushim to show appreciation for our carers and the NHS. For information contact Joy Kay on 07956 348 392.

**Magen Avot  
Pulling Together**  
To beat COVID-19

During these uncertain times, a caring community is more important than ever.

The Magen Avot Chesed Committee has had countless offers from members of the community who are very eager to help anyone who needs assistance.

### If you need:

- Help with groceries -
- Medicine or other supplies -
- Just someone to talk to -
- Or anything at all -

### PLEASE contact

**Rebbetzen Sarah Kenigsberg**

07521 500 298  
[rebbetzen@magenavot.com](mailto:rebbetzen@magenavot.com)

MagenAvot.com

[facebook.com/MagenAvot](https://facebook.com/MagenAvot)

@MagenAvot

## Yahrzeits

The following members are observing a Yahrzeit during the forthcoming week

Date	Member	Yahrzeit
Tue 2 June	10 Sivan	Baruch Zekaria
Thu 4 June	12 Sivan	Eve Grubin-Brookes
		Mother

We wish them and their families Chayim Aruchim

Tuesday 9 June



Rabbi Dr Ari Sytner

**Rabbi Dr Ari Sytner** will be speaking on the topic of: **"Calm Amidst the Storm: A Torah Approach to Mental Health and Wellness During Times of Crisis"**. Rabbi Dr Sytner is a highly sought-after international speaker and this is an event not to be missed!

Wednesday 10 June

Please join us for a challa and brioche special demonstration on Wednesday 10 June at **8.00pm** with **Fabienne Viner-Luzzato**. A list of ingredients will be distributed in advance of the event to make sure people are ready. This event will be followed by a shiur to be given by **Debbie Meier**. The Challa and brioche made by Fabienne will be distributed to select London NHS hospitals. This event is kindly sponsored by **Chaya Langerman** to commemorate the beloved memory of her father Shmuel Goldberg z"l.



Debbie Meier



The Zoom call link is as follows: <https://tinyurl.com/ydfz9nlt>

Virtual Magen Maxis

שולחן Magen Maxis! Let's start with our davening:-

- מודה אני
- על מצוות ציצית
- Set of ברכות up to and including כרצונו
- We then move to נשמת.
- We daven from the beginning up to גואל ומושיע
- We jump to על כן עברים and daven right up to the end of ישתבח
- קל אדון Then we sing
- We then move to the 3 paragraphs of שמע and then from עמידה צור till the end of the עמידה

Now it's time for your snack and story.

### **I AM NOT GOING TO GET ANGRY! (Continued)**

#### **Whatever Hashem does He does for the best**



Ruth Ehreich

Now it's serious. There's no money left in the bank! I can't buy an oven with no money! So, I borrow money from the bank. I buy a new oven. I get home.

My wife is hysterical! She asked my daughter to give her the sugar and by mistake she gave me the Chometz sugar, full of breadcrumbs from the breakfast toast! And she's used it in all her cooking! It's all become chometz!

### **I AM NOT GOING TO GET ANGRY!**

#### **Whatever Hashem does He does for the best**

I go out to the shops yet again! And spend all the money I borrowed. And she has to start cooking yet again. But I hadn't broken my promise. I did not get angry! Well, we made it to Seder night. We sit around the table in our Yom Tov clothes. And we know this is the Pesach we'll never forget! I kept my promise.

**I DID NOT GET ANGRY EVEN ONCE!**

Mental Health Speaker

**Magen Avot**  
invites you to

**Calm Amidst The Storm:**  
A Torah Approach to Mental Health and Wellness During Times of Crisis

Tuesday 9 June  
8:00 PM

**Rabbi Dr Ari Sytner**

Rabbi Dr Sytner is a licensed social worker and couples therapist with a private practice in Teaneck. He is the author of "The Kidney Donor's Journey," and director of leadership and community development for Yeshiva University's Center for the Jewish Future. He provides trauma intervention for Chai Lifeline and frequently lectures for Shalom Task Force. He was a pulpit rabbi for 13 years, and lives in Bergenfield with his wife, Chana and their four children.

This event is supported by the Chief Rabbi's Centre for Community Excellence

### **Cheesecake Recipe by Jack Maurer**

Shavuot was one of the busiest (and most stressful) times of the year for us at Swiss Cottage Patisserie as those who remember us will often reminisce to me about all the different varieties and fillings we made. People would often joke and say we had more varieties than Heinz's 57!

Below is our cheesecake recipe for Shavuot – happy baking!

A	lbs	Ozs	Grams
Cream Cheese	1	4	635
Flour		1	28
Sugar		4½	127

B	lbs	Ozs	Grams
Yolks		1	28
Eggs by weight		2½	70

C	lbs	Ozs	Grams
Fresh Cream		¾	21
Vanilla Essence		½	14

**Method:** Mix all **A** ingredients together well. Whisk slightly **B** ingredients and add to **A** slowly. Scrape down mix. Add **C** to mix slowly to clear. This mix can be used for slabs or flans. The thicker the amount you put into a tin the longer the baking.

**Baking Temperature and Time:** 10 minutes at 220°C, then approximately 25 minutes at 148°C. Baking time will vary depending on the thickness of the cake made. For the base of the cake, I suggest a sweet pastry.

	lbs	Ozs	Grams
Flour	1		454
Block Marg		10½	297
Sugar		5¼	148
Eggs by weight		2	56
Vanilla Essence	Your taste preference		

**Method:** There are two methods for making sweet pastry:-

1. **The rub in method:** Rub the margarine into the flour to make a fine crumb texture. Mix sugar and essence with the egg. Then add to the crumb mixture to make a paste.
2. **The creamed method:** Mix the cream, margarine and sugar together and then add the egg and essence to clear. Fold in flour to make the pastry.