














Shabbat 3 December 2022 / 9 Kislev 5783

Parashat Vayetzei / פרשת ויצא

Candle Lighting From	Friday Night Mincha	שבת Begins	שבת Chabura	שבת Shacharit	Sof Zman Kriat Shema	Magen Minis & Maxis	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday Shacharit
 3.04PM	 3.35PM	 3.39PM	 9.15AM	 9.30AM	 9.47AM	 10.45AM	 3.47PM	 4.47PM	 5.30PM	 8.20AM

## Friday 2 December

Rabbi Golker will continue to give a "Thought for the שבת table" on Friday night after Kabbalat Shabbat.

## Shabbat 26 November

**Chabura:** Following the success a few months ago of a Chabura given by a number of people, we will run a similar session this week. The following are points for consideration:-

- Ya'kov is portrayed by Chazal as a man of truth - really..?
- What are we meant to learn from Ya'kov's vision of the ladder?
- Why did Chazal choose this section of Hoshea for this week's Haftorah?
- Thinking about our Parsha and the Haftorah, is love portrayed a positive emotion?

Please have a think, join us and let's see where the discussion takes us. As always, all are very welcome.

Minis/Maxis at **10.45am** | Y@MA meet at the usual time Munchies is sponsored by Nadine and Adam Kay to celebrate the wonderful provisions for youth/children at MA.

**Leining:** Nuti Amar | **Shabbat Drasha:** Rabbi Golker

As this week marks the JWA Shabbat - Harriet Morris-Sloane will address members briefly on this topic after Mussaf.



Kiddush this week is kindly sponsored by Marc Ovits to celebrate Ariella Ovits' 18<sup>th</sup> birthday. Mazal Tov! The "Whiskies of the Week" will be an 18 year old Isle of Jura and a Glenlivet Caribbean Reserve.



In honour of Jewish Women's Aid Shabbat join us on Shabbat afternoon between Mincha and Maariv for a talk by Joanne Greenaway, Chief Executive of LSJS on: "Halachic Tools to Resolve Complex Get Cases".

## Motzei Shabbat 26 November

Horim V'Yeladim season continues this Motzei Shabbat and is sponsored anonymously for all the children who learn so well and to thank those at MA that help to make this possible.

## Motzei Shabbat 17 December @ 8.00pm



We are running a musical Melave Malka social event for all adults at the home of Karina and Ashley Katz (45 Brampton Grove). There will be a Dvar Torah given by Rabbi Golker and a light meal will be provided also. Wish to play a musical instrument or recite some poetry contact Shelley Berke at: [davidandshelley@outlook.com](mailto:davidandshelley@outlook.com). Booking at £5 per person is essential here: <https://tinyurl.com/musicalmm2022>.



Refill App - lets you know where you can fill up your water bottle for free in shops or at water fountains and reduce single-use plastic bottle usage. Find out more at [www.refill.org.uk](http://www.refill.org.uk).

## JWA SHABBAT 2022 (2-3 DEC)

**THIS SHABBAT**

"HALACHIC TOOLS TO RESOLVE COMPLEX GET CASES"

 Magen Avot

 JEWISH WOMEN'S AID

**JOANNE GREENAWAY**

**CHIEF EXECUTIVE LSJS**

In honour of Jewish Women's Aid Shabbat join us **3RD DECEMBER MINCHA 3.47 FOLLOWED BY TALK**



This Shabbat marks Jewish Women's Aid Shabbat – an annual Shabbat to raise awareness of domestic abuse. This is not an easy topic to bring up but ignoring it is not an option. JWA supports about 150 women experiencing domestic abuse every month and has been providing a wide range of services to Jewish women for nearly 30 years. So, there is no doubt that this problem exists in our community, just like any other. It's important to be clear about what we do and don't mean when we say, 'domestic abuse'. Domestic abuse is not having a disagreement; it is not 'not getting along' - both of these things can happen in any relationship without it constituting abuse. Domestic abuse is usually a pattern of behaviour where one partner has more power than the other and uses this imbalance to control, demean and harm them. It might be constant insults or criticism, taking or controlling money, making threats, or using physical violence. In a close-knit community like ours, it can be difficult to come forward to say that you are in an abusive relationship. We need to speak out with one voice and say no. It is not acceptable to be abusive to your partner. We all need to take responsibility to make our community one which has zero tolerance for abuse and is supportive to those who are affected. Judaism teaches us the importance of chesed - kindness - in the way we relate to each other. We must follow this guiding principle within our relationships at home as well as in public. To find out more about domestic abuse and what we can do to prevent it in our community, please have a look at the leaflet which is available at shul today and can also be found on the Jewish Women's Aid website. Thank you.



Mazal Tov to Ann and David Marks on the birth of a grandson, a son to Marcelle and Jacob Palmer.

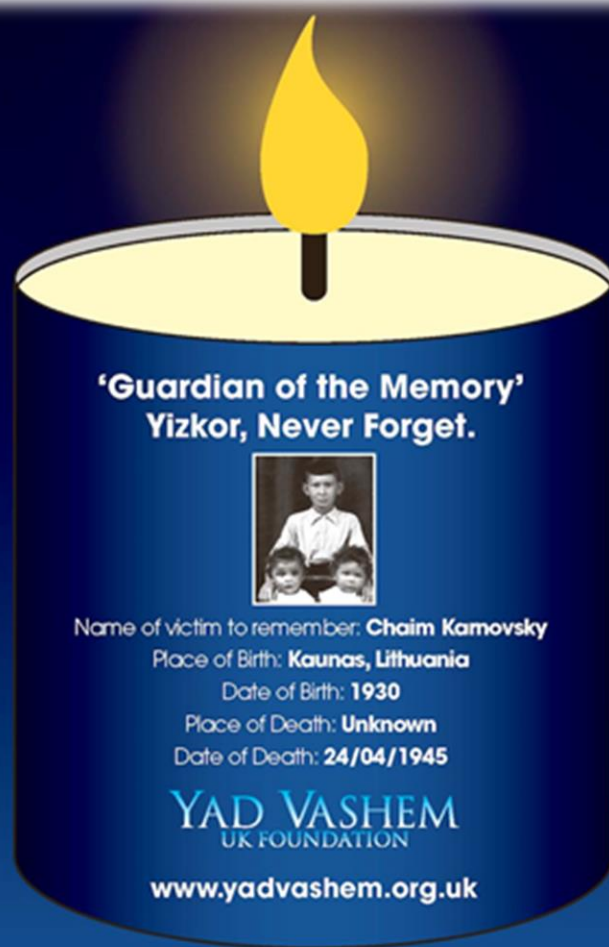
## Yahrzeit

05/12/2022	11 Kislev 5783	Susan Pascoe	Mother
------------	----------------	--------------	--------

**We wish Susan and her family Chayim Aruchim**

**MESSAGE FROM OUR CHAIRMAN  
MR SIMON BENTLEY**

As you may know, as well as having the honour of being Chairman at Magen Avot I chair Yad Vashem UK Foundation. Through our Guardian of the Memory project, we seek to ensure that the victims' life stories are never forgotten, becoming part of our own treasured family histories by lighting a memorial candle in their honour on every HMD and Yom HaShoah. Please become a GUARDIAN OF THE MEMORY of ONE victim and ensure they will NEVER be FORGOTTEN nor their EXISTENCE DENIED.



**Y@MA CHANUKAH EVENT  
WITH DUNSTAN ROAD YOUTH  
ICE SKATING AT ALEXANDRA PALACE**

This event takes place on Sunday 18 December 2022 at the Ice Ring at Alexandra Palace, Alexandra Palace Way, London N22 7AY. Dropoff by 12.45pm with pick-up just after 2.30pm. Cost is only £9 per ticket (deadline to book is 11.00pm Motzei Shabbat 10 December). Sign up as soon as possible, we can't wait to see you there and anticipate Chanukah with you! Doughnuts will be provided.

Book: <https://tinyurl.com/yamachanukah22>

