














Friday Mincha	Light From	שבת	SZ Kriat Shema	שבת Chabura	שבת Shacharit	Minis Maxis	שבת Mincha	Shiur	שבת Ends	Sunday Shacharit
 7.15PM	 7.39PM	 9.08PM	 8.53AM	 9.15AM	 9.30AM	 10.45AM	 9.28PM	 ~9.45PM	 10.28PM	 8.20AM

Shabbat 24 June

Chabura: Stuart Brookes | **Leining:** Dan Artman

Minis/Maxis at **10.45am**. Y@MA will meet at the usual time.

This week's Magen Munchies is sponsored by Nadine and Adam Kay to mark Maayan's recent 8th birthday. Mazal Tov!

Y@MA is sponsored this week in honour of Mia Langerman's Bat Mitzvah that took place earlier this year.

Shabbat Drasha: Avichai Goodman from Bnei Akiva

NB: From Tuesday 20 June until Tuesday 11 July the Rabbi will be away on the Immanuel College Israel trip and we have arranged guest speakers to cover during this period. Although the Rabbi is away, he is available as usual for Shailot and any pastoral matters via WhatsApp and email.

Kiddush is kindly sponsored by **Susan and Michael Storfer** to mark a number of recent smachot in the family. Mazal Tov!

Shabbat post-Mincha Shiur: Avichai Goodman

Shabbat 24 June

Seuda Shlishit for women and girls takes place this **Shabbat from 7.30pm**. Booking is essential. Please RSVP to the following email: davidandshelley@outlook.com as space is limited. Please also email Shelley on the same email address if you would like to bring food or drink. Confirmation of your booking along with address details will be sent back by email.

Sunday 25 June

This Sunday at 8.00pm we continue the stimulating and challenging ongoing event series for women, Tackling Taboos, with a presentation and discussion about the issue of estrangement: when a family member (i.e., sibling, uncle, parent, cousin, child, or other relation) has distanced themselves in some way from the family. Many people find themselves managing a situation like this. We hope that this presentation will help people feel less alone or simply be informative about family dynamics and issues faced in our community and beyond. Speaker **Devorah Greenberg** will present on the topic which will lead to a group discussion. Mrs Greenberg is a fully qualified and accredited mediator with extensive experience on areas of mental well-being. Devorah's career as a mediator started while she worked at the London Beth Din. She went on to start her own company, Sage Mediation. The event will take place at the home of Anouk Abrahams (**18 Manor Hall Avenue**). Refreshments will be served. Please RSVP (by phone or text) to **07885 774 787** if you are interested in attending.

Sunday 16 July

Modern Slavery - a local problem. What it is and how we make a difference. Join us after Shacharit for breakfast to listen to a panel of experts from across the industry discussing modern slavery, what it is and practical ways we can each make a difference. This takes place on Sunday 16 July after Shacharit at around 9.00am.

Mazal Tov

Mazal Tov to Toni and Baruch Zekaria on the forthcoming marriage of their son, Nadav, to Noya Jackson in Israel on Tuesday 27 June.

Mazal Tov to Judy and Joey Joseph on the birth of a grandson, a son to Rabbi Chaim and Gila Golker, and a great-nephew for the Rabbi and Rebbetzen.

HaMagen Youth Supplement

The next edition of HaMagen will feature a Youth supplement produced by Minis, Maxis and Y@MA attendees. So please supply articles, photographs, pictures, drawings and stories to our Editor Julian Pollard at: jandjpollard@hotmail.com.

EcoJudaism Tip

Smart devices which can be switched to "do not disturb" could also be turned off and if you have smart bulbs consider dimming or turning off bulbs that are not required in certain areas. A good suggestion is if you have a downstairs toilet with an anti-room for washing consider leaving the toilet light on but not the anti-room which could be illuminated simply by opening the door to bring light from the attached room. Simple but effective changes that will save you money and the environment.

Bat Mitzvah Course Signup

Join Magen Avot's exciting 2023/2024 Bat Mitzvah course.
 Inspiring teachers, fun environment, source-based learning, and interactive activities
 Learn about key themes in Judaism and their relevance to our lives
 Sessions and workshops by Rebbetzen Dina Golker and other inspiring teachers
 Workshops with Yad Vashem, GIFT and more



10 Sessions overall **1½** Hours per session

September 2023 - July 2024 (7.30-9pm) | Session every month during term time (in Hendon)
 All Year 7 girls welcome (both members and non-members) | Course Price: £80

To sign up, please visit: <https://tinyurl.com/batmitzvah2023>
 Limited space - book now to avoid disappointment

Sunday 9 July

The Matzeiva for Ian Gamse's late Mother will be unveiled on Sunday 9 July at 4.30pm at the Adass Cemetery in Silver Street, Cheshunt.

Sunday 6 August

The stone setting for David Berke's late mother Barbara Berke will take place at 10.30am on Sunday 6 August at Bushey New Cemetery.

Yahrzeit

24/06/2023	5 Tammuz 5783	Shirley Gamsu	Father
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We wish Shirley and her family a Chayim Aruchim



Magen Avot

presents...

The MA Bar Mitzvah Enrichment Programme



Led by **Rabbi Yoni Golker**
together with other inspiring
individuals

Topics will include:
Learning to Lead Tefilla, Tefillin
workshop, social media
positivity, and much more!

For Boys in **Year 8**
(members and non members)
October 2023 - May 2024

**Once
monthly on
Monday
evenings**

~£100

**To express interest please complete
<https://tinyurl.com/MABM23-interest>
For more information contact Rabbi Golker at
rabbi@magenavot.com**