



Shabbat 31 January 2026 /13 Sh'vat 5786 (Shabbat Shirah)

Parashat Beshalach / פָּרָשַׁת בְּשַׁלָּחּ

Light From	Friday Mincha	שבת Friday	שבת Chabura	שבת Shacharit	SZ Kriat Shema	Minis /Maxis	שבת Mincha	שבת Ends	Horim V'Yeladim	Sunday Shacharit

US Women's Shabbat

This week is the US Women's Shabbat. Our Eshet Chayil this year is Dr Chaya Langerman, and we will be celebrating this and honouring her next week. See details in poster below.

Shabbat

Chabura: Dan Artman.

Kriat Hatorah: Dan Artman.

Magen Minis and Maxis: Meets at 10.45am.

Munchies Sponsor: Gila and Phillip Brodie on the Yahrzeit of Gila's parents.

Y@MA: Meets at 11.15am.

Y@MA Sponsor: Family Ehreich. On the occasion of Yishai's 15th birthday.

Shabbat Drasha: Rabbi Golker

Post Mussaf Speaker: Miriam Peretz.

Today's Kiddush is sponsored by: Eira and David Ruben in memory of David's father a'h whose Yahrzeit falls this Shabbat.

Post Mincha Guest Speaker: Rabbi Kanterovitz will be talking about "Dynamics of mesirut nefesh - A current perspective".

Motzei Shabbat

Horim V'Yeladim: Continues this Motzei Shabbat at 6.30pm.

Horim V'Yeladim Sponsor: To be announced.

Bound by Duty (See overleaf for details and booking)

Bound by Duty: Will be shown this Motzei Shabbat at 7.30 pm. Tickets must be purchased in advance on-line. (See Poster Overleaf)

Basement Access Reminder

Parents are kindly asked to remind their children that the basement area is strictly out of bounds throughout Shabbat. Please help us keep all areas of the Shul safe and tidy by ensuring children remain upstairs.

Kiddush Sponsorship

We have spare slots for Kiddush sponsors over the next few weeks. Book yours at <http://magenavot.com/sponsorships> or contact Marc Ovits on 07866 503 898.

Notice of Gratitude

We are very grateful to Mrs Joy Lyons for donating 18 brand new Conrad Morris Koren Chumashim to our Shul. We look forward to using them.

Mazal Tov!

Mazal Tov to Shoina and David Kass on the birth of a great grandson born to Simcha and Gila Sandler.

בעברית- Friday Night Shiur with Miriam Peretz (In Hebrew)

Dr Chaya Langerman is hosting a Hebrew shiur by Miriam Peretz at her home this Friday evening at 20.45. All welcome!

Board of Deputies (BOD) Meeting with Local MP

This has been delayed till September. Further details will be given in the Summer months.

Next Women's Kabbalat Shabbat

6 February at Alei Tzion. All women and girls are warmly invited to join these uplifting and welcoming tefillot as we bring in Shabbat together.

Magen Avot NEEDS You (see below)

Help shape the next ten years of Magen Avot by helping us with whatever skills you possess. Email info@magenavot.com with your details and we will be in touch (see poster below).

Newsletter News

Additional announcements will be sent via WhatsApp Groups:-

Join the Broadcast Group: <https://tinyurl.com/mabroadcast>

Join the Social Group: <https://tinyurl.com/masocialgroup>

Yahrzeits

31/01/2026	13 Shevat 5786	David Ruben	Father
01/02/2026	14 Shevat 5786	Julian Gilbey	Father
02/02/2026	15 Shevat 5786	Sarah Josephs	Brother-in-law
02/02/2026	15 Shevat 5786	Deborah Myer	Father
03/02/2026	16 Shevat 5786	Jacqueline Franco	Husband
03/02/2026	16 Shevat 5786	Daniel Gance	Mother
05/02/2026	18 Shevat 5786	Gila Brodie	Father
05/02/2026	18 Shevat 5786	Gila Brodie	Mother
05/02/2026	18 Shevat 5786	Vivienne Keszenbaum	Husband
05/02/2026	18 Shevat 5786	Judith Perahia	Father

Magen Avot's celebration of US Women's Shabbat will be taking place on the 6th and 7th February.

Our Eshet Chayil this year is Dr Chaya Langerman. Please join us to celebrate and honour her.

Friday night (6th February), an oneg at the Langermans' house from 8pm.

Shabbat (7th February), Chaya will speak after Mussaf and will be presented with her award by Rebbetzin Dina.

US WOMEN'S SHABBAT CONNECTING WOMEN
30-31 JANUARY 2026

SPONSOR OUR SUSHI!

SPONSORSHIPS SHOULD BE IN BY (LATEST) THE TUESDAY BEFORE EACH SHABBAT TO ENSURE ORDERS FOR THAT WEEK

Get hyped for...

Y@MA FRIDAY NIGHT DINNER @ THE GOLKERS

13TH FEBRUARY



**Tefillah at Magen
Avot**

**or meet at the
Golkers at 6:30pm**

**Address Provided
on Booking**

Sign up using the form
below by Sunday 8th
February:
shorturl.at/oHxvO

Poster
Redacted For
Security
Reasons

 **Bound by Duty**

A new, suspenseful, and humorous Israeli play

Based on the experiences of two commanders in an elite IDF unit. 

Dedicated to all their comrades who fell in Israel's wars and hostile actions

Saturday, 31st January 2026
At:19:30

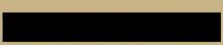
Introduction by Mrs Miriam Perez
(Israel Prize winner)

Followed by the show and Q&A



Aviel, a religious-Zionist, and Itai, a secular-liberal, are paired for the final navigation test of their squad leader course. Their initial clash slowly becomes a journey of mutual understanding, as they discover that their differences help them grow and face the challenges ahead.

Actors: Shmulik Bahalul, Golan Ventura



Light refreshments will be provided
Age suitable 13+ 



Book on:
<https://myus.theus.org.uk/events/120116/bound-by-duty/>

תְּהִלָּה

**MAGEN
AVOT
NEEDS
YOU**



**HELP SHAPE THE NEXT
10 YEARS OF MAGEN AVOT**

We have proudly celebrated 10 years of Magen Avot. Now we invite you to help build the next incredible decade of our community.

Whether you have time, skills, ideas, or simply enthusiasm, there is a place for everyone to get involved. Anything you can do, big or small, helps our community grow stronger, and more connected.

Email info@magenavot.com with your details and we will be in touch.

www.magenavot.com


Magen Avot

United Synagogue Charity No. 242552