



Magen Avot



Shabbat 18 July – Thursday 23 July 2026 / 4–9 Av 5786

פָּרָשַׁת דְּבָרִים / Parashat Devarim (Shabbat Chazon)

Friday Mincha	Light From	שַׁבָּת	SZ Kriat Shema	שַׁבָּת Chabura	שַׁבָּת Shacharit	Minis/Maxis	שַׁבָּת Mincha	שַׁבָּת Ends	Sunday Shacharit
7:15 PM	7:30 PM	8:55 PM	9:06 AM	9:15 AM	9:30 AM	10:45 AM	9:09 PM	10:09 PM	8:20 AM

Shabbat

Chabura: Moshe Langerman

Magen Minis and Maxis: Meets at 10:45 AM

Munchies Sponsor: Debbie and Julian Gilbey in celebration of Raphaella and all the MA children finishing another year of nursery or school

Y@MA: Meets after Mussaf Kedusha

Y@MA Sponsor: Un-sponsored

Kriat Hatorah: Dr David Cohen

Shabbat Drasha: Rabbi Golker

Post Mincha Speaker: Rabbi Reuven Lanning

Kiddush

Sponsored by Daniel and Yudit Finfer to celebrate their wedding anniversary. Mazal Tov!

Tisha B'Av times: Wednesday 22 July - Thursday 23 July

Mincha	Maariv and Eicha	Fast Starts	Shacharit and Kinnot	Mincha	Maariv	Fast Ends
8:50 PM	9:00 PM	9:03 PM	7:30 AM	7:30 PM	8:30 PM	9:55 PM
22 Jul	22 Jul	22 Jul	23 Jul	23 Jul	23 Jul	23 Jul

The Magen Avot Women's Circle Returns!

On Sunday 19th July at 5 PM, the MA Women's Circle returns! Curated by Anouk Abrahams and Eve Grubin-Brookes, this series provides support and open discussion for women in the community and seeks to help strengthen them and their families. The topic of the next session will be: **"Understanding Loneliness in Our Community"**, with Rebbetzen Mandy Lawrence. The event will be hosted by Anouk Abrahams. More details about this session will appear in next week's newsletter or can be obtained from Eve Grubin-Brookes (tel. 07885 774787). Please RSVP to Eve Grubin-Brookes.

Bereavement Befrienders Team - The Compassionate Café

The Bereavement Befrienders Team at Mill Hill Synagogue has launched The Compassionate Café, an informal monthly drop in for any bereaved person who would like mutual support and encouragement when it is needed most, or for those who wish to sit quietly in solidarity with others. The first gathering takes place on 22nd July. Please register using this link or just drop in (<https://www.shul.co.uk/compassionate-cafe>).

Magen Maxis

This week, Dr Stewart Brookes will lead Magen Maxis. It's the last children's service until September.

Magen Avot Book Club

The Magen Avot Book Club will meet on Sunday, 26th July at 7:30 PM, venue TBA. The book is **"Wandering Souls"** by Cecile Pin, a gripping novel that follows three Vietnamese siblings who flee their war-torn country and build a new life in Thatcher's Britain. Available at the library, too. More info: <https://www.amazon.co.uk/WANDERING-SOULS-HB-longlisted-Beautiful/dp/0008528772>. Join the MA Book Club WhatsApp group to find out more.



Magen Avot Tisha B'Av Programme 2026

Join us for a thought-provoking Tisha B'Av programme exploring the contemporary challenges facing the Jewish community in Britain, Jewish resilience, hope, and the meaning of over 2,000 years of galut (exile).

Special Guest Speaker: Moshe Shine

An evening of reflection and testimony with **Moshe Shine**, in conversation with **Rabbi Yoni Golker**, discussing faith, courage, and Jewish resilience in Britain today.

Programme Schedule – Thursday, 23 July 2026

7:30 PM – Mincha

Following Mincha – Interview and discussion with Rabbi Yoni Golker and Moshe Shine

Approximately 8:30 PM – Maariv

9:55 PM – Fast ends

Yahrzeits

Name	Relationship	Date	Hebrew date
David Ruben	Mother	18/07/2026	4 Av 5786
Moshe Langerman	Grandfather	19/07/2026	5 Av 5786
Joy Berger	Sister	20/07/2026	6 Av 5786
Rabbi Steven Gaffin	Father	20/07/2026	6 Av 5786
Jacqueline Roodyn	Father	21/07/2026	7 Av 5786
Vivienne Kesztenbaum	Mother	21/07/2026	7 Av 5786
Howard Klass	Father	23/07/2026	9 Av 5786

SECURITY – IMPORTANT MESSAGE

Please read **important security notice** on page 2 of this newsletter.

The Nine Days: Practical reminders from Rabbi Golker

A few practical reminders for the Nine Days and this year's unusual Friday following Tisha B'Av:

- During the Nine Days, we refrain from meat and wine, music, celebrations, purchasing or wearing new clothing, laundry and freshly laundered outer garments, and recreational swimming or luxurious bathing.
- As Tisha B'Av falls on Thursday this year, laundry needed for Shabbat may be done from Friday morning. Where Friday would otherwise become especially difficult, it may be started after the fast ends on Thursday night.
- Bathing, shaving and haircuts should ideally wait until chatzot on Friday, 1.06pm. Where this would be impractical, they may be done earlier on Friday specifically in honour of Shabbat.
- Meat, wine, music and saying Shehecheyanu remain restricted until 1.06pm on Friday.
- Anyone with medical, emotional, childcare or other exceptional circumstances should please ask a shaila. Questions relating to fasting should ideally be raised before Tisha B'Av.

May these days be meaningful, and may we soon merit peace and the rebuilding of Yerushalayim.

SECURITY – IMPORTANT MESSAGE

For various valid reasons, a number of committed security volunteers have either had to leave, or are about to leave, the security team or are otherwise unavailable for an extended period. We thank them all for their dedication in ensuring a safe and reassuring presence for all who come to daven at our Shul.

You may have noticed new security guards recently. They need our help to identify people who are more likely to be familiar to us than to the guards.

We will need many more volunteers over the summer period, when many regulars will be away, and during Rosh Hashanah and Yom Kippur, when the need for a visible, deterrent presence is essential.

There are various roles which can be allocated depending upon the particular circumstances of each volunteer. Now is the best time to volunteer because you can start with a regular Shabbat shift before then moving on to Rosh Hashanah/Yom Kippur if you are available.

Please don't leave it all to just a few of us; sign up by joining the security WhatsApp group or emailing security@magenavot.com

If you have any queries, please don't hesitate to get in touch. We really need more of our kehilla to step up and take on this important service.

Many thanks in advance for your support.

Alex Jacobs, Security Officer.

TISHA B'AV 2026

EICHA?

HOW COULD THIS HAPPEN HERE?

FROM GOLDERS GREEN
TO JERUSALEM

AN EVENING OF REFLECTION AND TESTIMONY



WITH SPECIAL GUEST SPEAKER

MOSHE SHINE

In conversation with **Rabbi Yoni Golker**,
exploring faith, courage and Jewish resilience
in Britain today.

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אם אשכחך ירושלים
תשכח ימיני
(תהלים קלז:ה)

WEDNESDAY 22 JULY 2026



9.03pm

Fast begins



8.50pm

Mincha



9.00pm

Maariv followed by Eicha



THURSDAY 23 JULY 2026



7.30am

Shacharit



Following Shacharit

Explanatory Kinnot



7.30pm

Mincha

Between Mincha
and MaarivA conversation and testimony
with Moshe Shine in discussion
with Rabbi Yoni Golker

Following Maariv

Maariv



FAST ENDS

9.55pm



MAGEN AVOT

We look forward to welcoming you.