



Shabbat 10 January 2026 /21 Tevet 5786

פרק'ת שמות / Parashat Shemot

Light From	Friday Mincha	שבת Friday	Women's KS	שבת Chabura	שבת Shacharit	SZ Kriat Shema	Minis /Maxis	שבת Mincha	שבת Ends	Horim ve Yeladim	Sunday Shacharit
3.21PM	3.55PM	3.57PM	4.20PM	9.00AM	9.15AM	10.06AM	10.45AM	4.06PM	5.06PM	6.00PM	8.20AM

## WOMEN'S KABBALAT SHABBAT

With Alei Tzion & Magen Avot

Join Kehillat Alei Tzion and Magen Avot for an uplifting and inspiring Kabbalat Shabbat service for women.

**09 JANUARY, 4:20PM @ MAGEN AVOT**

Magen Avot ALEI TZION

### Shabbat

**Chabura:** Hillel Mirvis

Magen Minis and Maxis meets at **10.45am**. Y@MA at usual time. **Y@MA sponsor is:** Family Adler in honour of the wonderful Sophie and Moshe and Y@MA family.

**Munchies sponsors are:** David and Shelley Berke to mark the yahrzeit for David's late mother a'h.

**Horim ve Yeladim Sponsor:** Gabrielle Persoff

**Shabbat Drasha:** Rabbi Yoni Golker

**Kriat Hatorah:** David Cohen

**Today's Kiddush is sponsored by:** Family Lorenzi on the occasion of becoming British Citizens.

**Post Mincha Speaker:** Rabbi Dr Glenn Bezalel

**Motzei Shabbat**

Horim V'Yeladim continues this Motzei Shabbat at 6.00 pm

**YOUTH LED TAKEOVER IN THE MAIN SHUL**

## PARASHAT VAERA

16th-17th January 2026

PLEASE SIGN UP USING THE EXCEL SPREADSHEET

Please contact Moshe or Sophie for any questions!!

### Mazal Tov!

Mazaltov to Rachel and Pini Comisky on the birth of a baby girl

### News Letter News

Additional announcements will be sent out via WhatsApp Groups:-

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

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

### Yahrzeits

10/01/2026	21 Tevet 5786	David Abramowitz	Grand Mother
11/01/2026	22 Tevet 5786	David Berke	Mother
14/01/2026	25 Tevet 5786	Shirley Gamsu	Husband

### Next Youth Shabbat Takeover

The next youth Shabbat takeover will be on the 16<sup>th</sup> and 17<sup>th</sup> January, Parashat Vaera (See Flyer).

### Magen Avot Book Club

The next meeting of the Magen Avot Book Club (we are reading "The Post Office Girl" by Stefan Zweig) will be held online on January 18<sup>th</sup>, at 7:30 pm London (GMT). The link is: <https://us04web.zoom.us/j/73362084966?pwd=S4KZQ7sAYB4fmWHXVkvAcc5ROyQbzC.1> (Meeting ID: 733 6208 4966, Passcode: 6UHcnY)

### Board of Deputies (BOD) Meeting with Local MP

Magen Avot's BOD representative (Julian Pollard) is seeking to meet our local MP David-Pinto Duschinsky in Central Lobby at the House of Commons on 17th March as part of Parliamentary Advocacy Day and to bring to his attention matters of concern to our members. If any of you wish to attend or to highlight issues you wish him to bring forward to our MP, please contact Julian on 07958 447174.

### Kiddush Sponsorship

We have spare slots for Kiddush sponsors over the next few weeks. Can reserve on <http://magenavot.com/sponsorships> or contact Marc Ovits on 0786 650 3898

 Sponsor part or all (£50 total)



**SPONSOR OUR SUSHI!**

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

**Y@MA**



## Plot Summary (see flyer on right)

When two soldiers, Aviel – a religious Zionist from Golani, and Itay – a secular paratrooper, are paired together in the IDF's squad commanders' course for the final "Sea to Sea" navigation test, they expect the main challenge to be the physical and mental difficulty of the mission. But it quickly becomes clear that the real obstacle is not the route or the conditions, but the differences between them – their opposing worldviews and the stereotypes they represent in each other's eyes. What begins as a competitive struggle in the final navigation between two soldiers from opposite ends of Israeli society gradually becomes a journey of mutual discovery and unity. They realise that it is precisely their differences that allow them to grow and face the challenges ahead. Only when they succeed in joining forces and embracing each other's personal strengths do they discover the secret to success.

The play portrays the conflict between different groups in Israeli society, while emphasising the urgent need for unity and cooperation to meet the great challenges that await us as a nation. The play deals with devotion to mission, teamwork, tolerance, and acceptance of the other, reflecting the values upon which the State of Israel was built.

"Bound By Duty" offers a funny, and clear-eyed look at Israeli society – through two people who didn't want to be together, but discovered they needed each other the most.

This the ONLY show that will be in English and with Miriam Peretz introducing it.

Tickets are £18 and it's appropriate for 13 years and above.

Please share with your friends and contacts.

Not to be missed!

Book on:

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



## Jewish Ethics Project (JEP) Essay Competition (see flyer on right)

JEP draws on the depth and creativity of Orthodox Jewish ethical traditions and brings them into dialogue with today's moral challenges.

To this end, JEP presents the Rabbi Lord Immanuel Jakobovits 'צ"ץ' Prize for Jewish Ethics to school pupils, university, yeshiva and seminary students. Rabbi Jakobovits, Chief Rabbi of the United Kingdom from 1967 to 1991, was a pioneer of Jewish medical ethics and a leading moral voice in public life.

Entries should show originality, clarity, and grounding in Jewish sources, with attention to human well-being, practical application, and how ethical challenges facing the Jewish community can be resolved in accordance with Jewish values. Through these prizes, JEP hopes to help nurture a new generation of thinkers who can bring the richness of Jewish ethics into schools, universities, yeshivas, sems, our communities and the wider world.

The aim is not to produce legal rulings or political arguments, but to explore how timeless Jewish values can inspire fresh approaches to modern dilemmas.

Outstanding entries will be recognised with prizes and publication on the JEP website, and, where appropriate, in other publications. All participants will receive a certificate of participation.

