THE GGSJOURNAL NEWS AND VIEWS FROM GOLDERS GREEN SYNAGOGUE



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THE GGS JOURNAL

GOLDERS GREEN SYNAGOGUE

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death, Geoffrey Paul Jewish Primary School, wrote a beautiful article exclusively for The GGS Journal. We publish it in his memory

"THERE IS A GENEROSITY AT GGS THAT IS UNIOUE"

WELCOME

n October 2018. we closed the door to our home, just a stone's

throw from Dunstan Road, expecting to be back in a newly renovated house by December. Nine months and one new baby later, we have finally returned.

In some ways this has been a physically and emotionally draining time; but it's also been one of the most enlightening and uplifting years of my life. The support this community has shown our family, from literally putting a roof over our heads to offering advice and support at every turn, has been truly inspiring.

Having been exiled for periods of time to the wild frontiers of Edgware, Hendon and the more gentile climes of Notting Hill, we encountered many shuls and communities along the way. While they were all pleasant enough, what I've

learned is that there really is nowhere like GGS.

Yes, we have plenty to improve on, and there is a lot we can learn from other communities, but we have something special at GGS. There is a warmth and generosity here that is unique, whether that's generosity of mind, generosity of time or generosity of spirit. This community gives and gives in every sense. Having been the recipient of many forms of your generosity, I want to thank you all from the bottom of my heart and tell you how excited we are to be home!

My husband is a linguist and loves a foreign word or phrase that's almost impossible to translate into English. One of his favourites is the Yiddish, almost untranslatable, word 'tachles'. In its Hebrew variant 'tachlit' means 'purpose', but it is used to mean 'in all seriousness' or 'let's get down to business'.



Tachles is exactly what the past year at GGS has been all about. We spent much of 2018 understanding the direction of the shul and developing a fiveyear strategy. The past year has been about rolling up our sleeves up and putting that strategy into action.

The Council report on page 8 summarises the key achievements of the past 12 months and plans for next year. The job is far from done. It is a five-year plan after all, but I would like to take this opportunity to thank our incredibly dedicated rabbinic team, and our wonderful Executive and Council, who have worked tirelessly to get the job done.

I'd also like to thank the staff at Little Goldies Nursery, whose skill and professionalism has led to a third sell-out year, and Joanna Linden, our administrator and Suraju Yakubu, our caretaker, who regularly go above and beyond the call of duty to make things happen. And thank you to our army of volunteers, who are the backbone of GGS.

Finally, I would like to thank Julia Chain who is taking over as interim Chair until January during my maternity leave. If anyone embodies tachles, it's Julia, and I have no doubt that we will make great strides forward with Julia at the helm.

Shana tova to all and here's to a year full of health, happiness and meaning at GGS!

NAOMI VERBER

CHAIR, GOLDERS GREEN SYNAGOGUE

CELEBRATING **SELF-MASTERY**

ROSH HASHANAH AND THE START OF 5780 PRESENT AN OPPORTUNITY TO REFLECT ON THE EXTRAORDINARY ACHIEVEMENTS OF OUR COMMUNITY, WRITES RABBI DR HARVEY BELOVSKI

he motif of the opening days of the year - especially Rosh Hashanah – is divine sovereignty. The word 'Melech' (king) and similar references to God appear throughout our prayers at this time of the year. The shofar blasts announce the coronation of God, and many of the most familiar and beloved melodies proclaim our homage to God as king.

Yet for many of us, the notion of sovereignty is confined to our interest in the majesty and pageantry of our royal family. We think of the Crown Jewels, robes, palaces and royal babies - the trappings of a celebrity constitutional monarchy. But we have little experience of, if not some discomfort around, the notion of an absolute ruler. And while divine sovereignty may seem to be a rather abstract concept, it is often combined with the idea of parenthood, as in the familiar description of God as 'Avinu Malkenu' (our Father, our King).



This plays to the idea that God doesn't tyrannise humanity, but rather tempers what God demands of us with love and kindness. This allows us to preserve a degree of autonomy and flexibility, while realising the personal and communal aspirations that the Torah sets for us - what I have termed 'negotiated obedience'. I believe that this construct is unique to Judaism and should be a cause for celebration as the year begins.

PHOTO

Rabbi Dr Harvey Belovski officiates at the marriage of his eldest daughter Michali to Yoav Greenberg, October 2018. Photo by Chiko Photography

I am particularly struck by the next stage of the process. Rabbi KK Shapira, the Rebbe of the Warsaw Ghetto, suggests that by the time we reach Sukkot, just two weeks into the new year, the emphasis shifts towards self-mastery, which may be the ultimate goal of religious experience. We first need to pass through a period of submission and heightened self-awareness in the light of the overwhelming presence of God before we can beain to take back control of our own lives and direct our individual and

collective capabilities to a more customised agenda within a traditional Jewish framework.

Rabbi Shapira's idea encourages us

to concentrate on some of the features and aspirations that uniquely characterise our community and our ambitions for the future. Many of the fantastic developments of the past few years are now familiar: improvements to the physical infrastructure, the arrival of the Fromsons, the opening of Little Goldies Nursery, the carefully crafted children's programmes, the comprehensive programming and the beautiful davening. They have made our shul a draw for people across the age and observance spectrums in an area saturated with Jewish provision.

I am equally excited by a series of initiatives instigated by our Executive and which are the focal areas for development over the coming year. They include continuing our emphasis on increased female inclusion, better communications, further improvements to services and

educational programming, and more infrastructure enhancements. I am especially impressed by our sustainability policy. And while acknowledging that it is a work in progress, our shul has now seen over a year of disposables-free kiddushim and has become a role-model community in this area.

As the spiritual leader of the community, it is a privilege to support and endorse these developments and to pledge to help make "OUR them as effective as COMMUNITY IS possible, remaining COMPRISED OF faithful to traditional A WONDERFUL orthodoxy GROUP OF while constantly DEDICATED. improving our MENSCHLICH delivery and PEOPLE" adapting to contemporary needs wherever possible.

Ultimately, a community is comprised of people - in this case, a wonderful and eclectic group of dedicated, menschlich people who continue to apply their individual and collective talents and precious time to guaranteeing our success.

For me, these achievements represent self-mastery at a communal level - defining and directing our collective desting within the panoply of authentic Jewish modes of self-expression. It remains a pleasure and an honour to continue to lead this extraordinary community.

Vicki and I, together with Michali and Yoav, Tehilloh, Dovid Chaim, Tomor Chemdoh, Rochel Tiferes, Shmuel Yosef and Moshe Simcha wish you a healthy, inspirational and spiritual 5780.

RABBI HARVEY BELOVSKI

FAREWELL AND THANK YOU

In June, we hosted a unique Kiddush in honour of four people who have collectively given thousands of hours of devoted service to our community. I am delighted to record my heartfelt thanks to Peter Zinkin, Jonathan Davies, Terry Sopel and Simon **Cohen**, who this year stepped down from their respective roles as chairman, financial representative and gabboyim.

As either chair or vice-chair for many years, **Peter** has given decades of extraordinary leadership and made a colossal contribution in every possible way. The community owes its very continuation through difficult times to Peter and Jacqui.

Jonathan has been a superlative treasurer for many years, balancing the books while managing to support new initiatives that come at a cost. He has also taken on many additional roles that are largely unseen, and for which the whole community is very grateful.

Former gabbai Terry is one of the most loved people in the community and his warm, nonjudgemental approach has endeared him to people of all ages. He rarely misses a weekday minyan and has been a strong supporter of GGS for many years.

Simon has been a fantastic gabbai in recent years, modernising and professionalising the team in partnership with Terry. He is one of the most loyal people I have ever met and cares very much that everything is done properly.

YEAR OF MILESTONES

THE PAST YEAR HAS SEEN A BROADENING OF COMMUNAL PROGRAMMING WITH SUCCESSFUL NEW EVENTS. WRITE ASSISTANT RABBI SAM AND REBBETZIN DR HADASSAH FROMSON

t Shavuot, we marked our fourth year in the community, and this year has seen many family milestones. As well as the recent birth of our third child, Oraya Libby, Hadassah completed her doctorate and is now a fully registered psychologist, Arielle started at Rimon Jewish Primary School and Nadavya started at Little Goldies Nursery.

We feel so lucky that we belong to a community with such wonderful provision, and privileged to be able to play a role in building an infrastructure from which everyone can benefit.

Over the past year we have focused on increasing the community's range of educational opportunities. Moonlight Learning, Soup and Sedrah and the Bnei Mitzvah parent-and-child learning programme were all real successes. We also ran a fortnightly Pizza and Perspectives event for secondary school students, when a good crowd engaged in lively discussion and debate about important modern topics. We also enjoyed having the youth over for regular Friday night dinners, and especially want to thank Hannah Kaufman for delivering a truly excellent youth programme on Shabbat mornings.

The women's megillah reading on Purim was outstanding, with 17 women volunteering to read, including our youngest reader,



FOUR BECOMES FIVE

Dr Hadassah Fromson, with Arielle, Nadavya and baby Oraya Libby

Ruby Weissbart. For the first time there was also a dautime women's reading in the Bet Midrash, which many Rimon mums attended.

The year has also been filled with fun communal events, from a pre-Rosh Hashanah Kumzitz, the Simchat Torah 'after party', Golders Giggles baby music group, women's karaoke night and a Superhero-themed openhouse Purim seudah. A particular highlight was our first-ever Chanukah Winter Wonderland. With a team of dedicated volunteers, we held a communal

candle-lighting event, with mulled wine, hot chocolate, doughnuts, freshly made latkes, activities for children and a charity bazaar.

A key theme of the Rosh Hashanah tefillah is that we stand as one united collective, prepared to do Ratzon Hashem (God's will). Community is also a core theme of Yom Kippur. We say the Vidui (confession) in the plural, acknowledging guilt and seeking repentance on a communal level. with our private, individual prayers taking second place.

GGS is a community that seeks to combine a warm, inclusive and welcoming atmosphere with a genuine pursuit of Jewish learning and spirituality. We don't always get it right, but we try. If there are people who we have left out or let down this year, we ask your Mechila (forgiveness), and we'd love you to reach out and suggest how we can make amends. For us this is paramount. Building a cohesive and engaged community is what keeps us passionate about this role, and underscores the projects we take on.

The Jewish world is fragmented, and there are many divisions that are outside our immediate control, but what we can control is our own microcosm of the Jewish people, our GGS community, which we pray will go from strength to strength this year.

RABBI SAM AND REBBETZIN DR HADASSAH FROMSON



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#PeopleOfJewishCare





UPDATE FROM THE GGS COUNCIL

IN 2019 THE GOLDERS GREEN SYNAGOGUE EXECUTIVE AND COUNCIL HAVE BROUGHT NEW INITIATIVES TO REALITY, AS IDEAS FROM THE 2017 SURVEY ARE IMPLEMENTED

ollowing the community survey in 2017, Golders Green Synagogue has embarked on an ambitious programme of development and growth. During 2019, the focus has shifted from strategy to implementation, and we are pleased to be able to update on the key priorities for the GGS Executive and Council.

The 2017 survey identified 10 distinct areas where further development was needed: services, female inclusion, building, nursery, programming, membership growth, human resources, sustainability, communications and security. While all 10 areas remain a strategic focus, we have now prioritised and streamlined the working groups to facilitate progress.

A new services and education committee is co-chaired bu Rabbi Belovski and Benny Chain, working to make sure that our provision in these two vital areas continues to improve and adapt to member feedback.

The female inclusion working group has made great progress over the past year, with new initiatives including the appointment of Dina Kaufman as our first women's officer, the start of women reciting Kiddush for the community and greatly enhanced support for women saying Kaddish (see page 10).

GGS EXECUTIVE AND COUNCIL

CHAIR

(on maternity leave until January 2020) NAOMI VERBER njverber@gmail.com

INTERIM CHAIR

JULIA CHAIN julia@chain.gb.net

VICE CHAIR JOEL CLARK joel@joelsclark.com

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ADAM BERLIN adamianberlin@gmail.com

WOMEN'S OFFICER DINA KAUFMAN

dina@reshet.co.uk

GABBAIM/WARDENS ROB GINSBURG

MOISHE ENGEL

COUNCIL

BENNY CHAIN JACKIE CROSSLEY JONATHAN DAVIES EVE FREIBERGER GILLIAN FREIBERGER SARA GOODMAN BARRY GREENBY LINDSAY OWLIAEI ANNABEL RIES BENEDICT ROTH ROBERT SCHAVERIEN DIANA WOLFIN

Led by Abigail Swerdlow, we have energised our new membership drive, with a number of events and initiatives tailored to attract new members. We are delighted to report that we had more new members in the first eight months of this year than in the whole of 2018. See page 32 for a list of our new members and do join us on Shabbat 12th October when we will hold a Kiddush to welcome them.

On environmental sustainability, GGS has now held disposablesfree kiddushim for more than a uear and continues to lead the way among United Synagogue communities. Led by Julian Goodkin, we are setting ambitious targets in this area and recently joined the Eco Synagogue group to share ideas and best practice with other communities.

Work also continues on the development of our building, improvements to our security arrangements and enhancements to our communications. We are looking forward to an exciting year ahead as we put further plans and ideas into action.

More volunteers are always needed to help achieve our ambitious objectives. You can give as much or as little time as you like, but whatever your skills or interest, there is sure to be an area that fits. If you would like to get involved, please contact Julia Chain or Joel Clark.

THE GGS EXECUTIVE WOULD LIKE TO EXPRESS ITS GRATITUDE, ON BEHALF OF THE WHOLE COMMUNITY, TO THOSE COUNCIL MEMBERS WHO HAVE RECENTLY STEPPED DOWN: ANDREA BERLIN, HELEN FREEDMAN, RUTH GLATMAN, EVELEEN HABIB, ALISON KIERSZ, MICHAEL SHER, OLIVER SWERDLOW AND JACQUI ZINKIN.

GOING P GREEN

GOLDERS GREEN SYNAGOGUE BLAZED A TRAIL AMONG UNITED SYNAGOGUE COMMUNITIES WHEN IT MOVED TO **DISPOSABLES-FREE KIDDUSHIM** IN 2018, FURTHER INITIATIVES ARE NOW ON THE HORIZON, WRITES JULIAN GOODKIN



Golders Green shul holds first disposables-free Kiddush for #WorldEnvironmentDay

Community dusts off crockery and found spo 6 0 0 6 44

eople who know me well understand that I am deeply attached to the kiddush in our shul. It is difficult to imagine a more convivial and pleasant way to spend three quarters of an hour, after the hard business of davening has been dispensed with, than eating herring and chocolate Danish pastries, all washed down with a whisky (or two), whilst engaging in conversation (sometimes heated) with the delightful people who make up our congregation.

Imagine my consternation when l realised, after watching David Attenborough's Blue Planet II, that this Bacchanalian highlight of my week was to be tinged with quilt. The idea that the plastic found in the stomach of a baby albatross on the other side of the world might well be one of our plastic shot-glasses concerned me greatly, so much so that I was having to drink more whisky at home to get over the trauma of it.

Fortunately, we were able to do something about the situation. With the support of the Shul Council, practical and financial help from the Ginsburg family, and the efforts of the people who run the kitchen and kiddushim (Diana Wolfin, Eve Freiberger and Joanna Linden, our administrator), we now have a guilt-free, plastic-free kiddush. The result: my whisky intake has returned to acceptable levels and there is a family of albatrosses from the Falkland Islands who have applied to join the community.

Michael Sher has been instrumental in taking our vision of an environmentally friendly shul to the next stage and we are now looking to further areas where we can capitalise on the goodwill generated by our first green initiative. This extends not just to our own members, but members of other United Synagogue communities who have approached us to ask how they can make their own kiddushim plastic free.

I am delighted to report that we have now joined Eco Synagogue, a cross-communal initiative that encourages shuls of all denominations to consider and improve their environmental footprint. Using a comprehensive questionnaire designed by Eco Synagogue, we have prioritised a number of areas where we can make a swift impact.

These include:

- switching the shul's electricity to a 'green' energy supplier;
- using recyclable paper where possible;

· looking at the management of the shul grounds to encourage wildlife:

• examining ways to control our water usage;

• liaising with other United Synagogues to spread the word, and enhance our reputation as a thought leader in this field.

This is by no means a comprehensive list and I would be delighted if anyone who wants to be involved can come up with more creative ideas. In fact, the more people that offer to help, the more I will be able to concentrate, guilt free, on doing what I like best (see start of article).

WOMEN'S **OFFICER**

DINA KAUFMAN, GOLDERS GREEN SYNAGOGUE'S FIRST WOMEN'S OFFICER. EXPLAINS WHAT THE ROLE ENTAILS

s many of you know, I work as a GP here in Golders Green. Doctors like to use Latin terms and write illegibly, so when I was asked to write an article about this new role. I knew it would be a challenge!

Growing up in a household of high achieving and feisty women, I have always been interested in women's issues. In my school I was taught that there were no limits to my potential and career because I was female. As a doctor, my work and life choices haven't been constrained by my gender.

However, in the shull attended when I was growing up, my participation in the religious experience was limited. I often felt that Shabbat morning was just a spectator sport for me and this impacted on my spiritual wellbeing. I was determined that things would be different for my daughter, Elisheva.

When Elisheva came back from seminary in Israel, we started a women-only Friday night service in our house, which provided an opportunity for us to engage in the spiritual beauty of welcoming Shabbat. We also both joined the women's leining group to read from Megillat Esther, which has proved to be a very special experience for both readers and listeners.

My friend Sally Berkovic once told me that the most common time for a man to re-join the United Synagogue was when he experienced the death of a parent, and the most common time for a woman to leave was when she experienced the same. When my father died just over two years ago, I very much wanted to say Kaddish. I was greatly helped by Felicia Epstein who, like me, was in aveilut

"THE WOMEN'S OFFICER WILL OFFER SUPPORT AND GUIDANCE IN SHUL, WITH PARTICULAR ENSITIVITY TO ISSUES THAT PERTAIN TO WOMEN"

> (mourning). Had Felicia not guided me, I would have felt lost and this would have increased my grief.

I wanted to change that for other women and this is why we have started to make changes at Golders Green Synagogue. There are now opportunities for women to say Kaddish, on a Yahrzeit itself, on a Shabbat close to it or during the whole period of aveilut. Together with my band of volunteers, we hope to make this a more meaningful experience.

With Rabbi Belovski and Rebbetzin Hadassah, our next project will be to provide more opportunities for women to 'bensch gomel'; a prayer of gratitude after giving birth, recovering from a serious illness or surviving a dangerous journey.

The Office of the Chief Rabbi has issued some guidelines on the new role of Women's Officer. Its main purpose is to ensure inclusivity and promote engagement for women in religious services and community life. The Women's Officer will offer support and guidance in shul, with particular sensitivity to issues that pertain to women. It is regarded as a leadership role and the Women's Officer is therefore a member of the shul's Council, alongside the male wardens. This new role should be moulded to the specific needs of each shul, enhancing women's engagement with the beautiful spirituality of our religion, within a halachic framework.

Thank you to all those who volunteer both on Shabbat and during the week to enable this project, and to Rabbi Belovski and Naomi Verber for facilitating this position.

CONTACT DINA AT DINA@ RESHET.CO.UK

LITTLE GOLDIES **STARTS THIRD YEAR**

NURSERY MANAGER ALISON MAZIN JOINED GOLDERS GREEN SYNAGOGUE IN SEPTEMBER 2017 WHEN LITTLE GOLDIES OPENED ITS DOORS. TWO YEARS ON, THE NURSERY IS OVERSUBSCRIBED AND THRIVING



CHILDREN OF LITTLE GOLDIES, **JULY 2019**



60 SECONDS WITH ALISON MAZIN

HOME: Hendon

COMMUNITY: Raleigh Close FAMILY: Married to Andrew, with four children - one in America, two in Israel, and one in London. My daughter Sophie works at Little Goldies and I have four amazing grandchildren in Israel. PREVIOUS JOB: Ran Danescroft Nursery for 14 years and before that, I ran my own playgroup from home.

BEST PART OF THE JOB: Seeing our children develop and get ready for school.

INTERESTS: Going to the theatre, going to Israel to visit my grandchildren, swimming and walking. I have done three walk marathons.

FAVOURITE BOOK: To Kill a Mockingbird.

LAST HOLIDAY: Israel TO MEET? I'd like to have tea

with Maggie Smith, Judie Dench and Julie Walters.

LITTLE GOLDIES: We have 26 children here, aged 2-4, we were full straight away and have a waiting list. The nursery fitted in immediately and the children have achieved so much.

We have Angela, my deputy and our special educational needs coordinator; Natalie, who came from Yavneh and brings lots of music to Little Goldies, Liat, our Israeli teacher, Sophie, Maayane and Laura.

BNEI MITZVAH Class Launch

THIS YEAR REBBETZIN DR HADASSAH FROMSON BEGAN A VERY SUCCESSFUL BNEI MITZVAH COURSE FOR PARENTS AND CHILDREN, DEVELOPED TOGETHER WITH RIMON PARENT KERRIE JOSEPHS



CREATIVE THINKING

Above right: Kerrie Josephs with her daughter Freda. Above: Challah making class at the Fromsons' home The new Bnei Mitzvah course launched by Rebbetzin Dr Hadassah Fromson and Kerrie Josephs

aimed to create a meaningful Jewish learning and bonding experience for girls and boys and their parents in the year leading up to, or following, their Bat or Bar Mitzvah.

Seven parent/daughter duos, including two from Golders Green Synagogue and five from Rimon, met monthly between January and June 2019. The programme sought to encourage parents and their children to talk about core Jewish values with each other, and help the girls think about their Jewish identity before entering adolescence. Hadassah got everyone's creative juices flowing with all sorts of activities – from clay to canvas painting, games and challah making.



The sessions covered important themes including: understanding your Jewish name and identity, the meaning of Shabbat candles, the goals we choose in life, Judaism's approach to self-esteem and external appearances, an appreciation of Shabbat and an in-depth textual study of everyone's individual parsha. There will be a Havdalah and Melaveh Malka to complete the programme in October, once the younger girls have settled into their new secondary schools.

There was full attendance throughout, and it was wonderful to see parents talking to their children about their Jewish heritage. Hadassah looks forward to running the course with a new cohort in January 2020.

FROM KERRIE JOSEPHS

"As the parent of a child in Rimon's first ever Year 6 cohort, I asked Rabbi Belovski, the school's principal, if GGS or Rimon were planning any Bnei Mitzvah lessons. He replied that it was a marvellous idea, and promptly asked me to organise it!

Following several meetings with Hadassah, we launched an inspiring and creative six-month programme of reflection, learning and bonding. The course far exceeded my expectations, and affected both Freda and me in ways we couldn't have imagined. Perhaps it is Hadassah's profession as a counselling psychologist, or the power of sharing and learning as a group during one of life's big transitions – but either way, we found the programme transformational. Freda and I continue to discuss the ideas and concepts that were explored, particularly those specific to her parsha.

I know that when Freda stands up to deliver her Dvar Torah at Golders Green Synagogue, it will be the culmination of a meaningful journey of Jewish learning into our shared history, and a new beginning that will challenge her ideas of her contribution to Jewish life in the future.

Thank you, Hadassah. It has been very special."

FROM FREDA JOSEPHS, AGED 11

"I recently took part in the shul's Bat Mitzvah course, with six other girls and their parents – both mums and dads were welcome. I really enjoyed the different subjects that Rebbetzin Hadassah taught, and I particularly enjoyed the special atmosphere in her home. I would describe Hadassah as kind, a wonderful listener and a creative educator.

My favourite lesson was when we discussed what 'having a name' means, and the importance of earning a good reputation. It was so interesting listening to the different opinions and creative ideas of the group – my mind was definitely opened and challenged by their different ways of seeing things.

The course also encouraged parent-and-child teamwork, which was fun and made me feel part of the Jewish community in a different way.

I'm very much looking forward to our graduation in October, when we will come together again after we have all gone to different schools. I hope we can keep this group and do more learning together. I would recommend this course to anyone."

OUR NEW BAT MITZVAH Programme

Over the past few months, the GGS Female Inclusion Group has developed an ambitious and creative Bat Mitzvah programme, with a special emphasis on increasing what we offer to Bat Mitzvah girls and their families. The new programme, which sits alongside and sometimes in conjunction with the Bar Mitzvah programme, consists of five new options:

1. RECITING KIDDUSH ON SHABBAT MORNING

Bat Mitzvah girls, or a close female friend or relative, are encouraged to say Kiddush for the community at the end of the service. Several girls and women have already participated in this mitzvah and found it really meaningful.

2. GIVING A DVAR TORAH DURING THE SERVICE

Although girls have had the opportunity to give a Dvar Torah at the end of the service on a Shabbat morning for several years, we are now offering girls the opportunity to speak prior to Musaf. Girls are encouraged to speak from the pulpit to address the whole congregation.

3. LEAD WOMEN'S KABBALAT SHABBAT

As part of their celebration, girls are welcome to lead a women's Kabbalat Shabbat service in shul on Friday night. The service can also include an address to the Bat Mitzvah from the Rebbetzin and/or mother. A Kiddush can then follow for the community. This initiative was started by Gavriella Epstein-Lightman and was very successful. Rebbetzin Dr Hadassah Fromson offers private classes to girls to learn the service and tunes.

4. BNEI MITZVAH CLASSES

Last year saw the inauguration of very popular group classes to prepare children spiritually for their Bar/Bat Mitzvah, as reported on these pages. We look forward to running this course again next year.

5. SOCIAL ACTION PROJECT

As part of their Bnei Mitzvah year, we really encourage our girls and boys to get involved in a social action project. We are developing a structured framework so that all children in their Bat/Bar Mitzvah year can take part.

We are excited to see these new initiatives in action. If you have any comments or suggestions for further Bnei Mitzvah provision, please contact Rabbi Belovski or Julia Chain (interim chair).













THE YEAR IN PICTURES

FROM SUKKOT AND PURIM TO SHABBATUK AND MITZVAH DAY, IT HAS BEEN, AS EVER, AN ACTION-FILLED YEAR AT GOLDERS GREEN SYNAGOGUE - WE LOOK FORWARD TO DOING IT ALL AGAIN, AND MORE, IN 5780!





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GOLDERS GREEN EVENTS

iven the timing of the GGS Journal, which is published in September, it seems a long time since we held our annual quiz supper in October 2018 - always a popular, well-attended and very competitive event. Slight changes were made by the quiz team in 2018 and we felt that it was one of the best guizzes to date. We are not a fundraising committee but we do try to cover expenses – not always easy when putting on a supper. However we were delighted that we raised around £1000, mainly through the raffle.

In December 2018, we welcomed David Newman OBE, professor of geopolitics and political geography at Ben Gurion University. As part of a UK lecture tour and before speaking at Limmud, he spoke to us about 'Treasures and Secrets from Anglo-Jewish Archives'. The audience was truly fascinated by his stories and there were several links and coincidences that came to light within our own community. Professor Newman is an expert speaker on a wide range of subjects and we hope to invite him back next year, when he will be undertaking another speaking tour in the UK.

In March 2019, we were delighted and honoured to have our own member, Paul Morland, to talk about his latest book, The Human

GGE CHAIR EVELEEN HABIB LOOKS BACK AT THE VARIED EVENTS OF 2018-2019

Tide: How Population Shaped the Modern World. How lucky we are to have such incredible talent within our midst - Paul joined us fresh from appearances on television, radio and elsewhere. The large audience was fascinated by the very engaging way Paul presented his subject, taking a series of numbers and explaining their relation to a particular demographic concept in a chosen country. He subsequently signed copies of his book and was pleased to sell more copies on the evening than he imagined he would, having very generously given a discount to shul members.

OVER TO YOU

So now we come to you - our community. There are so many different events for us to enjoy, whether a Talmud shiur, events for younger families, Shabbat meals with guest speakers, Moonlight Learning and Soup and Sedra, to name just a few. In the five years since we formed Golders Green Events, we have put on a range of events including our annual quiz supper, talks by our own members on books they have written, antiques roadshows, musical evenings, Question Time-style discussions and Desert Island Discs. If you would like to see a different type of event or have a particular idea, please let us know and we will do our best to oblige.





And please join us at the next quiz supper on November 10, 2019!

GOLDERS GREEN EVENTS: EVELEEN HABIB (CHAIR). JACKIE CROSSLEY, RUTH LEVESON, ROBERT SCHAVERIEN, SUE SILVER, **TERRY SOPEL, JEAN** SUSSMAN

PHOTOS

Paul Morland speaks about his new book, 'The Human Tide: How Population Shaped the Modern *World'*, March 2019; the GGE Quiz Supper, October 2018

GOLDERS GREEN CARES

FROM COOKING MEALS TO HOME VISITING AND VOLUNTEERING FOR TEA PARTIES, THERE ARE NUMEROUS WAYS TO SUPPORT THOSE IN NEED IN OUR COMMUNITY

he true measure of a

community may be

felt most at times of

great need. Golders

Green Synagogue's

welfare provision continues to

support those in need in all sorts

of different ways, from hospital

tea parties and food packages.

and home visits to meal rotas,

Susan Freiberger has led this

service for many years, and the

community expresses its deep

The welfare group is made up of

a very active group of volunteers

who make phone calls in the

lead-up to Rosh Hashanah and

Pesach, and make regular home

visits. Sara Raiher contacts and

while Rachel Paul does hospital

visiting when needed. Ruth

supports those who are bereaved,

sensitivity and commitment

thanks to Susan for her

to this important cause.



SUSAN FREIBERGER AND HER TEAM AT THE GGS SPRING TEA PARTY. MAY 2019

gifts for Rosh Hashanah.

The GGS tea parties have also become a very regular fixture in recent years and are always a great success. They run twice a year - in autumn and spring – and are organised by Susan, together with Jackie Crossley, Eveleen Habib, Natalie Kelly and many volunteers.

Several years ago, Lisa Scott started a meal rota service for our community, which is now organised by Rachel Clark. We have provided countless meals to congregants and their families at times of need. Our volunteers do a fantastic job of providing a daily hot meal to individuals and families who need a rota and we're veru proud that the rotas are nearly always filled within 24 hours.

We're always looking for new volunteers, so please consider joining the meal rota or the welfare team! Both are a wonderful, easy and fulfilling way to give something back to the community.

To join the welfare team, email Susan Freiberger at **susan**. freiberger@gmail.com or call her on 07415 006072

To join the meal rota, contact Rachel Clark at clark.racheld@gmail.com

Glatman organises the Pesach food parcels and the honey cake

MEAL ROTA FAQ

WHO CAN REOUEST A ROTA? Any shul member!

WHAT SORT OF SITUATION ENTITLES ME TO A ROTA?

Any situation in which you or your family might appreciate some extra help. Most commonly, we provide meals after a birth or a bereavement, but we are also very happy to do rotas for those moving house or suffering from illness (both physical and mental health).

WHO CAN JOIN THE ROTA?

Any shul member - and we really recommend joining up! It's a very simple system. Prior to joining, we send you a copy of the shul kashrut policy, which must be adhered to if you want to make food yourself. After that, you are added to the volunteer list and will get an email asking you to sign up to each new rota. We use a very simple website takethemameal.com – and it's just a question of picking a day, choosing a meal, cooking it and then dropping it round. If you can't volunteer for a particular rota, that's fine too. There is no obligation.

I'M WORRIED THAT I DON'T STRICTLY ADHERE TO THE KASHRUT POLICY BUT I'D LIKE TO CONTRIBUTE ANYWAY. CAN I?

No problem! You can buy a tasty meal from a kosher deli or restaurant and drop that round instead.

RIMON'S CLASS OF 2019

SEVEN YEARS AFTER IT **OPENED ITS DOORS IN** SEPTEMBER 2012, RIMON JEWISH PRIMARY SCHOOL SAW ITS FIRST COHORT OF YEAR 6 STUDENTS LEAVE FOR SECONDARY SCHOOL IN JULY 2019, GRADUATES JEMIMA VAUGHAN AND LILA SILVERMAN LOOK BACK ON THEIR TIME AT RIMON



AT THE END OF HER TIME AT RIMON, JULY 2019, AND, INSET, JEMIMA ON HER FIRST DAY, SEPTEMBER 2012



JEMIMA VAUGHAN

"My first memory of Rimon is the opening ceremony in August 2012, where I met my Reception class friends and teachers for the first time. I felt nervous but excited, as everything was brand new, and we were the only class. Even the smallest details had been thought about, including some cleverly decorated 'Rimon' cupcakes, which were delicious!

Rimon is special to me because I have grown with it at every stage, including seeing how much work went into making it a great school. Whenever Governors' meetings were held at our house late in the evening, I always peeked downstairs and tried to listen, and rushed to bed if I could hear my headteacher! I have loved being in the first class to navigate its way through. I feel very at home there - after all, I am usually at Dunstan Road six days a week!

The 2012 Reception classroom was the Lebetkin Hall, which used to be the shul Succah. It was later knocked down to make space for the permanent school building. When I walked

in on my first day, I was struck by all of the colourful posters and equipment that the teachers had worked hard to prepare over the summer. The school only had 13 pupils, including me, and almost as many teachers. We had so much attention! One of my best memories is of Miss Williams, our Reception teacher, bringing unhatched chicks in incubators into our classroom and watching one hatch before our eyes.

Rimon has changed so much since then. From packed lunches to hot lunches (with many complaints); from headteachers Dr Dunn (Rapunzel on World Book Day) and Miss Campbell (Ana in Frozen), to Ms Keen (the Queen of Hearts). Only six of my original Reception class were in Year 6, which was a happy and fun group of 25 children. It was a historic moment this summer when the entire school gathered together for the first wholeschool photograph. My class has just performed the Year 6 leavers' musical, and we are all starting to look forward to new horizons.

Rimon will always have a special place in my heart."



LA SILVERMAN AT THE END OF HER TIME AT RIMON LILA ON HER SEPTEMBER 2012

FULL HOUSE

Left: Rimon's first Year 6 graduates on a field trip to the Apple Store in Brent Cross; Below: Year 5 on a trip to Essex Outdoors Danbury and last year's Reception class in their playground.





LILA SILVERMAN

"When I look back at my seven years at Rimon, these are some of my best memories from each year.

RECEPTION (2012-13)

Before Reception even started. I remember the school opening with Chief Rabbi Lord Jonathan Sacks, Rabbi Belovski, our teachers and

all my new classmates. I can't believe how short and cute we all were. It was a year of new starts. We started at Rimon, we also started looking after pets, with which we had mixed success. We had forest school and one day we found a woodlouse, which we named Woody. Throughout Reception, we cared and fed him, until year two, when he was trodden on!

YEAR 1 (2013-14)

When we came back from summer holidays and started Year 1, the new school was almost built. About half way through the year we moved from the shul into the new building. It was such an exciting move because we were finally in a building of our own!

YEAR 2 (2014-15)

My abiding memory of Year 2 was learning about the Tower of London and our trip to visit it. However, it's not the Crown Jewels that stick in my mind, but the infamous ravens. We were sitting down for lunch and I was about to eat my sandwich, when a raven swooped down and stole my lunch. Very kindly, the mum of one of my friends gave me her sandwich.

YEAR 3 (2015-16)

Looking back on Year 3, I still remember Golden Time every

Friday afternoon. Each week, our teacher gave us games, arts and crafts and other fun things to do. It was a great way to end the week.

YEAR 4 (2016-17)

In Year 4, we learnt the recorder. We were all super enthusiastic about it - probably more so than our parents! Each Tuesday, we would excitedly get our recorders and wait patiently for our recorder teacher, Steve, to arrive. My parents say they're pleased I wasn't a natural.

YEAR 5 (2017-18)

In Year 5, we went to Etgar, the Jewish schools guiz. It was an amazing day at Wembley Stadium. Although we were nervous, I think we did OK, even though we STILL don't know our scores. The day left us with many happy memories.

YEAR 6 (2018-19)

With 11+ and SATs, it was a tough start to the year. But once we got them out of the way, it has been a lot of fun. My highlight was our school play, Let The Games Begin. We started rehearsing it around two months before the performances. It was a very fun experience, as we spent so much time dancing, singing and acting. We had three performances: one for the school and two for the parents. The last one was professionally filmed. Before we went on stage, some of us were nervous, so the people that were more relaxed helped those who were nervous be more confident. The performances turned out great and all of our hard work paid off.

The past seven years have been super exciting and fun. I am sad to leave as my friends and I are going to different schools. However, I am very excited for what comes next and I know that

GEOFFREY PAUL, 1929-2019

GEOFFREY PAUL Z"L, WHO PASSED AWAY IN AUGUST 2019, WAS A STALWART MEMBER OF GOLDERS GREEN SYNAGOGUE FOR MANY YEARS AND WAS WIDELY RESPECTED ACROSS THE ANGLO-JEWISH WORLD. GEOFFREY EDITED THE JEWISH CHRONICLE FROM 1977-1990 AND CONTINUED TO WRITE LONG AFTER HE LEFT THE NEWSPAPER. THIS FINAL PIECE, WRITTEN FOR THE GGS JOURNAL SHORTLY BEFORE HIS DEATH, REFLECTS ON THE RECENT ACQUISITION OF AN ELECTRIC SCOOTER THAT HAD ALLOWED GEOFFREY TO COME TO SHUL ON SHABBAT MORNINGS, MUCH TO THE DELIGHT OF ALL WHO KNEW AND RESPECTED HIM.

n a moment of editorial rashness, the editor of this lively journal invited me to dust off my fountain pen and write a piece on a topic of my own choosing.

It is not only the body that ages with advancing years. So, too, does the thinking process. My first thought was to write about what I now know best - the Jewish ageing process. You know, a sort of "Does he take cholent?" This, of course, would include the difficulty of walking to shul on Shabbat or, when in shul, mounting the few steps to the bimah and praying that, when you get up there, it is not for hagbah (the elevation of the Torah scroll).

But the theme was depressing, even distressing, since, when the editor's invitation arrived, I was in a state of semi-mourning – for my car, my faithful companion of these latter years, which had regularly escorted me, seemingly without my intervention, to the pharmacy, the supermarket or the doctor – especially the doctor. I had had to abandon her (must be a 'her', if I loved her so much) in reluctant acknowledgement that the March of Time becomes just a shuffle. But, after 70 years or more of being king of the road, the notion that I would never again put hand to wheel hung over me as a dark cloud.

MINIS AND SUNBEAMS

In truth, cars have acted as markers to chapters of my life, whether it was the very early Mini which was unpeeled like a tin of sardines by a truck crossing my bows in Marylebone Road, or the metallic gold Sunbeam Rapier I took with me when I went to work in Israel so many years ago. We had quite a few adventures together.

Over 45 years later, I still bore people with the story of my drive to work one rush hour through that Jerusalem junction named, to the surprise of many, Paris Square. The traffic from Rehavia, from Derech Aza, from seemingly everywhere, grates to a reluctant stop as it approaches Rechov Keren Hayesod and its old, British-style traffic light (or it was then). My Sunbeam, at the head of several lines of traffic, came to a stop, as a British car would, when the light turned to red.

AMS But it refused to move on at green. As the traffic light cycled from red to amber and to green, the drivers behind, seemingly desperate to get to work, opened a cacophony of horns. Not only horns. A policeman who had been standing beneath the traffic

beneath the traffic light watching the chaos build, slowly, in

the manner of policemen, set off across the junction in my direction. When he reached me and my near-panicked attempts to get the car moving, he made a rolling motion with his hand, signalling that I should open my window. He leaned in and, in immaculate English, pointed



Geoffrey Paul z"I on his electric scooter in June 2019. Geoffrey passed away on August 4. Photo by Clare Paul. to the traffic light he had just abandoned and asked, "What is the matter, sir? We do not have a colour that you like?"

THE FRIDAY DASH

Another encounter with the Jerusalem police was when I was dashing home to Ein Kerem one Friday afternoon, Shabbat looming. There was already only an occasional car on the road, when a policewoman stepped imperiously (and courageously) out of a lay-by onto the highway and gestured me to stop and pull over. My Ivrit was good enough to know what she was saying (you would have known in any language) but, it being late and almost Shabbat, I lied, saying in very broken Hebrew that, sorry, I did not understand. Using hand gestures to order that I not move, she got on her radio and spoke to a crackle at the other end. "I

have got an idiot here who was unquestionably speeding. I think he's English. Anyway he speaks no Hebrew." There was another crackle and then a fed-up man's voice said: "Tell him 'Shabbat Shalom' and (in English) to drive carefully."

I do not know if I should tell you this, but when I left Israel, a senior police officer supervised the sale of my car to one of the city's most glamorous ladies of the night. She liked the idea that she could put the roof down when touting for trade. She paid in dollars, which my inspector friend meticulously counted before handing them over to me and handing the keys to her – all this in a central Jerusalem parking lot used by the Burial Society!

Happy days, but now you'll have to excuse me. I have to charge my scooter...

KELMAN YURMAN. 1923 - 2018

GOLDERS GREEN SYNAGOGUE IS PLEASED TO RECORD ITS GRATITUDE TO MR KELMAN YURMAN Z"L FOR HIS GENEROUS LEGACY DONATION, WHICH HAS BEEN ADDED TO THE GGS BUILDING FUND



KELMAN YURMAN ON A VISIT TO SAGE NURSING HOME IN 2018

2018, Golders Green Synagogue was informed that he had generously left £15,000 to the community in his will.

fter the late Mr

Kelman Yurman

z"l passed away

on September 5,

The legacy donation has been put into our building fund to support the further development of our physical infrastructure, and while we will never be able to express our gratitude personally, we are very grateful to Mr Yurman and pleased to be able to make a short dedication in The GGS Journal.

Born in Edgware on October 27, 1923, Kelman, who was always known as Ken, worked in advertising and was a member of Golders Green Synagogue for many years, although he had been unable to come to shul in later years due to ill health.

Ken was married in August 1958 at the age of 34, but his wife Rose was diagnosed with multiple sclerosis just a year after they married and he spent much of his life caring for her. While carers would come and go from their home in Golders Green, Ken managed most of the care himself until Rose died in March 1996, at the age of 64.

During nearly 38 years of marriage, Ken remained completely devoted to Rose and her death left a huge gap in his life. In his latter years, he lived at Eagle Lodge in Golders Green and formed a close friendship with Mark Sadler, who cared for him in his final years and with whom he travelled twice on cruises to the Mediterranean.

Mark recalls that Ken spoke fondly of Golders Green Synagogue and enjoyed going to Sage Care Home on Yom Tov. He also enjoyed trips to Hendon Park and took a keen interest in horse racing, though he never made big bets.

"Ken was a quiet, kind-hearted gentleman who kept himself to himself, but he loved to laugh and chat. He didn't beat about the bush and had no time for fools. He was very generous and also left money to other charities such as Sage and Jewish Care," says Mark.

After his death in September 2018, at the age of 94, Ken was buried in Bushey Old Cemetery next to his beloved wife Rose, and a short Shiva was held at Sage.

MEMORIES OF SAM PIVNIK Z"L

A GGS BAR MITZVAH PROMPTS ALAN WITTE TO REMEMBER HOLOCAUST SURVIVOR SAM PIVNIK, WHO PASSED AWAY IN 2017

e had a Bar

Mitzvah in shul recently. The lad chanted

his Sedra and the Haftorah, then ducked under a fusillade of sweets hurled from the women's side and became a man. It made me think of Sam Pivnik z"l.

Sam's father was an official at their shul in Poland and Sam was looking forward to his Bar Mitzvah. His 13th birthday was on Friday September 1, 1939, but he was woken by the sound of Nazi jackboots crashing on the cobblestones outside. Sam's town was captured and he became a man and a survivor. You can read

about this in his book. Survivor (Hodder & Stoughton, 2012).

But I remembered the time, perhaps 65 years later, when Sam showed me a silver fruit dish with a large handle. He had bought it as solid silver and left it on a friend's antiques stand for sale. Business was very slow and, to pass the time, Sam's friend started to polish the dish. He polished it and polished it, when he noticed the edges were turning a copper colour! It was not solid silver, and illegal to sell it as such.

This fruit dish, when turned upside down, was in the shape of a 19th century German cavalry helmet. It was not the better known



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Chal Lifeline Cancer Care Registered Charity No. 1078956

'picklehaube' worn by the infantry, but the 'tschapaka' - so difficult to pronounce that the British called them 'mortar boards'. You can imaaine the square base. "See if the shul might buy it?" I suggested. "Bar Mitzvah boys could wear it to protect their heads from the sweets that are thrown at them."

Nothing came of this suggestion, so boys still need to suffer this rite of passage, which seems to become an ever fiercer, more terrifying, fusillade. Sam, on the other hand, never read his Bar Mitzvah portion aloud, nor did he ever celebrate his birthday again.

ALAN WITTE



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IN MAY 2019, RABBI BELOVSKI AND RICHARD VERBER LED AN INTERFAITH LEADERS TRIP TO POLAND. THEY INTRODUCE AN ARTICLE BY REVD PATRICK MORIARTY, HEADTEACHER OF JCOSS, IN WHICH HE REFLECTS ON THE EXPERIENCE

We were privileged to co-lead an intensive five-day tour, organised and supported by March of the Living UK. We visited Nazi concentration camps and death camps, and saw places of extraordinary heroism and the remnants of pre-war Jewish life in Poland, as well as the remarkable rebirth of the Jewish community. We are delighted that one participant, Patrick Moriarty, headteacher of JCoSS and an Anglican priest, agreed to share his experiences.

Rabbi Belovski & Richard Verber

s one of a dozen senior faith leaders, I took part in a pioneering interfaith delegation to this year's March of the Living in Poland, curated by Rabbi Harvey and led by Richard Verber.

Any visit to the sites of the Shoah is full of complexity and – if done as sensitively as our trip was – leaves one with as many questions as answers. To do it in a group including Muslims, Sikhs and Hindus as well as Jews and Christians added immensely to the richness and depth of the experience.

The sites are unforgettable in their chilling bleakness, and we constantly considered not only the horrors that we saw, but how they were being presented to us. Many ideologies have competed to own the narrative, and we needed to be alert to who was memorialising what, and with what agenda.

The friendships we forged, and the discussions we had about victimhood, responsibility, forgiveness, Israel and the splintering of the soul were extraordinary. Our diversity forced us constantly to entertain multiple narratives, while the sites we saw tugged us relentlessly back to the raw, brute facts.

The last day held some of the greatest poignancy and

perplexity. Marchers gathered between the rough brick barrack buildings of Auschwitz, and walked under its hideously iconic iron gate, along the railway line and through the archway of Birkenau.

Most of those marching were Jews, but along the route we met groups of South Korean Christians begging forgiveness for two millennia of antisemitism. For all their good intentions, this felt jarring, one more appropriation of a Jewish narrative by Christians that demeaned rather than affirmed.

One of our group had just learned, while touring the camp, that several members of her family had perished there. So in our hands we carried plaques inscribed with their names, to leave between the tracks at Birkenau; on our lips was Barcheinu Avinu (taught to us by Rabbi Harvey); and in our hearts burned what its words express, a yearning for unity, for courage, for the light of God's blessing, and for hope.

Processing the experience remains a work in progress. But I came away with heightened awareness that the intolerance which, unchecked, leads to killing and depravity lurks in every human heart. It festers in every society, and it takes its chance wherever the strong are allowed to oppress the weak, and where a dominant narrative shouts down the gentle, complex and diverse voices of the human soul.

REVEREND PATRICK MORIARTY

• Curate of St Stephen's Church, St Albans • Headteacher of JCoSS (The Jewish Community Secondary School) • Honorary secretary and trustee of the Council of Christians and Jews

PSALM IN AUSCHWITZ

HELEN DAVIS RECOUNTS THE HARROWING TESTIMONY SHE HEARD FROM KALMAN BAR-ON, A SURVIVOR OF THE MACABRE MEDICAL EXPERIMENTS OF NAZI PHYSICIAN, JOSEF MENGELE

n July 1987, Yad Vashem in Jerusalem held the trial, in absentia, of Josef Mengele. Jurists, witnesses and the world's media were there. I was covering the story for Germany's Stern newsweekly. The testimony of victim after victim was harrowing and exhausting.

At a coffee break I bumped into Kalman Bar-On, whom I had last seen in New Zealand 12 years earlier when Douglas and I were planning our aliya and he was the local El AI representative. Kalman told me that he and his twin sister were selected by Mengele for his macabre medical experiments. That is how they survived. Kalman refused to give evidence

at the Yad Vashem trial, believing that the only response to the Shoah was complete silence. But he couldn't stay away either.

Two nights later, Kalman came to our Jerusalem home for dinner and, once our children were asleep, told us his story. It took most of the night – Kalman pacing out the 'twins' camp, the women's camp and the gypsy camp on our living room floor. Harrowing and exhausting. There is one thing Kalman told us that night that lodged in my memory. I have mulled it over for more than 30 years.

UNIQUE SIGHT

One autumn morning in 1944, Kalman was sent to the guard post with a message. He knew, everyone in the camp knew, that the transports from Hungary had resumed after a short pause. The inmates of Auschwitz were relieved, Kalman told us that night, because if there were no transports, then they themselves would be gassed.

That morning, Kalman, born to an Orthodox family in Yugoslavia, gazed have had? **"THEIR HEROIC** down from the guard **RESPONSE TO A** post at the streams And yet they chose GHASTLY, INESCAPABLE of newly arrived not to spend their FATE IS ONE OF THE Jews walking last moments BEST EXAMPLES through the barbedtearing their hair I KNOW OF THE wire alley to the gas and their clothes, MAJESTY chambers. He was 14. lamenting their fate OF MAN" He knew exactly where and succumbing to they were going.

His attention was drawn to a small group: a rabbi carrying a Sefer Torah, his flock following, reciting Shacharit as they walked. Kalman knew the prayers by heart. And then something unusual happened. This tiny congregation began reciting Psalm 27, "Hashem is my light and my salvation, whom shall I fear? Hashem is my life's strength, whom shall I dread?" And Kalman, who had lost all track of time in hell, knew that it was the month of Elul and the High Holy Days were approaching.

I think of this memory of Kalman's every Elul when Psalm 27 is recited (though it is usually read at a breakneck mumble, which is a great shame because it is a thing of sublime beauty). Those Jews surely knew they were going to their deaths. They had survived the nightmare train journey to Poland and arrived in Auschwitz-Birkenau to shouts and terrified screams, barking dogs, guns and truncheons. Families had been torn apart: the young and the strong separated for work; the old, sick, mothers and children for extermination. How many illusions could they

uncontrollable grief. They chose to line up behind their rabbi and the Sefer Torah and recite the praises of Hashem as they always had.

To the slaughter? Undoubtedly. Like sheep? Absolutely not. These doomed, anonymous Jews – a handful of the 12,000 a day who were being killed – went to their deaths with a dignity, a discipline, a faith that has remained, for me, a wonder and a mystery all these years. Their heroic response to a ghastly, inescapable fate is one of the best examples I know of the majesty of man.

And I know this because a young boy looked down from the guard house that morning and saw, and heard and understood. And, 43 years later, he told me. And now I, 32 years on, am telling you.

HELEN DAVIS

UNDER MY HAT

FIRST PUBLISHED IN 1997, SALLY BERKOVIC'S BOOK PRESCIENTLY RAISED ISSUES THAT HAVE SINCE DOMINATED THE ORTHODOX WORLD. JUST REISSUED, WITH A NEW INTRODUCTION, THE BOOK IS NOW AVAILABLE ON AMAZON.COM. GIVEN GGS'S SUPPORT FOR WOMEN SAYING KADDISH, SALLY HAS CHOSEN TO SHARE THIS EXTRACT

rom what I have observed, the greatest impact on a woman's personal ritual life is her decision to recite Kaddish, the mourner's prayer. Twenty years ago, when I gave talks about the issues in Under My Hat, it was always the few pages I wrote about Kaddish that evoked the most feelings and the most anger. Traditionally, the father, son or brother in the family will say Kaddish for the deceased, and when there are no men in a family, the task is often assigned to another male relative or close male friend of the family.

Despite the legal opinions permitting women to say Kaddish, it simply wasn't done. Women who are now in their 60s and 70s have told me that they left the Orthodox synagogue of their youth because their needs at a time of mourning were ignored. For some, they were not even allowed to attend the funeral. Their resentment at not being allowed to say Kaddish was particularly difficult in a family where there were no sons and the daughters wanted to say Kaddish. The grown women were encouraged to ask a man – relative or not – to say Kaddish on their behalf.

A HEARTFELT KADDISH

Fortunately, this situation has hugely improved during the last 20 years and women saying Kaddish has been 'normalised' in many Orthodox synagogues. For example, in the UK, the United Synagogue has actively encouraged women to say Kaddish and published a guide that explains its significance in the context of mourning rituals.

At the funeral of her son who was killed by terrorists, Racheli Fraenkel

How Orthothox Women are Shaping the Future of Judaism



Sally Berkovic

РНОТОЅ

Top: Front cover of the 2019 edition (artwork by David Hochhauser) Left: Front cover of original edition, showing Sally's daughters in 1997. One was yet to be born. They all refused to be on the front cover of the new edition.

Photo credit 1997: Alice Rosenbaum Photo credit 2019: Debbi Cooper



stood up to say Kaddish with the men in her family. No one will ever forget that heartfelt Kaddish and, as a respected religious woman who teaches other women at Orthodox institutions, saying Kaddish was more than her own act of faith. It was a Kaddish that changed the narrative about women's participation in public mourning.

Kaddish requires a minyan, a group of 10 men, and much has been written about the role of Kaddish in inspiring men to come to shul, creating a bond with other men. After a year of saying Kaddish, many men feel that they should 'pay it forward' and continue their regular synagogue attendance to ensure that there is a minyan for other men who will need to say Kaddish.

One can read on numerous blogs and Facebook posts about women's experiences of saying (or not saying) Kaddish, and much of it is heart-wrenching. Although women are now starting to come to Shul more regularly to say Kaddish – in my own synagogue, it is not



unusual to have a woman come every morning and/ or evening to say Kaddish – when her mourning period is over, she cannot reciprocate like a man for she can never be counted towards the minyan.

While Kaddish is a tool for engaging men in greater synagogue participation, ironically it can have the opposite effect on women, for it only reminds them that they can never be fully and equally integrated into Orthodox prayer.

OTHER RITUALS

In an unusual twist, other rituals have emerged to give women a 'voice' and a dedicated space as an acceptable way to channel spirituality and ritual. These include 'amen parties' (also called 'bracha parties'), where women come together to eat different types of food that correlate with various blessings so that they can repeatedly say 'amen'. For example, the 'mezonot' blessing over cake and biscuits is a talisman for earning a decent salary, and the 'hagafen' blessing over wine promises a good marriage partner. Women are also encouraged to congregate to make challah and, in the act of 'hafrashat challah' (separating a certain amount of the dough that is set aside to symbolise Temple sacrifices), plead for good tidings for their family and the wider community.

Dr Lindsay Taylor-Gutharz recently completed her PhD on the religious lives of Orthodox Jewish women in North West London, and she examined these parties, as well as practices such as wrapping a red string around the wrist as attempts by women to create their own religious experiences that do not undermine or copy male behaviour. In a sense, these rituals are innovations, but I would argue that they are mere crumbs, designed as an appeasing response to partnership minyanim and other more progressive moves within the Orthodox world.

A simple Internet search reveals a constant stream of books focussing on Jewish women's experiences and evolving rituals in response to lifecycle events such as baby naming, menarche or divorce, and resources for enhancing women's participation in holiday celebrations. Although some of these are not written by Orthodox women, they are indicative of a trend and fill the lacunae in Jewish literature to help create appropriate life-cycle events marking significant milestones in a woman's life.

SALLY BERKOVIC

THE CHIEF RABBI'S **ROSH HASHANAH MESSAGE 5780**



On 23rd June 2019, something extraordinary happened in Turkey; something which provides an insight into how each of us might successfully navigate a society which feels more divided and despondent than it has for manu uears.

Increasingly, when faced with a major problem, public figures discover that they find acclaim by apportioning blame. Immediate, oversimplified solutions are promised and their impassioned rhetoric alone can be enough to generate widespread public support. Over time, those holding an opposing view feel compelled to resort to many of the same tactics in order to be heard and society becomes polarised. Those who might be cast as an obstacle to the success of one side or another are scapegoated. Before long, people become defined by their perceived 'allegiances' and a destructive culture of demonisation of 'the other' sets in.

Today, we call this populism. Its impact is felt across the globe, from here in the UK, right across to Europe, the United States and even in Israel. These are times of disharmony, which many of us never believed we would see.

Citizens in every country are prompted to make a choice: Will we do the easy thing? Will we sit back and allow ourselves to be swept up by the dangerous currents of hostility to 'the other'? Or, can we find a port somewhere in the storm where we can remain considered and temperate; where we can be discerning about truth and justice within our fragile world?

The signs thus far have been less than encouraging, but earlier this year a Turkish man, Ates Ilyas Bassoy, provided a flicker of light in the darkness.

Mr Bassoy had observed how the actor Robert De Niro had publicly insulted President Donald Trump at a high profile awards ceremony the previous year. His expletive-ridden remarks were greeted by a standing ovation, but they also served to motivate and embolden the President's supporters. Not surprisingly, anger generated yet more anger. Mr Bassoy concluded that a more effective strategy would be one of what he called 'radical love' - to meet aggression with peace, insults with praise and hatred with love. To most, it sounded like a naïve – if honourable – approach, but he was

provided with an opportunity to prove it could work when he became the campaign manager for a virtually unknown district mayor, Ekrem Imamoglu. Mr Imamoglu was to stand for Mayor of Istanbul against the might of President Recep Tayyip Erdogan's powerful party regime. Bassoy described his campaign strategy as having two simple rules: Ignore Erdogan and love those who love Erdogan.

Few people believed that his candidate stood any chance. After all, Istanbul had long been a stronghold of the ruling AKP party and President Erdogan had a large base of support in the Turkish capital. Astonishingly, on 23rd June this year, against all the odds, Ekrem Imamoglu was elected mayor of Istanbul, striking a blow for civility, selflessness and decency. The lesson of this most unlikely political earthquake is that the port in the storm is not in fact beyond our reach, nor is it something that we must wait for others to provide. On the contrary, the answer is and has always been right under our noses.

Our societies can take a lesson from our Torah tradition: "The Torah's ways are "דרכיה דרכי נעם וכל נתיבותיה שלום pleasant and all its paths are peace." (Proverbs 3:17) It is within our power to break free from the cycle of polarisation. It begins by modelling what Rav Kook, the first Chief Rabbi of the Holy Land, referred to as 'Ahavat Chinam' - causeless love: making time to give of ourselves to others with no expectation of reward or reciprocity.

Our Sages taught: We become truly wise by learning from every person. We become truly mighty by conquering our own negative inclinations. We become truly honourable by honouring others and we become truly heroic by turning enemies into friends.

A highlight of our Yom Kippur services is the repetitive chanting of the 13 attributes of Hashem's mercy. The Talmud explains that we do so in order to inspire us to emulate the ways of the Almighty; just as He is merciful, so too should we be merciful; just as He is kind, so too should we be kind (Shabbat 133b).

Over the High Holy Day period, when we lower our heads for viduy (confession), we will admit to the sins of sneering, impertinence and obduracy; of disrespect, hardheartedness and insincerity; of deception, tale-bearing and baseless hatred. Are these not among the most transgressed sins of the social media generation? In these times, when decency is no longer the norm and humility is mistaken for weakness, Rosh Hashanah and Yom Kippur inspire us to buck the trend and to change ourselves so deeply that those around us cannot fail to be influenced by it. This is how the seeds for real global change are sown.

Valerie and I extend our heartfelt wishes to you all for a happy, peaceful and fulfilling New Year.

CHIEF RABBI EPHRAIM MIRVIS

FINDING WORK IN THE DIGITAL AGE STEWART ROSE, A VOLUNTEER WITH RESOURCE, LETS US IN TO TODAY'S WORLD OF JOB HUNTING

or those who haven't plunged into the jobhunting scene for a few years - perhaps even just three or four. fundamental changes have taken place that may come as a surprise.

A major change has been the rise in the use of social media to find work, in particular LinkedIn. Facebook and Twitter. Today, that's where those looking for work tend to go first, and it's also often where employers seek out new staff. In fact, 92% of recruiters say they trawl through social media to find the best people, and when it comes to finding work, LinkedIn is probably the most important tool.

But you don't have to enter into the world of social media on your own. Whatever your age, background or work experience, there are organisations that provide guidance and training to bring you up to speed.

Resource (www.resource-centre. **org**), for example, is a charity that provides practical help - all completely free - to members of the Jewish community looking to get back into the workplace.

Resource offers one-to-one advisor support from highly experienced professionals. We have direct links to an extensive number of companies and run a comprehensive range of seminars and workshops



that span every aspect of seeking and finding work, from CV writing and IT training to interview and presentation skills - including, of course, how to use LinkedIn effectively in your job search.

"After nine years away from work, I was anxious that I was out of touch with the digital landscape. Resource gave me the confidence to jump back in. Before coming to Resource, I never imagined that I would find a job on social media that was so perfect for me." NAOMI, AGED 42





All our services are free

Call us on 020 8346 4000 or visit www.resource-centre.org

Follow us on ft @resourcecharity in resource employment advice centre

Charity Reg No: 1106331 Registered in England No: 5211299

Helping unemployed members of the community get back to work

SHANA TOVA U'METUKA ELUL 5779

ROSH HASHANAH GREETINGS FROM THE MEMBERS OF GOLDERS GREEN SYNAGOGUE

BARASI

Wishing everyone a happy and healthy year. Dena, Fred, Eliana, Lila, Amitai and Noam

BERKOVIC - FISHBURN

Wishing everyone in the community a contented and healthy new year. Sally, Jonathan, Avigayil, Eli and Yonina

BOWMAN

The Bowman family wish all their friends and family a happy and sweet new year

CHAIN

Julia and Benny wish everyone a happy, healthy and peaceful new year

CLARK

A happy, healthy and sweet new year to all, from Rachel, Joel, Annie, Jonah and Freddie

COHEN

Simon and Sharon, together with Avital, Sara, Itsy, Eli, Yishai and Batsheva, wish the whole community a shana tova and all the best for 5780

CROSSLEY

Wishing the whole community a healthy, happy and sweet new year. From Jackie

DAVIES

Shana tova from Jonathan

FENNER

Shana tova u'metuka. With best wishes for a happy, healthy, peaceful and successful year. K'tiva v'hatima tova, Inger and Trevor

FRANKS

Wishing the whole community a happy and sweet new year. From Julia, Julian, Ella, Isaac, Gabriel and Michael

FREIBERGER

L'shana tova. A happy, healthy and prosperous new year to all. Eve and Phil

FREIBERGER

With very best wishes for a happy, healthy, and successful new year, Gillian, Malcolm and Jessica, and all the family

FREIBERGER

Wishing you all a happy healthy and sweet new year. Susan and Brian

GEE

With best wishes for a healthy, happy and prosperous new year. From Clive Gee and the Louzon family

GINSBURG

Dina, Rob, Avi, Yael, Elisheva and Aaron wish everyone a sweet, healthy and prosperous new year. Ktivah v'chatima tova

GLATMAN

The Glatman family wishes everyone a happy new year. Let us hope this year may be the start of peace in our time

GOODMAN

Wishing everyone a happy and a healthy new year, and well over the fast. Lots of love Sara, Philip, Avi, Yoram and Shevi

GREENBY

Wishing you all a happy new year from Rhona and Barrry

HABIB

Best wishes to the whole community for a happy, healthy and fulfilling new year. Eveleen and her family

HOCHHAUSER

Wishing everyone shana tova with best wishes from Jo, Daniel, Dina, David and Rachel

KAUFMAN

Shana tova and well over the fast from Corinne, Jeremy, Hannah, Sam, Emma and David

KELLY

Shana toya to all Dunstan Roaders from the Kelly clan, Natalie, Johnny, Shevy, Shimon and Michal

Rosh Hashana and easy fast. Shana haba'a b'Yerushalayim!

Shana tova. Wishing everyone a year filled with only good things. Love Emily, Daniel, Simeon, Jacob and Deborah

LEVEY

with children and arandchildren wish our wonderful shul community a shana tova u'metuka

LEWIS

With every good wish for a healthy, happy and successful new year. Vivienne and Jeffery

MALINSKY

As the new year starts, may you discover a new sense of possibility, of gifts you have to share and a renewed commitment to your faith and your dreams. Yarona and Meir wish their family, friends and the entire congregation a happy and healthy 5780!! Leshana tova tikatevu vetechatemu!!

MANUEL

Liz and Jeremy and all of the Manuel family send best wishes to the whole community for a happy and healthy new year

MORLAND

Claire and Paul, together with Sonia and Joel, Juliet and Adam, wish a happy and prosperous new year to all

PALMER

Best wishes for a happy, healthy and prosperous new year, from Susette and Monroe, Lord and Lady Palmer of Childs Hill

PAUL

I wish the whole community a healthy, joyful and peaceful new year, with much gratitude to all for the support given over the past month. Rachel

RIES - WEISSBART

Annabel, Jonathan, Ruby and Asher wish the community k'tiva vachatima tova and a wonderful 5780

SANDLER

Jenny, Jon, Theo, Millie and Lulu wish the Golders Green Community a happy and sweet year ahead

SAMUELS

Best wishes for a Happy and Healthy New Year. Frances and Monty

SCOTT

Wishing all the Dunstan Road community shanah tova. From Lisa, David, Jacob, Ella and Talia

KERBEL

Jack and Sorrel wish a very happy

I FVFRF

Caroline and Stephen together

SHAW

Shana tova u'metuka! To the Wonderful Dunstan Road Community, from Fabia, Stephen and family

TAGER

Happy new year from Joe, Suzanne, Zac, Jesse and Adi

ULLMAN

Wishing everyone shana tova and all the very best, with special thanks for the highly interesting Shabbos afternoon lectures. Family Ullman

VAISBROT

Aura, Gabriel, Keren, Noam, Dan and Eitan wish the community a happy and healthy new year

WAIDHOFER

Wishing a happy, healthy and a peaceful year ahead for the whole community. Norman and Viviane

WITTE

Rosalind and Alan send you all good wishes for a happy new year and thanks for the Chatan Bereishit honour last year. It was AMAZING and MIND BLOWING

ZINKIN

Wishing the Golders Green community a happy and healthy new year and well over the fast. Many thanks for all your support over the past year. The Zinkin family

ANNOUNCEMENTS



BIRTHS

- Melissa and Gideon Chain on the birth of Maya
- Anat and Nate Dahan on the birth of Lia
- Jennifer and Simon Friend on the birth of Theo
- Rebbetzin Dr Hadassah and Rabbi Sam Fromson
- on the birth of Orayah Libby
- Lisa and Benny Menashe on the birth of Shimon
- Esther Rose on the birth of Raphael
- Naomi and Richard Verber on the birth of Gedaliah
- Sarah Waimann and David Mackie on the birth of Emelia Yael
- Eve and Phil Freiberger on the birth of a granddaughter
- Gillian and Malcolm Freiberger on the birth of a granddaughter
- Martin Gilbert on the birth of a grandson
- Richard Grant on the birth of a grandson
- Liz and Jeremy Manuel on the birth of a granddaughter
- Lord and Lady Sacks on the birth of a grandson
- Norman and Viviane Waidhofer on the birth of a granddaughter
- Diana Wolfin on the birth of a granddaughter

BNEI MITZVAH

- Daniel Brettel
- Sara Cohen
- Max Glass
- Gavriella Epstein Lightman
- Joshua Reuben
- Coby Snyder
- Jake Super
- Sasha Walden
- Ruby Weissbart
- Itamar Wettstein

OTHER SPECIAL OCCASIONS

• Dr Simon Cohen on his 80th birthday

• Monroe Palmer on his 80th birthday

• Rebbetzin Dr Hadassah Fromson on obtaining her PhD



ENGAGEMENTS

- Ronnie Cohen to Malka Tirtza Levy
- Juliet Morland to Sam Gross
- Ilana Manuel to Daniel Bratt

• Allen and Perla Agami on the engagement of their daughter Danielle to Dean Leslie

• Gerry and Janet Patterson on the engagement of their daughter Gail to Aaron Watkins

WELCOME TO NEW MEMBERS

- Adam and Gemma Alster
- Daniel and Ronit Barnett
- Sarah Barth
- Justin and Michelle Brandt-Sarif
- Adam and Katie Cohen
- Amy Cohen
- Janet and Neil Cooper
- Anat and Nathaniel Dahan
- Daliah and Paul Davis
- Jennifer and Simon Friend
- Aaron Ginsburg
- Daniel Goldhill
- Deborah Herman
- Dean Leslie
- Hannah Levy
- Jacob Levy
- Sir Gavin and Lady Naomi Lightman
- Juliet Morland
- Charles and Charlotte Robinson
- Joel Rosen
- Philip Rosenberg
- Gillian Solomons
- Jay Stoll
- Renate Winton
- Yasmin Zlotogorski





FROM LEFT: MICHALI BELOVSKI AND YOAV GREENBERG; ALEX SILVER AND LIMOR AZOUZ; BEN WINTON AND RENATE FROMSON; DAVID COHEN AND AMY SCHRIEBMAN WALTER; SONIA MORLAND AND JOEL ROSEN; ADAM COHEN AND KATIE RUBIN

WEDDINGS

- Brian and Myriam Baderman on the marriage of Hillel and Saskia
- Rebbetzin Vicki and Rabbi Harvey Belovski on the marriage of Michali and Yoav Greenberg
- Barbara and David Cohen on the marriage of Gideon and Ramie
- Dina and Rob Ginsburg on the marriage of Avi and Yael Battegay
- Claire and Paul Morland on the marriage of Sonia and Joel Rosen
- Susannah and Jack Silver on the marriage of Alex and Limor Azouz
- Susan and Adam Winton on the marriage of Ben and Renate Fromson
- Justin Brandt-Sarif and Michelle Rabinovitch
- David Cohen and Amu Schriebman Walter
- Sonia Morland and Joel Rosen
- Guido Rauch and Cate Shamoon
- Adam Cohen and Katie Rubin
- Phil Rosenberg and Frances Abebreseh

SIDDURIM If you would like to donate siddurim to Golders Green Synagogue to celebrate a special occasion or in memory of a member of your family,

> For a donation of £150 (paid by Gift Aid or Charity Voucher if you wish) 10 siddurim will be purchased for the community, each suitably inscribed.





DEATHS

We send condolences to the families of the following members who have passed away:

- Mr Louis Berzon
- Mrs Marie Berzon
- Mrs Muriel Coren
- Mr Brian Fine
- Mr Sidney Franks
- Mrs Valerie Gee
- Mrs Betty Gold
- Mr Hershel
- (Howard) Golker
- Mr Kelman Yurman
- Mr Brian Kerner
- Mrs Sylvia Lewis
- Dr Abraham Marcus
- Mr Geoffrey Paul
- Mrs Nettie Rolnick
- Mrs Stella Sacks
- Mr Werner Tell
- Mr Cyril Temple

WE WISH LONG LIFE TO OUR **MFMBFRS**.

• Brian Beckman, on the death of his son

• Paul Davis, on the death of his father

• Susan Freiberger, on the death of her mother

• Daniel Hochhauser, on the death of his father

• Claire Morland. on the death of her father

• Lucy Stone Q.C. on the death of her mother

The community also wishes long life to the families of Sidney Briggs, Avraham Como and Tuvia Hirsch following their recent passing.

please contact the Synagogue Office.

MAZEL TOV TO THIS YEAR'S CHATANIM AND NESHEY CHAYIL

OUR SIMCHAT TORAH TEA, IN HONOUR OF OUR CHATANIM, EISHET CHAYIL AND JUNIOR HONOREES, WILL TAKE PLACE ON SHEMINI ATZERET, MONDAY 21ST OCTOBER, FOLLOWING MINCHAH AT 4.40PM



CHATAN TORAH Simon Cohen

Simon has just stepped down after four years as gabbai. His commitment. attention to detail and expert knowledge of shul matters have enabled him to professionalise and streamline the organisation and running of our services. He has gone out of his way to be inclusive, creative and collaborative and has been exceptionally loyal and dedicated to the community, despite overwhelming family and professional commitments.



CHATAN BEREISHIT Terry Sopel

Formally the gabbai for the past six years, and informally for many years before that, Terry is one of the most popular faces at GGS. His warm, non-judgemental approach has endeared him to people of all ages. Terry also rarely misses a weekday minyan and has been a strong source of support for the shul, the rabbinic team and the executive through many changes and phases.



EISHET CHAYIL **Annabel Ries**

In a warm and modest way, Annabel has been a driving force of multiple facets of communal life. As well as leading and coordinating children's programmes, she has also been an assiduous editor of The Golders Green Journal and an active contributor to the female inclusion and services working groups. Annabel is always the first to put her hand up to help out, and we greatly value her contribution.



JUNIOR CHATAN TORAH Elisha White

> Elisha has been one of the most vocal, engaged and valuable participants in our youth programming over the past year. As well as bringing a fun and lively style to discussions. his comments are always thoughtful and thought provoking. We are delighted to honour him as this year's junior Chatan Torah and look forward to his ongoing contributions as he continues his journey through GGS.



JUNIOR **EISHET CHAYIL** Jemima Vaughan

the distinction of being the most impressively consistent shul attendee from the incoming youth cohort. She is a true model for GGS Youth of all ages in her dedication to tefillah, following keriat hatorah and engaging with the service. We look forward to her bringing that dedication and passion to other aspects of community life as she becomes Bat Mitzvah.



Jemima holds

HE BELOVSKIS

THE FROMSO ARE DELIGHTED TO INVITE YOU TO A SUKKOT PARTY

שמחת בית השואבה

on Wednesday evening 16th October 2019 41 The Ridgeway, NW11 8QP Between 6.30 and 9.00pm

Light supper served throughout, Fun children's activity from 6.45pm

NOT ESSENTIAL, BUT IT WOULD BE HELPFUL IF YOU COULD LET US KNOW IF YOU ARE PLANNING TO COME

020 8458 8824 /REBBETZIN@GGSHUL.ORG.UK

DATES FOR YOUR DIARY

WOMEN'S LEARNING FOR YAMIM NORAIM Shabbat September 21, 17.00-19.00, 3 Basing Hill

KIDDUSH TO WELCOME NEW MEMBERS Shabbat October 12

WOMEN'S HALLEL, BREAKFAST AND DVAR TORAH Simchat Torah. Tuesday October 22, after Hakafot

> GGE QUIZ SUPPER Sunday November 10

MITZVAH DAY AND BLOOD DONATING AT GGS Sunday November 17

MENTAL HEALTH AWARENESS SHABBAT Shabbat February 1





"Hope is that border that lies between negativity and positivity, in that it is a seam heavily sewn uniting two pieces of cloth"

- Sharon, Jami Service User and Creative Writer

25% of us at any one time will experience a mental health problem

Sharon's struggle with depression led to social isolation. At Jami's writing group she rediscovered a talent for creative expression and regained her self-esteem. Jami's bespoke approach had an enormous impact, giving her hope for the future. Jami provides practical help and support to recover a meaningful life to over 1300 people, like Sharon, every year.

This Rosh Hashanah, please enable Jami to keep giving hope by donating at www.jamiuk.org

Jami is grateful to have Golders Green Synagogue's support for this year's Kol Nidre Appeal.

Visit jamiuk.org Call 020 8458 2223 | Email info@jamiuk.org



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