

From generation to generation

New Year Edition



Festivals

For a run down of what we have an offer for this year's High Holy Days, including Sukkot and Simchat Torah, see pages 19-21



Stonegrove Life

From adult learning opportunities to our wonderful Together Groups, there is something for everyone, see pages 12 & 13



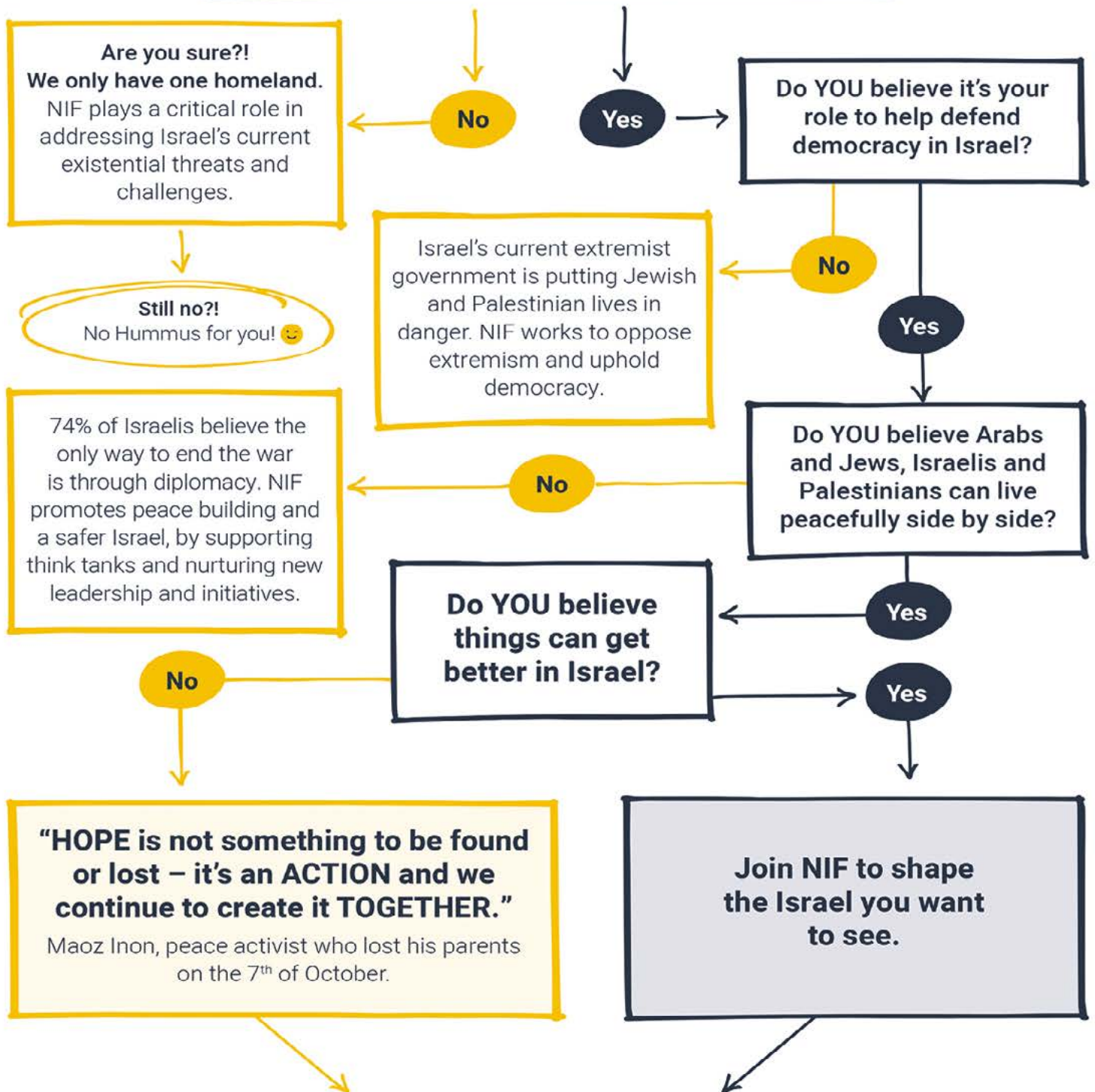
Special Events

Please join us for this year's EHR'S FEST as we showcase our fantastic Synagogue and all it's offerings, followed by the EHR'S AGM, see back page

Wishing the
EHR'S Community
Shana Tova
and well over
the fast



Do YOU care about Israel?



Sign up to our newsletter to support a safe, just and democratic Israel!



הקור החדשה לישראל
New Israel Fund
الصندوق الجديد لإسرائيل

The New Israel Fund (NIF) plays a critical role in facing up to today's distressing reality in Israel: defending democracy, fostering Arab-Jewish Partnership and aiding tens of thousands of people impacted by the horrific attacks on the 7th of October and the subsequent war.

CONTACT US

The normal office operating hours are Monday to Thursday 9:30-17:00, Friday 9:30-15:30, and Sundays 10:00-12:30. You are welcome to call or visit during these times. The office is not staffed on Shabbat and festivals. If you wish to see a specific member of staff, please call in advance to ensure that they are available. The telephone is operated during the normal office hours, 020 8238 1000. You can email to admin@ehrs.uk. Emails and messages will be checked during the normal operating hours. If you need to advise of a death or arrange a funeral, outside of the normal hours, please call the JJBS directly on 020 8989 5252. Please try to make any payments via the synagogue website at www.ehrs.uk/

payment, via bank transfers or otherwise please phone to pay with a credit or debit cards. Please can we ask you not to send cheques and certainly please do not bring in (or send) cash.

BEREAVEMENT

During office hours: in all cases of bereavement please contact June Lewis, the Clergy's Personal Assistant.

Out of office hours: in all cases of a bereavement outside office hours requiring a burial at any cemetery or cremation please call the Jewish Joint Burial Society on 020 8989 5252 and listen to their full message.

JJBS email info@jewishfunerals.org.uk

THE CLERGY

Our EHRS Clergy Team are always happy to hear from you, please contact their Personal Assistant, June Lewis on 020 8238 1002 or june.lewis@ehrs.uk. You can contact them directly:

Rabbi Mark Goldsmith (Senior Rabbi)
020 8238 1020, rabbi.mark@ehrs.uk

Rabbi Debbie Young-Somers
020 8238 1019, rabbi.debbie@ehrs.uk

Rabbi Tanya Sakhnovich
020 8238 1018, rabbi.tanya@ehrs.uk

Cantor Tamara Wolfson
020 8238 1010, cantor.tamara@ehrs.uk

Outside office hours our 24/7 EHRS Emergency Line is **07708 731862**, it will be answered by one of the Clergy Team.

SOCIAL AND PERSONAL

Have you Got News for Us? Whether it be a birth, anniversary or special birthday, please let us know so it can be announced. Please email communications@ehrs.uk

BIRTHS

Theo Jude Cass, a son for Gemma & Ben Warshaw, a grandson for Ros & David Warshaw and Rachel & Stewart Cass.

BAR/BAT MITZVAH

7 Sept - Tyler Koffman, son of Sarah and Lee.

14 Sept - Gracie Joseph, daughter of Lara and Adam.

21 Sept - Olivia Wilson, daughter of Joanna and Toby.

19 Oct - Emily Kesel, daughter of Linda and Benjamin.

26 Oct - Lily Phillips, daughter of Natalie and Dan.

AUFRUFS

14 Sept - Aaron Lawee and Francesca Weber.

19 Oct - Matthew West and Kate Blumenson.

MARRIAGES

Mazel Tov to John and Shirley Burns on the marriage of their grandson Zak, son of Richard and Danielle Burns, to Alexa Effron, daughter of Karen and Craig Effron.

BIRTHDAYS

Mazel Tov to Barbara Stelman and Martin Steinberg on their 83rd birthdays.

Mazel Tov to Melvyn Gilbert and Ingrid Winthrop on their 80th birthdays.

Mazel Tov to Paul Fellerman and Corinne Freedman on their 70th birthdays.

ANNIVERSARIES

Mazel Tov to Frances and Tony Muscat on their Diamond Wedding Anniversary.

Mazel Tov to Sarah and Ian Leader on their Ruby Wedding Anniversary.

Mazel Tov to Annabel and Ian Brent on their Pearl Wedding Anniversary.

SPECIAL ANNOUNCEMENT

Mazel Tov to EHRS member Suzie Simons who received the Royal National Institute of Blind People Volunteer of the Year Award, in recognition of the organisation 'Eye Matter' of which she founded as is CEO, which provides multi-activity, peer support and social inclusion for blind and partially sighted people.

CONDOLENCES

To Howard Tillman on the loss of his wife, Marilyn Tillman.

To Brian Freeman on the loss of his mother, Pamela Freeman.

To Trevor Davis on the loss of his mother, Carole Davis.

To Martin Freedman on the loss of his mother, Audrey Freedman.

To Suzanne Lazarus on the loss of her mother, Allan Lewis.

To Lois Freedman on the loss of her son, Stephen Freedman.

To Bernice and Alan Davis on the loss of their daughter, Alisa Gabay.

To Jacqui Rothman on the loss of her grandmother, Sadie Simons.

To the family of Bronia Lipman.

To the family of Naomi Norman.

To the family of Ann Filer.

To the family of Haidee Rolfe.

To the family of Doreen Wood.

TOMBSTONE CONSECRATIONS

1 Sept at Cheshunt Woodlands – 12:30 in memory of Cecil & Pamela Freeman.

at Edgwarebury Cemetery – 12:30 in memory of Irene Dempsey.

8 Sept at Edgwarebury Cemetery – 10:00 in memory of Malcolm Harris.

at Cheshunt Cemetery – 11:00 in memory of Katie Finn.

15 Sept at Cheshunt Cemetery – 11:15 in memory of Karen Sklar.

14:00 in memory of Sandra Lewis.

at Edgwarebury Cemetery –

13:30 in memory of Esther Collins.

22 Sept at Edgwarebury Cemetery –

12:30 in memory of Valerie Shannon.

27 Sept at Edgwarebury Cemetery –

12:00 in memory of Angela Gee.

29 Sept at Cheshunt Cemetery –

10:45 in memory of Gary Clifford.

11:45 in memory of Sandra Marks.

14:00 in memory of Leila Rosen.

8 Oct at Cheshunt Cemetery –

10:15 in memory of Estella Fifer.

11:00 in memory of Stewart Martin.

22 Oct at Edgwarebury Cemetery –

12:00 in memory of Rhoda Donner.

27 Oct at Cheshunt Cemetery –

11:00 in memory of Sharon Price.

11:45 in memory of David Nineberg.

NEW MEMBERS:

A warm welcome is extended to the following new members of our community:

Steven Koffman and Philippa Wallace.

Michael Sidloff and Hannah Baker.

Lewis Woolfson and Emma Conn.

Saul, Lindsey, and Riley Gaunt.

Josh, Hannah, and Ezra Kutler.

Louis, Lucy, Tali, and Mila Paltnoi.

Joshua, Kim, Aviva, and Lily Coplee.

Natalie, Lily, and Jesse Glynne.

Lauren and Remi Rogers.

Richard, Ana, and George Jayson.

Mia Blakely, Stephen Gold, Jason

Childs, Odette Pyzer, Charles Grant, Lily

Waterman, Ahmed Zlitini.

SERVICES

For Service Zoom details please see forthcoming Our Week Ahead emails, or email admin@ehrs.uk



Kuddle Up Shabbat

Fridays 20 September & 18 October, 16:15-16:45

Our special interactive Shabbat service for Primary aged children and their siblings. Songs, stories and activities. You can collect CRP points from attending. Early arrival is optional from 15.45. Come straight from school pick up, or just arrive early to play before the service. Selection of toys for the children and hot drinks available for the adults. In September we will look forward to all of the Tishri festivals and in October we will be enjoying a Sukkot special in the Sukkah.

Erev Shabbat Service

Every Friday Evening, 18:30-19:20

Our Erev Shabbat Service takes place every Friday Evening. Led by our Clergy in person at our Synagogue and through the Livestream Classic Channel. They give a beautiful sense of rest and togetherness to help you to cope with the stresses of the world. On **26 October**, our Friday night service for Shabbat Bereshit includes a special opportunity to see a whole Sefer Torah rolled out and hear the whole Torah in ten minutes!

Elul Shabbat Shirah Friday Night Service & Dinner

Friday 6 September, 18:30-21:00

Please join our Shirah Band & Rabbi Tanya to begin the Elul season. We will kvel (feel happy & proud) on our achievements, reflect on our losses and prepare ourselves for a meaningful and hopeful new beginning. You are welcome to stay after the service for a bring & share dinner, during which we will hear all about the EHRS trip to Poland from which a group of EHRS members just returned. If you will be joining us for dinner please book via the EHRS website.

Early Risers Service

Saturday 14 September, 9:30-11:00

This especially friendly service is mostly in Hebrew, uses nusach (traditional modes of chant for the prayers), includes the Torah reading and Musaf and other features to create a participative experience, ending with a Kiddush. Led by members of congregation and Shlichei Tzibbur for this time, Cantor Tamara.

Shabbat Coffee Stop

Saturdays 28 September & 26 October, 9:45-10:25

Meet for tea, coffee and biscuits at our Shabbat Coffee Stop in the Lounge this Shabbat and then go into the Shul together. This could be especially helpful for those who are alone and who may be commemorating a Yahrzeit.

Shabbat Morning Service 10:30-12:30

Our Shabbat Morning Service is held in the EHRS Beit Tefillah (sanctuary). The service is also available on the EHRS Livestream Classic Channel.

HaKol B'Seder

Saturday 7 September, 10:30-12:15

Join Cantor Tamara for a special service which includes new music from the Reform and Conservative Jewish world shared by EHRS's Cantor, an interpretative Torah reading and plenty of participation. The service uses our regular Reform Judaism Siddur. You can join us in person at EHRS or on Zoom.

Shabbat for the Elul Soul

Saturday 21 September, 10:30- 12:15

Join Rabbi Debbie in person or on Zoom for a reflective service exploring the themes of Elul, helping us prepare for the High Holy Days.

Torah Time

Saturdays 21 September & 5 October, 10:45-11:15

Join us for this interactive storytelling experience with music and activities. Followed by a mini Kiddush and schmooze. Ideal for ages 4-10.

Shabbat Shirah

Saturday 14 September, 11:15-12:15

This is EHRS's Shabbat morning experience for 0-100's with rhythm in their souls, featuring a live band, an energetic Shabbat service suitable for children of all ages. Includes a Torah reading and the chance for everyone to participate in making the music. Led by our Clergy and Shlichei Tzibbur (prayer leaders). If you play an instrument and would like to be part of the band let Rabbi Mark know at rabbi.mark@ehrs.uk so he can invite you in.

Build a Bible

Saturdays 7 September & 19 October, 10:45-11:15

Get creative with all different types of construction to explore the week's Torah portion. Followed by a mini Kiddush and schmooze.

This service is ideal for ages 4-10.

Shabbat Club and Birthday Blessings

Saturdays 28 September & 26 October, 11:15-12:15

Our Shabbat experience for up to 11 year olds to enjoy parasha and Shabbat themed activities, stories and songs. Finishing in time to join the community for Kiddush and a birthday blessing (for those who have had a birthday that month) around 12.15.

Friday Night Lights for the Ten Days

Friday 4 October, 20:00-20:45

Join Rabbi Mark on Erev Shabbat Shuvah for a warm and friendly candle lighting and Shabbat songs on the theme of the journey between Rosh Hashanah and Yom Kippur, on Zoom or Facebook Live.

Teen Schmooze in the Sukkah

Saturday 19 October, 10:30-11:30

For everyone in school years 7 upwards. It's a Shabbat schmooze especially for you with Rabbi Mark in the Sukkah - talk, music and prayer together focusing on the Sukkah itself.

Sunday Shacharit, 9:30-10:00

Join our weekly Sunday Shacharit in the EHRS Beit Midrash. Half an hour of morning prayer with a friendly bunch of folks, which includes the Kaddish if you are remembering a loved one. On the first Sunday of the month, breakfast is served.

Memorial Services

EHRS is arranging short collective Memorial Services in the Prayer Halls at the following cemeteries, following which people can visit the graves of family and friends to say a prayer & Kaddish:

Sunday 8 September

Cheshunt Western (10:00)
Cheshunt Woodlands (12:00)

Sunday 22 September

Southgate (11:00)

Sunday 29 September

Edgwarebury Lane (11:30)

We will also hold a service at EHRS (10:00) and on the Livestream Classic Channel for those whose relatives were cremated or who are buried elsewhere or who cannot attend in person.



FROM A CURSED YEAR TO A BLESSED YEAR

Our new Machzor for the High Holidays will introduce us to a medieval Rosh Hashanah poem attributed to Avraham Hazzan of Gerona called Achat Katana, The Little Sister: *'The little sister sets out her prayers and sings her words of praise. God please heal all her sickness, May this year with its curses, be over.'* The 'little sister' of the poem is our people Israel, based on an image in Song of Songs 8:8. What a year it has been for us. Soon after the start of 5784 we learned in horror about the attacks by Hamas on kibbutzim, army bases and towns and the Nova music festival killing so many of our people, including a child of the EHRS community, and the taking of hundreds hostage to Gaza, including friends of EHRS members. At the time of writing this High Holy Days message over 100 are still captives. What has unfolded since that time has made the year feel cursed. It has included

intimidating protests by those who can only see the other as a threat whether protesting apparently in support of Palestinians or against refugees to this country. It has included seeing the devastation Hamas's attacks and Israel's military campaign brought about in Gaza, the evacuation of far Northern Israel as Hezbollah attacked, the continued attacks by Russia on Ukraine and this summer even the murder of children at a summer scheme in Southport. Yet to call 5784 cursed fails to paint a true picture of the resilience that this little sister, this people Israel is capable of. Our own community, EHRS, refused to be cowed by the security threat that the Hamas attacks might have inspired. Our services, learning, and all-generations activities rapidly returned to their normal thriving selves in October. We joined solidarity demonstrations for Israel and for the release of the hostages in Gaza. We found that Israel herself was her regular argumentative self, continuing to build a society for all kinds of Jews and her Arab citizens. We hosted many visitors from Israel, finding refuge at first and then coming to teach us about the country today. We got to know the families of hostages in Gaza so that they knew their fellow Jews care. Our EHRS Interfaith activities grew more than in many previous years as we welcomed Muslim guests to our Iftar, were a major participant in the local Interfaith Walk and received messages of solidarity from our local churches

and supported our local mosques when they felt under threat. We continued to build our community, literally as you will see when you come on the High Holy Days. We did not allow a tough year to threaten our core values as a Jewish community. The Achat Katana poem continues: *Be brave and rejoice, for destruction is past, trust in God, whose covenant with you stands. You will go up to Zion, for God has said: build up, build up her highway (Isaiah 62:10).* When it was written, in the thirteenth century, Jews were right in the middle of another period where persecution was just as likely as peaceful co-existence. As always it is only resilience and a determination to build a better future that makes life worthwhile, as a people or as individuals. So this year EHRS will be running an Israel trip to give us all the opportunity to experience the Jewish state at this pivotal time. This year too we will continue to invest in being the best Jewish community that we can be, helping our members and the thousands who visit us over the course of a year gain strength, care and understanding from this great Synagogue - your help for this effort will be most welcome! The final words of the Achat Katana are *'May this year, with its blessings, begin!'* The Clergy team of Rabbis and Cantor of EHRS wishes you and all who are special to you a sweet and good 5785 and if that is tough to enjoy then know that we are always here for you.

Rabbi Mark Goldsmith

REHABILITATION APPEAL



Transforming Lives, One Step at a Time

The Hadassah Gandel Rehabilitation Centre in Jerusalem is a beacon of hope and healing, offering specialised care to the hundreds of injured soldiers undergoing a long and difficult rehabilitation journey. In our multi-purpose physiotherapy rooms, cutting-edge technology and compassionate care come together to help patients regain their strength and independence.

With your support, we can ensure that every patient receives the crucial treatment they need to reclaim their lives.



Please donate today to urgently help heal the people of Israel.
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W: www.hadassahuk.org T: 020 8202 2860 E: uk.office@hadassah.org.uk



Charity Reg. No. 1040818

We have had a fantastic Summer! Summer Shabbat Stay & play has been terrific, we have enjoyed Havdalah and Challah themed activities and an End of Summer Party! It was lovely to see older siblings join with their family and getting to experience the joy of Friday mornings at EHRS.

A lovely moment over the Summer was our monthly Kuddle Up joining our Kaytana camp. Kuddle up introduced their Dinosaur themed Kiddush to the camp children, whilst the camp introduced our Kuddle up families to some of their songs and crazy chants!

We had to sadly say goodbye to many of our gorgeous Sing & Sensory babies, who will be starting Nursery as their parents return to work. Seeing their development and enjoyment of the class throughout the year has been magical. If you have or know of anyone with a baby 0-1, please do share our wonderful class with them, details opposite.

The biggest highlight of the Summer was our Family Camping Trip! 16 families joined us this year, filling a whole field of Wellington Country Park, where we were blessed with glorious weather. We enjoyed a wonderful Friday Night BBQ, Kuddle up in PJ's, roasting marshmallows before bringing in Shabbat together. Saturday started with a musical Shira service and Kiddush, followed by family time to explore the country park. In the evening, we enjoyed dinner together followed by Havdalah around the fire pits. Yes, the sun shined for us, and yes, the country park was amazing, but what made the weekend so special was the families that laughed, played, talked, cooked and came together as a camping community. "Huge thank you from all of us, we had such a good time! The first thing my kids said when we finally persuaded them to get into the car was "can we go camping again with all the people from this holiday?" (Smith Family)



We cannot wait to see you over the High Holy Days, welcoming you to all our services for families and children and events around this special time. We are particularly excited for 'Into the Woods' our shelter building family activity, which will be creative outdoor time to get us into the High Holy Day spirit! Book now on the website. You will find all the information about services and activities in the High Holy Day Booklet. Please do get in touch for any more information or if you need support with anything.

SEND Parents Support Group

Tuesdays 10 September & 1 October, 19:30-21:00

A support group for parents/carers of children with additional support needs and/or disabilities that affect life at home and/or in school. A safe space where you can meet other parents in the community, share experiences, talk about challenges and strategies, and support each other.

Shabbat Stay & Play

Friday mornings 10:30 -11:45 (Term time)

Our baby and toddler group with toys, crafts and song session and Kiddush with our Clergy. The perfect way to meet other parents, enjoy a hot drink and a catch up. Please book on our website in advance. You can collect CRP points for attending.

Sing & Sensory

Tuesday mornings, 11:00-11:45 (Term time)

A music & sensory class for babies - 1 year olds, with a different theme each week, followed by chill out time in our state of the art Senitt Sensory Room. Booking required.

Kuddle Up Shabbat

Fridays 20 September & 18 October, 16:15-16:45

Our special interactive Shabbat service for Primary aged children and their siblings. Songs, stories and activities. You can collect CRP points from attending. Early arrival is optional from 15.45. Come straight from school pick up, or just arrive early to play before the service. Selection of toys for the children and hot drinks available for the adults.

Torah Time

Saturdays 21 September & 5 October, 10:45-11:15

Join us for this interactive storytelling experience with music and activities. Followed by a mini Kiddush and schmooze. Ideal for ages 4-10.



Build a Bible

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This service is ideal for ages 4-10.

Shabbat Club & Birthday Blessings

Saturdays 28 September & 26 October, 11:15-12:15

Our Shabbat experience for up to 11 year olds to enjoy parasha and Shabbat themed activities, stories and songs. Finishing in time to join the community for Kiddush and a birthday blessing (for those who have had a birthday that month) around 12.15 (CRP points can be collected for attendance).

Shabbat Shirah

Saturday 14 September, 11:15-12:15

This is EHRS's Shabbat morning experience for 0-100's with rhythm in their souls, featuring a live band, an energetic Shabbat service suitable for children of all ages, on the second Shabbat of the month. A Torah reading and chance for everyone to participate in making music.

BRAND NEW GROUP!

SEND Grandparents Support Group

Monday 16 September, 19:30

A support group for grandparents of grandchildren with additional support needs and/or disabilities. A safe space where you can meet other parents in the community, share experiences, talk about challenges and strategies, and support each other. This group will aim to meet bi-monthly and will be facilitated by Michele Pollard. Please book via the website.

Sarah Koster, Head of Development & Engagement for Families
youngfamilies@ehrs.uk / 020 8238 1025

MESSAGE FROM OUR CHAIRMAN

Rosh Hashanah is often considered as a time for self-reflection, change and new beginnings. Whilst we may sing Auld Lang Syne on 31 December/1 January there is no such song for us. It is often confusing for non-Jewish people when we tell them that to celebrate our new year, we are in Synagogue praying for forgiveness for our sins for several hours for 2 days. To be honest sometimes it's confusing for Jews as well! Some of the melodies and prayers that we only come across once a year make us smile and reminisce but even once a year familiarity can sometimes breed contempt and we get bored or drift off during a service. This year as I'm sure you will have heard, for the first time in 40 years we will have a new Machzor. In 1985 when I joined

Middlesex New Synagogue it was the first year that a new machzor was in use. I was excited to take part in a Reform High Holy Day Service and the community were excited to use a new Machzor, giving them the opportunity to enjoy a new service. Rabbi Franses z"l made that first Musaf service last over 3 hours but fortunately timings have improved and EHRS now has it down to a fine art.

Now it's all change. I have had a sneak preview of the Machzor, and our own Rabbi Mark played a huge part in its creation. We can be very proud. There are new prayers, new study passages, new explanations and new songs to learn as well. The Jewish Religion should keep changing and not get into a rut and this new Machzor is very much part of that

ethos. I hope that everyone will find something new as well as something familiar in it. Members of the community will be able to purchase a book either in honour of someone or simply donate one to the shul. Please contact the shul office if you would like to donate a book.

As you enter the shul premises these High Holy Days you will also see a big change to the outside of our building. The builders have been hard at work during the Summer and by the time Rosh Hashanah arrives you will all arrive at the shul, stop, say "wow" and enter the building to enjoy our services.

I wish you Shana Tova, peace and happiness and I am always around if anyone wants to chat with me on EHRS matters!

Jeremy Harrod

Social Communication Group for Young Adults with Autism

EHRS Members are invited to join a new weekly group for Autistic Young Adults (ages 19-24) with a focus on developing communication skills related to friendships, the workplace and romantic relationships. Starting this September, likely to be on a Sunday evening or Tuesday morning in Arkley, Shenley or Borehamwood. It will be run by a neuro-inclusion specialist teacher, mentor and assessor with extensive experience supporting autistic children, adolescents and young adults in education, into and in working environments.

For more info, please email EHRS member Jon Gold, jongolduk@yahoo.co.uk, whose 22 year old son will be joining the group.



IT ENDED WITH A JOB AT M&S

When it comes to **#CareerGoals** we are all different. Your dream job isn't going to be the same as your sister's or your best friend's.

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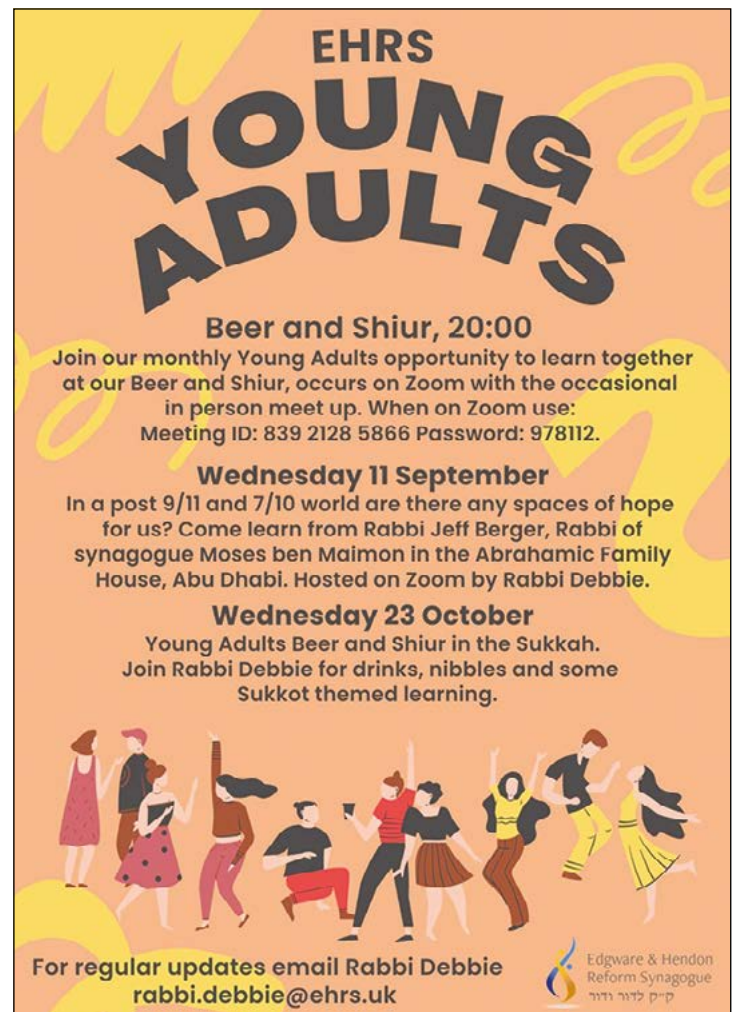
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IT STARTED WITH A CALL TO RESOURCE

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EHRS YOUNG ADULTS

Beer and Shiur, 20:00

Join our monthly Young Adults opportunity to learn together at our Beer and Shiur, occurs on Zoom with the occasional in person meet up. When on Zoom use:
Meeting ID: 839 2128 5866 Password: 978112.

Wednesday 11 September

In a post 9/11 and 7/10 world are there any spaces of hope for us? Come learn from Rabbi Jeff Berger, Rabbi of synagogue Moses ben Maimon in the Abrahamic Family House, Abu Dhabi. Hosted on Zoom by Rabbi Debbie.

Wednesday 23 October

Young Adults Beer and Shiur in the Sukkah. Join Rabbi Debbie for drinks, nibbles and some Sukkot themed learning.

For regular updates email Rabbi Debbie rabbi.debbie@ehrs.uk

Edgware & Hendon Reform Synagogue
ק"מ לדור ודור

COMMUNITY CARE

The High Holy Days are nearly here and we need your help with Community Care's annual **Honey Cake Bake and Delivery**. Please let us know at communitycare@ehrs.uk by Monday 16 September if you are able to bake a nut free honey cake or two to be distributed to our more isolated and vulnerable members this Rosh Hashanah. Your cakes must be wrapped in either cling film or tin foil, with a list of ingredients attached and they need to be delivered to EHRS during office hours from Monday 23 - Wednesday 25 September. Cakes will then be collected by volunteers between 10:00-12:00 on Thursday 26 and Friday 27 September for delivery before Rosh Hashanah which commences on the evening of Wednesday 2 October. If these times/dates are not convenient, please contact us to arrange an alternative, if this is possible. Alternatively, you can deliver your cakes directly to members, just let us know if you want to do this. If you do not bake but want to do something, then please consider buying a couple of honey cakes for distribution, this little act of kindness will mean so much to the recipient. We also need volunteers of all ages to deliver the cakes within the community, please contact us now if you wish to be involved. We need to recruit more volunteers to join our **Befriending Team**, particularly those living in the Hendon and Finchley areas. Befriending provides a wonderful opportunity to get to know another EHRS member who may no longer be able to go out by themselves and feels isolated and lonely at home or in a care home. It provides companionship for them and can develop into a really supportive and wonderful relationship, benefitting both parties. If you are interested and would like to find out more, please call or email Val or Marissa to discuss further. **Telenet** is our telephone support system for members over 85. We aim to prioritise calls to those members in greatest need, for example if they are isolated and particularly if they are housebound. These phone calls are so important to each recipient and can be a lifeline for them. Our wonderful volunteers phone their allocated members at least three times a year before major festivals and often more frequently.

They build a telephone relationship and both caller and recipient get a great deal from this. We need more volunteers as without your help we cannot keep in touch with everyone and provide this support. As a Telenet volunteer you can make your calls from the comfort of your own home at a time that is convenient to you and training will be provided. This is such a lovely project to be involved in so why not try it?! Please contact us for more details.

Lunch Club and the EHRS Memory Way Café will be closed during October for the High Holy Days. **Lunch Club** dates for the rest of the year are **12 November and 10 December** and **Memory Way Café** dates are **20 November and 18 December**. Booking is essential for both.

Our **Bereavement Social Groups** continue to go from strength. If you would like to know more, please see the EHRS website or call us for details.

Our **Shabbat Coffee Stop** continues to run on the fourth Shabbat monthly and is open to everyone at Shul. It could be especially helpful for those who are alone and who may be commemorating a Yahrzeit. If you would like to know more, please contact Val on the number below or just turn up.

We wish to take this opportunity to thank all our wonderful volunteers who support us and our community – we could not do our work without you!

We continue to encourage members to look out for the welfare of each other. Please tell us if you or another member is unwell or needs support - don't assume we know. Please provide the EHRS admin team with any Next of Kin details as without this additional information we cannot always get hold of members.

We wish you all a very happy and healthy New Year and please don't forget we are here at EHRS to support you with your welfare needs.

Val Joseph - 020 8238 1013,
Marissa Rosenthal - 020 8238 1015/community@ehrs.uk



Val Joseph

Eco Team

Interfaith Faith & Peace Walk and celebration of National Clean Air Day

On 20 June 2024, the EHRS Interfaith Group and the Eco Team took part in a Faith and Peace Walk with around 50 people from different faiths. We also celebrated National Clean Air Day having participated in a project run by Middlesex University whereby a clean air monitor was installed in two local churches, a mosque and our synagogue for four weeks to measure the air quality in the locality.

We met at Edgware Station for a talk from the University's clean air project manager, then walked to the Methodist Church in Garratt Road, on to the Islamic Centre in Deansbrook Road followed by a visit to the historic churchyard of St. Margaret's Anglican church. At each venue we were given the opportunity to learn about their practices and beliefs. Walking to EHRS along Stonegrove, we passed the Alms Houses and gathered to listen as the Minister of OneStonegrove spoke about their history. At EHRS, Rabbi Mark opened the Ark and invited anyone who wished to come on the Bimah and look at a Torah Scroll. The afternoon ended at OneStonegrove, where we were treated to some dancing from a Hindu Women's dance group, had time to admire the award winning building and further opportunities to socialise and speak to others in the group.

As well as being a very interesting afternoon, it was wonderful to spend time with those from other faiths who, like us, wish to promote peace and understanding between us and share our concerns for the health of our planet.



www.ecojudaism.org.uk

ecoteam@ehrs.uk

Orot finished their year with a popcorn film party, we watched Joseph with some very inaccurate subtitling, thanks to AI, which the children found very funny. The B'nei Mitzvah classes finished their year with a wonderful Friday night Service and family dinner. The Youth and Education and Clergy teams are now all busy now preparing for next term and the High Holy Days.

We have so many wonderful programmes and events planned not just for Orot and B'nei Mitzvah classes, but for the whole community of children and their families. On second day Rosh Hashanah, Rabbi Debbie and I will be attempting to Repair the Universe, which is sure to be fun if you remember last year's second day activities when the theme was Creation of the World, we are attempting to go where no service has gone before this year! The Sukkah Decorating Party on Sunday 13 October is a lovely opportunity for families to contribute to the festive atmosphere, and the High Holy Day Booklet will surely be a helpful guide to all the planned activities. For the adults, the Renew Your Body and Spirit event on Sunday 22 September offers a unique way to prepare for the High Holy Days with various wellness activities. Remember to book your spot for this event on the EHRS website, and if you're a wellness professional interested in participating, reaching out to marian@ehrs.uk to get involved by having stall or offering mini massage treatments. The Selichot Service on Saturday 28 September featuring the film 'The Jazz Singer' with Neil Diamond, is another highlight to look forward to.

Other exciting events to look forward to:

EHRS Fest:

Mark your calendars for Sunday 20 October! Discover all the amazing activities you can get involved in at EHRS, including a fantastic Family Fun Zone, see the back page of this magazine for details.

Mitzvah Day:

Celebrate with us on Sunday 24 November at our Community Tea, details coming soon.

Jewish West End Tour:

We're planning a trip around the Jewish West End on Sunday 3 November.

Stars of David Event:

Don't miss our event on Sunday 8 December, which looks at 'Jews in Entertainment'.

And that's just a taste of our full and varied Autumn programme! Remember, there's something happening every day at EHRS.

Wishing you and your family a wonderful New Year!

I hope to say hello to you in shul over the High Holy Days.

Marian Cohen,

Director of Education and Youth

education@ehrs.uk/020 8238 1014

Have your Simcha at EHRS

We have two halls available for hire at EHRS, the perfect place to have your celebration.

The modern, light & airy Function Hall measures 16mx13m giving space to seat 160 guests and leave room for plenty of dancing. A room extension is also available if required to accommodate up to 220 guests. Situated on the ground floor, this Function Hall includes a full stage, large well equipped kitchen, tables and chairs disabled access, and sound & video systems.



We also have a lovely spacious hall on our site, on the first floor of our Community Centre Building, with plenty of space and light for your special celebration. Accessed by the lift or stairs, this hall offers 180 capacity, table and chairs, toilet facilities, sound system, and access to a separate kitchenette.



Discount given to EHRS members. For further information and to book one of our spaces, please call 020 8238 1011 or email banqueting@ehrs.uk

Scouts  Outdoor adventures and skills for life for young Jewish people aged 6-14
3rd Edgware

WEEKLY MEETINGS AT EDGWARE & HENDON REFORM SYNAGOGUE

BEAVERS (ages 6-8) THURSDAY 5:45pm-6:45pm

cubs (ages 8-10½) THURSDAY 6:45pm-8:00pm

SCOUTS (ages 10½-14) TUESDAY 7:00pm-8:30pm

TALK TO US TODAY ABOUT VOLUNTEER OPPORTUNITIES

ADULT VOLUNTEERS NEEDED

SCAN HERE FOR MORE INFORMATION or email info@third.org.uk



EHRS GROUPS

NEW OPTIONS

For the active retired and semi-retired (60 plus)

Please email newoptions@ehrs.uk if you have any queries.

Schmoozing with the Clergy – A light hearted topical discussion, in an informal setting. In person at the Synagogue. Please join us on **Wednesday 18 September**, 10:30-11:30 with **Rabbi Debbie** and **Wednesday 6 November** with **Rabbi Mark**.

Bridge – Our popular and friendly sessions take place every **Wednesday, 12:30-15:30**. Finishing for **break from 18 September and re-starting again on 30 October**. Join us for an enjoyable and sociable afternoon. Only £4 including tea. For EHRS members and non-members.

NOT THE WOMENS GUILD

Meetings begin at 14:00 in the Synagogue unless otherwise stated, and a warm welcome is extended to all.

For further details and to book your place, please contact **Evie** 020 8954 5393 ewoolstone@yahoo.com or **Sandra** 020 8958 7140 sandra@harrisresidence.co.uk.

We had a successful merry berry tea at our August meeting, where members brought desserts or cakes to share. It was good to have time to socialize and discuss our future programme, and how members would like the Guild to proceed. If you have any ideas, please do share them with us. There will be no meetings in **September or October**. We will return on **7 November** where we will welcome Cantor Tamara who will tell us about her life and career.

OTHER ACTIVITIES AT EHRS

JACS (JEWISH ASSOCIATION OF CULTURAL SOCIETIES)

JACS takes place at EHRS on Thursdays, 13:30.

- 5 September** Peter Altman - Crooners
12 September Gayathrie and Bill – Musical Memories
31 October Lynne Bradley - The Jews in the Musicals

For more information please contact **Anne Wayne** on 020 8958 1511 / a.wayne@yahoo.co.uk

THE LEAGUE OF JEWISH WOMEN

The League of Jewish Women is a national voluntary organisation and the Stanmore & Edgware Group is the largest in the country. We are a local cross-communal group, and half are members of EHRS. We meet monthly on **Tuesdays, 14:00-16:00**, with speakers each month. **Upcoming dates: 3 September**. For more information, please contact **Andrea Fisher** on 020 8958 0424 or email andrealjw@hotmail.com

ZUMBA GOLD

Thursdays 10:00-11:00

This class is perfect for the active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. £8 per session.

For more information please contact Laurel Ingram at dancinline@hotmail.com



We **believe** all Jewish women.

We **believe** her when she tells us about domestic abuse or sexual violence.

We **believe** her when it's happening to her now.

We **believe** her when it happened in the past.

We **believe** in keeping Jewish women and girls safe from violence and abuse.



Support Jewish Women's Aid this Rosh Hashanah. Scan to donate or visit jwa.org.uk/donate

JEWISH WOMEN'S AID IS HERE FOR YOU:

Domestic abuse and sexual violence support services for Jewish women and girls 14+

0808 801 0500 | advice@jwa.org.uk | jwa.org.uk

Charity No. 1047045

SAVE THE DATE

AJEX ANNUAL REMEMBRANCE PARADE & CEREMONY

SUNDAY 17TH NOVEMBER 2024

AJEX is delighted to announce that our 2024 Annual Remembrance Parade & Ceremony will take place on Sunday 17th November at The Cenotaph.

This will be a moving opportunity to honour and remember the thousands of Jewish Servicemen and women who fought and served for our freedom. We are proud of their service, strength and resilience, which has resonance today.

Please save the date and follow us on social media for updates on this special Remembrance event.

WE WILL REMEMBER.

T 020 8202 2323 E ajexmembers@ajex.org.uk
Y [youtube.com/AJEX_JMA](https://www.youtube.com/AJEX_JMA) F [facebook.com/ajexheadoffice](https://www.facebook.com/ajexheadoffice)
X twitter.com/AJEX_UK I [instagram.com/ajex_jma](https://www.instagram.com/ajex_jma)

AJEX - THE JEWISH MILITARY ASSOCIATION REGISTERED CHARITY NO 109661

“For a small child there is no division between playing and learning; between the things he or she does ‘just for fun’ and things that are ‘educational.’ The child learns while living and any part of living that is enjoyable is also play.” Penelope Leach (psychologist and author)

We are often asked whether 2, 3 and 4 year olds are too young to be taught and the simple answer is that you’re never too young or too old to learn because you’re never too young or too old to play! It is part of Nagila’s mission to help our children learn about life, including their Jewish heritage, by making it fun and real, so that they absorb and retain what we show them, whether it is celebrating Sukkot in our own Sukkah, spending the whole morning making bread and 15 minutes the next day making matzah, or flying to Israel for a picnic on a magic carpet!

In the last few weeks we have been welcoming a new group of children and parents to the Nagila family for what will be the start of their academic journey. Making the environment at Nagila as friendly, fun and enjoyable as possible ensures that our boys and girls look forward to coming to nursery. We take immense pride in watching our young charges become confident, independent, self-assured individuals with a strong



Register Now for September 2024!

Open all year round!
For children 18 months to 4+ years
With regular access to our Sensory room.

If you are looking for a welcoming and nurturing environment for your child please contact nagila@ehrs.uk to arrange a visit

We welcome all Faiths & Beliefs

Download a registration form at www.ehrs.uk/nagila-pre-school or email nagila@ehrs.uk.






Edgware & Hendon Reform Synagogue
111 1175 PIP

111 Stainington, Edgware, Middlesex, HA8 8AB
Telephone: 020 8234 1000 Email: admin@ehrs.uk Web: www.ehrs.uk
Charity 202634 Company 0642267

sense of their community, knowing how influential we have been in their accomplishments. We are the builders that lay the foundations that will support them as they grow from toddlers to young children all the way through to adulthood; a solid footing is essential to the successful completion of any structure.

And we have also been on our own journey this year. As from this September, in order to meet the needs of our changing community, we will be welcoming children from 18 months old and opening all year round
Milissa Seiler, Head of Nagila
nagila@ehrs.uk/020 8238 1022

YOUR COMMUNITY NEEDS YOU

EHR Security has been completely revamped over the past year but we need extra help over the upcoming High Holy Days.

A process which began before last year's HHDs was sent in to overdrive by the events of October 7. Members answered our urgent request for help to keep the community safe on Shabbat and those Sundays with Orot classes. Many of those who came forward have completed Level One or Level Two courses with the Community Security Trust (CST) and members of the EHR Security Committee, led by Josh Kettle, have upskilled with CST courses. We have been aided by our brilliant administrator Michele Pannaman, who has put in countless hours behind the scenes.

Now is the time for more of the community to join us for the HHDs and, hopefully, remain part of the team to help on Shabbat going forward.

Please email security@ehrs.uk with your contact details and we will be in touch with shift dates and times for the HHDs.

You will be guided and advised on your shifts by our experienced Team leaders so that we can keep our congregation safe throughout the many services throughout the HHDs. Anyone who wants to learn more about security will be guided through the process of joining CST.

PLEASE COME FORWARD NOW!

For more information on Stonegrove Life events and activities, please visit the website www.ehrs.uk/stonegrovelife
Where Zoom participation is required see Our Week Ahead, or email stonegrove.life@ehrs.uk

STONEGROVE LIFE

education | events | entertainment

Our Stonegrove Life committee supports the Together Groups, Stonegrove Serenade, and other adult learning opportunities. An energetic team of Clergy, staff and volunteers, this committee is at the heart of the community.

First Shabbat Shiur, 9:15-10:15

Our First Shabbat Shiurim are on all kinds of areas of Jewish life. You can join us in person at EHRs or at home using Zoom.

Saturday 7 September - 'Kol Echad' Jewish Music Circle. We are excited to launch once-monthly Kol Echad music workshops which will take place just before our Shabbat morning service led by Cantor Tamara. These gatherings will be a chance to sit together in an informal way, sing our favourite Jewish liturgical melodies, and learn one or two new tunes as well. You don't need to be an experienced singer or know how to sightread; if you love music and the melodies of our Shabbat services, then please do come along! All are welcome to warm up our voices and souls together. The launch of the Kol Echad music workshops on 7 September will include music of Shabbat as well as melodies to prepare us for the month of Elul and the upcoming High Holy Days.

Saturday 5 October - The Journey To The Jewish Past in Poland - Rabbi Tanya will take those who couldn't join the EHRs Poland trip on a journey into some of the rich history of Polish Jewish life.

Bite of Torah for everyone interested in Torah, 9:15-10:15

These sessions are full of new insights which bring Torah and Tanakh (The Hebrew Bible) to life. In person or on Zoom.

Saturday 21 September - Bite of Machzor Shiur - This year we will be using the new 2024 Movement for Reform Judaism Machzor, which is the 9th edition of Days of Awe. Rabbi Mark, who chaired the Editorial Group which created it, will guide you through what is special about it and how it can help you to make the most of Rosh Hashanah and Yom Kippur.

Saturday 19 October - Sukkot Shiur: Nothing New Under the Sun. Jonathan Bergwerk returns to teach about the Megillah for Sukkot, Kohelet or Ecclesiastes. Hosted by Rabbi Mark.

Meet the Machzor 2024 and 1985 –

Back to the Future 9 Thursday 19 September, 19:30-21:00

This year we will be using the new 2024 Movement for Reform Judaism Machzor, which is the 9th edition of Days of Awe. Rabbi Mark, who chaired the Editorial Group which created it, in this Zoom only session will help you to be able to compare the new edition to the 1985 Days of Awe which was our previous Machzor. What's new? What is time honoured? Where are my favourites? Run jointly by EHRs and Sinai Synagogue in Leeds.

Make your mark on the new Machzor

We invite you to dedicate a Machzor set for our Synagogue members and guests to use. Your dedication will appear on an elegant bookplate on the inside front cover, and can include up to 18 words of text to commemorate the life of a loved one, a special occasion, or something else that is important to you. Please go to www.ehrs.uk/machzor for more details.

For information on our wonderful **EHRs Together Groups**, please see the opposite page.

These groups are all about making our congregation of over 3000 people a place where we know each other and are can find people who share their interests.

Whether you enjoy listening to music, watching films, reading, singing, dancing, cooking, playing games, or even just being outdoors, we have something for everyone.

Rosh Chodesh 19:30-21:00 on Zoom

Wednesdays 4 September & 9 October

On the first day of a Hebrew month, a sliver of the new moon is visible in the sky. Rosh Chodesh ('head of the month') is the traditional Jewish holiday on this day. Join us for music, contemplation, chat and creativity to mark each new month. For more details please email rabbi.tanya@ehrs.uk

For September, the month of Elul is the month of purification, cleansing and soul-searching. It is an important month to prepare ourselves for the transformative experiences of Tishri. We will spend some time reflecting individually and as a group on our lives, the year and the changes we would like to bring into our lives in the new year. We will spend some time on a few rituals, which will help us to reflect, cleanse and release some of much needed energy to finish the year on high.

Pimms and Poetry

Join us on **Wednesday 4 September, 20:00-21:30**, as we share our favourite poems & personal compositions! You don't have to bring a poem, you can just come and enjoy the sharing. We create an informal atmosphere, with Pimms, snacks and warmth for all.

Special for Yom Kippur - Poetry of Reconciliation

Saturday 12 October, 12:00-12:45

This year one of our new Together Groups, Pimms and Poetry, will create a special Yom Kippur space to share poems of Transition & Change. They might be your own composition or a poem you've appreciated by someone else, or just join us to listen. Facilitated by Ewen Goldsobel, this is a space for sharing and appreciating together.

Talmud Class Sundays 22 September & 27 October, 10:00-11:00

EHRs's stimulating and friendly Talmud class is open to all levels of Jewish knowledge. Join Rabbi Mark to grapple with the ideas of our classical Rabbis. Join the discussion of 2000 years ago and its remarkable relevance to issues today.

No previous Talmud study experience necessary, just a thirst to get deep into the foundational texts of Judaism.

This class is conducted online through Zoom as discussion and argument is what it is all about!

Please email rabbi.mark@ehrs.uk to get the Zoom details and the Talmud texts we are studying.

**STRONGER
TOGETHER**

**Mitzvah
Day**

24th November 2024

On Wednesday 20 November we will hold, for another year, our Interfaith Cookalong in person at EHRs, cooking for our drop in shelter and community care team. Full details coming soon, please save the date in your diaries.

Art Appreciation Tuesdays 3 & 17 September, 14:30-16:00

Come and discover your inner creative self, explore your sensitive side, and delve into the artistic world! Angela Wilson will be showing a selection of paintings by various artists. After the session we will have tea together and have the opportunity to discuss the art.

Bridge for Beginners Wednesdays 11 & 25 September, 9 & 30 October, 20:00-21:30

Led by Annita Tischler, Beginners Bridge will enable you to learn the basics of the game in a friendly and welcoming setting. Booking is essential via the website. Donation: £2 per session for EHRs members, £3 per session for non members.

Coffee & Chat Wednesdays, 10:30-12:00 fortnightly

Our tea & coffee mornings at EHRs are for those on their own who would like to meet others in the same situation. All are welcome.

Cookalongs Wednesdays monthly

Wednesday 25 September, 19:30 - Apple & Honey Cake: Join Rabbi Debbie & Bonnie Lemer in the Synagogue kitchen for our annual Honey Cake Bake (this year with an apple & honey cake!) for the congregation to enjoy on Rosh Hashanah. Booking is required.

Wednesday 30 October, 20:00 - Bitter-Sweet: As we begin the month of Cheshvan, often known as Mar-Cheshvan or bitter Cheshvan we think about how to take bitter foods and make them sweet! Coffee cake to Citrusy salads, join Rabbi Debbie on Zoom.

Creative Writing Thursday 12 September, 10:30-12:30

Come and explore the joy of expression with this small and friendly group. Each session will be based around a central theme, together with different writing genres to experiment with. We will then share our words with each other. Occurs monthly. EHRs Members only.

Cycling will return in the Spring!

This group is aimed at all who is confident at riding on a road in a group for 20 miles at a leisurely pace. Full details on the website.

Folk Dancing Mondays, 11:00-12:30 weekly

This class is for all adults. A warm welcome to all who want to join us for this energetic and fun morning.

Football Sundays, 20:00 weekly

EHRs's weekly football game for male members between 21-45, at Centenary Sixes, Centenary Park, Stanmore, HA7 2NW. This takes place weekly. Minimum 5 a side, Maximum 6 a side. Members: £5, Non Members: £7. Please book via the website.

Foraging Sunday 10 November, 11:00

We are delighted to welcome a special guest for this forage, much later in the season to make the most of what the winter forest has to offer! We will be led by Michael Green of The London Fungus Network, getting to know common species of fungus (edible and non-edible). £5 members, £10 non members to cover costs, please book at www.ehrs.uk/event/foraging-fungus

Juke Box Gold Thursday 19 September, 20:00-21:30

Join us each month as we listen to great singers & groups from the 50s, 60s & 70s. We look forward to welcoming you with videos and songs on a very informal basis, where we will play many of your favourites! Refreshments from 19:30. Hosted by Richard Hartman.

Knit & Knatter/Crochet & Kvetch Thursdays 19 September & 10 October, 11:00-12:30

Pick up your needles and hooks, pack up your yarn, and come together to knit & crochet. Suitable for all ages and all levels, this friendly group meets monthly. Free to members, suggested donation £2 for non-members.

Opera Appreciation Thursday 19 September, 19:15-21:30

Do you like opera? If so then please join our opera appreciation group at EHRs with other like-minded members. This group meets monthly at EHRs in the early evenings to see classical opera on DVD which will be introduced and then discussed by the group.

Rabbi Kraft Memorial Book Club Tuesdays, 19:30 monthly

This is a small, friendly group of who meet once a month on Zoom. A synopsis of each book can be found on the EHRs website.

Tuesday 3 September: 'The Secret River' by Kate Grenville ~ Tuesday 1 October: 'Let the Great World Spin' by Colum McCann

Rambling Sundays 1 September & 27 October, 10:30

Rambling is a fantastic way to make new friends and learn about local lore, and you will have your love of great views, fresh air and a love of nature in common. Full details can be found on the website.

Rummikub Tuesdays 10 & 24 September, 15 & 29 October, 14:00-16:00

If you love playing Rummikub then this social and friendly group that meets monthly is for you. Donation £2 per person.

Singing Circle Mondays, 14:00-15:30 weekly

The Singing Circle is for anyone who enjoys bursting out into song. You don't need perfect pitch or be able to read music. Most of our 150+ song repertoire consists of popular songs, and songs from the shows which we sing along to while watching YouTube videos.

Spanish Conversation Tuesdays 10 & 24 September, 15 & 29 October, 14:00-15:30

Hola, hablas español? Want to brush up your Spanish? This fortnightly group is for those who wish to improve their Spanish.

TV Addicts Club future dates coming soon

We meet a few times per year to enjoy brand new & old classics of movies. Come along and meet people with the same enthusiasm, and relax in front of the box. All are welcome! We offer a light buffet supper before the film. £5 donation towards food.

Whisky Tasting will return in the Winter!

Every few months you can join us for an evening of whisky tasting and a chat. We source and procure a carefully curated selection of outstanding whisky to sample, with light refreshments. £7 per member, £10 per non-member.

Stonegrove Serenade

Featuring up & coming classical musicians.



Tuesday 17 September, 13:00

Performer to be announced

Tuesday 15 October, 13:00

Hanover Square String Quartet

We invite you to enjoy food in Café 118 before the concert. The café re-opens after the concert for drinks, cakes, and a chat.

Admission free, suggested donation £5. For details go to www.ehrs.uk/serenade

We are looking for more volunteers to join our small but dedicated team to work with our caterer running the café or behind the scenes organising the musicians and publicity. If you would like to get involved email stonegrove.serenade@ehrs.uk

SUNDAY 22 SEPTEMBER

EHRS PRESENTS
RENEW YOUR BODY & SPIRIT
FOR THE HIGH HOLY DAYS

PROFESSIONAL
MINI
TREATMENTS &
SESSIONS

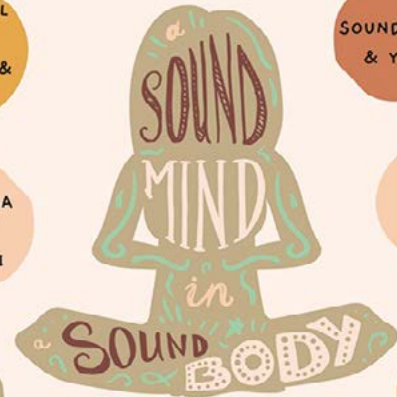
SOUND BATH
& YOGA

KRAV MAGA
&
TAI CHI

WELLNESS
TALKS &
& STALLS

MINI
MASSAGES &
REFLEXOLOGY

EVERYBODY
WELCOME
OVER 16



10:00AM-12:30PM

£15 EHRS MEMBERS £25 NON-MEMBERS

PRICE INCLUDES GRAZING TABLE

& ACCESS TO MINI TREATMENTS- PLEASE BOOK AT

WWW.EHRS.UK/EVENT/RENEW



UJS THE VOICE OF JEWISH STUDENTS

Uni-Student September Send-Off

An Evening Exploring:
Student Life Finding Community
Being Jewish on Campus

JOIN YOUR RABBIS & UNI EXPERTS WHO CAN SUPPORT AND ENRICH YOUR TIME ON CAMPUS!



with
Sami Berkoff
UJS President

6pm, Thurs 12 Sept 2024
EHRS, 118 Stonegrove, Edgware HA8 8AB
REGISTER NOW: ehrs.uk/event/send-off



Rabbi Aaron



Rabbi Anna



Rabbi Debbie



Rabbi DY



Rabbi Lea



Rabbi Naomi



Israel - Today's Solidarity and Understanding Tomorrow's Challenges

A joint trip to Israel by EHRS and the Ark Synagogue, Northwood

Led by Rabbi Aaron Goldstein and Rabbi Mark Goldsmith
Thursday 12 - Thursday 19 December 2024

Join us for this week to experience Israel today. We will be based in Tel Aviv near the port area in comfortable hotel accommodation.

Our itinerary will include Shabbat in Tel Aviv with the Reform Jewish Community ending with Havdallah in the Hostage Square. Two days in Jerusalem including at the Knesset, The Cotel, and the new National Library. One day in Haifa and the Kinneret. Meeting Israeli Jews and Arabs and civil society leaders. The option to travel to the south & Gaza envelope to witness the results of the Hamas attacks.

Price & booking on the EHRS website
www.ehrs.uk/event/israel-trip-24

Want to know more?
Ask Rabbi Mark anytime.

YOUTH CENTRE

This summer, a group of over 200 adventurous kids embarked on an unforgettable journey filled with excitement, learning, and fun. Our 3 Weeks of Kaytana has just finished and what a journey we have been on. We had a wild start at Woburn Safari Park for our first week trip. The children enjoyed a thrilling safari adventure, spotting a wide variety of animals roaming freely in expansive enclosures. From majestic lions, monkeys swinging from trees, to giraffes and zebras, every turn revealed a new and exciting spectacle. The day ended with a walk through the smaller animal enclosures and a visit to the park's play area, where the children could burn off their excitement. We also visited the RAF museum, this day was all about history and aviation, offering the campers a chance to explore the fascinating world of aircraft and the brave pilots who flew them. Ben Woolstone and I created a programme where the children got to explore all the hangars in a unique EHRS way. With the kids playing 'where's Ben', a spin the classic where's Wally, our big boy bingo and a RAF who's who. Kaytana has provided our children with not only

with new knowledge and skills but also with lasting friendships and memories.

Aside from our trips we also had some incredible programmes. We created our very own Olympics, went to the wild west, visited the ancient Egyptians, created our own alien worlds, solved murder mysteries and found hidden treasure. We endeavored in a wonderful journey this summer that did not only provide our young people with great joy but also skills, friendships and warmth.

For October we are providing unique Simchat Torah Workshops and our ever popular October Half Term Scheme. Details below.



We are also looking for more post Bar/Bat Mitzvah teens to join our leadership course. This course gives you so many life skills that you will take with you into the working world. It leads to paid opportunities working in the synagogue as well as being more connected and known within the community. To apply please email jack.murphy@ehrs.uk.

Throughout the High Holy Days we will be putting on Youth specific activities, including a youth service on Rosh Hashanah and Yom Kippur, as well as creating a chill space on Yom Kippur for all those who need a break from the services going on. So please feel free to pop in and join us.

And Finally, Joining our team will be Talia Bryk who will be working with me as our Youth Worker. Talia has a background in social work and volunteers at CST.

We are super excited to have her joining the team. This also means that Mia will be leaving us – she worked her years contract and will be going off to study. So a hello and a goodbye.

Jack Murphy, Head of Youth Development,
youth@ehrs.uk/020 8238 1024

MEMBERS PRICES RETAINED FROM LAST SCHEME

KAYTANA OCTOBER SCHEME

MONDAY 28 OCTOBER – FRIDAY 1 NOVEMBER

EARLY BIRD TO 9TH SEPTEMBER

EHRs Members £125 Full 5 days or £25 per day
Non EHRs Members £160 Full 5 days or £33 per day

For more information go to www.ehrs.uk/youthcentre

KAYTANA OCTOBER WORKSHOPS

2 days of Simchat Torah joy

Wednesday 23 & Thursday 24 October

Early bird end date 9 September
EHRs members £25 per day
Non EHRs members £33 per day

For more information please go to www.ehrs.uk/youthcentre

10:30-12:30

Sunday Morning Craftalong

On the first Sunday of the month (following Shacharit & breakfast) join other EHRS crafters on a different project each month, or bring what you're working on to craft with others!

Sunday 1 September

Stone Painting for Elul - As we traditionally take time in Elul (the month prior to Rosh Hashanah) to visit our loved ones graves, Rabbi Debbie will explore the tradition of placing stones on graves and help us make it personal.

Sunday 6 October

Soul Candles - Join Rabbi Debbie as we explore a tradition practiced in the Shtetls and reimagined over the last few decades, as we lovingly create bees wax candles to remember our loved ones on Yom Kippur.

To sign up for regular reminders email rabbi.debbie@ehrs.uk

CORNERSTONE

Our introduction to Judaism course

OUR CORNERSTONE PROGRAMME IS OPEN TO ANY MEMBER OF THE COMMUNITY WANTING TO DEEPEN THEIR JEWISH KNOWLEDGE, OR IMPROVE THEIR HEBREW, AS WELL AS THOSE EXPLORING CONVERSION AND NON-JEWISH PARTNERS WANTING TO LEARN MORE ABOUT CREATING A JEWISH HOME.

Tuesday evenings during term time

Join us for prayer-book Hebrew (from beginners to intermediate) 19:00-19:45, and/or for Jewish Studies 20:00-21:30

Contact rabbi.debbie@ehrs.uk for details

SOCIAL ACTION

NIGHT SHELTER SPRING 2024 – THANK YOU!

EHRS in partnership with Homeless Action in Barnet (www.habcentre.org/) once again hosted carefully vetted homeless guests for 7 Monday nights and Tuesday morning in the Spring of 2024. Thirty different volunteers filled 84 volunteer shifts, and hosted 78 guest nights of socialising, dinner, a safe place to sleep as well as breakfast and some food to take away in the morning. A council member and 2 Rabbis stepped up/laid down to take overnight shifts and the Marian Cohen volunteered on all Monday evenings bar one. As usual the overnight and morning shifts were less easy to fill than the convenient evening shift. We had many repeat volunteers who really enjoyed their volunteering and some new ones who we hope will return in spring 2025. The photo shows Marcin, the Night Shelter Coordinator at Homeless Action Barnet with food prepared by our guests for volunteers from each hosting venue to enjoy. Nagila supported the night shelter again this year by providing hamantaschen and other cakes at Purim. The Stanmore branch of Wenzel's also provided surplus

bread, cakes and vegetarian sandwiches most weeks.

This year, for the first time, our homeless guests hosted a volunteers for dinner at St Paul's Church Hall in Mill Hill. One of our guests gave a heartfelt speech of thanks, explaining the difference that the night shelter made to her life. Thankfully she is now comfortably housed.

We couldn't make this happen without our lovely team of volunteers, support from the EHRS caretaking team, on-site security and the Office Manager

NIGHT SHELTER AT EHRS IN SPRING 2025

EHRS will again be hosting up to 17 homeless guests on Monday nights and Tuesday mornings: Monday 24 February-Tuesday 8 April 2025. Please save the dates if you would like to volunteer.

We will need volunteer cooks (at home), people to set up, people to serve dinner and socialise, people to sleep in the hall with our homeless guests, people to serve breakfast and clean up. We also need volunteer drivers to deliver bedding to the next venue on a Tuesday morning. A volunteer handbook will be provided and all volunteers that come into contact



with our homeless guests will receive full training Young people under the age of 18 can help out by setting up the community centre so it is ready to welcome our guests. For all other shifts, volunteers must be 18+ or drivers with access to their own car.

If you are interested in joining the night shelter volunteer team please email **Lisa Bard** at nightshelter@ehrs.uk. Please note that this email account is not checked regularly outside the night shelter season, but I will get back to you eventually.

You can also visit the night shelter stand at the **EHRS Fest on Sunday 20 October, 11:00 – 13:00.**

Leon and his son, Michael, taking part in Rosh Hashanah celebrations at The Sam Beckman Centre for people living with dementia.



For Leon, the apple didn't fall far from the tree

When Leon was diagnosed with dementia, Michael went from being a full-time son to a full-time carer. He moved in with his dad and quickly turned to the Jewish Care Direct helpline.

Michael was referred to our Family Carers Team who provide him with ongoing guidance, whilst Leon attends our dementia day centre, giving his son the respite he needs.

Leon had always been a caring father and now the roles are reversed. As they say, the apple never falls far from the tree.

Jewish Care is supporting Leon, Michael and the hundreds of families in our community who are living with dementia. **Please show your support this Rosh Hashanah.**



To make a donation, please call **020 8922 2600**, visit jewishcare.org/donation, or scan here

Thank you.

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Jami

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**We wish all our clients and friends
a happy and peaceful Shana Tova.**

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www.ghld.uk.com

High Holy Days 5785

For full details please visit the website www.ehrs.uk/hhd or refer to this year's High Holy Day Booklet

Elul

Elul is our month of preparation to get us ready for the spiritual work of the High Holy Days. This will include a Shabbat Shirah Friday Night Service & Dinner, 'Kol Echad' Jewish Music Circle, Into The Woods experience for children,, a Business Breakfast, Kuddle Up Tishri, Bite of Machzor Shiur, Renew Your Body & Sprit, Stone Painting, and a Honey & Apple Cake Cookalong.

Selichot: Saturday 28 September, 20:00-00:15

We will start the evening joining with Reform Jewish communities around the world through video technology to build a feeling of Jewish solidarity as we come to the end of a very challenging year for Jews everywhere. We continue with the film 'The Jazz Singer'. After a break for refreshments, at 23:00 we will begin our beautiful choral service.

Erev Rosh Hashanah: Wednesday 2 October

We will begin with our Erev Rosh Hashanah Service at 18:30, and offer a session An Awesome Day in a Terrible Year at 19:00

First Day Rosh Hashanah: Thursday 3 October

We will hold a Shacharit & Musaf (Additional) Service, at 10:00 followed by Kiddush. Running parallel we also have an Early Years Service, Chumash Babies, Primary Years Service, a Youth Service, and a Stay & Schmooze and Youth Tashlich. From 17:00-17:30 we will have our Tashlich in the Park in various local locations.

Second Day Rosh Hashanah: Friday 4 October

Our morning Shacharit and Musaf Service will take place at 10:00 with a parallel study session Bite of Apple & Honey Torah Study at 11:15. We also have Create the Universe Family Service 10:00-11:00, and Repair the Universe Youth Activities, 10:00-11:00.

The Ten Days

The days between Rosh Hashanah & Yom Kippur are opportunities for us to prepare ourselves for the extraordinary experience that is Yom Kippur. This year we have a shiur on The Journey To The Jewish Past in Poland, Shabbat Shuvah services, Reverse Tashlich with EcoJudaism, Soul Candles, and a Israel Memorial Event the night before the first anniversary of the Hamas attack on Israel.

Kol Nidre: Friday 11 October (Fast Begins 18:02)

Our Kol Nidre Service will begin at 19:00. We will also have a study session on this evening, I'm Not Religious, What am I Doing Here? at 19:40.

Yom Kippur: Saturday 12 October (Fast ends 19:01)

Throughout the day on Yom Kippur, you will have the choice of our classic services such as Shacharit, Musaf, Minchah, Yizkor and Neilah, as well as a variety of parallel adult study sessions such as Poetry of Reconciliation, Neshamah Avodah, No Beer Still a Shiur, A Walk into the New Year, and Talmud study session. We also have many young children and youth services on offer. The day will end with Havdallah, and the opportunity to break the fast together as a community.





SUKKOT

SUNDAY 13 OCTOBER - SUKKAH BUILDING, 10:00-12:30

OUR SUKKAH THIS YEAR IS GOING TO BE ON THE THEME OF REPAIRING THE JEWISH COMMUNITY AND WE WILL BE ASKING COMMUNITIES AROUND THE WORLD TO SEND US THEIR PHOTOS SO THAT THEY CAN BE THE USHPIZIN (GUESTS) THAT WE WELCOME INTO OUR SPECIAL FESTIVAL STRUCTURE. OUR AIM IS TO MAKE IT A PLACE THAT THE HOLY GUESTS AND OUR OWN GUESTS LOVE TO BE! COME ANYTIME DURING THE MORNING AND JOIN US TO HELP BUILD THE SUKKAH ITSELF (PLEASE BRING SOME VEGETATION OR FRUIT/VEG TO HANG IN THE SUKKAH). FUN FOR ALL AGES.

EREV SUKKOT - WEDNESDAY 16 OCTOBER

PRE SUKKOT TEA PARTY & SUKKAH DECORATING, 16:30-18:30
EREV SUKKOT SERVICE, 18:30-19:30

SUKKOT - THURSDAY 17 OCTOBER

MORNING SERVICE, 10:30-12:30
FAMILY SUKKOT CLUB, 11:00-12:30

FRIDAY 18 OCTOBER

KUDDLE UP SUKKOT, 16:15-16:45
CHOL HA MO'ED SUKKOT EREV SHABBAT SERVICE, 18:30

SATURDAY 19 OCTOBER

SUKKOT SHIUR: NOTHING NEW UNDER THE SUN, 09:15-10:15
CHOL HA MO'ED SUKKOT SHABBAT MORNING SERVICE, 10:30
TEEN SCHMOOZE IN THE SUKKAH, 10:30-11:30

MONDAY 21 OCTOBER

EHR'S OPEN SUKKAH, 16:30-17:30

TUESDAY 22 OCTOBER

BRING YOUR BABY TO THE SUKKAH, 12:00
FRUITS OF THE WORLD, CHEESE & WINE TASTING, 20:00-21:00

**FULL DETAILS AT WWW.EHRS.UK/SUKKOTSIMCHATTORAH
OR IN THIS YEAR'S HIGH HOLY DAY BOOKLET**



SIMCHAT TORAH

THIS IS OUR FESTIVAL WHERE WE CELEBRATE WITH SIMCHAH (JOY) THE END OF OUR CYCLE OF TORAH READING AT THE END OF DEUTERONOMY AND BEGIN AT GENESIS AGAIN.

BECAUSE OF THE TERRIBLE EVENTS OF SIMCHAT TORAH LAST YEAR IN ISRAEL, THERE WILL BE SOME ALTERATIONS TO THE WAY IN WHICH THE SERVICES TAKE PLACE, AS A MARK OF RESPECT TO THOSE WHO WERE MURDERED AND KIDNAPPED BY HAMAS, AND TO ALL THAT HAS HAPPENED SINCE. BUT, AS SIMCHAT TORAH HAS BEEN CELEBRATED THROUGH CENTURIES OF JEWISH HISTORY, WE WILL CONTINUE TO CELEBRATE THE GIFT OF TORAH AND THE VALUES IT REPRESENTS. IN THE WORDS OF THE NOVA FESTIVAL SURVIVORS, "WE WILL DANCE AGAIN."

EACH OF OUR SERVICES WILL BEGIN WITH YIZKOR, THEN WE WILL PARTICIPATE IN THE SPIRIT ENHANCING JOYFUL SERVICE OF SIMCHAT TORAH INCLUDING THE HAKKAFAH (PROCESSIONS AND DANCING). WE WILL END WITH ANOTHER MOMENT OF YIZKOR. IF YOU WOULD PREFER NOT TO PARTICIPATE IN THE HAKKAFAH THEN ONE OF OUR CLERGY WILL BE CREATING A MEDITATIVE SPACE TO BE TOGETHER DURING THAT TIME.

EREV SIMCHAT TORAH WEDNESDAY 23 OCTOBER

SIMCHAT TORAH PROCESSION PREPARATION PARTY, 18:00
EREV SIMCHAT TORAH SERVICE, 18:30-19:30

SIMCHAT TORAH THURSDAY 24 OCTOBER

TORATASTIC FAMILY SERVICE, 10:30-12:45
SIMCHAT TORAH MORNING SERVICE, 10:30-12:45

**FULL DETAILS AT WWW.EHRS.UK/SUKKOTSIMCHATTORAH
OR IN THIS YEAR'S HIGH HOLY DAY BOOKLET**

Looking Back at 5784

Zichronam Livracha - May Their Memory Be A Blessing

Carolyn Allen	Helen Goldberg	Rita Moss
Sue Amstel	Ivor Goldberg	Nicole Newman
Melvyn Angel	David Golden	David Nineberg
Sandra Baker	Sylvia Goldman	Shirley Ostrofsky
Marcus Beasant	Joseph Grenfell	Milena Popper
Barrie Bennett	Rai Hatter	Michael Price
Louise Black	Malcolm Harris	Sharon Price
Anne Braverman	Norman Hodis	Vera Price
Walter Breindel	Philip Hyams	Stephen Daniel Redondo
Margaret Breskal	Jeffrey Isaacs	Hillary Reichenberg
Alan Cardash	Rachelle Israel	Ita Richards
Huguette Chalom	Zena Jacobs	Alma Robinson
Jeanette Charin	Roy Joseph	Leila Rosen
Gary Clifford	Rosa Kalati	Doris Rosenberg
Janet Cohen	Monte Karbaron	Alan Rosenthal
Joseph Cohen	Rona Kolvin	Audrey Ross
Selwyn Cohen	Shirley Kosky	David Ryde
Esther Collins	Muriel 'Sally' Lander	Valerie Shannon
Ivan Collins	Patricia Lavender	Judith Simons
Alan Colvin	Lawrence Lawson	Karen Sklar
Irene Dempsey	Alfred Leader	Bernard Stern
Burt Domb	Jeanette Lefkowitz	Babette Sultoon
Rhoda Donner	Alfred 'Alan' Leigh	Joan Sydney
Evelyn Ellis	Rita Levene	Shirley Taub
Mark Farry	Rhoda Levitan	Peter Tischler
Estella (Stella) Fifer	Lilian Levy	Ruth Turek
Katie Finn	Brenda Lewis	Barrie Vandermolten
Cecil Freeman	Sandra Lewis	Martin Wacholder
Harry Gamp	Jack Marks	Patricia Helen Weston
Angela Gee	Sandra Marks	Michael Wilson
Cynthia Gershon	Jake Marlowe	Barbara Wiseman
Michael Gershon	Stewart Martin	Gerald Wiseman
Cecilia Gilford	Donald Max	Peter Yager
Barry Gold	Michael Miles	Nathaniel Young
Howard Gold	Susan Moser	Sidney Zimmerman
Gina Goldberg	Howard Moss	



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Neil, Jewish Blind & Disabled resident

If you or anyone you know could benefit from living in a JBD apartment or to support us, visit www.jbd.org or call **020 8371 6611**

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Sunday 20 October
11:00-13:00

followed by the
EHRS AGM

EHRS FEST 2024

A taste of what our community has to offer

Please join us as we showcase
our fantastic Synagogue
with stalls, food,
& LIVE demonstrations
for you to enjoy.

Food will be available at
Café 118 from 12:00-13:00

EHRS FEST

To register please go to
www.ehrs.uk/fest



Special Events

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Reform Synagogue

קייק לדור ודור

