Volunteer by emailing security@hendonus.org.uk and arrive punctually for your shift. Members (male and female) who are not currently on the rota are requested to our new security rota can be found at the usual link. Please ensure that you are aware of your new team and time.

### Regular learning

#### Daily

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 am</td>
<td>Shacharit for men</td>
</tr>
<tr>
<td>11.00 am</td>
<td>Emunah and Social Maturity</td>
</tr>
<tr>
<td>2.00 pm</td>
<td>Shabbat &amp; Ma'ariv</td>
</tr>
<tr>
<td>5.00 pm</td>
<td>Ma'ariv</td>
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</tbody>
</table>

#### Weekly

- **Sunday**: Shavuah Tov, Rosh Hashanah, Yom Kippur, Sukkot, Simchat Torah
- **Monday**:period learning
- **Tuesday**: Regular learning
- **Wednesday**: Bat Mitzvah classes
- **Thursday**: Chaburah Shiur, Rabbi Pollak
- **Friday**: Torah, Chaburah Shiur

#### Monthly

- **Sedrah Reflections – Mishpatim: Action and understanding**
  - By Professor Dr Samuel Abudarham (to celebrate his granddaughter Hannah Jacobs’ Bat Mitzvah)
  - Am Yisrael, instead of asking for reasons for many of the commandments, declare ‘Na’aseh venishmah’ – i.e. ‘We shall do and [then] we shall hear [understand]’ (Shemot 24:7).
  - From this, we learn that they had complete emunah [faith] in HaShem. After all, was He going to command them without having a reason? They therefore did not need to understand the reasons for the commandments. But surely Am Yisrael had no choice but to keep the commandments without understanding? If they had to wait until they understood the mitzvot, this would lead to a delay in keeping them. Furthermore, they would not be obeying HaShem immediately – thus demonstrating disrespect for HaShem and possibly incurring His wrath.
  - Full understanding cannot be attained without ‘practice’! When an adult tells a child to do something, the child’s response is invariably ‘Why?’ The adult may attempt to give a reason but the child may either not accept it or not understand it, possibly through a lack of intellectual and social maturity. Or the child may well be told: ‘Because I say so’. The tacit message is: ‘Do what I say and, by doing so, you will understand’. Perhaps adults should make such messages more explicit!
  - Current educational philosophy acknowledges that we all best understand and learn by ‘doing’ first (hence the emphasis in education on practical coursework). Bnei Yisrael indeed discovered this several thousand years ago.
  - This lesson is as appropriate today as it was then. ‘Understanding’ does not always result in ‘actions’ such as keeping mitzvot, but ‘actions’ will almost invariably lead to ‘understanding’.
  - May the principle of ‘Na’aseh venishmah’ guide Hannah and all of us throughout our lives, and enrich our Jewish practice so that we can serve HaShem unquenchingly and with complete emunah.

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### Security rota

Our new security rota can be found at the usual link. Please ensure that you are aware of your new team and time and arrive punctually for your shift. Members (male and female) who are not currently on the rota are requested to volunteer by emailing security@hendonus.org.uk

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**This week’s leining starts on:**
- **Hertz**: p352, ArtScroll p416, Soncino p471
- **Haftarah**: p993, ArtScroll p1213, Soncino p1191

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**Main Shul 9.15 am**
- Sermon – Rabbi MS Ginsbury
- Shirah – David Berke
- Musaf – Alex Jacobs
- Sedrah summary – Rabbi MS Ginsbury
- Leining – Keith Goldstein
- Haftarah – Colin Savery
- Anim Zmirot – Rabi Berke

**Early Minyan 8.00 AM**
- (Beth HaMedrash)
- D’var Torah – Rabbi Y Binstock
- Shirah – Rabbi S Nizeimer

**RCAM 9.45 AM**
- (Beth HaMedrash)
- D’var Torah – Rabbi Y Binstock

**YOUTH 9.30 AM**
- (Downstairs, Community Centre)
Forthcoming events

Rosh Chodesh Group — this week

**Wednesday 1st March, 8.15 pm at 7 Crespigny Rd (courtesy of Bella Fox).** Batshева Burns: ‘The power of Tzedakah’.

Book club

Next meeting: **Monday 6th March, 8.30 pm** (venue tbc). Discussing ‘The Hand That First Held Mine’ by Maggie O’Farrell. For a copy, phone Tina 07932 144372 / Peter 07871 221566 first.

Hendon Magen David Adom

Hendon MDA invite you to lunch, with speaker at Sami’s restaurant (Brent Street), at 2.00 pm on **Wednesday 15th March** to celebrate the start of our new project in Israel. Tickets £25 from David 8202 9489; Melvyn 8203 1110; Norma 8202 1473.

Rabbi David Aaron (17th–19th March) — save the date

After Miriam Kosman’s inspirational visit, join us for the third and final guest in our scholars-in-residence series, international lecturer Rabbi David Aaron, including Oneg on Friday night and Sunday evening keynote address ‘How to get your prayers answered’. Details to follow.

Spring Seudah Sh’ilsит and Chief Rabbi & Musical Havdalah

Join us on **Shabbat 25th March** for Seudah Sh’ilsит in the Sol Cohen Hall with special guest speaker Chief Rabbi Ephraim Mirvis, followed by the return of our Musical Havdalah with the Binsticks! Details to follow.

Regular events (educational)

Open Beth HaMedrash (Mon – Fri 9.00 – 11.00 am) / Tah Sh’ma (Mon & Wed 9.00 – 10.30 am)

Mon 27 Feb: **Rabbi Binstock** on ‘Can you fulfil the mitzvah of Mishloach Manot by sending an email?’, Wed 1 Mar: **Rabbi Jenny Roodyn** on ‘Looking after number one: how to decide priorities in chessed’.

Tea & Torah (Tuesday 2.00 – 4.00 pm)

Our vibrant weekly programme, mainly for retirees, learning and discussing texts and ideas in a relaxed style, led by Rabbi Michael Pollak, followed by tea and then a topical Shir by Rabbi Ginsbury or Rabbi Binstock. Contact Tirzah Cohen tirzahcohen@gmail.com

SEED: Men – weekly, Ladies – fortnightly (Tuesday, 8.30 – 9.30 pm)

One-to-one learning with a partner. Whatever your level of Jewish knowledge, just choose the subject you want to study. **Men’s programme** takes place in the Beth HaMedrash alongside Rabbi Ginsbury’s weekly Chumash Shiur. **Ladies’ programme** also offers a discussion led by Rebbezen Ginsbury, with lively debate on ethical challenges in the modern world, related to the Sedrah. **Light refreshments and hot drinks provided.**

Regular events (other)

Bnei Akiva

Meets every Shabbat afternoon at Shul 3.30 – 5.30 pm. No meeting 25th February. Save the date – Shabbat Ha’irgun: 24th/25th March.

Bridge

Mondays 1.00 pm in the Aviva Hardman Hall

Raleigh Rockers - pre-schoolers music group

Our lively weekly Thursday morning musical adventure with Loopy Loo, 10.00 – 11.00 am in the Aviva Hardman Hall. £5 per child.

Central Hendon Mikvah

Winter opening hours: Sun – Fri 9.00 am – 1.00 pm, Mon – Wed 9.00 am – 5.00 pm, Thurs 9.00 am – 3.30 pm; Fridays by pre-booking only. 020 7912 0506 / 075198 38404

School Certificate of Religious Practice (CRP) – message from the United Synagogue

For 2017, US primary schools will be using an almost identical form to the 2016 version. Recording Shabbat service attendance starts on **Shabbat 6 May.** The only Yom Tov falling on Shabbat this year is Yom Kippur; we shall NOT record attendance then or in Kol Nidrei. Other primary schools under the Chief Rabbi’s authority are expected to produce a similar form using the same dates. Secondary schools may continue to wish to extend attendance opportunities to Erev Shabbat. [However, rest assured they know that US communities only record attendance on Shabbat mornings.]

This week’s newsletter is sponsored by **Godfrey Raivid** to commemorate the Yahzeit of his father **Reuben Raivid – Reuven Tuvyah ben Eliyahu Zussman a”h;** and by **Spencer Conway** to commemorate the 4th Yahzeit of his father **Theodore Conway – Tovyah ben David HaCohen a”h.** To sponsor a newsletter (only £25) please contact the Shul Office at admin@hendonus.org.uk, tel. 020 8202 6924