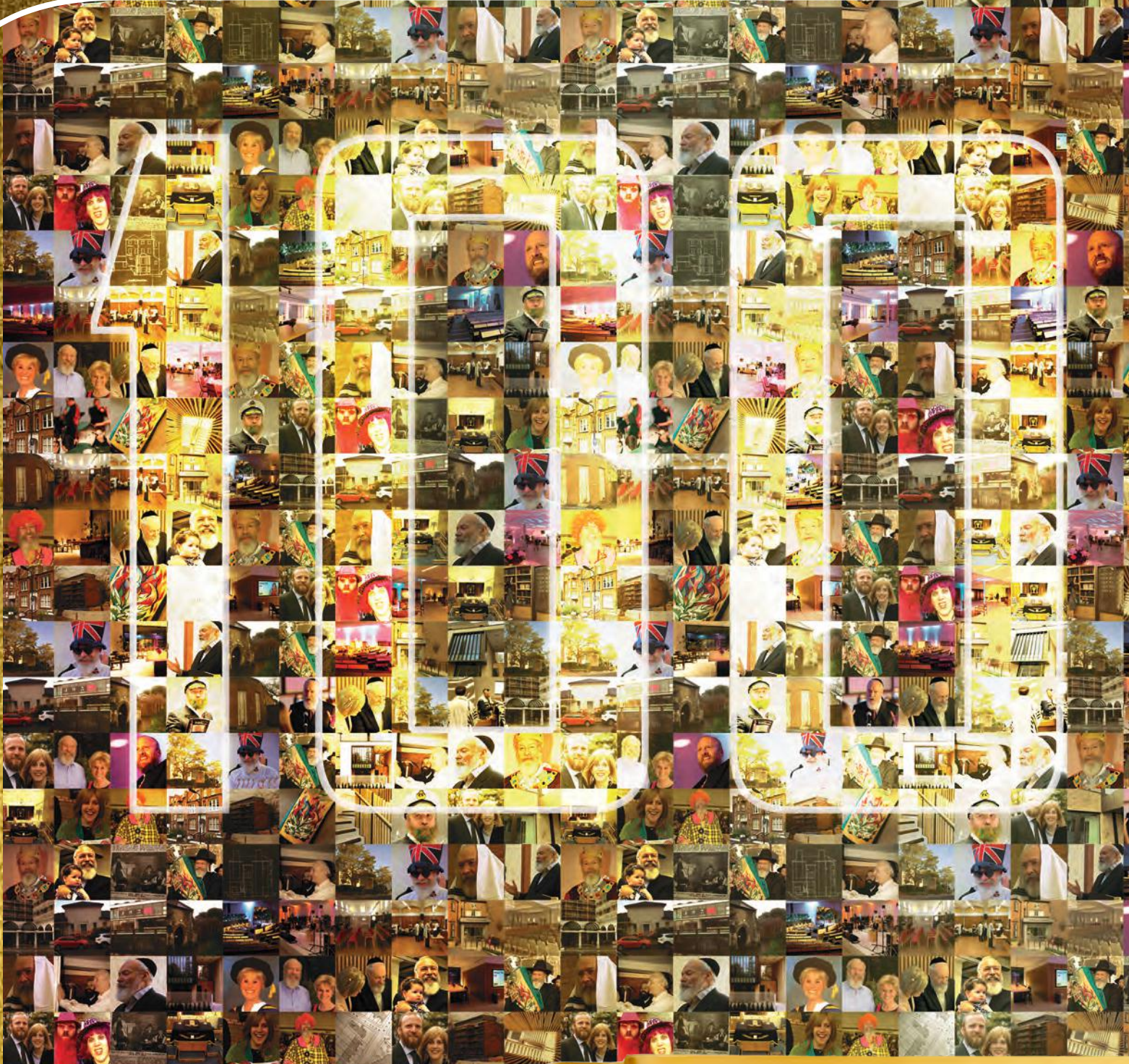


SHAMAS

south hampstead synagogue

SHAMAS
ROSH HASHANAH 5785/2024



ROSH HASHANAH 5785/2024

welcome!

TO THE ROSH HASHANAH 5785/2024 ISSUE OF SHAMAS

When Gaby Sheldon stood down as very competent Editor for this magazine to take on a full-time role as Community Editor for the JC, she approached me to take over. It was like asking a foot soldier to take on the role of General! However, I have often landed jobs by default in my life and always liking a challenge. I accepted, not without some trepidation. Big thanks to Mel, our publisher – I couldn't have done it without you.

We celebrate South Hampstead Centenary year and welcome with full hearts our new Senior Rabbonim, Eli and Lauren who will be replacing the inspiring leadership over 40 years of Rabbi Shlomo and Rebbetzin Lynndy.

However, nothing could have prepared us for the events that were ahead from which we are all still reeling. The barbaric attack by Hamas terrorists last October has triggered events that are both shocking and alarming. A full-scale war whose outcome is still unknown. More appalling has been the backlash of anti-Israel sentiment and antisemitism, so effectively promoted by a well-orchestrated media campaign launched by Hamas and hostile Arab states.

Of course, we must never give up hope and the controversial Two-State Solution article by erst notable member of our shul, Trevor Asserson, puts forward the thesis that we must aspire to the unimaginable for there to be any possible peace.

Life does not stand still for our community and there has been huge support for Israel in every way.

In this edition you will read about the many activities run by an army of wonderful volunteers, mainly women, who ensure that our shul is used as a place where members can enjoy a plethora of activities. Shmaltz continues to provide support for our vulnerable members. Marcelle Gantz launched a SHmooze morning where members can meet to socialise and use as a forum for expressing their concerns especially about Israel. Lynne Sharp and Suzie Kaufmann run a very popular book club. Notable speakers still grace the Youngish delicious monthly lunches courtesy of Gillian Keve and her devoted team. The Monday table tennis club continues to thrive as does the English Language Programme for Ukrainian refugees initiated by Rabbi Shlomo. Youth activities abound with Adam Levine and our Cheder continues to thrive thanks to Daniella Broder and her team.

Our Community never fails to provide fascinating material for SHamas. Leslie Turnberg's new biography about Pinchus Rutenberg who introduced electricity to Palestine. Muriel Bauer's spiritual journey through the Namibian desert, and a glimpse at the stunning work of a very talented sculptor, Dawn Rowland, to mention but a few.

We wish all our readers and our fellow Jews everywhere a Shana Tova and a G'mar Chatima Tova. May 5785 be a year where miracles happen and Israel once again lives in peace.

L'Shana Haba'ah B'Yerushalayim

Carolle Raynor
SHamas Editor



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The views expressed in these articles are those of the author or interviewee and do not necessarily represent the views of South Hampstead Synagogue. The synagogue does not seek to promote the products or services advertised.

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ROSH HASHANAH MESSAGE FROM Rabbi Shlomo & Rebbetzin Lynnndy

One hundred years ago Greece declared itself a Republic, the British Government recognised the Soviet Union, Adolf Hitler was sentenced to 5 years labour for the 'Beer Hall Putsch', Kitty McKane of England beat American Helen Wills in the Wimbledon singles title, and the Sunday Express published the first British crossword puzzle. Oh yes, and the South Hampstead Synagogue community was formed.

The world has changed immeasurably and almost beyond recognition in the one hundred years since then. The impact of the second world war, the development of the automobile and aircraft, space aviation, advances in science and medicine, the digital revolution, and the evolution of AI have, to name but a few things, brought about exponential global transformation.

For Jews in particular, the murder of 6 million in the Holocaust, the creation of the State of Israel, and the resurgence of violent global antisemitism have changed Jewish life and identity beyond anything that could possibly have been imagined by our forebears a hundred years ago.

Through all this, South Hampstead Synagogue and its community survived, although destined in the mid 1980's for closure! Far smaller then than now it is thank G-d a century later in robust health, to which this edition of the SHamas eloquently testifies! This is because as an unchanging constant, Jewish people have always needed to create a space in which they can gather and belong, practice and perpetuate ancient traditions, and form a community.

Styles of ritual, dress and celebration change. If a founder member from one hundred years ago miraculously parachuted into our Shabbat service would find it unrecognisable (although they would quickly adapt to the expanded kiddush). But they would also find it comfortably familiar through the prayers, melodies and the Torah reading.

Our new Legacy Board in the shul foyer, which is still work in progress, attempts to capture the history of our synagogue. It is so very important for us to remember our founding roots and the

amazingly dedicated people who gave so much of their time, their love, and their commitment to support this community. All of us now are responsible for carrying the community forward strong and intact, whatever the changes and vicissitudes of the surrounding world. It is a sacred task from which no single person who is part of and who has enriched our South Hampstead Synagogue community with their membership, is exempt. Everyone is able to contribute in their own unique way.

We are deeply privileged to have been the Rabbi and Rebbetzin of this synagogue for forty of its one hundred years. It has been a truly special time filled with friendships and laughter as well as deep sadness, singing and spiritually high 'South Hampstead' moments. Our own children – truly children of the community, have grown and flourished, inducted as part of our rabbinic family to contribute in their own particular ways.

We have celebrated together with so many members in their simchas, have supported them through crises, and have grieved with them in their loss as they have so fully grieved with us in ours. Along the way dear friends passed on, and we shared our tears with those of their families. Their faces are forever etched in our memories.

However now the time has come for us to pass on the mantle of leadership. Our most fervent wish is that the community we love continues to flourish and grow, producing new generations of committed, inspired and proud Jews and Jewesses of all ages, who will embrace and further our incomparable South Hampstead ethos. We have complete confidence and great pride in the community's choice of its next senior Rabbi and Rebbetzin, Rabbi Eli &



Rebbetzin Lauren, who together with their children, each one taking up their role as part of a rabbinic family, will without doubt lead the community onward to a bright future.

We will continue to be present albeit differently, not in a formal but in an emeritus way – taking a step back but still sharing in the nachas.

May this New Year bring health, peace blessing and happiness to us all, both spiritually and materially.

**Our love,
Shlomo and Lynnndy**



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**Remembering Lesley Marcus
and Sidney Gordon.
Chag Sameach**

from the Marcus Gordon family

Rabbi Eli & Rebbetzin Lauren

THE CRY OF SHATTERED DREAMS LACED WITH PERSISTENT HOPE

As the long summer days draw to a close, it's time to hear those shofar blasts again. Every Rosh Hashanah, we take stock as we listen to 100 shofar blasts. These 100 blasts are based on the cries of two mothers in Jewish history – one our heroine, one our enemy. When Sarah heard that Isaac had been offered on the altar and she feared for his life, her anxiety and all-consuming fear were encapsulated in 100 cries. When the tyrant Sisera's mother realised that her son was dead, she expressed the finality of the realisation through 100 sobs.

On Rosh Hashanah each year we acknowledge the microcosm of these ideas in our own lives: the fears and uncertainties we live with, as well as the disappointments, failures and shattered dreams that we grieve, so that we can move on to face a new year. This year, those cries resonate beyond their microcosmic scale. There are so many Sarah's – family members fearing for the safety of their loved ones serving in the IDF, waiting on edge to run to safe rooms before rockets hit, hostage families, and those facing antisemitism globe-over. And whether Sisera's mother was a villain or not, a mother's cry is a mother's cry. In Israel this Rosh Hashanah, there are too many parents, and indeed too many children who will sob for their irretrievable loss. As we hear the 100 blasts, our hearts will be with them, broken, united, and yet notwithstanding the pain, daring to dream of the future.

The 100 blasts resonate specially this year at South Hampstead as we celebrate our centenary. Those 100 blasts have been repeated as a touchstone for our community 100 times, over various locations, multiple generations, through times of war and peace. One particular Rosh Hashanah that stood out was eloquently described by Raphael Langham, a devoted historian and cherished SH member who recently passed away. Just a couple of weeks following the outbreak of World War Two, the SH services took place in Hampstead Town Hall, with Sigmund Freud having been invited as a guest of honour. The sense of celebrating

a centenary is humbling and a testament to all those who toiled and struggled to believe in the future of SH.

Whilst 100 marks an extraordinary milestone, the challenge handed to us is what will happen next. As the sage Hillel taught, learning a particular subject 100 times is insufficient; the magic really happens on the 101st occasion because that is seen as going beyond.

At this time of transition, we feel a keen sense of responsibility and opportunity present with year 101. As we step up to our new role, we hope that the next generation will rally around to join us in picking up the baton of the community we all love.

Finally, thank YOU all for being with us through this turbulent year. We have cried together, rejoiced together, prayed together and sung together. Our success is in our being 'together'. We truly appreciate your friendship, generosity and support.

Wishing you and your families a healthy, happy, peaceful and sweet year ahead. Here's to 100 shofar blasts launching a great 101st year.

SHana Tova!

**Rabbi Eli, Rebbetzen Lauren,
Rachel Emuna, Chani, Yitzchak
& Hillel**



As we look towards 'docking the ship' of another Cheder year, we spend time reminiscing the highlights of the journey.

CHEDER

Written by the Head of Cheder, Daniella Broder

Flashback: We asked the children to tell us what they enjoyed most and what new information they learned. This is what they came up with:



Reception

- We loved talking about Israel and making cards for soldiers.
- We made tzedaka boxes
- We learned about milky meaty and parev food – which was so much fun!

Year One

- We loved the token party! We worked so hard to earn our rewards and it was such fun to celebrate!
- I loved learning about kashrut and making a kosher shop.
- We loved the shofar workshop – did you know that a shofar comes from a real animal?

Year Three

- Did you know that giraffe and buffalo are really kosher – just we don't eat them as it is not our tradition...! How fascinating!
- We learned about the cycle of the moon by making moon shapes with the white cream of orio biscuits – it was such delicious fun!
- We loved our team building activity of making marshmallow towers.

Year Two

- We loved making a chanukiah out of marshmallows!
- We made charoset for Pesach – yuum!
- We learnt new davening songs and have started to read real prayers in Hebrew reading lessons! That is so exciting!
- To end the year, each child received their very own siddur which they will use to pray from each week... and any time inbetween!



WISHING EVERYONE A VERY HAPPY AND HEALTHY ROSH HASHANAH. BEST WISHES, RUTH ROSEN

Year Four

- After learning about the laws of keeping meat and milk separate and how to prepare meat for kosher consumption, Year 4 were treated to a visit from a butcher! They were lucky enough...brave enough...to handle a tongue and kasher it just like your grandmother used to do many years ago. As that process is carried out for us by the butcher today, many of us are unaware of how to actually kasher meat. All of you who are reading this article can now ask Year 4 at SH Cheder to guide them through the process of koshering meat, they are professionals!



Year Five

- We found it interesting that not only do we have to eat kosher food, but we have to behave in a kosher way! Can you work out what that means?
- We love the parsha stories and how the storyline from one week follows on from the previous week. Did you know that Torah stories are not just stories? They are the blue print of our Jewish lives. We have so much to learn which can apply to our everyday life.



Year Six

- Year Six have been privileged to benefit from Yehudi! This is an organisation of educators who have spent time with our children providing fun, interactive and educational sessions. Yehudi is a nation-wide inter-Cheder organisation that prepared the children for an inter cheder competition which tested their Jewish knowledge. Our class came out 'tops' in the following subjects: Shabbat, history of Israel and the Purim story! Well done Year 6!!
- We discussed how we learn from the Purim story that we should not just follow the crowd and do what everyone else is doing – we may end up making the wrong decision!



Goodbye to Misha. Thank you – Misha has worked with us for over two years since he arrived in the UK. He is the backbone of the cheder supporting all classes with their activities, looking after the class registers, collecting tzedaka money and of course, ensuring all the children not only have their treasured drink and biscuit at break time, but the all-important football! Misha, it will be hard to replace you and we wish you continued hatzlacha on your future travels!

Tzedaka – We managed to collect enough money this year to buy a new pair of army leather boots, safety goggles and we are working towards supplying a soldier with other tactical equipment which he is lacking. The generosity of the cheder families is commendable. Am Y'Israel Chai!

Benching and beigels – we have continued with this valuable resource of providing each child with an opportunity to learn how to say Birkat Hamazon after having washed their hands and munched on a beigel. It is so much more fun to learn how to do something in a practical way!

Shofar factory – toot toot, toot toot! The sounds that could be heard on the first Sunday back to cheder at the beginning of the new academic year. The children had a 'blast' blowing their own shofar and finding out where these special horns really come from!

Matza factory – how could we prepare for Pesach in cheder without making our very own matzot! Each year Rabbi Simon from the Tzivos Hashem workshop sparks off our Pesach learning with a warm 'crunch' of matzah!

Bnot Sherut – we have been very lucky to have Leah, Miriam and Tehilla giving us their precious time on a Sunday morning. The children have learned the meaning of words to an Israeli song which they can now sing beautifully. We loved our special Israeli flavour added to our Sunday morning recipe!

Once again, Alan Traub had supported us in every way possible throughout this year! Nothing is too much for Alan who sheds his wisdom on every decision and keeps us safe with a security rota and attends cheder on a weekly basis ensuring that everything runs smoothly. Thank you Alan for your tireless support.

As we come to the end of another year, we dock the ship and take a well-earned break – but we will be back to start all over again, with more fun, more hands on education, more expertise and many more happy children.

For more information,
Email: office@southhampstead.org
Phone: 020 7722 1807

PINZAUER

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ARCHITECTURE | INTERIORS

This year underscored SHY as a space of friendship, connection, warmth, and welcome for our youth. As we dealt with the many difficulties and challenges of the year, our doors were open to the youth, offering a whirlwind of activities – some fun, others educational – all embracing the youth and making them feel at home.

On Shabbat mornings, a wide range of activities took place, from peulot and spirited debates to inspiring speakers. The latter included Ivor Perl, a Holocaust survivor, and Cyril Axelrod OBE, a campaigner for the deaf and blind. It has also been a pleasure to see so many youth attending the regular SHY Shabbat lunches and Friday night dinners, filled with laughter, warmth, and good discussion.

SHY outings continued in full force, including the Bonfire Night celebration (thank you, Sheldons!), bowling, go-karting, paintballing, laser tag, and many more. There were also movie nights, Master Chef competitions (we are not serving THAT salad to anyone!), baking activities, and who can forget Mitzvah Day? Combined with our weekly Learn 2 Lead and Challenge sessions, the SHY calendar always had something to offer.

We must extend special thanks to our Bnot Sherut (BnoSH), Miriam, Leah, and Tehila, for all the selfless work they have done for our youth and community, providing us with much strength and connection to Judaism and Israel when we needed it most.

A big thank you to the Rabbinic team, lay leadership, office, and caretaking staff for all their help and support throughout the year. A special thank you to parents who continue to encourage their children to attend all SHY activities and respond to yet another WhatsApp, text, phone call, or pigeon.

We look forward to another action packed year in SHY!

Shana Tova U'metuka!

The SHY Team

We continue to pray for peace and security in Israel, the wellbeing of IDF soldiers and the quick return of all hostages.

SHY'S THE LIMIT!

by Adam Levine



Welcome to our new SHY Directors... JOJO & MIRI SUGARMAN

We are so excited to be joining the community as SHY Youth Directors this year!

About us: Miri grew up in Sharon, a small town outside of Boston, Massachusetts, and Jojo is from the remote corners of Hamstead Garden Suburb. We met when Miri spent her summer term abroad at Oxford, where Jojo was studying, and got married in August.

Outside of Israel, Miri's favourite place is Tuscany, and Jojo's favourite place is the American Express Community Stadium (home to Brighton and Hove Albion).

"We really enjoyed our introduction to the community in June and have so much planned for SHY: Shabbat mornings and meals, weekday learning and hangouts, activities for the Chagim, Bar and Bat Mitzvah clubs, Shabbatonim, and more. We hope there will be something for everyone so don't be shy: come to SHY!"

A ROSH HASHANAH SHANA TOVA TO ALL OUR FAMILY AND FRIENDS – DIANE & MELVYN WEISBAUM

Chatan Torah

Alex Bard

I joined South Hampstead in 2019. Almost instantly we were warmly welcomed by Shlomo and Eli and many members of the community.

My relationship with Judaism has oscillated over the years. As a child I attended Norrice Lea Synagogue. The shul and cheder there gave me a strong Jewish identity. After my Bar Mitzvah my interest waned until much later when I began to have a strong connection to Israel through the charity that I set up to focus on Jewish Employment.

In a partnership with the Israeli Ministry of Health and the JDC we started a programme to train doctors and nurses. We currently have approximately 1,300

nurses participating in our classes across 10 hospitals in Israel making up 6% of all nursing trainees.

I qualified as a chartered surveyor 25 years ago and have always worked in the commercial property sector. Outside of work, I enjoy playing tennis, the guitar and piano, all very badly!

As far as family is concerned, along with my mother and father, I have a sister and a beautiful three year old niece. I am also looking forward to settling down and having a family of my own soon.

I am very grateful to have been given the great honour of being Chatan Torah and hope to continue making a meaningful contribution to this special community.



Chatan Bereishit

Adam Levine



It is time to reveal that despite my English (some say South African...) accent, I was born in Australia (G'day!). I moved to Poland and then Sweden while growing up because winter without snow didn't seem right. After completing school, I attended Yeshivat Eretz HaTzvi with Bnei Akiva in Jerusalem before coming to London to study law.

It was at that time, by complete coincidence, that I began attending SH, thanks to a friend in the area who invited me more than once for Shabbat. I would then continue walking over from Hendon and later Golders Green to be a part of a diverse and welcoming community. One Shabbat afternoon, I was minding my own business when Rabbi Shlomo walked up to me and suggested I might want to get involved in running the youth program. I needed little convincing; youth work and education are my well-known passions.

After graduating, I decided to spend some time working in Jewish education. One thing led to another, and I qualified in teaching. Now, I work as a Jewish Studies teacher at a Jewish secondary school while also serving as Youth Director at SH.

It continues to be a pleasure to be part of such a special community. A big shout out to SHY past and present, who bring so much passion, enthusiasm and energy to the SHul and make every week a memorable occasion.

A woman of worth who can find?

Our four Kallot Torah have been found and are indeed worthy of the honour. Each of them have not only brought up families and had interesting careers, but have devoted so much of their time volunteering both outside and inside the community.

We look forward to celebrating Simchat Torah with them together with our Chatan Bereishit and Chatan Torah.

Delia Limburg

I had been attending South Hampstead for some twenty plus years although at the time I was a member of Norrice Lea.

However one day I was on the way to a funeral and in the car was Rabbi Shlomo. After talking with him he said "Ah so you're a squatter" so thought I should join the shul which I did.

I am happily married, for the second time and have two children of my own and two stepdaughters as well as grandchildren. I have been a volunteer for the North London Hospice as a home care sitter and later a volunteer for Childline talking to children all over the UK for many years. I have also worked as a family therapist and a co-mediator for divorce and separating couples. I am one of the people who cooks for the Arts Club and am "Head Chef" when our "Head Chef" is away. I prefer to be behind the scenes.

I am very grateful to have been given the honour of being a Kallah Torah and hope to continue making a meaningful contribution to this special community.



Doris Hugh



A French speaking, Egyptian born, British subject, I arrived in the UK in January 1957 when my family was expelled from Egypt, following the Suez War.

After two months in a refugee camp, we moved to Manchester where I attended a grammar school. Breaking with the Judeo-Egyptian tradition of waiting at home for a prospective husband, I went to university. I got married when I graduated, and we moved to London shortly after. That was 58 years, 4 children, 4 children-in-law and 11 grandchildren ago.

My professional career has been in teaching, Habs Girls for 3 years, Habs

Boys for 17 and finally South Hampstead High for 28 years, as Head of Modern Languages and Head of Sixth Form. When I finally "retired" two years ago, I studied Hebrew at UCL, but I missed teaching. So, when I was approached to teach English to Ukrainians, I jumped at the chance and have loved every moment. They are so grateful and so responsive, even if most of them rarely do their homework!

We were members of Lauderdale Road but, when they married, our children left to join other synagogues. Encouraged by our daughter, we joined South Hampstead. Despite the occasional nostalgia, I have never regretted this decision. We could not have wished for a warmer, more welcoming congregation and rabbinic team.

Kallot Torah

My shul going began at five years old, sitting next to my proudly smiling father as old men with strange accents offered me sticky sweets. My history with SHS does not go back quite that far.

We first visited SHS under the old regime. It seemed even more miserable and limp than our former shul, the Bayswater synagogue.

Fast forward a few years and we were invited to an old friend's wedding. To our surprise the rabbi kept on telling jokes while officiating. We didn't return for ten years. The next visit was in response to an invitation from our youngest daughter's schoolfriend. This time round we appreciated the warm and lively atmosphere.

However, as anyone familiar with this part of northwest London knows, there is a dearth of shul going Jews and we had many calls on our Shabbat participation without even having to cross the Finchley Road. At the end of the noughties, I urged my husband to cross the Finchley Road. We were immediately overwhelmed by the SHS welcoming reception. The Shabbat afternoon activities were particularly appealing. After this, it seemed the only right thing to do was to take out membership. That was a dozen years ago and it's a decision we have not regretted. Burial is something still under discussion.

Elbie Lebrecht



Sylvia Taylor



I grew up in Hampstead Garden Suburb and qualified as a teacher. Over time I also qualified as a family therapist in Belgium and as a school counsellor in London.

I am married to Martin and we have two children and grandchildren. Owing to Martin's work, we have travelled extensively, initially spending one year in Brunei, SE Asia, where I worked as a teacher in the local Gurkha school. We subsequently spent 4 years in Athens, followed by 14 years based just outside Brussels. I worked in a local school and built my own tutoring business, both supporting children with a range of difficulties and counselling their parents. I also volunteered for 10 years on a crisis helpline.

Upon returning home in 2005 we decided to live in central London where I worked as a counsellor in inner-city schools. We did a shul crawl and eventually stumbled on SHS where we appreciated the international flavour of the community.

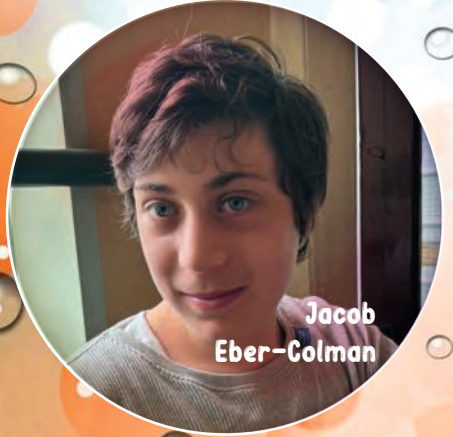
I enjoy writing poetry and was pleased to have a poem published, inspired by Tali's creative writing salon.

Nowadays, I spend time both supporting our grandchildren and volunteering with a crisis helpline for new parents. At South Hampstead, I enjoy giving befriending support where needed within the community.

I very much appreciate the honour of being a Kallah.



Benjamin Kaufman



Jacob Eber-Colman



Benjy Felix



Joshua Keinan



Shalom Goldstein



Jonathan Roman



Noam Reggel



Yitzhak Levin

MAZEL TOV

to all recent Bar & Bat Mitzvah celebrants!

The Chief Rabbi's Rosh Hashanah Message 5785

During this most painful year, in addition to the trauma of the terrorist atrocities, the capture of hostages and the tragic war, we have been subjected to a constant barrage of falsehoods. Of these, none has been so insidious as the morally inverted claim of genocide, the modern-day blood libel.

On Yom Kippur, we will chant Kol Nidrei, a prayer steeped in history and emotion. Fascinatingly, historians differ on its precise origin. Many believe that it was composed as a remedy for Jews who had been forced to make oaths of conversion to Christianity. While Kol Nidre declares 'all vows' made to God null and void, it was used as a pretext by medieval antisemites to portray Jews as untrustworthy in business and other civil matters. Despite assurances that Kol Nidrei did not apply to vows between people, the lie persisted, causing deep-seated hatred.

According to an old adage, a lie can travel halfway around the world while the truth is still lacing up its boots. Sadly, in the era of social media, this is truer than ever, particularly where Israel is concerned.

In just one such example, in July, a well-known medical journal published a letter on its website. The authors estimated that the total number of casualties in Gaza attributable to Israel might eventually reach 186,000, if one were to factor in the impact of secondary causes, such as lack of housing and poor healthcare infrastructure. No attempt was made to assign any responsibility to Hamas, nor to differentiate between the deaths of combatants and non-combatants, nor identify the 'Gaza Health Ministry,' on whose data its conjecture was based, as Hamas-run. Nevertheless, campaigners attributed this 'new data' to the journal itself, rather than to a letter it had received. Some claimed that the journal had 'released a study,' while others stated that the estimate was 'peer reviewed.' Before long, millions had read it and it was cited by activists, British Parliamentarians, and a UN Special Rapporteur.

Kol Nidrei is chanted during our deepest moments of personal and communal introspection. In our confession of the High Holy Days, we call out to Hashem in candour: "You know the hidden secrets of every living soul. You search the innermost chambers of the conscience and the heart. Nothing escapes You. Nothing is hidden from Your sight." This is a moment of the purest honesty.

The Torah instructs us, "Distance yourself from falsehood," because it is not enough to be truthful; we must create an environment intolerant of falsehood.

Indeed, despite the centuries of lies and hatred, Kol Nidrei has endured because we have always found solace in moments of perfect truth between ourselves and Hashem.

When we know in the deepest recesses of our souls where truth ends and falsehood begins, no lie can diminish us.

The truth will prevail. Am Yisrael Chai!



Chief Rabbi Sir Ephraim Mirvis KBE





WITH WARMEST WISHES TO THE LEVIN FAMILIES, AND ALL THE COMMUNITY FOR A CHAG SAMEACH FROM THE BAUM, GOLDSMITH & STANTON FAMILIES

With best
wishes from
**The Benson and
Lionel Black
Charitable Trust**



The SHare team has had a busy year!

In November Philippa Carr and Rebecca Redhouse from JAMI (now merged with Jewish Care) came to speak to us about teenage mental health. Our guest speakers produced some helpful suggestions. This prompted the group of parents who attended to engage in some interesting discussion.

Our wonderful volunteers have delivered meals to members needing help, as well as weekly challot, soup, honey cake at Rosh Hashanah, Pesach food parcels and at Purim Mishloach Manot. We have provided ongoing befriending visits and phone calls to members as well as calling to remind them about forthcoming events.

We have also provided meals to help people during happy times such as just after the birth of a new baby, but also in more challenging circumstances such as during an illness or after a bereavement.

Furthermore, to be able to offer the best ongoing support, some of our volunteers have over the year worked hard to enhance their skills by attending training sessions, many provided by the United Synagogue. These have included necessary Bereavement training as well as courses for Safeguarding Vulnerable Adults.

Our latest initiative has been Shmooze, our community coffee morning for all.

We provided much needed support, coffee, rugelach and sympathetic ears in October when everyone needed physical and metaphorical hugs and have continued to do so. We meet on Wednesdays from 10-12pm (see posters and Shul calendar for dates as we are unable to meet every week).

Do please let us know if you would like someone to call you if you would like to have a chat, or just need a bit of support.

For more details about Shmooze, or if you would like to join our volunteer team, please see contact details below.

We very much look forward to hearing from you.

Email: tamara@southamstead.org

Phone: 020 7722 1807

SHare Update

SHmooze morning

Another amazing year from
our dedicated volunteers.



IN THE BEGINNING...

Diana Rose tells the fascinating story of the first 60 years of South Hampstead Synagogue

I have only hazy recollections of the shul in the late 1950's. A hut; the basement in the house opposite; being given sweets on Shabbat, and the boredom of Sunday morning cheder. Despite this, there was always a strong feeling of connection.

My grandfather, father and aunt were amongst the many refugees in the area and so my family connection goes back 85 years. From 1962, every time I walked through the front door of the "new" shul I was faced with a glass case which held the Yizkor heavy leatherbound book donated by my grandfather, dedicated to the memory of my grandmother who was murdered in Auschwitz.

In 1978, when my husband David and I moved to the neighbourhood, the shul was in decline. People had moved away and there was no longer a cheder or the Ladies Guild Sunday jumble sales which helped to pay the shul secretary. As the decline continued, the Minister's house was sold and he finally became redundant.

My husband, David, came home from a post-Pesach Shabbat service in 1984. There had been an Aufruf and friends of the bride had walked across from Hampstead Garden Suburb and had sat next to him. One of them was Shlomo Levin with whom he had engaged in an animated conversation about the shul and the community. This visit was to prove a turning point.

David Turner had been instructed by the Board to engage a part-time Rabbi, discussed the appointment with Shlomo who accepted the position as temporary and here we are forty years later!

The first Shabbat with our new Rabbi was attended by about twenty men and a few less women.

It proved rather chaotic. The two new gabbaim seemingly called up the dead as well as the living! The previous minister had leined and usually lead Musaf davening. We despaired until Shlomo spoke. He explained his position on shaking women's hands with sensitivity to our concerns and won us all over.

Lynndy and Shlomo held a meeting at our home to ascertain what the Community wanted. Ruth Levine requested an onsite cheder and I volunteered to teach the younger children. The cheder grew from three boys and one girl on the first week, to over one hundred children 11 years later when I stood down as Head Teacher. With only three classrooms in the building, the children were taught in every nook and cranny.



Cheder children's art work



Rabbi Shlomo and Lynndy



Experiential Learning about Kosher Animals



Cheder Prize Day

They also introduced the Tashlich communal walk along the Regents Canal. One year, a cyclist sped along on the towpath (despite it being illegal) and cursed us with antisemitic profanities for blocking his path. David, incensed, ran after him, and was about to push his bike in the canal, but was stopped by Shlomo. The irony of the antisemite being saved by a Rabbi!

We were a closeknit community. On Shabbat, congregants would play sports in our garden, followed by Seuda Shlishit. Visitors and new members were invited back for lunch by families on a rota. Shabbat Shul attendance grew and midweek morning and evening minyanim became daily fixtures. There were Sukkah parties and crawls, Shavuot lunches, Chanukah events and learning programmes, and much more.

In 1989, a flat was built above the synagogue to accommodate the Levin family where the community were always welcomed for meals on Shabbat and the Chaggim, as well as for women's learning groups.

The Levin family were role models for my children and became firm friends. It became a tradition for us to take

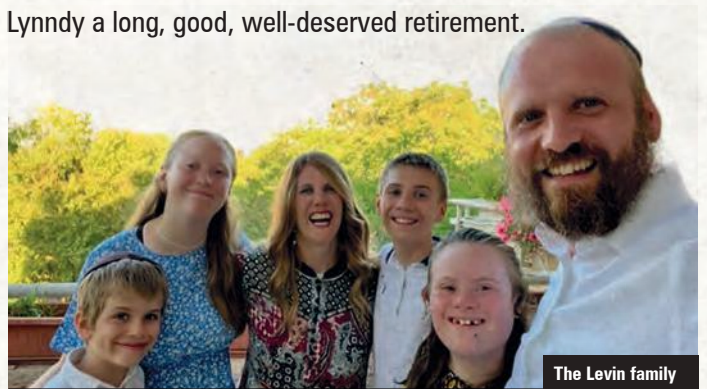
their children with ours to the park on the last day of Yom Tov so that Shlomo and Lynndy could have a break. One day as they marched up Primrose Hill in line, I heard a woman yell, "Cor, look at them! 'ow many kids have they got?!!".

Our daughter, Deborah, restarted Bnei Akiva and one Thursday evening went to set up for Shabbat Ha'Irgun. The next I heard, was a phone call from the police saying she was making a statement at the Albany Street station. She had witnessed someone breaking into Shlomo's car and running off with a bag. She had chased after him, flagging down a police car on the way. The man was caught. Deborah had saved his tefillin!

The Levin family lit a spark which inspired so many of us to create the vibrant community we have today. We made Aliyah eleven years ago, but the spirit of South Hampstead came with us, a major part in our lives for 35 years. I cannot thank the Levin family enough for their friendship and guidance, which I hope will continue for many more years. Wishing Shlomo and Lynndy a long, good, well-deserved retirement.



Cecil White and Shlomo fixing the mezuzah



The Levin family

Diana Rose, nee Danzig, lived in the community from 1978 with David and their two children, until aliyah in 2013. She was the founder headteacher of the cheder from 1984, headteacher at Kerem House and an Ofsted inspector. She now lives in Herzliya where she volunteers at a local school.



Message from the Co-Chairs

This past year has been a deeply traumatic one for the Jewish people, following the tragic events of Simchat Torah and the ongoing state of war in Israel. These events have affected us all, especially in the diaspora, where we have seen a significant rise in antisemitism. This has created a sense of vulnerability and uncertainty in the Jewish community, unlike anything we have felt for many years. Despite these challenges, our community has shown remarkable unity, strengthening our bonds with one another.

This has also been a significant year for South Hampstead. Our beloved Rabbi Shlomo and Rebbetzin Lynndy announced their decision to retire after forty years of dedication to the community. During this time, they transformed a dying United Synagogue congregation into a model for British Jewry. This they have done through their love for all, by immersing themselves and their family into the community, fostering an open, warm, and welcoming environment. Although they are retiring, they will remain involved in emeritus roles at South Hampstead from early 2025.

Following an extensive consultation process and our first-ever community-wide vote, Rabbi Eli and Rebbetzin Lauren were chosen, almost unanimously, to become the next Senior Rabbinic Couple of South Hampstead. We anticipate a smooth transition and are excited to appoint a new rabbinic couple focusing on young adults and families. We extend our thanks to everyone involved in this process, especially David Turner, Charlotte Leon, Michael Hurwitz, and the Shul Council and Executive.

This year, we also celebrate the centenary of the South Hampstead Community and the 40th anniversary of Rabbi Shlomo and Rebbetzin Lynndy's appointment. We hope you will join us for a special communal anniversary weekend in November to honour this milestone and their remarkable legacy.

Additionally, we saw a significant change in the Executive, with Warren Baker retiring after 14 years as our Financial

Representative. We deeply appreciate his commitment and welcome Simon Friend, who will take over this vital role.

South Hampstead continues to thrive, with a busy building and numerous activities. Details can be found on our website and through our weekly communications on the mySHul WhatsApp group. If you're not already on the group, please contact the shul office to be added.

Our community's success is due to the dedication of many volunteers, including those on the Shul Executive, Shul Council, SHare Team, Security Team, and other groups. We are grateful for the efforts of our office team – Harvey, Tamara and Caroline – and our caretaking team – Lorenzo, Stanley and Dale. We also welcome Melissa Harris, our new Events Manager, who will oversee and grow our events and functions.

This year, our youth team was led by Adam Levine supported by three Bnot Sherut from Israel. We thank Miriam, Leah, and Tehillah for their commitment and welcome our new Youth Directors, Jojo and Miri Sugarman, who will lead SHY this year supported by Adam.

As we enter Rosh Hashanah, we reflect on the past year and the challenges we have faced. In these uncertain times, we stand united in our faith. Let us enter the new year with renewed optimism and hope, and may the Jewish People be blessed with peace, health, and prosperity.

Shana Tova U'metuka!

Joy Cohen and Danny Kay





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FUTURE LEADERS

Future Leaders thanks South Hampstead Shul for its inspiration in showing us the way to truly engage with and bring love to communities.

A huge Mazal Tov on your awesome Centenary!



The Future Leaders Programme is a 3 month leadership course specifically for young refugees and asylum seekers. online workshops led by inspirational leaders from across the uk focus on supporting young leaders, refugee mothers and aspiring refugee entrepreneurs. We help young refugees and asylum seekers to develop a range of new skills and create a supportive network, empowering them to support others in their own community.

Future Leaders has nearly *150 graduates* from *45 countries*, residing in *65 towns and cities* across the UK



LEADERSHIP PROGRAMMES FOR
WORLD CHANGERS FROM REFUGEE &
ASYLUM SEEKER BACKGROUNDS

WWW.FUTURELEADERSPROGRAMME.ORG



“There was an inviting spiritual atmosphere that struck me as it was in contrast to the absence of a traditional majestic edifice” recalls Irene Rosner David

Canfield Gardens Shtiebl



Raymond Esdaile is a solicitor and he and his wife Caroline, have been members of South Hampstead synagogue for 25 years.

This Shtiebl originated in my maternal grandfather's house, Chaim Klausner, in the East End of London where a Minyan was held regularly. He arranged this as he had taken exception to the way in which the less well off in his local United Synagogue were treated, especially on the High Holy Days when they were forced to take seats at the back of the Synagogue. All were welcomed, fed and inspired.

Many eminent people attended including the late Rabbi Doctor Kopul Rosen, as well as the beloved Rabbi Doctor Schonfeld.

My grandfather's house was bombed during the war and a piece of land was then purchased in West Hampstead and a Minyan was held there in memory of my grandmother, Sarah Klausner, who died tragically young following a road accident when she was run over in the Whitechapel Road whilst hurrying home to make Shabbos lunch for her husband. It was named The Sarah Klausner Memorial Synagogue in her memory. Eventually, my family gifted the Shtiebl and the Sefer Torah to South Hampstead.



BRIAN, ESTELLE & OUR FAMILY WISH THE RABBIS AND THEIR FAMILIES, OUR FRIENDS AND FELLOW CONGREGANTS SHANA TOVA U'METUKA VE GMAR CHATIMA TOVA

A Shul with a SOUL



Myriam Bounik

Myriam Bounik grew up in Strasbourg, and lives in London with her husband Noam and her four children. She works in the financial industry as well as teach Pilates in her spare time.

Myriam Bounik writes a tribute to the SHTIEBL – a treasured local gem...

A wooden door adorned by ivy, discreetly set back from Canfield Gardens marks the entrance to the Shtiebel. It also happens to be next door to our home - a delightful discovery when we moved to the area in 2011.

We were greeted warmly and invited over for lunch after our first visit. Soon, we started using the premises for an informal Sephardi Kabbalat Shabbat service. Erev Succot 2018, we couldn't find our Succah poles, and the Shtiebel offered us their entrance patio for our Succah and we have been using it every year since. I cherish this local gem and wanted to share its moving history and the impact it had on so many and how sadly it is no longer in use.

The versatile little space of the Shtiebel has hosted a plethora of institutions over the years, including a kindergarten, Spiro Ark, Saatchi's Ruach services and the South Hampstead Spirit Shul.

What has made it really special is the individuals from diverse backgrounds who formed this makeshift Kehillah down the decades, dating back to the time of the

Shtiebel's establishment in 1943 by the Klausner family. Originally located in the East End, it moved to a series of premises in West Hampstead before settling at 10a Canfield Gardens in 1974.

The Shtiebel lay at the heart of the area of North West London which, by the outbreak of World War II was known as Finchleystrasse, a home to many refugees. Many of its congregants had fled war and persecution. People came to the Shtiebel for its heimish atmosphere and there they found solace and beautiful tunes, reminding them of their childhoods. The regulars were tolerant and welcoming, whether you came with your shopping trolley, your dog, or just turned up at the end of service for Kiddush time.

The Shtiebel was regularly visited by Rabbi Solomon Schonfeld, who built upon his father's work and opened schools and synagogues. He had worked tirelessly and ingeniously to rescue some 4,000 Jewish children from Nazi Germany, ensuring that they remained proud and practising Jews. He would walk to the Shtiebel from Highgate every Shabbat and on Yom Tov bringing a bunch of bachurim with him to uplift the community.

Rabbi Dr Jonas Ansbacher was the first Rav of the Shtiebel, a position which he held until his retirement in 1955. He had served as a rabbi in Germany before coming to London in 1938. He had also spent ten weeks in Buchenwald.

The much appreciated Gabbay was Majer Ber. Originally from Poland, he had lost most of his family in the Shoah and managed to escape via Belgium. His daughter Ruth Rosenfelder fondly remembers accompanying her father to Shul and sitting next to him until she was Bat Mitzvah.

Mary Levens recalls as a child accompanying her father Leslie Levens to Grodzinski in Finchley Road to buy a very elaborate kiddush for the shul. On shabbat, Leslie would stand at the corner of Finchley Road trying to persuade anyone who looked Jewish to join the service! On weekdays he would encourage the UCS boys to come for lunch and mincha.

Diane Barnett remembers hosting the whole kehilla every Rosh Hashanah for kiddush lunch at her home next door.

Later on, Norman Lebrecht, the music journalist and author, would often lein and address the Kehillah with some words of Torah. He still pictures the Shiviti at the front of the interior, only found in old Hasidic shuls and remembers with emotion how the Shtiebel celebrated the Bar Mitzvah of an autistic boy.

Fred Barschak subsequently took responsibility for looking after the Shul. Fred had arrived from Vienna on the Kindertransport. In an interview recorded by AJR, Fred recalls listening to the beautiful voices of the choir of the Polnische shul where his father had been the warden and its destruction on Kristallnacht.

He not only ran the Shul and organised the Kiddush but also cared for the community, attending Shivas and offering moral and financial support to the homeless or those suffering ill-health. Brian Kaplan warmly remembers him playing his accordion on Purim.

Many prestigious guests came to the Shtiebel, including Mordecai Eliash, the first Israeli ambassador, Dr Celina Sokolow, daughter and secretary of Nahum Sokolow, a giant in the Zionist movement, George Soros and Yaltah Menuhin. The Shtiebel also welcomed guest speakers such as Judge Israel Feinstein, Mark Daniels and the late Chief Rabbi Jonathan Sacks.

Dr Brian Kaplan, became a regular when he was looking for a local Minyan to say Kaddish. He loved the fact that the Shul was inclusive and as a Cohen he felt valued and needed. The Shul housed a caring community, epitomised by Fred Barschak, who taught Dr Kaplan's son how to read Hebrew and lein. When we introduced the Sefaradi Friday night Minyan, Dr Kaplan was inspired by the Sefaradi tradition of reciting Shir Hashirim on Friday night, and resolved to study it.

In 2011 the Shtiebel was sadly struggling to find a minyan with a rapidly ageing congregation. With the passing of Fred Barschak in 2016 and the establishment of Chabad West Hampstead, SH Synagogue took over the Shtiebel, using it as a base for their Young Professional Minyan and Sunday classes while our Synagogue was being rebuilt.

"The Shtiebel now stands abandoned, derelict, overflowing with vines, foliage and cobwebs almost camouflaging the entrance, giving the visual message of a long standing closure" notes Irene Rosner.

The Shtiebel provided a religious home for a refugee community that was overwhelmingly secular. The memories of the Shtiebel demonstrate the ways that people clung onto their Jewish faith creating a warm and inclusive community, forming the basis of the vibrant and tolerant North West London Jewish Community to which we all now belong.

Dedicated to the memory of Fred Shlomo Barschak who passed away during Succot, 18 Tishrei 5777, a descendant of Rav Shlomo Klugger, Maggid of Brody and survived by his two children Tamara and Aron.

Warmest thanks to Sharon Solomon, Norman Lebrecht, Diane Barnett, Irene Rosner David, Mary Levens, Brian Kaplan, Stephen Kotok, Tamara Barschak and Ruth Rosenfelder for sharing their memories and to my dear friends Julie Apfel, Katya Becker and Sarah Howard for their feedback.



“Whoever listens to
a witness, becomes
a witness.”

Elie Wiesel



2025 MARCH (21-24 April)

MARCH OF THE LIVING

March of the Living is a 5 day educational journey in Poland culminating with the unforgettable March of the Living international event that brings together people from all over the world on Yom Hashoah, Holocaust Memorial Day, to march from Auschwitz to Birkenau, the largest WWII concentration camp complex.

For more information visit www.marchoftheliving.org.uk
or contact Lucy at Cassie@marchoftheliving.org.uk
or call 020 8202 8881

March
OF THE LIVING UK

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Experiencing Israel through Sar-El is as real as it gets. Sar-El stands at the forefront, actively supporting the IDF and embracing any mission entrusted to them. Being side by side with the soldiers, immersed in the heart of the base, creates an impact that is unparalleled. It provides volunteers with a unique opportunity to give back in a way that goes beyond what is offered anywhere else.

Since the 7th of October, Sar-El has been on the ground, working tirelessly with over 5,000 volunteers who have been lending a helping hand in every conceivable way. These dedicated individuals have been actively involved in the critical tasks of checking, sorting and packing vital medical supplies, preparing combat meals, assembling ceramic vests, and even deploying a team of doctors who joined combat units in the field.

What sets Sar-El apart is not just the individual experience, but sense of community that forms. Volunteers come from all corners of the world, uniting for one common mission – to safeguard Israel and ensure the safety of the Jewish People.

To find out more about how you can volunteer, other programme opportunities, or just to donate to this amazing organisation, please go to the Sar-El website: www.sar-el.org

UK contact email: Leigh Humpage, lhumpage24@gmail.com



"What started as an emergency response to a moment of crisis in Israel has turned into an impressive logistical operation and a striking model of deep bonds that connect us all" President of Israel, Isaac Herzog



SAVE THE DATE...!



Peace of Mind South Hampstead 2023

23RD - 30TH MARCH 2025

The next group of Israeli soldiers will be joining us in the Spring. This time more than ever we will need the support of 10 families from our wonderful community to each host 2 soldiers for the week. To get involved please contact Simon Taffler on simontaffler@gmail.com



POLAND TOUR

Ariella Leon

In October half term, I travelled to Poland with Tribe to visit and confront the darkest chapters of modern European history, witnessing the devastation wreaked by ghettos and concentration camps. When I came face to face with the stark reality of these darkest moments, I began to realise the incomprehensible scale of destruction and loss. It was a time where history and memory collided to create a rich tapestry of the legacy, connection, and understanding of my Jewish heritage and family history.

As I wandered through the echoes of time, I carried with me the hopes and dreams of past generations, who, like us, all dreamed of growing up and living fulfilling lives. But the 800 children all buried in the mass grave we visited never got the chance to. Standing in front of the grave, something stirred in me.



I was left thinking about all the 800 voices who had been so cruelly and unjustly silenced. All the ‘I love yous’ that couldn’t be said. So when we were told to write a letter to our parents, standing under the rain in our own private spaces around the eerie silence of the grave, I wanted mine to be filled with love, to make up for all the lost love, and to remind my parents just how much I loved them. Despite the atrocity of where we were standing, we linked arms as a group standing around the grave, and sang songs of love, hope and peace. It was so powerful, because we were standing at the grave of a generation of children who lived through a time when the Nazis wanted to exterminate the Jews; and yet, there we were, as the next generation of Jewish children, alive and singing for all the voices that could no longer sing. It was an incredibly emotional and beautiful moment that will stay with me for the rest of my life.

Witnessing the cruel and premature loss of life, it reminded me of my late, paternal

grandfather, Leon Zloczewski, fondly known as Papa Leon, whose motto was “everyday is a gift.” I unfortunately never had the chance to meet Papa Leon – who has an incredible story of survival of the Holocaust; he passed away in the year 2000, 3 months after my parents’ wedding. Whilst his passing was premature, he got to witness the first sign that the next generation of his family would soon follow.

Whilst we have returned to a period where freedom is fragile and the world feels shadowed, and yet another attempt to exterminate Jews, I embrace the lessons of the past and let them guide me towards a future filled with understanding, compassion, and the unshakable belief in hope for a positive future. I carry with me the love, stories and wisdom of my family heritage, along with Papa Leon’s motto – everyday is a gift.

Ariella Leon is studying for her A levels at South Hampstead High School.



When I went on the Tribe Poland trip this October I did not know what to expect. As the trip took place in October, the memory of the October 7th massacre was fresh and emotion was already high. The most impactful day of the trip was our visit to Aushwitz Birkinau. As we made our way through the camp, I was sickened by the realisation that before the Holocaust, all of the people who were murdered at the camp experienced the world as we experience it today. They went to school, played sport, attended youth groups and spent time with their families in the same way that anyone in our group did. However, their lives were left behind, violently cut short by brutality and horror. This realisation hit me with full force as we recounted the story of the Jewish musicians who defiantly played the tunes of the yom kippur service, a story that Rabbi Eli told us as we stood around as a community. It was at this moment when I fully understood that the Holocaust is never far away, it is not an abstract memory that is mentioned for effect. It happened to people like you and me, to communities like ours and by people who we consider as normal. This trip taught me to never be complacent with the life that I have, and that however permanent it may feel, it is fragile and can be taken away in an instant.

Jamie Turner is in year 12 at City of London Boys School.



A path lit by shadows

by Joe Green

In memory of Isak Asher, born 1902, perished in Bergen-Belsen, date unknown.

Six million shadows cast
by humanity’s inhuman hands,
Where whispers of misplaced innocence
in darkness stand,
A piece of our narrative unfolds
which I am privileged to uphold,
Unlit tragedy, more than cruel and cold.

Six million souls, like stars, snuffed out.
A starry sky murdered without a hint of doubt.
All respect and compassion discarded in the dark,
One thousand years of Jewish history imploded,
Leaving one small spluttering spark.

Now *siddurim* and *kippot* and ketubot
lie locked behind gilded glass cages.
Their brightness dimmed, faded.
And I ask as all peruse,
Why are people so fascinated with items
belonging to dead Jews?

Six million stories run deeper than the ink
beneath the skin of their numbered tattoos.

And their soles were sold.
Luggage and shoes and teeth
and jewellery piled high,
Like a bonfire.
Used for fertiliser.
Scattered in the wind.
Those brave souls buried under the ash of their
Brothers and sisters.
Mothers and fathers.

Hair flapping in the wind, frail flags atop a hill.
Stauched flickering flames,
Down, not defeated.

But don’t be blinded by nature’s unforgiving hand,
Which now shrouds those grey machines of death,
Hiding their dark and deep desires
In blankets of sparkling, innocent snow,
Like a white burial sheet.
A false fairy tale.

So, whilst with eyes burning defiant
and arms interlinked
we ascend from that evil place,
Always a piece of our *neshama* will stay,
To protect. To remember.
To coax the fire back into that blazing star,
To rekindle what evil failed to mar.

Because where there is shadow,
there must also be light.

Joe Green is in the same year
at JFS who organised their tour.





POLAND TRIP

Katherine Bellau

Exactly six months after October 7, we returned from a truly life affirming and traumatic visit to Poland. I and all our amazing inter-generational group felt a deep, deep connection to our past - to the beauty of life before the holocaust and the horror that followed. We heard devastating testimony and witnessed sites of unimaginable brutality - the impact of the meticulous and efficient nazi machine.

As we stood in Josefow, we learned how neighbours turned on each other, some complicit in atrocities, some (who we must not judge) too fearful for their lives to object. We stood in silence in the twilight forest where 1500 Jews were murdered. Parents whose purpose was to protect simply couldn't. Though even then, brave acts of strength and defiance took place - parents watching their children go first to spare them the agony of the alternative.

Families separated, the diktat to ensure Jewish suffering before their murder, the dehumanisation, the lack of sanitation, the systematic starvation, the impossible and agonising choices that were made - the suffering took our breath away. And the numbers, the numbers were overwhelming... the shoes, the hair shaved from victims or ripped from their faces, the piles and piles of pots and pans giving a mere glimpse of the enormity of loss. The strawberries that grew in soil fertilised by the bones of dead Jews. The mothers who concealed pregnancies, who had to deliver their babies in silence only to have to kill them at birth.

A life for a life.

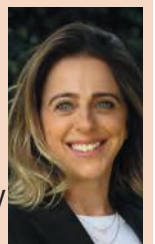
And then came the light. The candles we lit, the remarkable stories of survival, how humanity prevailed at the darkest of times – how having someone to rely on and to be relied upon were the difference between life and death. The miracles that have happened since - the surprise reunion in New York of the mother, whose fellow Auschwitz inmate – a doctor - had delivered and killed her first child, brought into the world her second child in better times. The grandchildren of survivors who shared a piece of blanket one freezing night in Auschwitz, getting engaged in Australia, without even knowing their connected heritage.

We walked the streets of Krakow and prayed in the ancient synagogues that once teemed with Jewish life. We remembered how beautiful life was before 6 million Jews were murdered, including over 1 million children, before Polish towns lost 30% of their people and their largest minority. We sang, we cried, we sang again, and again. We heard the horrific and uplifting stories of survivors and their children. We felt an aching strength of pride in our Judaism.

We celebrated our beautiful community, our togetherness and our belief that am yisrael will continue to thrive in the face of adversity. We must go out into the world like bonfires - fulfilling our purpose to bring light, making a difference and being the best we can be.

Kathryn Bellau

Kat and the Bellaus have been members of South Hampstead for the past 17 years. Recently retired from children services, Kat is General Counsel & Company Secretary for Dr. Martens.



**With best wishes for a healthy
and successful 5785.
This year on Yom Kippur we reflect
that it is 50 years since a war
that changed the face of Israel.
We hope that 5785 will be a year of peace
not only for all Jews but also for all mankind.**

Jeanne & David Katz

**In loving memory of
Jerrold Jacobson
wonderful father, father-in-law
& grandfather of**

Mark, Angela, Adam & Terri

**We will always remember him for his
kindness, love and, most importantly,
his sense of humour.**

**Best wishes to the community for
a happy healthy New Year**

from the Coren Family

VISIT TO THE NATIONAL HOLOCAUST CENTRE

The NHC, originally known as Beth Shalom, was set up by the Smith family – 2 brothers Stephen and James, along with their mother Marina – after being inspired by a visit to Yad Vashem in 1991. This conscientious Christian family returned from Israel and knew that the Holocaust had to be taught, discussed and understood by all, especially children.

Beth Shalom was born about 3 years later after much dedicated fundraising (not by the Jewish community) and hard work, converting their family home into the only national museum in the UK dedicated to teaching and learning about the Holocaust.



Andrew Kaufman, retired lawyer and past Chairman of Association of Jewish Refugees



Just after 9am, our coach left the shul with 40 SH members on board, en-route to the National Holocaust Centre and Museum in Laxton, Nottinghamshire about 3 hours away.

We arrived just in time to enjoy a picnic lunch provided by our 2 organisers, Linda Sharpe and my wife Susie.

We were warmly greeted by their Chief Executive, SH member, Marc Cave who introduced us to Simon Winston, an 87 year old child survivor from Poland who told us chilling stories about executions in the forests near his Polish (now Ukrainian) village where almost all the 7000 Jewish inhabitants were murdered. Simon somehow survived with his father and older brother in the cellar of a barn owned by a Polish farmer for over 2 years. It was very humbling to hear his testimony from 80 years ago.



“The Journey”, a story about Leo, a 10 year old boy from Berlin who came to the UK on the Kindertransport. This project was funded by the charity of which I was chairman, the Association of Jewish Refugees. AJR were the first Jewish charity to fund the NHC and have continued to do so over the succeeding years. Our latest grant is to digitise The Journey to make it available online to schools all over the country.

The second exhibit depicts the rise of the Nazis in Germany, ending with the **Holocaust**,



a story with which we are all too familiar but for most of the children touring the exhibition this is little known territory. Both exhibits are due to be updated this summer with the help of a £4.2m lottery grant.



ANTI-JEWISH RACISM NOT ANTISEMITISM

We ended with an impassioned and impressive talk from another Mark, Head of Education, emphasising to us that in these post October 7 days, we should not be referring to antisemitism but rather Anti-Jewish Racism which reflects the reality of what is happening here.

A big thanks to Linda and Susie for organising this fascinating trip. They are both two of a large band of volunteers that run the many wonderful activities at South Hampstead.

**Ann & Ronnie Goldstein
together with**

**Sue, Richard, Ben, Emily, Amie & Josh,
would like to wish all their family and friends
and the entire SHS community
a very happy and healthy New Year
and well over the Fast
and also to wish
Rabbi Shlomo & Rebbetzin Lynndy
a long, happy and healthy retirement**

**- and many congratulations
on a job very well done!**

HOLOCAUST SURVIVORS TALK TO SH CHILDREN

By David Green (aged 11)



In honour of Holocaust Memorial Day, our shul hosted two inspirational Shoah survivors who profoundly narrated their story to the younger generations so that their message would never be lost.

Ivor Perl and Miriam Freedman, two Holocaust Survivors came to talk to the children at South Hampstead Synagogue.

Ivor Perl and Miriam Freedman each described their younger lives before the Second World War, showing their gradual decline in material wealth owing to the rise of Nazism. We had the great opportunity to ask our own questions to these very elderly but strong-minded people.

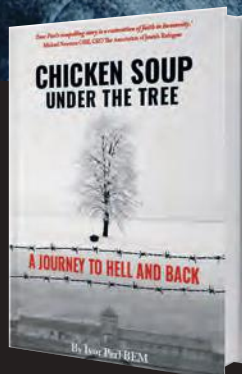
The question that most impressed me was when someone asked Ivor Perl, "how do you know the right time to leave a dangerous situation?" and his answer was "that you never do really know".

The conversation was further enhanced by the shul giving out books written by each speaker (*'Chicken Soup Under the Tree'* by Ivor Perl and *'Love is Always the Answer'* by Miriam Freedman). I went home to read both books and they have made a vivid impression upon me because, to spare younger members of the audience, the hardest moments during the Holocaust weren't mentioned, but were described in the books.



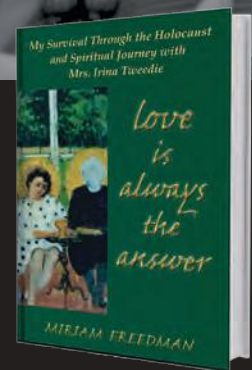
Ivor Perl

was born in Hungary in 1932. He was 12 when his family was killed at Auschwitz. He and one surviving brother were taken to Dachau camp, where Ivor turned 13 and recalls marking his Bar Mitzvah alone behind barbed wire...



Miriam Freedman

was born in Bratislava. Her life changed beyond recognition when the Nazi party came to power in 1933. Miriam and her immediate family survived by going into hiding, aided by those who put their own lives at risk to keep them safe.



Book Review

Not a Nice Jewish Boy

Peter Owen & James Nye

This is a candid memoir of Peter Owen ne Offenstadt, only child of a German father and English mother who was born in Nuremberg in 1927. As hostility to Jews grew, the family fled to London in 1932

This is a book of two halves, intertwining throughout, providing an excellent portrait of his publishing career in London from 1951, the heyday of hard and paperback books and also the effects of early life emotional deprivation and upheaval, leading to two breakdowns in later life.

It was his work ethos and determination to succeed as a publisher, which pulled him through. Following a series of dead end jobs with a loan from his mother, he became probably the youngest publisher in Britain staunchly supported by his Uncle Rudi, a brilliant intellectual and his gifted wife Wendy, whom he married in 1953.

Muriel Spark [The Prime of Miss Jean Brodie] whilst still establishing herself as a writer, worked with Peter as a proof reader. In 1961, Peter published a novella by Boris Pasternak, which was boosted by the multiple -Oscar-winning film and went on to have several reprints, and by the mid-60s, his company became internationally known.

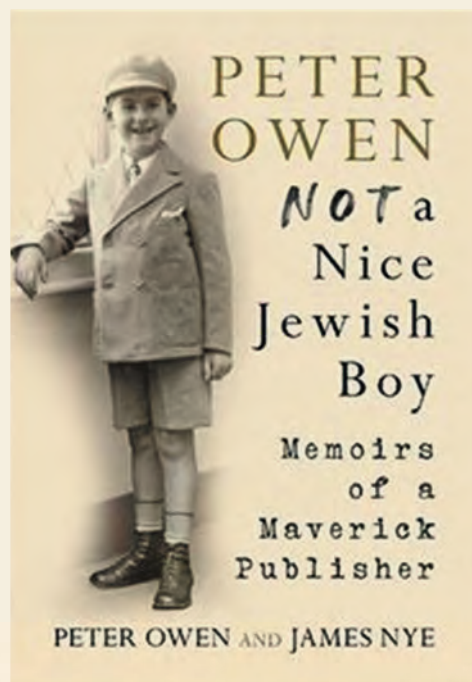
Willing to take risks, he later published the American comedian Lenny Bruce's '*How to Talk Dirty and Influence People*' with a forward by Kenneth Tynan, the scourge of Mary Whitehouse.

Tariq Ali's first book, Marc Chagall's memoir, and Dame Edith Sitwell's '*I Live Under a Black Sun*' were all part of Peter's publishing output. His publishing career was extremely successful and culminated in an OBE in stark contrast with his emotional life

I can highly recommend this book to anyone interested in the London 'scene' from the fifties onwards and equally those readers whose interest leans towards the lifelong psychological effects of childhood disruption and disorder.

Reviewed by Eleanor Levy

Eleanor Levy is a member of South Hampstead Shul. For many years she taught history; today she runs adult education classes and writes book reviews for several publications.

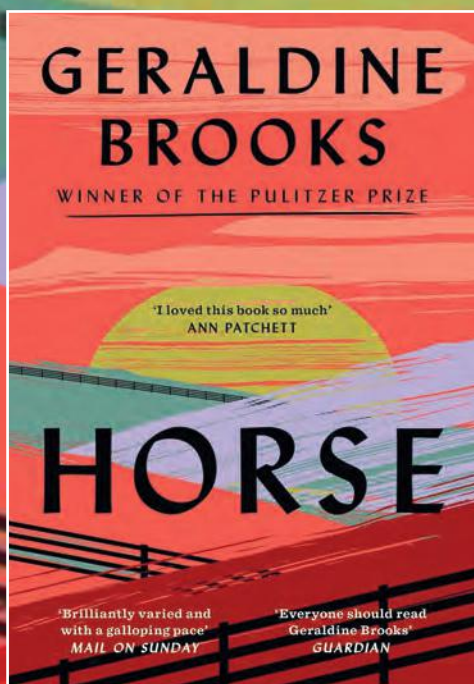


Book Review

HORSE

Geraldine Brooks

PULITZER PRIZE WINNER
Author of 'People of the Book'
(The Sarajevo Haggadah)



One might think that reading a book about a horse would not be very informative, but this book is based on a true story and leaves you wanting to know more about this era in American History.

The Author, Geraldine Brooks, was not born Jewish, but even at her Convent School in Australia was drawn to Judaism and wore a Magen David to the consternation of the nuns. Unsurprisingly, she married Tony Horwitz and converted; although there are no Jewish references in 'Horse', her Jewish values shine through, inequality and man's inhumanity to man and beast.

The story is woven around 19th century slavery, the then fashionable portraiture of star race horses, the modern art world, black racism and forensic anthropology. All ingredients of a fascinating tale, where the protagonists are interlinked through time by a painting.

This is a cleverly crafted, extensively researched tale which centres around a legendary 19th century champion race horse in the time of slavery in South America, the art world, alongside the study of forensic anthropology at the Smithsonian in today's world.

Her beautifully written account of life of the groom, a slave and then bringing this up to date by examining today's racism through her character Theo, is very moving and certainly makes you think about whether we really have made progress in that direction.

As well as learning a little about the American Civil War, we are also introduced to a background about the art world of then and now.

I do not want to give away any spoilers but I would strongly recommend you read this and you will be surprised that a story about a horse can enrich your life

Reviewed by Sandra Rose

Brought up in Ilford, **Sandra** started her career at The Bank of England. Married with 3 daughters, she retired after 25 years in Psychometric testing. Currently kept busy with her seven grandchildren, and various voluntary roles.

After belonging to many shuls, they became members of South Hampstead 12 years ago where for the first time they felt fully involved with the community.

When not in London, they spend time at their home in Israel.



LIVE THE HISTORY.
CREATE THE FUTURE.



RE:ISRAEL



ujia

KOL NIDRE APPEAL 2024/5785

RECOVER



REBUILD

As we approach the first anniversary of the 7th October atrocities, the people of Israel still need our support.

This Kol Nidre, UJIA is focusing on Be'eri and Mefalsim, two of the southern kibbutzim that were devastated by the attacks. We are also providing ongoing trauma relief for the victims of terror and aid to those who are displaced from Israel's northern border.

To support the people of Israel as they **recover** and **rebuild**, we need you to **respond**.

Please donate now at ujia.org/kn24 or call 020 7424 6400.

RESPOND

**Wishing everyone joy and good health
Chag Sameach.**

Sandra & John Joseph



A REMARKABLE, 'UNREASONABLE' MAN

Leslie Turnburg

Baron Leslie Turnburg is a British medical professional and author of many publications related to the medical and health services fields. He has written two books on the history of Israel: *Beyond the Balfour Declaration; the 100 Year Quest for Israeli-Palestinian Peace* was published in 2017, and *Mandate: Britain's Palestinian Burden, 1919–1939* published in 2021.

It is surprising how so little is known or written about Pinchas Rutenberg. Yet it was he who introduced the electricity to the whole of Palestine in the 1920s and 30s that enabled the agricultural and industrial development of an arid land, long neglected by the Ottomans. I first came across him while I was writing a book on the Mandate period and discovered that he had stipulated in his Will that no fuss should be made of him after his death. No streets or villages to be named after him and no eulogies read for him. Just bury him amongst the workers. But his contributions to the future of the Jewish State are huge and he should not be neglected. Starting life in the Ukraine in 1879, he became a revolutionary active in efforts to overthrow the Czar. He was implicated in the assassination of a traitor to the cause and, later, he plotted the assassination of Lenin and Trotsky. Who knows what the world would have been like if he had been successful. Escaping to Paris and the 1919 Peace Conference, he collared world leaders and persuaded them to allow him to explore the prospects for a hydro-electricity power generator on the Jordan River. Water was never in great supply in Palestine but he not only overcame the geological constraints but also the opposition by the British Parliament and even the Zionists. Likened to a mixture of a steam-roller and a whirlwind, he bludgeoned his way past all opposition and opened his huge generator just south of Lake Kinneret in 1932. He had already opened several diesel-powered generators and produced electricity for virtually the whole country. With his restless spirit, he went on to develop Palestine Airways, flying between Tel Aviv, Haifa and Beirut and it was this that formed the basis of EL Al after the war. He was a hero of the people, having encouraged immigration for his enormous work force at a time when immigration was faltering, and encouraging foreign investment when it was sorely needed. Elected leader of the Yishuv, the Va'ad Haleumi, he was a less successful politician when his anti-democratic style brought out his dictatorial methods of leadership. But he led peace negotiations with the Arabs although these were as unsuccessful as have most of such efforts since then. He died in 1942 having laid the foundations for the future development of a successful industrial and agricultural country.

A man to be reckoned with.

Land for Peace

Following the horrors of 7th October, a two-state solution appears naïve and unattainable. Yet the alternatives presently on the menu offer little beyond containment, which has palpably failed. We need to aspire to something better.

The Absent Judge

Israel's detractors often seek to defeat Israel in court. Lawfare is superficially tempting, but it is a chimera.

Domestic disputes settle because there is a judge looming over the end of the process, to impose an outcome. The prospect of potentially losing drags most people towards the reasonable.

The international arena lacks an ultimate decision maker. The UN, the ICC and the ICJ, with their politicised agendas, lack credibility. With no judge to declare definitively who 'won', both Hamas and Israel will each declare victory at the end of this war, and prepare for the next round.

Implacable Opponents

Some disputes defy resolution. Sunni/Shiite disputes have lasted for over a thousand years. Hutu and Tutsi in Burundi, Muslims and Christians in Eastern Europe, Protestants and Catholics throughout the Christian world have all sustained disputes for centuries. But few opponents appear as implacable as Israelis and Palestinians.

Oslo excepted, Palestinian leaders have rejected every offer of the creation of a two-state solution. They want Palestine to be free [of Jews] from the river to the sea. These aspirations are widely taught in Palestinian schools in Gaza and the West Bank with the full knowledge and support of the UN.

Jews refuse to dismantle their Jewish state, or control of the West Bank. Under the corrupt hand of the 'once long ago elected' Palestinian Authority, the West Bank falls far short of Palestinian aspirations for sovereignty.

Israelis are understandably convinced that a sovereign West Bank would follow Gaza, and become an armed camp poised at Israel's throat. So containment remains the only strategy.

Palestinians and Israelis are separated by religion, language, culture and even by geographical history.

Faced with two implacable and incompatible ideological positions and no shared religion, culture, history, language or geographical origins, the Israeli/Palestine dispute looks harder to resolve than most.

Paradise Lost

Recent attempts at resolution have spectacularly failed. The hope spawned by Oslo in 1993 slid into despair, with the mayhem and murder of the second intifada. Israelis concluded that Arafat was either unwilling or unable to lead his people to statehood.

Palestinians too felt duped by Oslo, with a steady erosion, by Israeli settlements, of the land on which they had hoped to build their state. A spate of Israeli revenge attacks on Palestinians, inadequately stemmed by Israeli police, further undermined confidence.

In 2005 a second experiment was attempted with the unilateral withdrawal from Gaza of Israeli citizens and troops. Some envisaged the rise of a Singapore of the Mediterranean. Instead Hamas spawned a culture of hatred, turning Gaza into an armed camp and finally into rubble. Any light which the vanishingly few optimists believed they saw at the



end of the tunnel was emitted by an incendiary device.

Israeli support for a Palestinian state today would be limited to the fringes of Israeli discourse. Palestinian support for accommodation with Israel must also be at an all time low.

Glimmers of Light in the Gloom

Yet a few fragments can be shored up against this depressing vision.

Israel's Muslim allies have not abandoned it. Saudi Arabia is talking of rapprochement. This is a far cry from the 1967 Khartoum declaration of "No peace with Israel, no recognition of Israel, no negotiations with Israel".

But it is the reaction of Israeli Arabs which is surely the most remarkable indicator that commands attention.

A 2020 poll by the Israel Democracy Institute (IDI) found that 81% of Israeli Arabs want to be an integral part of Israeli society. An IDI survey in late 2023 put Israeli Arab kinship with Israel at a "20 year high". Calls to violence by Palestinian leaders post October 7th were ignored by Israeli Arabs.

Israeli Arabs must feel their minority status keenly in a Jewish state. Yet they have achieved a degree of co-existence which has built on the open liberal democratic features which characterise Israeli society. This merits close study.

Building on these Fragments

For 76 years, Israeli Arabs have experienced an educational system which does not fill their minds with the distorted diet of misinformation and hate that Hamas, and the PA serves up, with UN connivance.

Israeli Arabs have embraced normalisation, and are represented in professions across the economy, achieving marked success, heading banks, universities and even crack army units, and sitting on Israeli courts up to the Supreme Court.

Jews and Arabs in Israel rub shoulders on a daily basis with the number of such interactions

constantly growing as Arabs increasingly enter the economy.

Notwithstanding buffetings from the bigotted, after three generations of more moderate education and daily interaction, the attitude of Israeli Arabs to their identity as Israelis has undergone a sea change from that of conquered aliens in 1948.

Imagine

It is destabilising and demeaning for any population to rule another.

The two-state solution is not a problem of geography, but rather of mentality. Until the inhabitants of Israel/Palestine can all 'let go' of a desire to have the whole cake, they can each expect only distrust and violence from the other.

Both sides must produce leaders who can speak a common language with which to sing a different tune, for true dialogue to commence.

The co-existence of Jews and Arabs in Israel might offer a paradigm. It demands a balanced and honest educational system which embraces normalisation and eschews hatred. This requires the support of the international community, and particularly of Arab countries. It requires starving extremists of money and support.

It might presently feel unattainable, but it is important to build a model to which we can aspire.

We cannot build what we cannot even imagine.

Trevor Asserson is a leading disputes lawyer, and is founder of Israel's largest international law firm.

A UK-Israeli solicitor, he runs CameraUK, an organisation set up to pressurise the BBC into producing news coverage more favourable to Israel. and 'pro-actively engages with journalists and editors to challenge false or misleading claims about Israel.'



Mental health problems aren't something you have to cope with alone.

STRUGGLING TO COPE?

Help is at hand.



If you need support or are supporting someone else, visit jamiuk.org/get-support or call 020 8458 2223



for immediate help contact Shout's 24/7 crisis text service Text **Jami to 85258**

jamiuk.org | 020 8458 2223

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Jami is part of Jewish Care, a UK Registered Charity – Reg No. 802559



JEWISH CARE

Jami

For when mental illness and distress makes everyday life a struggle



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.

JEWISH CARE

Charity Reg No. 802559

**Wishing everyone in the South Hampstead
community a Shana Tova U'metuka**

Jonathan Abrahams

**Norman & Elizabeth Smith
wish the wonderful South
Hampstead community a
happy and peaceful New
Year and well over the
Fast.**

**Jane & Edward Landau
send all good wishes to
everyone in our wonderful
South Hampstead
community.**

**May we all be blessed
with a happy and healthy
New Year.**



The Tiny Gan



Making chalas with a mum



Families with 2-3 children living in hotel rooms



Finally, an outing to the park with entertainment as a result of a generous donor

News from a Different Battlefield

ISRAEL'S EVACUEES

When Carolle and Maurice Raynor visited Israel this year, they arrived on Yom Ha'atzmaut, understandably a muted affair.

We were there to show support for family and friends and see for ourselves how Israelis were faring.

We stay every year in the Best Western Regency Suites in HaYarkon which is owned by a wonderful South African couple, the Gilberts. We were delighted to learn that they had been housing six families from the Lebanese border, for several months.

I met Osnat, an energetic, charming grandma, one of the families from Kiryat Shimona, staying there. They had abandoned their homes after 7th October, first hiding a week in an air raid shelter and were lucky to be offered this accommodation. Osnat is fortunate as her husband, a lecturer is working as well as two of her daughters, as a teacher and a nurse, (the third, is serving as a reservist). Her son, however, is struggling to find employment.

Despite all their issues, their hearts are with the Hostages.



Deserted Neve Tsedek

Osnat introduced me firsthand to the plight of evacuees in Israel.

At time of writing, there are over 130,000 displaced Israeli citizens, elderly, men, women and children, who have been forced to leave their homes.

Kiryat Shimona, located in the finger of Galilee, on Israels most northern border with Lebanon, nestles on the western slopes of the Hula Valley.

A peaceful setting, but an area that has been a regular target of Hezbollah over many years since it was established in 1949 by 8 militia men, led by Joseph Trumpledor who later died in the battle of Tel Hai. Its original inhabitants were from Yemen, and the population is mainly Sephardim and Mizrachim.



“Nothing can be the same until our Hostages come home”

Osnat



Kiryat Shimona



15 sq metres for the 16 children at the Orchid Gan



Since October 7 last year, there have been more than 5,000 violent incidents concentrated around the Blue Line and the Golan Heights, with Hezbollah, striking Israeli forces, causing constant fires, decimating the area, now empty of its inhabitants who fleeing these attacks have now been housed by the government in various accommodation, mostly hotel rooms across the country. A temporary solution that has now stretched to nearly a year, leaving communities split, families without work and children traumatised.

Shortage of classroom space in established schools, means that the 52,000 evacuated children attend government funded pop-up schools established in a variety of areas, but these improvised spaces are woefully inadequate.

The Gan at the The Orchid hotel in Tel Aviv is an example of the issue. A Gan has been established in a hotel room (25 square metres) for sixteen 3-6 years olds, from 8am to 3pm. There is nowhere outside the children can play safely and there is no money to pay for outings or activities.

Older children have lessons in a small room on the top floor of Cinema City, a shopping mall, where their only play area is the corridors.

A Helping Hand - The Shahaf Foundation

Shahaf, an organisation dedicated to help communities in Israel, employs a dedicated social worker, Hila, to help these stranded and disconnected groups to form communities and try to manage their lives in a difficult environment, with little income.



Mom's meeting with Hila

I was introduced by Hila to a group of mums who had been living in rooms at the Orchid Hotel and heard from them directly the issues they were facing. Perhaps the most challenging were the effects of their displacement on their children's behaviour. Many of the kids are afraid to leave the room without an adult, even to go to the toilet. If they hear an ambulance siren, they automatically duck for cover; some are aggressive and others frequently tearful.

Absent fathers do not help, some working away and others serving in the IDF. Those unable to find employment are in limbo and their strained living conditions and lack of money has resulted in many relationship problems.

With the current situation in the North, returning to their homes in Kiryat Shimona is not possible now nor potentially any time in the future. They may then face the serious dilemma of where in Israel they can live and work.

The Orchid Hotel families are only a small entity amongst thousands of others but I have focused on them as I have now a personal connection. With the help of The Shafat Foundation, we are trying to raise money for this group of mums so that they can provide for their children some normal activities that our kids enjoy effortlessly, such as swimming lessons and tiyulim.

After all, these children are Israel's future.

If you would like to help a family in this small community, donations will be welcomed. Please see link below.

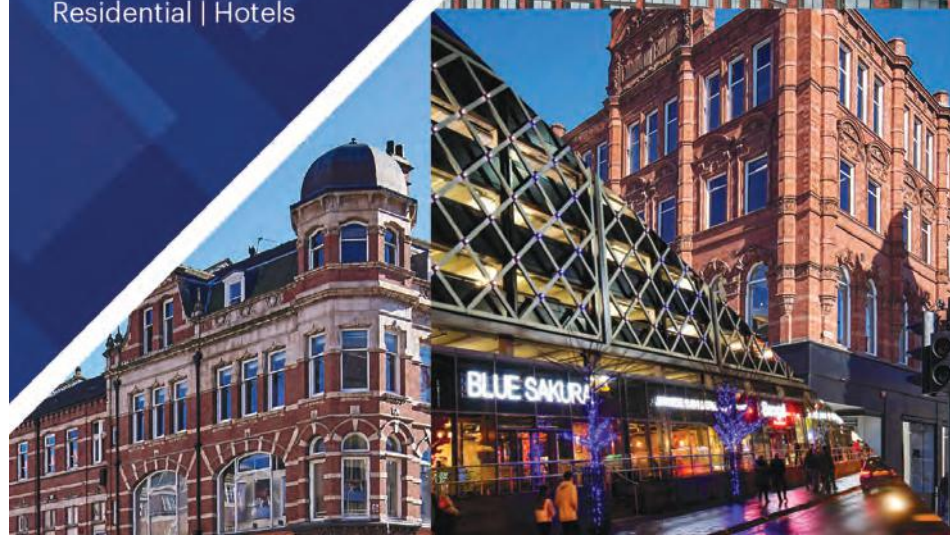
www.jgive.com/new/en/gbp/donation-targets/130696/about



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Creating places for over 60 years

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info@tcs-plc.co.uk

HELP TALIA HEAL

13-year old Talia was evacuated suddenly from her beautiful and peaceful home in the North of Israel last October and transported to a hotel in Jerusalem for an indefinite period.

Talia is struggling with her new life: the uncertainty of the future, the lack of space and privacy, the noises of the city. She now suffers with anxiety, is triggered by loud noises that remind her of the missiles from Lebanon and has frequent nightmares.

Donate



Please help Talia and other children and adults like her, to work through their trauma and build a brighter future.

myisraelcharity.org/traumasupport

Charity number: 1121960

myisrael.



We wish everyone in our community a very healthy, happy and peaceful New Year on this 100th anniversary, with a special thank you to Rabbi Shlomo and Rebbetzin Lynndy for their dedication and support over the years which has made our community into what it is today. We look forward to South Hampstead's continuing success with Rabbi Eli and Rebbetzin Lauren at the helm.

Diane & Michael David

**Lauren and Mark Hirschfield
together with Raphael, Harley & Ella
wish all the South Hampstead community
Chag Sameach a happy and healthy sweet
New Year.**

**Heartfelt thanks to
Rabbi Shlomo & Rebbetzin Lynndy
for all they have achieved
and Shana Tova.**

The Blair Family



Deepa Grover is a member of South Hampstead Synagogue. She is a Consultant Physician. Given her own fertility problems, after becoming a mum, she approached Chana keen to be involved with this charity whose cause is so close to her heart. She has been involved in their recent campaign, also producing their podcasts.



A Beacon of Hope

Deepa in conversation with Dr. Veronique Berman, Scientific adviser to Chana



Nicole's story:

"When my world was falling apart, they helped me and I wish for them to continue being a lifeline to other couples.



I never thought that I would be a mother to one child, let alone 3!! My journey to having my children really was not an easy one, and probably the hardest and most terrifying time of my life so far. After having multiple miscarriages and finding out that I carry a genetic translocation, I truly began to believe that I would never be a mum. That was all I had ever wanted. Chana changed my life. They gave me a shoulder to cry on and advice on which direction to take. Without them I really do not know how I would have survived those dark years".

Who Are Chana?

CHANA is the leading charity in the UK which helps Jewish couples experiencing difficulties with fertility. Remarkably 938 babies have been born with their help in the last 30 years.

How does Chana help couples with their fertility journey?

Couples come to us at various stages of their journey. There is no right or wrong time. It is when they need us. We try to offer a unique package of care to each couple.

Contact is made via our telephone helpline, our website, or personal introductions. Whichever route is chosen, their dignity and anonymity are always our primary concern.

How does it work in practice?

Initially couples meet for a more in-depth conversation with a Clinical Manager who assesses what support might be needed and explains the services we offer. Couples can choose whether to receive emotional support from a psychotherapist. In addition, they can receive information from the in-house scientific adviser, as well as have their case reviewed by the expert medical panels. For couples who prefer not to speak to their community Rabbi, there is a panel of Rabbis that we can consult on their behalf.

Financial support towards cost of treatment is sometimes required and this is one of the main services Chana offers.

What are the main reason couples contact Chana?

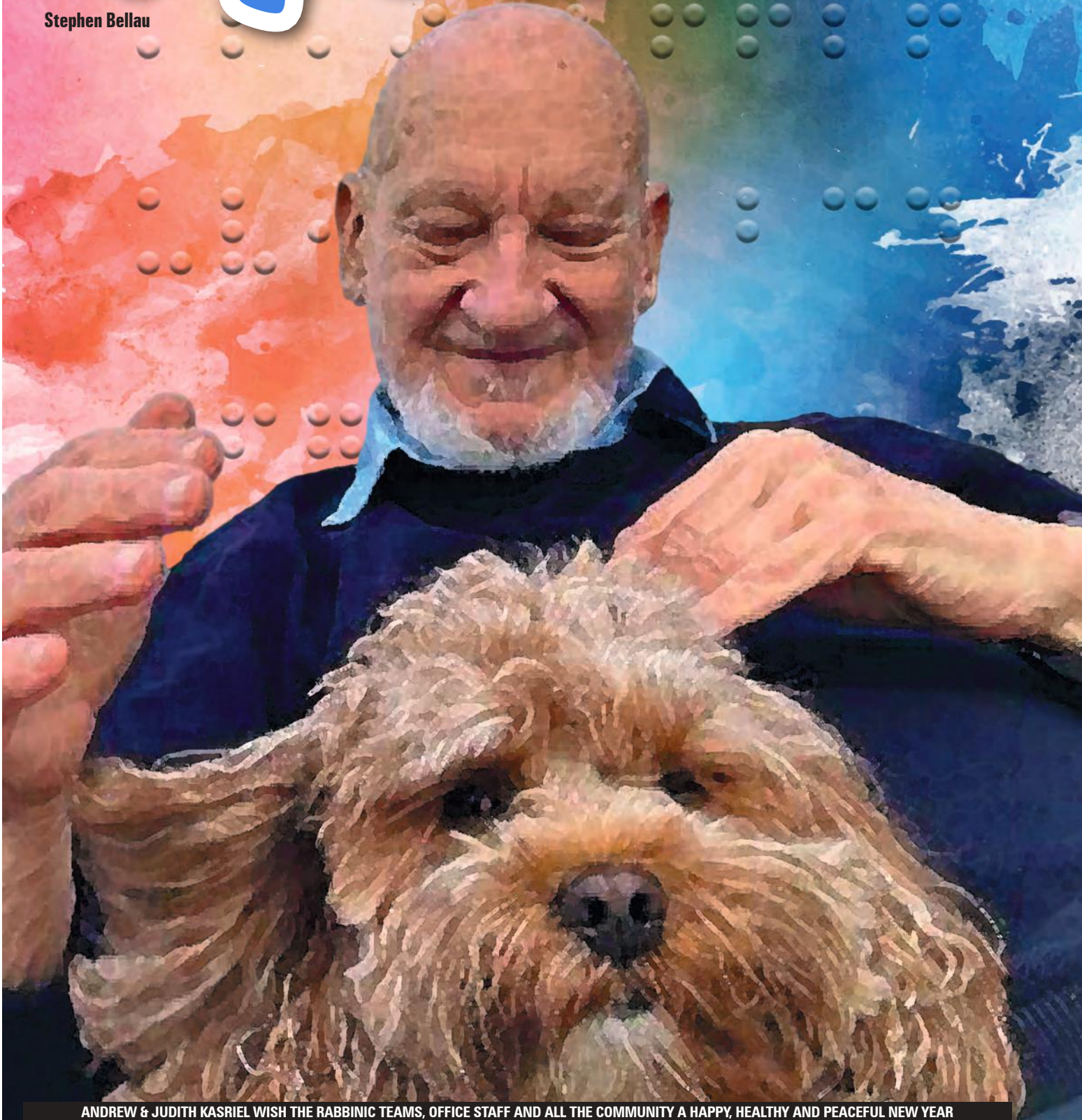
The reasons, of course, vary. Primary infertility is a large part of our quest, but equally we support couples who are struggling with secondary infertility. Couples who have suffered miscarriage or baby loss are also supported, as well as couples dealing with psychosexual issues, genetic issues or the need to preserve fertility as the result of a cancer diagnosis.

We are here to help and support. We understand how overwhelming and bewildering the process can be. Inevitably it impacts profoundly on couples and their relationships with each other and family and friends. Chana is on hand to help navigate all the pathways.

Visit www.chana.org.uk

Introducing **Cyril**

Stephen Bellau



ANDREW & JUDITH KASRIEL WISH THE RABBINIC TEAMS, OFFICE STAFF AND ALL THE COMMUNITY A HAPPY, HEALTHY AND PEACEFUL NEW YEAR



Cyril with Stephen Bellau



Katherine Bellau introducing their dog, Cosmo



Cyril on his Braille computer



Cyril's painting



The Rabbi

Stephen Bellau and his family have been members of South Hampstead shul for 18 years

Stephen writes:

I first met Cyril in March 2023. I had been a volunteer for Gift, (www.jgift.org) a Jewish organisation who send volunteers to vulnerable members of the community. They asked if I would be prepared to visit an elderly blind and deaf man living in Gospel Oak. This visit proved to be a truly incredible and uplifting experience.

In fairness I didn't really know what to think... how would I make a difference to him, how could I really help him? What would I expect and feel when I met him? I was slightly apprehensive.

As he opened his front door to greet me, I was completely taken aback by his presence and his charisma. I watched fascinated as he walked confidently around his apartment, knowing every inch of it. There is a hand sign language for the deaf and blind, but I communicated just by drawing letters on the palm of his

hand. It was in this way we began our conversation and have developed a special and much treasured relationship.

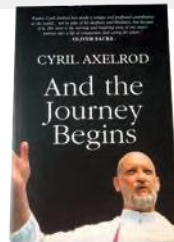
Over the next year I learned not only how he communicated by using a braille computer and mobile phone, but about his incredible history. Here was a man that faced so many obstacles, but with intelligence and determination, he has achieved so much.

I have accompanied Cyril to South Hampstead Synagogue where he has met members of the community and given inspiring talks about his life to our younger members.

On one of his visits, I introduced him to Carolle Raynor who having a profoundly deaf brother and blind and deaf friend, was able to communicate with Cyril and was very soon a member of his fan club!

Keen to interview him for SHamas, I helped organise a meeting to discover more about this incredible man.

Carolle Raynor meets



Cyril Axelrod OBE – A Shining Light

Introduced by Stephen, I met Cyril and was greeted warmly with a hug. Hester, his interpreter/carer, helped us communicate. They have been almost lifelong friends, as she attended the same school as him in South Africa.

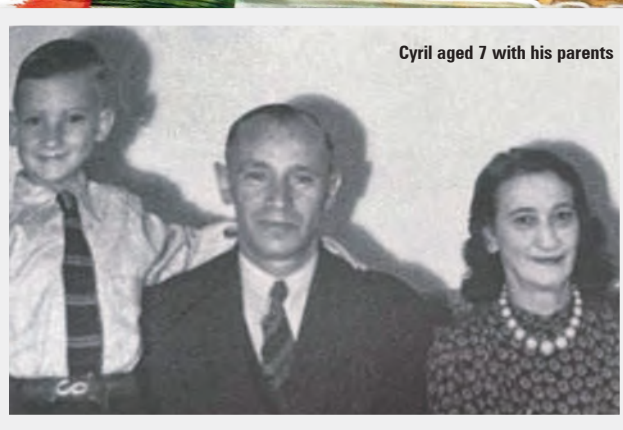
Cyril was born 82 years ago in Johannesburg, the only child of strictly orthodox Jewish parents who emigrated to Johannesburg from Eastern Europe. On both sides, he descends from notable rabbonim and in fact his father was a much respected Torah scholar.

Having married in their forties, his parents were overjoyed to give birth to a son (named Sheftil ben Avram Abba) but the registrar insisted on an English name.

When they discovered he was deaf, (he went blind much later) they reluctantly enrolled him as a weekly boarder at the only deaf school in Johannesburg, St. Vincent's, which was Catholic. His father, once discovering rosary beads in his son's school trouser pocket, was so upset that he contacted the local Rabbi and they set up a hostel for the Jewish children at the school, appointing a wonderful teacher, Ralph Hahn, proficient in sign language, to teach Hebrew and Jewish studies. Under his tuition, Cyril learned his parashah for his Bar Mitzvah, which he executed perfectly.



◀ 13 Jewish deaf children with their Hebrew teacher. Cyril is the second child from the right in the front row, sucking a sweet



Cyril aged 7 with his parents

Cyril was deeply religious, wanting to be a Rabbi, and continued learning with a Talmud group. At fifteen, he became part of a class of rabbinical aspirants only to be told that it was impossible; even worse the Chief Rabbi pointed out that according to the Laws of Moses, disabled people could not become rabbis. This did not shake his faith, but he was bitterly disappointed.

Leaving school, and not able to fulfil his rabbinical ambitions, he was encouraged to study accountancy which was challenging. On his way home from the library, he would pass the synagogue he loved, but also a cathedral, which initially he avoided. However, one day he was drawn inside and it was there he experienced his first revelation which inspired his need to explore the Catholic faith.

There followed a heart wrenching spiritual journey before deciding to approach the Church to convert and to train as a Priest. Knowing his religious background and his family circumstances, he was discouraged at first. His choice in fact was to cause great distress to his widowed mother, but for Cyril it never felt like he was choosing to give up one faith for another. For him, they were mutually compatible.

Before his entry to a seminary to train as a priest, he enrolled at Gallaudet University in the USA, a university specifically for the deaf and hard of hearing where he spent two years improving his intellectual and practical skills before returning to study to be a priest for the next four years. This was even more challenging as he had to function in an all-hearing environment, eventually permitted to self-study.

He finally graduated and his mother, despite family pressure, attended his ordination. Cyril became the first ever deaf Chaplain serving all the deaf in South Africa. His work took him all over South Africa and beyond. This meant travelling across the country, where he would hold special services for the deaf and help to establish communities.



Cyril's ordination which his mother decided to attend

Eventually he joined the Order of Redemptorists who encouraged him to start an Unemployment service for the much discriminated black deaf community who unable to work, lived in poverty.

Cyril has visited and inspired deaf communities all over the world and as result has received humanitarian awards, met dignitaries, including the Pope and members of the Royal Family. He has mastered 8 different sign languages, including Mandarin and has a basic knowledge of 7 spoken languages, including Yiddish.

Having visited China, he was keen to work there and eventually his Order sent him to Macau on the South East Coast of China, then a Portuguese territory where he spent 12 fulfilling years administering to his flock as a priest and importantly setting up a Community Centre and facilities for deaf children and adults.

Sadly, his sight deteriorated and he was diagnosed with Usher's Syndrome, a pre-destined condition. He decided to come to England where he could receive training to function independently as a deaf and blind person. He worked hard to master braille and all that is necessary to live every day without hearing or sight. He did suffer some depression, but challenged by his adversity, he did not lose his faith and eventually 'began to understand the true meaning of blindness as the true touch of G-d upon my soul'.

Now deaf and blind, he was invited to Gallaudet University to receive an honorary doctorate, a huge boost to his morale. Returning to the UK he accepted a voluntary post as Pastoral Support Development Coordinator for Deafblind UK and eventually become a Board member. Still ambitious, knowing the importance of touch, he qualified as an aromatherapy masseur. There is simply no end to Cyril's achievements and services to the deaf and deaf/blind globally.

The most touching moment of our meeting was when he put his hand to his heart and said 'I will always be Jewish'

Cyril exudes a sense of tranquillity and peace and with a farewell embrace, I came away with a nourished soul, touched by his light and awed by his unconquerable spirit.

Cyril Axelrod has published 3 books about his Life's Journey

**Wishing the entire South Hampstead community
a sweet and happy New Year.**

Bill, Kerri Benjamin & Family

**Shana Tova.
May this be a year of blessings
for all the community.**

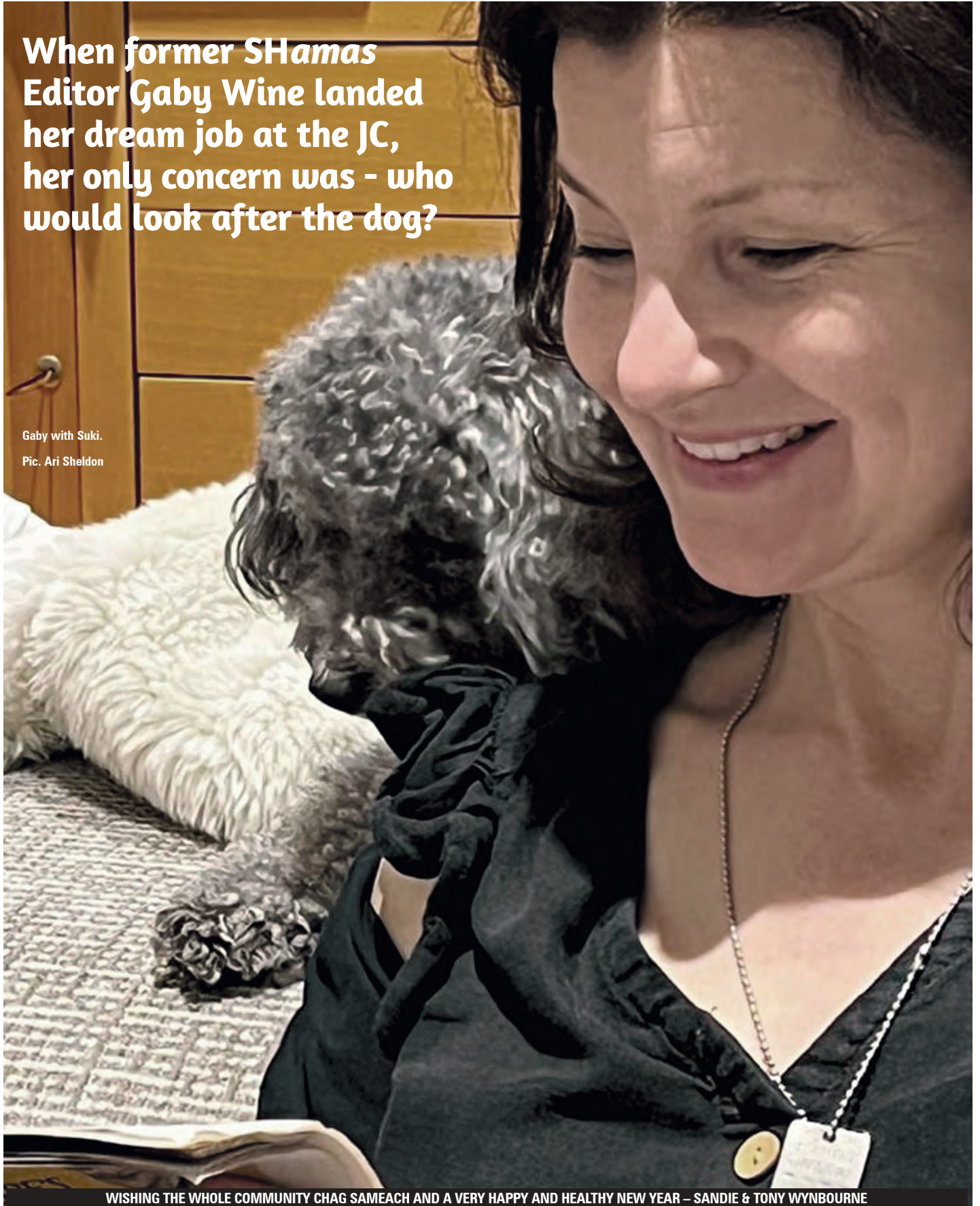
Katy Ostro

OSTRO
FAYRE SHARE FOUNDATION

ANIMAL 'WRITES'

When former *SHamas* Editor Gaby Wine landed her dream job at the JC, her only concern was - who would look after the dog?

Gaby with Suki.
Pic. Ari Sheldon



“If you want to make G-d laugh, tell Him your plans.” Woody Allen

If you have ever doubted that this brilliant quote from Woody Allen (adapted from a Yiddish proverb) was true, I can vouch that it is.

I think that I put more planning into getting a dog than I did when I was expecting my two now teenage children. My lack of thinking ahead about baby routines à la Gina Ford was connected to my fear that they would probably fail. But, with a dog, what could possibly go wrong?

So, the plan was to get a dog and continue to work a couple of days a week outside the house - and with the help of a dog-sitter, a cleaner and my mum-in-law, the dog's needs (and my own) would be covered.

But then the job of Community Editor at the Jewish Chronicle came up. Having a sound knowledge of Anglo-Jewry from previous JC experience and reasonable editing skills from overseeing SHamas, my first thought was that the role sounded ideal.

My second thought was that the timing was terrible. But once I was offered the job, it was too good an opportunity to turn down. So, as was the case when I was 'expecting' a puppy, I have, once again, put more thought (and more money!) into doggy day-care than I ever did for childcare.

But the dog and I have both adjusted, and while I don't want to jinx anything, I do feel like I have found my dream job.

Every day, I have the privilege of hearing first-hand about the really incredible things that are happening in the Jewish community – whether that's within an organisation or a synagogue (sometimes our own!) or simply a human-interest story that will resonate with our readers.

In the weeks leading up to starting the job, I was given a long list of Jewish charities. Among them were many I hadn't heard of, and what struck me was that if you had a problem, there would always be a Jewish organisation (or sometimes, more than one) at hand to help.

We are a community of communities – both geographically and also in terms of religious practice. It is easy to fall into the trap (which I have done on many occasions) of focusing on London – or just north-west London. But it's vital to remember that there is a Jewish world beyond the Watford Gap to the north and the Thames to the south. There are also communities which don't fit neatly into United, Reform, Liberal or Masorti boxes. There are partnership and other grassroot minyans and prayer groups which take place in people's homes. Our community has it all.

People often remark on the timing of me starting the job – not long before October 7 – and that I must have my work cut out. It's true that, literally overnight, it felt like we went from being a weekly paper, which moved at a relatively leisurely pace, to becoming a fast-moving publication, which needs to be updated online, not just daily, but hourly, due to the developments in Israel and Gaza, the shocking rise in

antisemitism in the diaspora – and our community's amazingly resilient response to it all.

While I often report on UK campaigns calling for the release of the hostages and other ways the Jewish community is supporting Israel's citizens, I also feel lucky that the Community section can provide “softer” news as an antidote to stories on a situation which, at times, can feel overwhelmingly sad and hopeless.

As I embark on my second year in the role, I look back at my years editing SHamas and feel hugely indebted. Without having been given the trust of the wonderful former editor Stanley Bloom Z”L, leaders and members of our community, I wouldn't have the tools for my current role. Reporting on the goings-on at South Hampstead Synagogue – a microcosm of Anglo-Jewry - gave me a brilliant taster of what it would be like to oversee the news of the whole of the community. What I have learnt is that, like South Hampstead, the UK Jewish community is full of innovation, compassion and inner-strength – and is one where every person has a story to tell.



**Wishing the South Hampstead
community a sweet, healthy
and happy New Year.**

The Heller Family



David Portowicz (Founder and Chairman), Chezky Portowicz (CEO)
Marilyn and Bryan Sheinman

More than ever we need your support -

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- to feed impoverished individuals in our service area
- to care and strengthen the emotional and mental well-being of our babies, children and youth

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Wishing the community a Shana Tova

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The Story Never Ends in Statuario Marble

An audience with Carolle Raynor

Born in London, Dawn Rowland has been a member of SH for 10 years. She has lived and worked in San Francisco, Manchester and currently at her London studio.

Her sculptures are primarily carved in stone, but she also works in bronze, plaster and clay. In her work she explores the interdependency and fragility of human relationships.

As the daughter of a holocaust survivor, a Zionist and with a grandfather who was murdered in Auschwitz, I needed to do something after seeing the massacre by Hamas on October 7th. At the time I was working on a book sculpture, about women in marble and it was to be called – The Story Never Ends. In direct response to seeing the image of Naama Levy, with blood soaking her trousers and being dragged by her hair by a Hamas terrorist, I added a screaming, blindfolded woman with her hair streaming down towards the mother and child, the baby and an old woman which had already been carved.

How horrific that most of these were women, young and old, as well as children and babies kidnapped by Hamas. I decided to deliberately leave some of the sculpture unworked as there is always an uncertain future but to also to break an edge of the sculpture to show that for many of us that future feels broken at the moment.





The Baby and The Old Lady
inspired by 7th October

As an aside, all my life, and I am now in my 80th year, I have supported women's rights and I am so angry with the United Nations women and the MeToo organisation for their very deafening silence on rape when it came to Israeli women. Shame on them all. A month ago, they acknowledged that rape was committed and probably still is on the Israeli women hostages. It has only taken them 5 months!!!

In another post I wrote at the end that Jews were always in the forefront of the Civil Rights in the USA, Women's Rights, Black Lives Matters, MeToo, etc and that the silence from these groups has as also been deafening!!



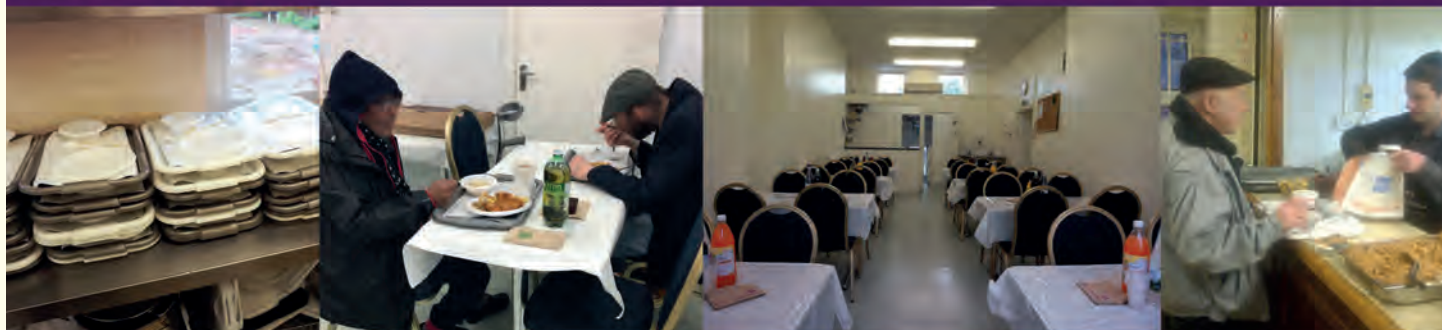
**Best wishes
on this special anniversary.**

Suzanne & Henry Davis



The London Soup Kitchen ^{בס"ד}

BEIS HATAVSHIL



WHAT DOES the chicken soup shelter DO AND PROVIDE?

Dear Supporter עמור'ש.

I hope this meets you in good health, may we only hear good news from Israel B'ezrat Hashem.

Firstly, I would like thank for your kind generosity, over the past years. We are fast approaching this particular time of the year when we need to call upon your generosity and kindness once again, with your kind contribution, you play an invaluable role in helping to combat hunger, loneliness, and poverty in London. Thanks to your generosity, we are able to work day in day out to ensure that no Jew goes hungry in London, and that deprived families come to the Pesach with happiness and peace of mind Bezrat Hashem.

- Due to cost-of-living crisis, we have far more nominees are requiring support to meet their needs for the daily essentials, Shabbos and Chagim. From our side this means that costings to cover the expenses to provide for those in need will have a significant impact on our budget more than it's been in previous years. So, I would like to ask you in a gentle way, with no obligation, if you would be able to raise your kind generosity or to recommend me to a friend also to support. It will be a major help. We continue to be reliant on the extraordinary generosity of donors like yourself.
- Soup Kitchen; provision of daily meals for breakfast and dinner to over 120 people.
- Soup Kitchen; a place where vulnerable individuals benefit from comfort, companionship and camaraderie.
- Orphans and Widows; benefit weekly from in-shop credit cards for buying all they need for Shabbos & Chagim.
- Meals-on-Wheels; for people who aren't able to organise or cook for themselves get meals sent daily to their door.
- Families-in Crisis; assisting families to keep their head above water. We support them with dignity and security facilitating everyday essentials.
- The operation of the soup kitchen, Meals on Wheels, and Orphans-and-Widows Shabbos Programme reaches the annual cost of £420,000.00. This includes food supplies, utilities, transportation, personnel and maintenance

With the Chagim imminent we are also taking on the extra responsibility of helping families who struggle financially to celebrate the Chagim without falling into a spiral of debt. By giving them in store credit cards through the North London cost shop they can purchase all the pertinent essentials thereby enhancing the Chag for them. We make the effort to ensure that no family has to choose between giving their children the Yom Tov they deserve and keeping their family's finances out of the red. And thus we have an additional cost of over £170,000.00.

Your kind donation will help us to put a smile on the face of hundreds of needy men, women and children, orphans and widows. Nothing can compare to the feeling of giving solace and comfort to the heartbroken individuals whom we help every day. On their behalf, I am asking you to extend the hand of kindness and help us to continue our vital work. It is quite obvious that we are in desperate need of financial support to continue our crucial work. Please have in mind the lonely individuals, hungry children and heartbroken people who rely on us urgently.

Please accept in advance my sincere gratitude for your support. May you go from strength to strength. May the merit of this great Mitzvah bring you and yours good health, happiness, success B'ezrat Hashem, and a Shanah Tovah, and may Hashem give you, to always be on the giving side.

Thanking you in advance for your kind support.

Kind Regards
Shloimeh Blonder

כתובה וחתימה טובה ושנה טובה

Donations can be sent c/o Mr S, Blonder 20 Darenth Road, London N16 6EJ payable to The Chicken Soup Shelter
Charity no. 1119905 Account details the chicken soup shelter H.S.B.C. SORT CODE 40 06 27
ACCOUNT NO. 21468561 phone no 020 8809 3002

September 2024



Shanah Tovah

Here's to new beginnings

Welcome to Riverstone Bishops Avenue, a new landmark residence in Hampstead for people over 65.

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Angela Reed, Riverstone Bishops Avenue Sales Director

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Have I missed The train?

I recently ran into an old friend, a single woman in her forties. We chatted and I asked her if she's seeing anyone. She shook her head, sighed and said, "I think I've missed the train". I've heard this sentence many times so although I felt sorry for her, I offered her coffee and my view on 'missed trains'.

By saying "I missed the train" she meant she's too old to 'settle down'; get married and have children, presumably because there's a time limit. However, thanks to advances in fertility treatment, there are ways today to have children later in life.

Fear of 'missing the train' isn't felt only by people wishing to get married. Others are afraid they've missed other trains such as changing careers or wanting to move countries and now feel it's too late.

What's interesting about 'missing the train' is that there's a perception of only one train: the train that will take you to your destination. But in London, with a highly efficient Tube, even if you do 'miss the train', there's normally another in around 2 minutes! If not, you have other options, such as walking to another station, switching to lines or taking the bus. I don't wish to oversimplify things, as I know personally that it's very hard when you believe a long awaited dream won't come true.

When I coach women, we clear their past fears and future concerns. The goal is to focus only on the present, not to dwell in the past, or in phrases such as 'I should have' or 'I could have' but to ask the simple question: "What do I want now?" We need to remind ourselves that there were reasons we didn't make past decisions to get married, change careers or move abroad. It probably wasn't right for us.

I encourage single women to contemplate what destination is right for them. For example, not to focus on the specific qualities of a person, but to consider the qualities they need in a relationship. Rather than thinking of a specific new career, ask: "What are the qualities I wish for in my ideal job?" In my experience many people are confused about these foundational questions.

But only after answering them honestly should they prepare to enter the station.



Tali Shabtai-Lewis is a member of South Hampstead, an educator, coach and the founder of Metzia, a programme for single women (metzia.me)

Reflections

on a personal desert crossing

My face is bracing the blistering horizontal wind as I push on my poles to keep moving. In the distance, I imagine the shape of a century old shipwreck and the crushing waves of the wild Atlantic Ocean. These final kilometres mark the culmination of a week-long trek across the Namib desert.



Last September 2023, I joined the crew of “Women on a Mission” in Namibia on a challenging trek to raise funds for women victims of abuse.

This epic adventure through the Namib desert began at the bed of the dry Kuiseb River and culminated at the haunting Eduard Bohlen 1909 shipwreck. We were the first women only team to walk across the Namib. Seventeen women from 12 different countries trekked 144km over 5 days and 6 nights climbing the world’s tallest sand dunes in one of Earth’s driest deserts. The long days of hiking in searing heat tested our emotional and physical endurance while the cold nights and fierce winds pushed our resilience to its limits.

This was not only a personal challenge, but also a deeply immersive encounter with the power of nature. In the Jewish tradition, the desert is a place of profound spiritual significance. It was in the desert that the Israelites, after their exodus from Egypt, experienced a transformative journey of faith and self-discovery. Though my 6 days in the desert can’t compare with the 40 years of wandering of my ancestors, I was still able to turn this experience into an opportunity for introspection.



Spiritual shedding

I embarked on this expedition with a heavy backpack filled with everything I might need for emergencies, medical issues, changing weather situations, and whatnot. But as soon as I entered the desert, I realised that I had overpacked. Lightening my physical load quickly led me to the parallel realisation that I also carry too much in my head. The long hours of trekking prompted the following questions: what do I carry internally that I can safely leave behind? What emotions and thoughts am I ready to shed and leave behind in the sands? What wisdom am I accessing and taking with me? Time in this quiet, natural expanse encouraged me to reassess how to best live my life.

Listening to the silence

Far from the distractions of our noisy urban world, and enjoying a pure digital detox, I was able to slow down and listen to the desert. Bathing in pure silence was an experience of rare acuity. Soon, this went beyond silence; it became an experience of being at one with the desert. Walking in sync with the rhythm of the wind and the dunes, I felt a deep connection with the natural world around me. At first glance, there seems to be nothing in the desert – just sand stretching as far as the eye can see. In reality, the desert is full of life, invisible to the naked eye. Water runs deep underground, and hidden creatures, snakes and desert foxes thrive. I thought of it as a metaphor for what lies deep and hidden inside us.

Desert style Hitbodedut

I have always loved to trek and pray in wild nature. The desert offers a sanctuary for introspection and the magical landscapes we crossed invited me to let go. Every afternoon, I would leave the group to walk on my own for a few hours and engage in the practice of Hitbodedut, meditating on my place and connection with G-d. Looking at the infinite expanse of the sand dunes and feeling the

power of the wind reminded me of my humble place as a human being in the cosmic web of life. Whilst gazing at the endless stars at night and connecting with the billion grains of sand under my feet, I got reminded of the concept of “Ein Sof” representing the infinite nature of G-d.

Together stronger

During the expedition, the importance of teamwork became vital. The spirit and constant support reminding us that we are all in this together. Navigating the challenging terrain would have been impossible without our amazing logistical team. They ensured that our impact on the environment was minimal leaving no trace of our passage behind us. They made sure we did not get lost, and we did lose our tracks despite the GPS instructions. At night, we gathered around the fire (nicknamed Bush TV in Namibia) to get warm and hear our Namibian crew share jaw-dropping stories of life closely connected with natural elements and wild animals. The bursts of laughter and songs around the campfire were invaluable to lift the exhaustion and celebrate the day.

On the eve of Rosh Hashanah and reflecting on the past few months of Israel battling for its very survival, I realise that my humbling, desert experience takes on a profound meaning. This is a stark reminder of the value of community, resilience, determination and a testament to the enduring spirit of the Jewish people.

Wishing you and the entire people of Israel a meaningful, peaceful and fulfilling New Year!

Muriel Bauer first stepped in South Hampstead Shul on Yom Kippur 30 years ago in September 1994.

She is a psychotherapist, executive coach and a passionate lover of nature.

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Shana Tova

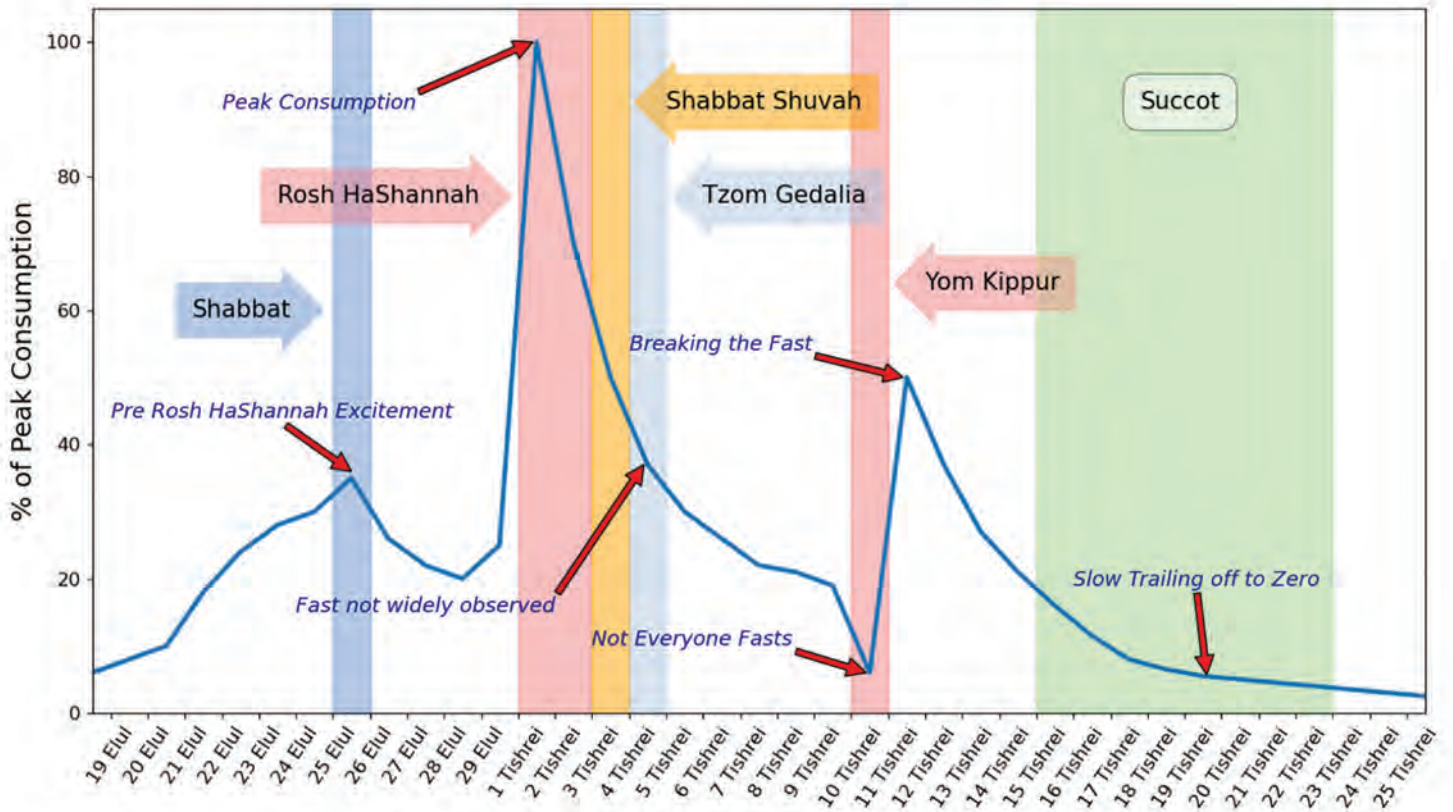
Please support us this Rosh Hashanah
Visit: nightingalehammerson.org.uk/donate

Our family are so privileged to be part of the South Hampstead Synagogue community, and to have experienced the outstanding leadership of our beloved Shlomo and Lynndy. We wish the entire community Chag Sameach.

Saul, Dani, Micah & Gabriel

Robin & Hanna

Expected Honey Cake Consumption over the High Holydays 2024



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Community

Matters



Warren Baker Retires

On 4th June we had our AGM. Warren Baker, our Finance Representative, retired after 14 year's of service. He was awarded a Kiddish Cup by Rabbi Shlomo.

Synagogue Book Club

On the second Tuesday of each month, from 11.30am to 12.30, our Shul Book Club meet. Our lively group has proved extremely popular as it brings all generations together to discuss different views and thoughts about each book.

A great way to meet old friends and make new ones.

Please do join us over coffee and cake.

Let us know what you'd like to read.

Non-members always welcome.

We both look forward to welcoming you.



Dates for your Diary

VISITS TO THE NATIONAL HOLOCAUST MUSEUM

SUNDAY, 8TH JUNE, 2025: This is specifically arranged for families with children over the age of twelve. This will be a particularly memorable trip as the museum is being refurbished and many more items and information have been added.

TUESDAY, 17TH JUNE, 2025: A special tour and a talk from an educator.



Chag Sameach

Organised by
Linda Sharpe & Susie Kaufman



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Nahome Family

would like to thank
Rabbi Shlomo and
Rebbetzin Lynndy for
making the shul what it
is today and helping to
build a thriving enduring
community. Shana Tova.

**Chag Rosh Hashanah
kasher vessame'ach and
thanks for welcoming
us into your lovely
community.**

Colin & Francine Marks

Brian, Estelle & our family

wish the rabbis and their
families, our friends and
fellow congregants Shana
Tova U'metuka ve g'mar
Chatima Tova.

**To Am Israel and the
SH community. Please
receive our warmest
wishes for a sweet
New Year and for peace.**

**Murial, Ariel, Solal,
Elsa & Elie Bauer**

YOU CAN HELP PROTECT YOUR COMMUNITY

CURRENTLY

South Hampstead Security Team leaders are in constant communication with each other, the office, the Police and with the CST to ensure the community is protected at all times. Security Team leaders also train regularly at Shield House and participate in frequent scenario training which includes meaningful first aid and trauma response. Since 7th October, the CST have trained more than 300 new recruits.

PROTECTING OUR SHUL AND COMMUNITY

We have recruited a few new members to join the shul security rota. They are now regularly volunteering and some have completed courses with the CST. However, we still struggle on Shabbat to get volunteers which given current threat level is disappointing.

Sadly, we are well below the average in terms of community members and their involvement in protecting our community. Presently we have less than 10% of members participating in protecting the other 90%. This is an extremely low ratio and

we think the community as a whole would be safer if a lot more of us were involved.

WHAT YOU CAN DO

If you are reading this and feel concerned then please take the first step and send an email to security@southhampstead.org we will provide training and ensure you can play your part in keeping us all safe.

Finally please take a note of the CST website and never be afraid to alert us to anything that doesn't seem right cst.org.uk

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Recipes from Siberia

Spinaci con pinoli e passerine

(Sautéed spinach with pine nuts and raisins)

Preparation: 10 minutes

Cooking: 20 min

Ingredients (Serves 4-6 as side dish):

1 kg fresh spinach

1 tsp. rock/coarse salt

3-4 tablespoons of extra-virgin olive oil

1 onion, finely chopped

1 tbsp. raisins

1 tbsp. pine nuts

Salt and freshly ground black pepper to taste

Method

- Put the spinach in a large, deep saucepan (with the water from washing still clinging to its leaves), add the coarse or kosher salt, cover and cook over a high heat for 4-5 minutes, stirring once or twice. You may need to do this in two batches, depending on the size of your pan.
- Once the spinach has wilted and is tender, drain it, rinse under cold water and, using your hands, squeeze out most of the water – it's fine to leave a little moisture in the spinach for this recipe.
- Meanwhile, heat the oil in a medium, non-stick frying pan over a low to medium heat, then add the onion with a pinch each of salt and pepper. Cook, stirring occasionally, for 5-7 minutes until softened and starting to turn golden.
- Add the spinach and stir to blend it with the onion. Sauté, uncovered (with the heat still low to medium) for about 10 minutes, stirring occasionally.
- Add the raisins or sultanas (drained of their soaking water), pine nuts and a pinch each of salt and pepper. Stir well and sauté over a medium heat for a final 5-7 minutes.
- Remove from the heat and serve warm or at room temperature.



Torta di miele, caffè e noci

(Honey, coffee and walnut cake)

Preparation: 15 minutes

Baking Time: 50 min - 1 hr

Ingredients (Serves 8-10):

2 large eggs

200g caster sugar

200ml clear honey

120ml sunflower oil

120ml espresso/strong coffee

2 tablespoons rum/cognac/Cointreau

grated zest of 2 oranges

½ teaspoon cinnamon

pinch of salt

300g white flour (ideally '00' type)

1x 16g sachet of lievito per dolci

OR 1½ tablespoon baking powder

300g walnuts, roughly chopped
– blitzed in a food processor

You will also need a 23-25cm
(9-10in) round spring-form tin,
greased and lined.

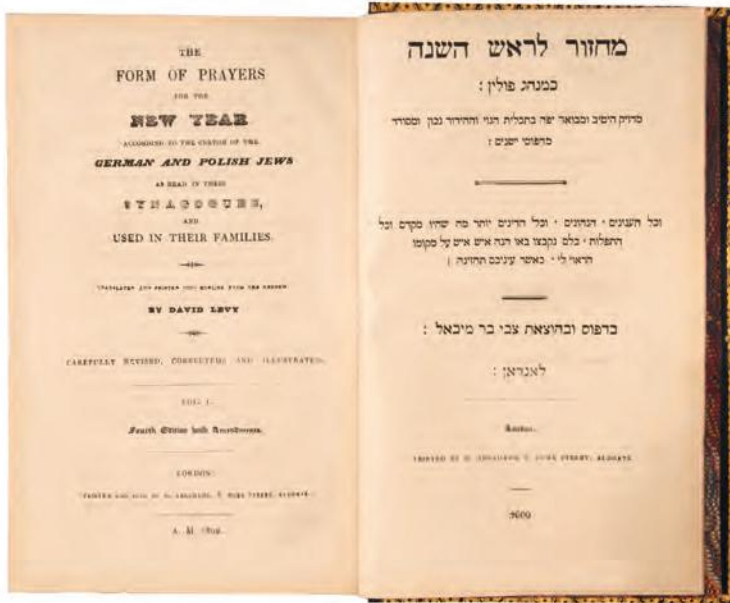
Method

- Preheat the oven to 200°C (180°C fan / 400°F / gas mark 6). Beat the eggs with the sugar for a couple of minutes until pale and creamy, either with an electric hand mixer or in the bowl of a stand food mixer fitted with the paddle attachment. Then add the honey, oil, coffee, alcohol of your choice, orange zest, cinnamon and salt. Beat well again for another minute.
- Sift in the flour and lievito per dolci (or baking powder) and mix again on low speed until just combined. Finally add the walnuts and fold them in gently with a large metal spoon or spatula.

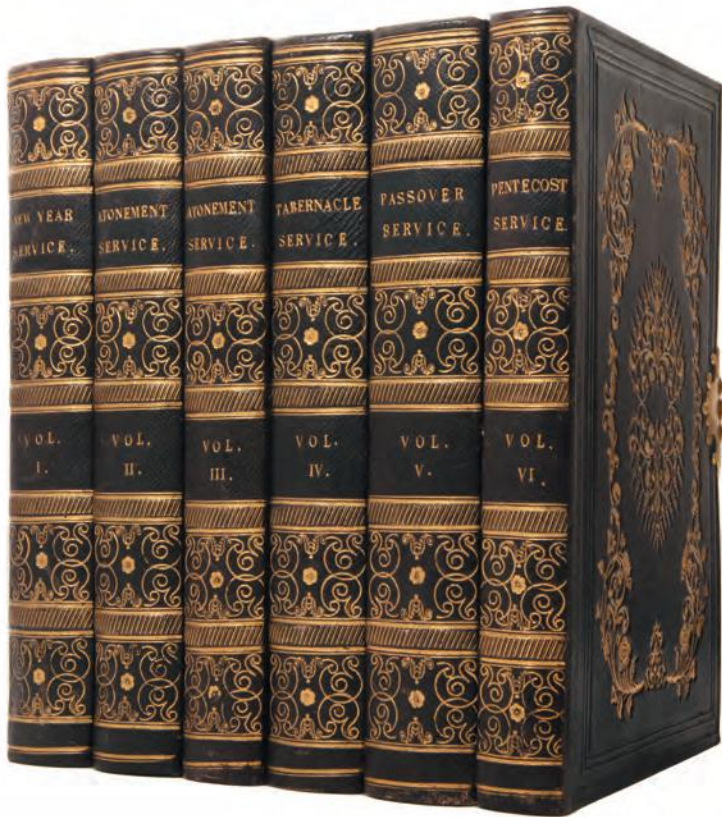
TIP: if you like, you can reserve a few walnuts, whole or chopped, to scatter on top of the cake mixture for decoration just before putting it in the oven.

- Transfer the cake mixture into the prepared baking tin and scatter any remaining walnuts evenly on top (if using). Bake in the oven for 50 minutes – 1 hour, or until a skewer or cake tester inserted into the centre of the cake comes out dry. If it comes out wet, put the cake back in the oven and bake for another 5 minutes, then check again.
- Remove the cake from the oven and leave it to cool in the tin on a cooling rack for at least 30 minutes, then remove it from the tin. Serve the cake warm or at room temperature. It keeps well, in an airtight container, at room temperature for 3-4 days.





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Rosh Hashanah Greetings



*Wishing the whole community
a L'Shana Tova tikatevu*

Carolle & Maurice Raynor

*Wishing a happy, healthy and
peaceful year ahead to everyone
at South Hampstead*

Melanie & Alan Traub

*To the rabbis and rebbetzins,
together with all the members
of South Hampstead, that make
it the wonderful community
that it is, we wish you a
Shana Tova and a peaceful
and successful year ahead.*

*With very best wishes
from all of the Nyman family*

*All good wishes for a year of
health, happiness and peace to
our wonderful community*

from Lesley Moss & Adrian Shindler

*Wishing all the South Hampstead
Community a very Happy Healthy
and Prosperous New Year.*

Am Y'Israel Chai.

Felice, Jeremy Hershkorn & family

*Dearest SH Rabbinic Family
& Community. Thank you for
welcoming me and making London
home with your inspiration, warmth
and kindness. I look forward to
sharing in our community growing
from Strength to Strength.
With Love and bracha.*

Jade Tess Weiner

*Shana Tova, and thank you
to the Rabbinical family.*

**From Joanne, Jacob, Raphi
& Miriam Turner**

*Wishing the Levin family and the
whole community a very happy
Rosh Hashanah and well over
the fast.*

Doris & Terry Hugh

*Wishing the whole community a
very sweet and healthy New Year.
Lots of love,*

The Honigsteins

Chag Sameach

from the Guttman family.

Natalie, Oliver, Josh & Mila

*Wishing the whole community
a very Happy Rosh Hashanah*
Felice, Jeremy Hershkorn & family

The Pincheson Family

*wish the whole community, good
health, peace and happiness in
the new Year B.H.*

**祝大家有个甜蜜的新年，
来自Bartfeld 家庭的祝福**

*Shana Tova to the whole
community*

**Nina, Lawrence,
Maya & Eliana Ryz**

Peter and Heather Robin

wish Friends and Family

*שנה טובה ומתוקה - a very happy
and healthy Rosh Hashanah. May
you be written positively and may
it be sealed in the book of life.*

כתיבה חתימה טובה



HIGH HOLYDAYS & SUKKOT 5785



ALL SERVICE INFORMATION IS CORRECT AT THE TIME OF GOING TO PRESS.

CHECK THE MOST RECENT SHMALTZ NEWSLETTER, DEDICATED EMAILS FOR THE HIGH HOLYDAYS AND OUR WEBSITE www.southhampstead.org FOR THE MOST UP TO DATE INFORMATION

EREV ROSH HASHANAH WED 2nd OCTOBER

06.45 SELICHOT & SHACHARIT
ERUV TAVSHILIN

(Light a long lasting candle
before lighting Yom Tov candles)

18.20 MINCHA & MAARIV

18.22 LATEST CANDLE
LIGHTING

ROSH HASHANAH FIRST DAY

THU 3rd OCTOBER

08.30 SHACHARIT

16.45 TASHLICH

18.20 MINCHA & MAARIV

19.21 Earliest time for
lighting candles from the
long lasting candle

ROSH HASHANAH SECOND DAY

FRI 4th OCTOBER

08.30 SHACHARIT

18.17 Latest time for lighting
Shabbat candles from the
long lasting candle

18.20 MINCHA & KABBALAT
SHABBAT SHUVA

SHABBAT SHUVA SAT 5th OCTOBER

09.30 SHACHARIT

18.00 MINCHA

19.16 MAARIV & HAVDALAH

TZOM GEDALIA 05.31 Fast starts 19.08 Fast ends

SUN 6th OCTOBER

08.15 SELICHOT &
SHACHARIT

18.00 MINCHA & MAARIV

EREV YOM KIPPUR FRI 11th OCTOBER

07.00 SELICHOT & SHACHARIT

14.30 MINCHA

18.02 FAST BEGINS &
LATEST CANDLE LIGHTING

(Light a long lasting candle
before lighting Yom Tov candles)

18.00 KOL NIDREI & MAARIV

YOM KIPPUR SAT 12th OCTOBER

09.00 SHACHARIT

11.00 YIZKOR (Approx.)

15.00 Q & A

16.00 MINCHA

17.30 NE'ILAH

– Concluding Service

19.01 MAARIV, HAVDALAH
& FAST ENDS

Fast ends after Havdalah
– use a flame taken from
the long lasting candle to
make Havdalah

EREV SUKKOT WED 16th OCTOBER

07.15 SHACHARIT

ERUV TAVSHILIN

(Light a long lasting candle
before lighting Yom Tov
candles)

17.51 LATEST CANDLE
LIGHTING, MINCHA & MAARIV

SUKKOT FIRST DAY

THU 17th OCTOBER

09.30 SHACHARIT

17.45 MINCHA & MAARIV

18.50 Earliest time for
lighting candles from the
long lasting candle

SUKKOT SECOND DAY

FRI 18th OCTOBER

09.30 SHACHARIT

17.45 MINCHA &
KABBALAT SHABBAT

17.46 Latest time for
lighting Shabbat candles
from the long lasting
candle

SHABBAT CHOL HAMOED THIRD DAY

SUKKOT
SAT 19th OCTOBER

09.15 SHACHARIT

17.30 MINCHA

18.46 MAARIV &
HAVDALAH

CHOL HAMOED FOURTH DAY SUKKOT

SUN 20th OCTOBER

08.30 SHACHARIT

17.40 MINCHA & MAARIV

CHOL HAMOED FIFTH DAY SUKKOT

MON 21st OCTOBER

07.00 SHACHARIT

17.40 MINCHA & MAARIV

CHOL HAMOED SIXTH DAY SUKKOT

TUE 22nd OCTOBER

07.00 SHACHARIT

17.40 MINCHA & MAARIV

HOSHANA RABBA WED 23rd OCTOBER

06.45 SHACHARIT
ERUV TAVSHILIN

(Light a long lasting candle
before lighting Yom Tov
candles)

17.36 LATEST CANDLE
LIGHTING, MINCHA &
MAARIV

SHEMINI ATZERET THU 24th OCTOBER

09.30 SHACHARIT

10.45 YIZKOR (approx.)

17.30 MINCHA

17.45 MAARIV & HAKAFOT
18.37 Earliest time for lighting
candles from the long lasting
candle

SIMCHAT TORAH FRI 25th OCTOBER

09.30 SHACHARIT

17.30 MINCHA &
KABBALAT SHABBAT

17.32 Latest time for
lighting shabbat candles
from the long lasting candle

SHABBAT BEREISHIT MEVORACHIM HACHODESH

SAT 26th OCTOBER

09.30 SHACHARIT

17.15 MINCHA
18.33 MAARIV &
HAVDALAH

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AND WELL OVER THE FAST.**



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